



PORTLAND, MAINE  
**AGE-FRIENDLY**  
RESOURCE GUIDE





<b>DOMAIN 1:</b> COMMUNITY SUPPORT & HEALTH SERVICES .....	4
<b>DOMAIN 2:</b> TRANSPORTATION.....	12
<b>DOMAIN 3:</b> HOUSING.....	13
<b>DOMAIN 4:</b> SOCIAL PARTICIPATION & EDUCATION .....	15
<b>DOMAIN 5:</b> OUTDOOR SPACES & BUILDINGS.....	17
<b>DOMAIN 6:</b> CIVIC PARTICIPATION & EMPLOYMENT .....	19
<b>DOMAIN 7:</b> RESPECT & SOCIAL INCLUSION .....	21
<b>DOMAIN 8:</b> COMMUNICATION & INFORMATION.....	22



## PORTLAND, MAINE AGE-FRIENDLY RESOURCE GUIDE



**Supporting the desire of older adults to remain in their communities as they age is a foundational goal of the AARP Network of Age-Friendly Communities.** An “age-friendly” community is a livable community, one that provides the services and supports that make the town, city or neighborhood a great place for people of all ages.

This resource guide was developed to support Age-Friendly communities in providing their residents with access to important resources. The guide is organized according to the “8 Domains of Livability” that have been found to be aspects of community life that are essential to the health and well-being of older adults.

We hope you will find this guide to be a useful and helpful tool that allows you to more easily connect to supports and services that will assist you in aging well in your community.



## COMMUNITY SUPPORT AND HEALTH SERVICES

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## CITY OF PORTLAND RESOURCES

### PUBLIC SAFETY

#### Portland Police Department

**109 Middle Street**  
**Portland, ME 04101**  
Emergency: 911  
Non-Emergency: 207-874-8479  
[www.portlandmaine.gov/202/police](http://www.portlandmaine.gov/202/police)

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#### Portland Fire Department

**380 Congress Street**  
**Portland, ME 04101**  
Emergency: 911  
Non-Emergency: 207-874-8410  
[www.portlandmaine.gov/190/Fire](http://www.portlandmaine.gov/190/Fire)

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#### Portland Emergency Management

**389 Congress Street**  
**Portland, ME 04101**  
The City of Portland Emergency Management office is responsible for coordinating and integrating activities necessary to build, sustain and improve the capability to prevent, mitigate, prepare for, respond to, and recover from threatened or actual natural disasters, acts of terrorism or other man-made disasters.  
**207-756-8053**  
[www.portlandmaine.gov/2036/Emergency-Management](http://www.portlandmaine.gov/2036/Emergency-Management)

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#### Portland Public Works Department

**212 Canco Road, Suite B**  
**Portland, ME 04103**  
Provides services and information

regarding winter operations, snow removal and parking bans, See-Click-Fix Program for sidewalk and street repair, trash and recycling, and storm water fees.

**Customer Service: 207-874-8493**  
**Administration: 207-874-8801**  
[www.portlandmaine.gov/359/public-works](http://www.portlandmaine.gov/359/public-works)

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### HEALTH CARE

#### Barron Center Adult Day Health Program

**1145 Brighton Avenue**  
**Portland, ME 04102**

Provides two programs, one specifically serving individuals with memory impairment. Offering daytime supervision, medication administration, meals, recreational activities, limited personal care, socialization, and social service information. Monday-Friday 7:30AM-4:00PM. Mainecare, VA Benefits, Home-Based Care, Self-pay, and Section 61 funding accepted.  
**207-541-6619**  
[www.portlandmaine.gov/282/Adult-Day-Programs](http://www.portlandmaine.gov/282/Adult-Day-Programs)

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#### Geriatric Center at MMC

**66 Bramhall Street, Suite G1/  
Lower Level**  
**Portland, ME 04102**

Focus on elder health and age-related issues that can impact daily life and offers information and tools to optimize health and day-to-day functioning. Specialized geriatric assessments, falls clinics, memory disorder programs, and resources for caregivers.  
**207-662-2847**  
[mainehealth.org/maine-medical-center/services/geriatric-care/outpatient-programs](http://mainehealth.org/maine-medical-center/services/geriatric-care/outpatient-programs)

#### Maine Medical Center (Bramhall Campus)

**22 Bramhall Street**  
**Portland, ME 04102**

Provides comprehensive hospital care; a 637-bed facility, along with outpatient clinics and the state's only ACS-verified Level 1 Trauma Center and Pediatric Emergency Department, Maine Birth Center, Barbara Bush Children's Hospital, and the Geriatric Center.  
**207-662-0111**  
**Toll-free: 877-339-3107**  
[mainehealth.org/maine-medical-center](http://mainehealth.org/maine-medical-center)

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#### Maine Medical Center (Brighton Campus)

**335 Brighton Avenue**  
**Portland, ME 04102**

Offers inpatient, outpatient, urgent care services, the New England Rehabilitation Hospital, and medical education training.  
**207-662-8000**  
[mainehealth.org/maine-medical-center/locations/brighton-campus](http://mainehealth.org/maine-medical-center/locations/brighton-campus)

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#### Mercy Hospital

**144 State Street**  
**Portland, ME 04101**

Comprehensive medical care including emergency services, Harry E. Davis Pediatric Center, cancer care, gastroenterology, Birthplace maternity care, NEED eating disorder program, diabetes center, and VNA Health and Hospice, and Mercy Primary Care physicians in convenient locations all across southern Maine.  
**207-879-3000**  
[www.mercyhospital.org](http://www.mercyhospital.org)

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#### Portland Public Health

**389 Congress Street**  
**Portland, ME 04101**

The Portland Public Health division works to improve the

health of all Portland citizens by working to promote healthy lifestyles, prevent disease, and protect residents from environmental threats. Programs include Family Health, Minority Health, Chronic Disease Prevention, Child and Maternal Health, and the India Street Public Health Clinic.

**207-874-8633**

**[www.portlandmaine.gov/224/  
Public-Health](http://www.portlandmaine.gov/224/Public-Health)**

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## MENTAL HEALTH & COUNSELING SERVICES

### Maine Behavioral Health

**216 Vaughn Street**

**Portland, ME 04102**

Comprehensive adult outpatient services includes medication management, psychiatric evaluations, individual therapy, and co-occurring issues support group.

**207-829-1064**

**[www.mainebehavioralhealth.org](http://www.mainebehavioralhealth.org)**

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## HOME CARE & HOSPICE

### Advantage Home Care, LLC

**550 Forest Avenue, Suite 206**

**Portland, ME 04101**

Provides personal care, housekeeping, transportation/errands, meal preparation, medication reminders, companionship, and dementia care. Accepts Mainecare, VA benefits, self-pay and private insurance.

**207-699-2570**

**888-846-1410**

**[www.advantagehomecare.com](http://www.advantagehomecare.com)**

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### Aging Excellence, Inc.

**P.O. Box 8660**

**710 Forest Avenue**

**Portland, ME 04103**

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Non-medical in-home support including housekeeping, personal care, transportation, shopping, errands, meal preparation, medication reminders, chore service, companionship, telephone reassurance, and care management.

**207-233-8847**

**[www.seniorsonthego.com](http://www.seniorsonthego.com)**

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### Comfort Keepers

**253 U.S. Route 1**

**Scarborough, ME 04074**

In-home services include light housekeeping, personal care, transportation, shopping, errands, meal preparation, medication reminders, chore service, companionship, telephone reassurance, and respite care. Serves York and Cumberland counties.

**207-885-9600**

**[www.comfortkeepers.com](http://www.comfortkeepers.com)**

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### Holding Hands Home Health

**203 Anderson Street, Suite 1A**

**Portland, ME 04101**

Specializes in providing culturally competent in-home care to elders, disabled adults, and children.

**207-773-1400**

**[holdingcare.com](http://holdingcare.com)**

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### Home Instead Senior Care

**502 Main Street**

**Gorham, ME 04038**

Provides non-medical in-home support; personal care, transportation, companionship, housekeeping, meal preparation, and respite. Serves Greater Portland.

**207-839-0441**

**[www.homeinstead.com](http://www.homeinstead.com)**

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### Kindred at Home

**51 Baxter Boulevard**

**Portland, ME 04101**

Provides a wide range of in-home services including skilled

nursing care, personal care, medication management, physical, occupational and speech therapies, social work, and pulmonary care.

**207-772-0954**

**[www.kindredhealthcare.com](http://www.kindredhealthcare.com)**

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### Portland Area Villages

*(also see listing at Civic Participation & Employment)*

**P.O. Box 10832**

**Portland, ME 04014**

Volunteers provide transportation, light handyman tasks, shopping, errands, phone check-ins, and social activities to members, age 50 or older. Annual membership fee applies with some scholarships available for low income residents.

**207-370-1896**

**[portlandareavillages.wordpress.com](http://portlandareavillages.wordpress.com)**

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### Senior Companion Program

*(also see listing at Social Participation & Education)*

**222 St. John Street, Suite 302B**

**Portland, ME 04102**

Senior Companions make independence a reality for frail elders and their families through the provision of companionship to increase socialization, transportation to medical appointments, grocery shopping and other essential errands, and respite for family caregivers.

**207-773-0202**

**[www.opportunityalliance.org/  
programs/community-initiatives/  
senior-volunteer-programs/](http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/)**

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### Visiting Angels Portland

**461 Capisic Street**

**Portland, ME 04102**

Provides in-home non-medical support; personal care, transportation and errands, companionship, medication reminders, light housekeeping, meals, and respite.



207-773-3397  
[www.visitingangels.com](http://www.visitingangels.com)

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**VNA Home Health and Hospice**  
**50 Foden Road**

**South Portland, ME 04106**

Provides nursing, home health aides, social workers, rehabilitation services (physical, occupational and speech therapies), hospice, and palliative care. Serves Greater Portland area.

800-757-3326  
[northernlighthomecarehospice.org](http://northernlighthomecarehospice.org)

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## NURSING CARE FACILITIES

**Barron Center**

**1145 Brighton Avenue**  
**Portland, ME 04102**

Owned and operated by the City of Portland, the Barron Center provides long term nursing care, skilled care/rehabilitation, and specialized dementia care. Mainecare, Medicare, private insurance, and self-pay are accepted.

207-541-6500  
[www.portlandmaine.gov/252/Barron-Center](http://www.portlandmaine.gov/252/Barron-Center)

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**Saint Joseph's Rehabilitation and Residence**

**1133 Washington Avenue**  
**Portland, ME 04103**

Provides skilled nursing and rehabilitation, long term care, palliative care and hospice, memory care, and respite care. St. Joseph's accepts Medicare, MaineCare, managed care, commercial insurances, Medicare replacement, and private pay.

207-797-0600  
[sjrme.com](http://sjrme.com)

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**Seaside Rehabilitation**

**850 Baxter Boulevard**  
**Portland, ME 04103**

Provides long term care, rehabilitation, assisted living, respite care and hospice.

207-774-7878  
[seaside-healthcare.com](http://seaside-healthcare.com)

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**The Cedars**

**620-640 Ocean Avenue**  
**Portland, ME 04103**

A retirement community offering independent living, assisted living, skilled nursing care, and rehabilitation services.

207-221-7000  
[www.thecedarsportland.org](http://www.thecedarsportland.org)

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## ASSISTED LIVING FACILITIES

*(also see listings at Housing)*

**Fallbrook Woods**

**60 Merrymeeting Drive**  
**Portland, ME 04103**

Assisted living community for seniors experiencing dementia. Meals, RN and LPN staffing, medication administration, life enrichment activities, housekeeping, personal care, and short-term respite. Private pay only.

207-878-0788  
[fallbrookwoods.com](http://fallbrookwoods.com)

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**Portland Center for Assisted Living**

**68 Devonshire Street**  
**Portland, ME 04102**

170-bed facility, including 28 secure living spaces for residents with dementia. Provides housekeeping, laundry, transportation, meals, medication administration, personal care assistance, and recreational activities. Mainecare and self-pay accepted.

207-772-2893  
[pcalmaine.com](http://pcalmaine.com)

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**Seventy-Five State Street**  
**75 State Street**

**Portland, ME 04101**

Independent living (with meal program) and assisted living care. Assisted living services include housekeeping, laundry, three meals per day, social activities, service coordination, personal care, transportation to appointments, medication supervision and administration, personal care service, and nursing supervision. Private pay and a limited number of Mainecare rooms.

207-772-2675  
[75state.org](http://75state.org)

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**The Park Danforth/  
Clark's Terrace**

**777 Stevens Avenue**  
**Portland, ME 04103**

Independent living apartments at Park Danforth and assisted living at Clark's Terrace. Assisted living services include housekeeping, laundry, three meals per day, social activities, service coordination, 24-hour personal care staff, transportation to grocer and medical appointment, medication supervision and administration, personal care service, nursing supervision. Private pay and a limited number of Mainecare rooms.

207-797-7710  
[parkdanforth.com](http://parkdanforth.com)

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## DENTISTRY

**Community Dental**

**190 Park Avenue**  
**Portland, ME 04102**

Provides comprehensive dental care and treatment to children, adults and seniors. Services include exams, cleanings, x-rays, fillings, extractions, root canals, crowns, partials, and bridges. Affordable rates based on income/sliding scale.

207-874-1028  
[www.communitydentalme.org](http://www.communitydentalme.org)

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**University of New England  
- Oral Health Center**

**1 College Street  
Portland, ME 04103**

Comprehensive dental care including cleanings, fillings, x-rays, root canals, crowns, veneers, extractions, partial dentures, dentures, bridges, and implants. Services offered at low, affordable fees and Northeast Delta Dental and mainecare. Will assist patients to receive reimbursement from other dental insurance programs.  
**207-221-4747**  
[www.une.edu/ohc](http://www.une.edu/ohc)

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**EYE CARE**

**IRIS Network**

**189 Park Avenue  
Portland, ME 04102**

Non-profit organization that helps people who are blind or visually impaired attain independence and community integration. Provides support, rehabilitation, training, adaptive equipment, and affordable housing.  
**207-774-6273**  
[www.theiris.org](http://www.theiris.org)

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**PHARMACY**

**Apothecary by Design**

**141 Preble Street  
Portland, ME 04101**  
**207-899-0939**  
Toll-free: 877-814-8447

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**Coastal Pharmacy and Wellness**

**29 Marginal Way  
Portland, ME 04101**  
Compounding Pharmacy:  
**207-899-0886**  
Nutritional Health & Wellness:  
**207-899-0993**

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**CVS Pharmacy**

*(6 Locations in Portland)*

**510 Congress Street**  
**207-774-4525**  
**449 Forest Avenue**  
**207-772-1928**  
**51 Market Street**  
**207-799-8166**  
**1406 Congress Street**  
**207-774-3636**  
**111 Auburn Street**  
**207-797-3393**  
**1100 Brighton Avenue**  
**207-772-6201**

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**Hannaford Pharmacy**

**295 Forest Avenue  
Portland, ME 04101**  
**207-761-5967**

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**Rite Aid Pharmacy**

*(4 Locations in Portland)*

**290 Congress Street**  
**207-774-0344**  
**713 Congress Street**  
**207-774-8456**  
**701 Forest Avenue**  
**207-780-8144**  
**365 Allen Avenue**  
**207-797-4351**

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**Shaw's Pharmacy - Northgate**

**91 Auburn Street  
Portland, ME 04103**  
**207-797-0536**

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**Walgreens**

*(3 Locations in Portland)*

**127 Marginal Way**  
**207-771-5631**  
**616 Forest Avenue**  
**207-761-9454**  
**340 Allen Avenue**  
**207-878-0530**

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**FOOD ASSISTANCE**

**First Baptist Church  
Food Pantry**

**360 Canco Road  
Portland, ME 04103**  
Open Wednesday 1:00-2:00 PM.  
**207-773-3123**

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**Front Street Community  
Center Food Pantry**

**36 West Presumpscot Street  
Portland, ME 04101**  
Open Friday 11:00-11:45 AM and  
Sunday 10:00-10:45 AM.

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**Meals on Wheels- Southern  
Maine Agency on Aging**

**136 U.S. Route 1  
Scarborough, ME 04074**  
Provides nutritious home-delivered meals to homebound residents of York and Cumberland Counties, who are over the age of 60. Suggested (but not required) donation of \$3.50/meal to help support the program.  
**1-800-427-7411**  
[www.smaaa.org/wellness/meals.html](http://www.smaaa.org/wellness/meals.html)

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**Preble Street Food Pantry**

**252 Oxford Street  
Portland, ME 04101**  
Open Thursday 1:30-3:00 PM.  
**207-775-0026**

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**Project Feed- Woodfords  
Congregational Church**

**202 Woodford Street  
Portland, ME 04102**  
Open Monday-Thursday 1:00-3:00 PM (except holidays and Portland School storm days). This is an emergency food pantry. Clients must have a voucher from a social service agency.  
**207-761-3920**

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**Salvation Army Food Pantry****297 Cumberland Avenue****Portland, ME 04101**Open Monday-Wednesday-Friday  
1:00-2:30 PM.**207-774-6304**

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**White Memorial Food Pantry  
Seventh Day Adventist Church****97 Allen Avenue****Portland, ME 04103**

Open Thursday 10:00-11:30 AM.

**207-797-4414**

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**INFORMATION, SUPPORT,  
AND REFERRAL SERVICES****Jewish Community Alliance  
of Southern Maine****1342 Congress Street****Portland, ME 04102**Michael Klahr Jewish Family  
Services staff and volunteers are  
available to assist individuals and  
families learn about resources  
in the community. Staff can help  
with paperwork, phone calls, and  
scheduling appointments.**207-772-1959**[www.mainejewish.org/  
michaelklahrjewishfamilyservices/](http://www.mainejewish.org/michaelklahrjewishfamilyservices/)

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**Portland Office of Elder Affairs****1145 Brighton Avenue****Portland, ME 04102**Provides free information and  
referral services and advocacy to  
elderly residents of Portland. Helps  
elders and families “navigate”  
health and social service systems.  
Also operates two Adult Day  
Health Programs (one specifically  
for individuals with dementia) on  
the Barron Center campus.**Information/Referral/Advocacy:**  
**207-541-6620****Adult Day Health Program:****207-541-6619**[www.portlandmaine.gov/219/  
Elder-Services](http://www.portlandmaine.gov/219/Elder-Services)

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**Through These Doors****P.O. Box 704****Portland, ME 04104**Formerly known as Family Crisis  
Services. Free and confidential 24-  
hour helpline, emergency shelter  
for victims of domestic violence,  
resources for victims of abuse in  
later life, support groups, court  
advocacy, and emotional support.**24-Hour Helpline: 1-800-537-6066****Office: 207-874-1973****Elder Advocate: 207-653-9623**[www.throughthesedoors.org](http://www.throughthesedoors.org)

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**CUMBERLAND  
COUNTY RESOURCES****2-1-1 Maine***(also see listing at Communication  
& Information)***The Opportunity Alliance****50 Lydia Lane****South Portland, ME 04106**Sponsored by the Opportunity  
Alliance, this is an easy-to-  
remember number that helps  
people in accessing health  
and human services in their  
community. 2-1-1 includes a  
statewide resource directory of  
over 8,000 resources including  
agency services and support  
groups and the call center is  
accessible statewide and from  
cell phones and phone service  
provided by Internet carriers 24/7.**Dial: 211****211maine.org**

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**Crisis Response Hotline**Offers immediate access to  
advocacy, crisis/supportive  
counseling, problem solving, crisis  
intervention, suicide prevention/  
intervention, and psychiatric  
services to adults and children  
throughout the state 24 hours a  
day, 365 days a year. Individualsexperiencing a mental health  
crisis have access to a team of  
professionals who are trained to  
respond. Individuals in crisis can  
be seen at the location of their  
choice as long as the environment  
is safe for both the client and the  
mobile outreach clinician. Such  
locations include the client's home,  
emergency departments, other  
treatment facilities, or at the crisis  
center in Portland.**774-HELP (4357) Cumberland  
County****1-800-568-1112 Statewide**

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**Southern Maine  
Agency on Aging***(also see listing at Communication  
& Information)***136 U.S. Route 1****Scarborough, ME 04074**Provides senior information  
and referral services, Medicare  
counseling, and family caregiver  
support to residents of York and  
Cumberland Counties. Also  
operates an Adult Day health  
program in Biddeford, ME.**207-396-6500****Toll-free: 1-800-427-7411**[www.smaaa.org](http://www.smaaa.org)

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**STATE OF MAINE  
RESOURCES****PUBLIC SAFETY****Maine State Police****45 Commerce Drive****Augusta, ME 04330****207-626-3800****Emergency Contacts: 207-624-7076****Or 1-800-452-4664**[www.maine.gov/dps/msp](http://www.maine.gov/dps/msp)

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## HEALTHCARE

### Get Better Maine

A program of the Maine Health Management Coalition (MHMC), which provides public information on Maine doctors and hospitals in order to allow people to make informed decisions about the care they receive. Their website offers comparative ratings on providers and hospitals in your area as well as health resources for consumers and caregivers.

207-844-8106

[www.getbettermaine.org](http://www.getbettermaine.org)

### Maine Alzheimer's Association

383 U.S. Route 1, Suite 2C

Scarborough, ME 04074

The Maine chapter of the Alzheimer's Association. Provides information and support for people with Alzheimer's disease and their caregivers. Operates 24/7 toll-free help line.

207-772-0115

24/7 toll-free: 1-800-272-3900

[www.alz.org/maine](http://www.alz.org/maine)

### Maine Center for Disease Control and Prevention (CDC)

286 Water Street

Key Plaza | 8th Floor

Augusta, ME 04333

Provides information on a wide range of health issues as well as resources for further assistance.

207-287-4397

[www.maine.gov/dhhs/mecdc](http://www.maine.gov/dhhs/mecdc)

### MaineCare

MaineCare (Medicaid) is a joint federal and state health care program for people with low income and limited resources to pay for health care. Through the Medicaid Waiver program, older adults who are eligible for nursing home payments can receive medical and support services that

enable them to continue living at home.

207-287-3707

[www.maine.gov/dhhs/mainecare.shtml](http://www.maine.gov/dhhs/mainecare.shtml)

### State Health Insurance Program (SHIP)

The Maine SHIP is a health insurance assistance program funded by the Centers for Medicare and Medicaid Services (CMS).

SHIP offers free health insurance counseling to those in Maine who have Medicare services, including:

- Additional information on Medicare
- How to enroll in the Medicare Savings Program
- How to detect and report errors
- Obtaining insurance

1-877-353-3771 (local office)

1-800-262-2232 (state office)

[www.maine.gov/dhhs/oads/community-support/ship.html](http://www.maine.gov/dhhs/oads/community-support/ship.html)

## DENTISTRY

### Maine Dental Association – “Senior-Dent” Reduced Dental

Contact Spectrum Generations to apply.

1-800-639-1553

### Maine Donated Dental Services

P.O. Box 2282

Augusta, ME 04338-2282

*Applications currently not being accepted due to lengthy waitlists*

1-800-205-5615 or 207-620-8276

[dentallifeline.org/maine](http://dentallifeline.org/maine)

## EYE SERVICES

### Guiding Eyes for the Blind (Guide Dog Program)

611 Granite Springs Road

Yorktown Heights, NY 10598

1-800-942-0149 ext. 2222

[www.guidingeyes.org/about-us/contact-us](http://www.guidingeyes.org/about-us/contact-us)

### Maine Division for the Blind and Visually Impaired (DBVI)

21 Enterprise Drive, Suite 2

Augusta, ME 04333-0073

1-800-760-1573 or 624-5120

### Maine Relay for TTY Users: 711

[www.maine.gov/rehab/dbvi](http://www.maine.gov/rehab/dbvi)

### ZenniOptical

Affordable Eyeglasses.

[www.zennioptical.com](http://www.zennioptical.com)

### enroll207

Maine Health Access Foundation

150 Capitol Street, Suite 4

Augusta, ME 04330

A project of Maine Health Access Foundation that connects Mainers to certified assisters who can help review new options for health insurance through the Maine Health Insurance Marketplace.

207-620-8266

[www.enroll207.com](http://www.enroll207.com)

## BEHAVIORAL HEALTH RECOVERY SUPPORT SERVICES

*State Level Links to Individual Recovery Support Groups Across Maine:*

### Alcoholics Anonymous (AA) Central Service Office

47 Portland Street

Portland, ME 04101

207-774-3034

[csoaamaine.org](http://csoaamaine.org)

### AL-ANON

Support services for families and teens.

[www.maineafg.org](http://www.maineafg.org)

**Maine Alliance for Addiction Recovery (MAAR)**

**295 Water Street, Suite 108  
Augusta, ME 04330**

Online and phone-based recovery supports; training, education, and program development support opportunities.

**207-621-4111**

[maineallianceforaddictionrecovery.org](http://maineallianceforaddictionrecovery.org)

**Narcotics Anonymous (NA)**

Support services and groups.

[www.namaine.org](http://www.namaine.org)

**National Alliance on Mental Illness (NAMI-Maine)**

**1 Bangor Street  
Augusta, ME 04330**

Toll-free helpline, mental health related training and educational programs; individual and family member support groups; respite services; other services.

**1-800-464-5767**

[www.namimaine.org](http://www.namimaine.org)

**AGING AND DISABILITY SERVICES**

**Adult Protective Services  
Office of Aging and Disability Services | SHS #11**

**41 Anthony Avenue  
Augusta, ME 04333**

Provides education about and investigates allegations of elder abuse and neglect, including physical and sexual abuse, financial exploitation and emotional and verbal abuse. All reports are confidential.

**207-287-9200**

**24-hour toll-free: 1-800-624-8404**

[www.maine.gov/dhhs/oads/apsguardianship](http://www.maine.gov/dhhs/oads/apsguardianship)

**Alpha One**

**127 Main Street**

**South Portland, ME 04016**

Enables people with disabilities to live more fully and more independently in all aspects of their lives. Manages three consumer-directed personal assistance programs; offers resources for home modifications, adaptive driving, youth transition, and accessibility consulting.

**1-800-640-7200**

[www.alphaonenow.org](http://www.alphaonenow.org)

**Catholic Charities Maine - Independent Support Services**

**66 State Street  
P.O. Box 10660  
Portland, ME 04104-6060**

Independent Support Services, also known as Homemaker Services, connects isolated seniors and physically disabled adults with a professionally-supervised team of dedicated para-professionals who help with a variety of tasks, from routine housekeeping to grocery shopping and laundry.

**1-888-477-2263**

[www.ccmaine.org/independent-support-services](http://www.ccmaine.org/independent-support-services)

**Elder Independence of Maine**

**730 Center Street  
Auburn, ME 04210**

Connects people throughout Maine with home care services, provided by a network of 150 home care providers.

**1-888-234-3920**

[www.seniorsplus.org/eim-carecoordination](http://www.seniorsplus.org/eim-carecoordination)

**Home Care for Maine**

**347 Maine Avenue  
Farmingdale, ME 04344**

Personal care services, homemaking services (e.g., non-medical assistance with routine household tasks like dishes, making beds, laundry, dusting, shopping and transportation).

**800-639-3084**

[www.homecareforme.org](http://www.homecareforme.org)

**Maine Council on Aging  
8 Falcon Road**

**Lewiston, ME 04240**

The Council's mission is to build a strong, multidisciplinary network that promotes the safety, independence and wellbeing of older adults.

**207-513-3738**

[mainecouncilonaging.org](http://mainecouncilonaging.org)

**Maine Cite**

**225 Western Avenue  
Augusta, ME 04330**

The Maine Department of Education's Maine CITE Program is designed to help make assistive technology more available to Maine children, adults and seniors who need them. Maine CITE delivers services through the Maine CITE Coordinating Center as well as numerous private and public organizations that provide information about assistive technology, training, public awareness, device loans and reutilization, demonstrations, and alternative financing. Maine CITE is committed to helping Maine citizens with disabilities increase access to and acquisition of AT when needed to participate in Education, Community Living, Employment and Information Technology/Telecommunications.

**207-621-3195**

[www.maine cite.org](http://www.maine cite.org)

**Maine Veterans' Homes**

**40 Civic Center Drive  
Augusta, ME 04330**

Offers a complete range of long-term care and rehabilitative programs and services for veterans and their families.

**1-800-278-9494**

[www.maineveteranshomes.org](http://www.maineveteranshomes.org)

## HELP WITH PRESCRIPTION MEDICATIONS

### GoodRX

Users can compare prescription drug prices and find coupons for US pharmacies.

[www.goodrx.com/](http://www.goodrx.com/)

### Maine Department of Health and Human Services

Low-cost drug program for older adults and people with disabilities. For an application, contact the Maine Department of Human Services prescription drug information line:

207-287-3707

1-866-796-2463

[www.maine.gov/dhhs/prescription\\_drugs.shtml](http://www.maine.gov/dhhs/prescription_drugs.shtml)

## HOME CARE AND HOSPICE

### Maine Hospice Council

293 Water Street, Suite 303

Augusta, ME 04330

Provides a list of hospice and home health services throughout Maine.

207-626-0651

[www.mainehospicecouncil.org](http://www.mainehospicecouncil.org)

## LONG-TERM CARE

### Maine Health Care Association

317 State Street

Augusta, ME 04330

Provides a description of long-term care facilities, as well as the option to enter your ZIP Code to find a facility near you.

207-623-1146

[www.mehca.org/find-facility](http://www.mehca.org/find-facility)

### Maine Long-Term Care Ombudsman

61 Winthrop Street

Augusta, ME 04330

This program is a nonprofit agency whose mission is to

advocate for quality of life and quality of care for long-term care consumers. Federal law and Maine law authorize staff to investigate complaints made by or on behalf of long-term care consumers and to assist consumers in exercising their rights that are guaranteed by law. Provides information, guidance and advocacy. Services are free and confidential.

207-621-1079

1-800-499-0229

[www.maineombudsman.org](http://www.maineombudsman.org)

### Nursing Home Compare

Provides detailed information about every Medicare- and Medicaid-certified nursing home in the country. Enter your ZIP Code to get comparative information on nursing homes in your area. Also provides information on other long-term care options.

[www.medicare.gov/NursingHomeCompare/search.html](http://www.medicare.gov/NursingHomeCompare/search.html)

## NUTRITION SERVICES

### Maine Hunger Initiative

A food program offering daily soup kitchens and food pantries to all ages with low-income needs. There are 80 food pantries and 3 soup kitchens in York & Cumberland counties.

207-775-0026

[www.preblestreet.org/what-wedo/advocacy-programs/mainehungerinitiative](http://www.preblestreet.org/what-wedo/advocacy-programs/mainehungerinitiative)

### Maine Senior FarmShare

Program participants are qualified to receive a free share (\$50 worth) of first-quality, fresh, local produce from a Maine farm for 8 weeks during the growing season. Produce variety and deliver/pickup method will vary depending on

farm of choice. To take part in this program, you must:

1. Be a Maine resident, 60 years or older (55, if Native American)
2. Not be an immediate family member or live in the same household as the farmer
3. Meet income guidelines (updated annually)

For more information contact your local Area Agency on Aging/ADRC: Spectrum Generations, Inc.

1-877-353-3771 or 207-287-7526

[www.getrealmaine.com](http://www.getrealmaine.com)

### Supplemental Nutrition Assistance Program (SNAP) Office for Family Independence

11 State House Station

19 Union Street

Augusta, ME 04333

Offers monthly nutritional financial assistance for people with low income, as well as nutritional education. Formerly known as Food Stamps program.

207-624-4168

[www.benefits.gov/benefits/benefit-details/1272](http://www.benefits.gov/benefits/benefit-details/1272)

## LGBT RESOURCE

### Open Door Transgender Health Care Maine Family Planning

P.O. Box 587

Augusta, ME 04332-0587

207-622-7524

[www.mainefamilyplanning.org/page/958-881/transgender-healthcare](http://www.mainefamilyplanning.org/page/958-881/transgender-healthcare)

### SAGE Maine

(also see listing at Respect & Social Inclusion)

P.O. Box 10844

Portland, ME 04104

The mission of SAGE Maine is to improve quality of life for older LGBT adults living in Maine through advocacy, education, and



social support. In partnership with its affiliate chapters and allies, SAGE works to achieve a high quality of life for LGBT older adults, supports and advocates for their rights, fosters a greater understanding of aging in all communities, and promotes positive images of LGBT life in later years. SAGE Maine has been incorporated in Maine with the assistance of AARP of Maine.

207-809-7015  
[sagemaine.org](http://sagemaine.org)



## TRANSPORTATION

### CITY OF PORTLAND RESOURCES

#### 207 Taxi

372 Presumpscot Street  
Portland, ME 04103  
207-774-2255

#### ASAP Taxi & Courier Service

7 Thompsons Point Road  
Portland, ME 04101  
207-791-2727

#### Casco Bay Lines

56 Commercial Street  
Portland, ME 04101

Provides year-round ferry service, scenic cruises, and boat tours from Portland, Maine to the islands of Casco Bay, including Peaks, Little Diamond, Great Diamond, Diamond Cove, Long, Chebeague, Cliff, and Bailey Island,  
207-774-7871  
[www.cascobaylines.com](http://www.cascobaylines.com)

#### Greater Portland Transit District (METRO Bus Service)

114 Valley Street  
Portland, ME 04102

Reduced Fare of \$0.75 for age 65+ with Medicare Card or Photo ID (with birthdate).

207-774-0351  
[gpmetrobus.net/](http://gpmetrobus.net/)

#### Independent Transportation Network

90 Bridge Street  
Westbrook, ME 04092

Transportation services for seniors age 65+, and persons with visual impairments. Paid and volunteer drivers use private cars to transport to appointments, shopping, outings, etc. Membership application required. Customers pay by the mile.

207-854-0505  
[www.itnportland.org/](http://www.itnportland.org/)

### CUMBERLAND COUNTY RESOURCES

#### Amtrak

100 Thompsons Point Road  
Portland, ME 04102

Amtrak Downeaster \$11/11 Military Discounts allows U.S. military veterans and active duty U.S. military personnel to Travel between any 2 stations on the Amtrak Downeaster route for \$11.00 per individual each way on the 11th day of the month.

800-872-7245  
[www.amtrakdowneaster.com/](http://www.amtrakdowneaster.com/)

#### Logisticare/ Non-Emergency Transportation

MaineCare offers Non-Emergency Transportation for eligible members. Logisticare arranges rides to appointments and/or reimbursement for rides

through approved transportation providers. Costs may be covered by MaineCare if the rider is eligible for transportation services and the appointment is covered by Mainecare. Call two (2) business days in advance to arrange a ride, unless urgent.

Brunswick and Harpswell:  
1-855-930-7900

Rest of Cumberland County:  
1-855-608-5178

[www.maine.gov/dhhs/oms/member/member\\_transportation.html](http://www.maine.gov/dhhs/oms/member/member_transportation.html)

#### Regional Transportation Program, Inc.

127 St. John Street  
Portland, ME 04102

Public transportation service for the elderly, people with mental or physical disabilities, and the visually impaired. Door to door and scheduled pick-up service to medical appointments and shopping.

207-774-2666  
1-800-244-0704  
[rtprides.org](http://rtprides.org)

### STATE OF MAINE RESOURCES

#### Concord Coach Lines

100 Thompsons Point Road,  
Portland, ME 04102

Scheduled service connecting northern New England communities with transportation and cultural hubs like Boston and New York City. Direct service to Logan International Airport.

1-800-639-331  
[concordcoachlines.com/stop/portland-maine/](http://concordcoachlines.com/stop/portland-maine/)

## **GoMaine Commuter Connections**

GO MAINE is a statewide commuter program that matches up carpoolers, help form vanpools, and reward commuters for doing any sort of green commute, like carpool, vanpooling, walking, biking, taking the bus or telecommuting. Rewards are to local, online and national retailers. Go MAINE also offers the Emergency Ride Home benefit to members. All services are free.

**207-482-8122**

**1-800-280-RIDE**

**[www.gomaine.org](http://www.gomaine.org)**

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## **Greyhound Bus Station**

**950 Congress Street**

**Portland, ME 04102**

An intercity bus common carrier serving over 3,800 destinations across North America. Greyhound passengers aged 62 and older can ask for a 5% discount on passenger fares with photo ID. Greyhound will also serve better folks with disabilities in accordance with ADA obligations and encourage passengers with disabilities to contact Greyhound with any questions or concerns.

**207-772-6588**

**[locations.greyhound.com/bus-stations/us/maine/portland/bus-station-10274](http://locations.greyhound.com/bus-stations/us/maine/portland/bus-station-10274)**

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## **Rides in Sight**

This program provides information about senior transportation options in local communities throughout the U.S. Information is available through the program's website, as well as a hotline that is available Monday-Friday, 8:00 a.m. to 8:00 p.m. Eastern time.

**Hotline: 1-855-60-RIDES**

**[www.ridesinsight.org/Home/About](http://www.ridesinsight.org/Home/About)**

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## **Salvation Army Voucher Program**

**297 Cumberland Avenue**

**Portland, ME 04101**

Oversee programs and services for Salvation Army locations throughout the state including food, heating, electricity, water, clothing, rental, transportation, medical prescriptions, household needs, school supplies, and personal care needs; assistance varies by location.

**207-774-6304**

**[nne.salvationarmy.org/](http://nne.salvationarmy.org/)**

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## **HOUSING**

## **CITY OF PORTLAND RESOURCES**

### **Avesta Housing**

**307 Cumberland Avenue**

**Portland, ME 04101**

Avesta Housing improves lives and strengthens communities by promoting and providing quality affordable homes for people in need.

**207-553-7777**

**[www.avestahousing.org](http://www.avestahousing.org)**

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### **Community Housing of Maine**

**One City Center, 4th Floor**

**Portland, ME 04101**

CHOM houses people who can't afford to live near their work, older Mainers, and people with low incomes, along with Veterans who became homeless, people with physical, intellectual or developmental disabilities, people who were homeless, people who were victims of domestic violence, people recovering from addiction,

people experiencing mental illness, people living with HIV/AIDS, and people who are refugees from war-torn areas of the world.

**207-879-0347**

**[www.chomhousing.org](http://www.chomhousing.org)**

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### **Portland Housing Authority**

**14 Baxter Boulevard**

**Portland, ME 04101**

Together with its community partners, the PHA provides and expands affordable housing and services that improve quality of life, build community, enhance safety and promote personal success for the people we serve and the neighborhoods in which they reside.

**207-773-4753**

**[www.porthouse.org](http://www.porthouse.org)**

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### **Shalom House**

**106 Gilman Street**

**Portland, ME 04102**

Shalom House helps hundreds of people with serious mental illness each year by providing an array of community-based mental health services and a choice of affordable quality housing where people can escape the stress of homelessness, hunger, and isolation.

**207-874-1080**

**[www.shalomhouseinc.org](http://www.shalomhouseinc.org)**

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## **RENTAL HOUSING AND RETIREMENT COMMUNITIES**

### **100 State Street**

**100 State Street**

**Portland, ME 04101**

Subsidized housing for seniors 62+ and persons with disabilities.

**Hallkeen Management**

**207-775-1437**

**[www.hallkeen.com](http://www.hallkeen.com)**

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**Ashton Gardens Gracious Retirement Living**

**830 Ocean Avenue**

**Portland, ME 04103**

Retirement community and assisted living.

207-536-3615

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**Bayside East**

**47 Smith Street**

**Portland, ME 04101**

Subsidized housing for seniors age 62+ and persons with disabilities.

**Avesta Housing**

207-553-7777

1-800-339-6516

[www.avestahousing.org](http://www.avestahousing.org)

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**Bayview Heights**

**158 North Street**

**Portland, ME 04101**

Subsidized housing for seniors age 62 and older. Property is owned and managed by Volunteers of America Northern New England.

207-373-1140

[www.voanne.org](http://www.voanne.org)

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**Butler Payson**

**218 State Street**

**Portland, ME 04101**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Hallkeen Management**

207-775-1437

[www.hallkeen.com](http://www.hallkeen.com)

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**Congress Square Plaza**

**10 Congress Square Plaza**

**Portland, ME 04101**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Harbor Management Corp.**

781-598-3200

[www.harbormgmt.com](http://www.harbormgmt.com)

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**Deering Pavilion**

**880 Forest Avenue**

**Portland, ME 04103**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

207-797-8777

[www.deeringpavilion.com](http://www.deeringpavilion.com)

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**Franklin Towers**

**211 Cumberland Avenue**

**Portland, ME 04101**

Portland high-rise providing subsidized housing for seniors age 62+ and persons with disabilities.

**Portland Housing Authority**

207-773-4753

[www.porthouse.org](http://www.porthouse.org)

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**Harbor Terrace**

**284 Danforth Street**

**Portland, ME 04101**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Portland Housing Authority**

207-773-4753

[www.porthouse.org](http://www.porthouse.org)

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**Ingraham House**

**79 High Street**

**Portland, ME 04101**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Goodwill Industries of Northern New England**

207-774-6323

[www.goodwillnne.org](http://www.goodwillnne.org)

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**Longfellow Commons**

**206 State Street**

**Portland, ME 04101**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Weston Associates**

207-828-1274

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**North Deering Gardens**

**(aka Auburn Terrace)**

**246 Auburn Street**

**Portland, ME 04103**

Subsidized rental housing for elders age 62+, families, and persons with disabilities.

**Harbor Management**

207-797-4410

[www.harbormgmt.com](http://www.harbormgmt.com)

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**Northfield Green**

**147-151 Allen Avenue**

**Portland, ME 04103**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Preservation Management, Inc.**

207-774-0501

[www.presmgmt.com](http://www.presmgmt.com)

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**North School**

**248 Congress Street**

**Portland, ME 04101**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Preservation Management, Inc.**

207-774-0501

[www.presmgmt.com](http://www.presmgmt.com)

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**Seventy-Five State Street**

**75 State Street**

**Portland, ME 04101**

Independent living apartments, assisted living services, and respite care. Gracious living with amenities such as a dining program, transportation to appointments, and recreational activities.

207-775-7775 ext. 224

[75state.org](http://75state.org)

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**Shalom Apartments**

**180 Auburn Street**

**Portland, ME 04103**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Shalom House**

207-874-1080

[www.shalomhouseinc.org](http://www.shalomhouseinc.org)

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### **The Cedars**

**630 Ocean Avenue  
Portland, ME 04103**

A retirement community offering the full continuum of senior living options for every potential stage in your life: Independent Living, Assisted Living, Rehabilitation and Skilled Nursing care.

**207-221-7100**

[www.thecedarsportland.org](http://www.thecedarsportland.org)

### **The Park Danforth**

**777 Stevens Avenue  
Portland, ME 04103**

Offers a variety of affordable senior living options, from one- and two-bedroom Independent Living apartments (both at market rates and HUD-subsidized units) to Assisted Living.

**207-797-7710**

[parkdanforth.com](http://parkdanforth.com)

### **The Woods at Canco**

**257 Canco Road  
Portland, ME 04103**

Retirement community offering independent living apartments and cottages with amenities such as housekeeping, transportation, and dining services.

**207-747-3080**

[www.holidaytouch.com/our-communities/the-woods-at-canco](http://www.holidaytouch.com/our-communities/the-woods-at-canco)

### **Washington Gardens**

**577 Washington Avenue  
Portland, ME 04103**

Subsidized rental housing for seniors age 62+ and persons with disabilities.

**Portland Housing Authority  
207-221-8050**

[www.porthouse.org](http://www.porthouse.org)

## **CUMBERLAND COUNTY RESOURCES**

### **The Opportunity Alliance - Housing and Energy Services**

**50 Lydia Lane  
South Portland, ME 04106**

The Department of Housing and Energy Services provides loans and grants for fuel assistance, utility assistance, and repair of heating systems.

**207-523-5049**

[www.opportunityalliance.org/programs/housing-and-energy-services/](http://www.opportunityalliance.org/programs/housing-and-energy-services/)

## **STATE OF MAINE RESOURCES**

### **HOUSING ASSISTANCE**

#### **Low Income Home Energy Assistance Program MaineHousing**

**353 Water Street  
Augusta, ME 04333**

Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available.

**1-800-452-4668**

**207-626-4600**

[www.mainehousing.org](http://www.mainehousing.org)

#### **MaineHousing**

**353 Water Street  
Augusta, ME 04333**

Provides grants or low-cost home improvement loans for health and safety related repairs and improvements. The program consists of a home repair grant, Elderly Hardship grant and Septic Repair/Replacement loans.

**1-800-452-4668**

**207-626-4600**

[www.mainehousing.org](http://www.mainehousing.org)

### **Rural Repair and Rehabilitation Loans and Grants USDA Rural Development State Office**

**967 Illinois Avenue, Suite 4  
Bangor, ME 04401**

The USDA's Very Low-Income Housing Repair Program provides loans and grants to very low income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

**207-990-9160**

[www.payingforseniorcare.com/home-modifications/usdaruralrepair-grant.html](http://www.payingforseniorcare.com/home-modifications/usdaruralrepair-grant.html)

## **CHOOSING A SENIOR LIVING COMMUNITY**

#### **Assisted Living Directory**

Provides a list of Maine's assisted living facilities and services.

**1-866-333-6500**

[www.assisted-living-directory.com/content/maine.html](http://www.assisted-living-directory.com/content/maine.html)



### **SOCIAL PARTICIPATION AND EDUCATION**

## **CITY OF PORTLAND RESOURCES**

### **EDUCATION**

#### **Osher Lifelong Learning Institute**

**OLLI - USM**

**P.O. Box 9300**

**Portland, ME 04104**

The Osher Lifelong Learning Institute offers an extensive array of courses in the liberal

arts and sciences for students 50 or older. There are no entrance requirements, grades and tests; it's your experience and love of learning that count, no college background is needed. Also offers extensive special interest and social groups.

207-780-4406

[usm.maine.edu/olli](http://usm.maine.edu/olli)

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### **Portland Adult Education: Enrichment Programs**

**14 Locust Street**

**Portland, ME 04101**

These programs offer the solid tradition of affordable, core classes as well as creating new opportunities for Greater Portland residents to holistically enrich their lives through learning a new skill, trade, or language while meeting new people.

207-874-8155

[portlandadulted.org/](http://portlandadulted.org/)

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### **Southern Maine Community College**

**South Portland Campus**

**2 Fort Road**

**South Portland, ME 04106**

Senior Citizen Tuition Waiver - If you are a Maine resident who is 65 years or older, SMCC will waive your tuition. Once you've enrolled, just bring or send proof of your age to the Billing Office and we'll take care of the rest.

207-741-5500

Toll-free (in Maine): 877-282-2182

Maine Relay Service: 1-800-457-1220

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### **University of Southern Maine**

**96 Falmouth Street**

**Portland, ME 04103**

Senior Citizen Tuition Waiver - The University of Maine System Board of Trustees has developed a tuition waiver, which focuses on Maine residents who will reach the

age of 65 years or older during the semester in which they enroll, who are seeking to take undergraduate, university courses for personal enrichment and/or, to attain their first undergraduate degree.

800-800-4876

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## **RECREATIONAL OPPORTUNITIES**

### **Joy In Music Piano Studio**

**500 Forest Avenue**

**Portland, ME 04101**

Gain confidence as you discover joy in learning to make music at the piano. Providing private weekly lessons for all ages and recreational piano groups for adults.

207-210-4214

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### **Portland Public Library**

*(also see listing at Communication  
& Information)*

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### **Portland Recreation**

**62+ Adult Program**

**212 Canco Road**

**Portland, ME 04103**

Activities for area senior citizens.

207-808-5400

[www.portlandmaine.gov/653/  
Senior-Activities](http://www.portlandmaine.gov/653/Senior-Activities)

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### **Portland Stage Company**

**25 Forest Avenue**

**Portland, ME 04101**

The leading professional theater in Northern New England is committed to creating great art, passionate about using the theater to educate, and dedicated to enriching the community.

207-774-0465

[www.portlandstage.org](http://www.portlandstage.org)

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### **Portland Wheelers**

**P.O. Box 11314**

**Portland, ME 04104**

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Free recreational rides for people young and old who cannot ride a bike by themselves but would love to go for a ride.

207-232-7740

[www.portlandwheelers.org](http://www.portlandwheelers.org)

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### **Salvation Army Senior Center**

**297 Cumberland Avenue**

**P.O. Box 3575**

**Portland, ME 04104**

A variety of programs, trips, and entertainment offered every Tuesday, Wednesday and Thursday from 9:00 a.m. to 3:00 p.m. for seniors ages 55+. Community Senior Luncheon held each Thursday at noon.

207-774-4172 x 255

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### **South Portland Senior Programs**

**21 Nelson Road**

**South Portland, ME 04106**

Opportunities include: Mah Jongg, group tours, bingo, cards, games, coffee time support group, Color Yourself Calm, Irish luncheons & dancers, Ladies of Laughter, Monday Movies, bowling, casino trips, badminton, cornhole, senior lunches, gardening, Tea Time Tuesdays, and more!

207-767-7650

[www.southportland.org/  
departments/parks-recreation-  
aquaticspool/recreation-  
department/senior-programs/](http://www.southportland.org/departments/parks-recreation-aquaticspool/recreation-department/senior-programs/)

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### **Summer in the Parks Concert Series**

**City of Portland**

Held during July and August, all concerts are free. All guests are invited to bring a blanket or chair, sit back, and enjoy the music!

207-808-5400

Information/Cancellation Program

Hotline: 207-756-8130

[www.portlandmaine.gov/651/  
Summer-in-the-Parks-Concerts](http://www.portlandmaine.gov/651/Summer-in-the-Parks-Concerts)

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### **Westbrook Community Center**

**426 Bridge Street**

**Westbrook, ME 04092**

Aquatics, health and fitness classes, music, dance, summer and vacation camps, team sports, senior social and fitness activities.

**207-854-0676**

[www.westbrookcommunitycenter.org](http://www.westbrookcommunitycenter.org)

## **CUMBERLAND COUNTY RESOURCES**

### **Foster Grandparent and Senior Companion Programs, The Opportunity Alliance**

*(also see listing at Civic Participation & Employment)*

**222 St. John Street, Suite 302B  
Portland, ME 04102**

The Foster Grandparent and Senior Companion Programs provide meaningful volunteer opportunities for adults 55 and older in York, Cumberland and Southern Oxford counties. Foster Grandparents volunteer with children in schools and Senior Companions provide companionship and support to seniors in their homes. Volunteers meeting federal income guidelines receive a non-taxable stipend. All volunteers receive meal and travel assistance, pre-service and ongoing training, supervision and recognition.

**207-773-0202**

[www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/](http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/)

### **Southern Maine Retired and Senior Volunteer Program (RSVP)**

*(also see listing at Civic Participation & Employment)*

**136 U.S. Route 1  
Scarborough, ME 04074**

Connects volunteers 55 and older to positions at dozens of nonprofits

throughout Cumberland and York counties.

**800-427-7411 – Call 711 if you are deaf or hard of hearing and need relay service**

[www.smaaa.org](http://www.smaaa.org)

## **STATE OF MAINE RESOURCES**

### **Maine Senior Guide**

*(also see listing at Communication & Information)*

An online resource offering information on all things seniors, including a variety of social opportunities. Search by region or town to find entertainment events, social groups, senior education, and travel or recreational opportunities.

[maineseniorguide.com/](http://maineseniorguide.com/)



## **OUTDOOR SPACES AND BUILDINGS**

## **CITY OF PORTLAND RESOURCES**

### **Maine Narrow Gauge Railroad Co. & Museum**

**58 Fore Street  
Portland, ME 04101**

The Maine Narrow Gauge Railroad Co. & Museum is dedicated to the preservation and operation of Maine's two foot gauge railway equipment for the education and enjoyment of the public.

**207-828-0814**

[www.mainenarrowgauge.org/](http://www.mainenarrowgauge.org/)

### **Portland Parks Division**

**City of Portland  
389 Congress Street  
Portland, ME 04101**

A city parks system that includes over 60 parks and playgrounds, 7.5 miles of multi-use trails, 10 community gardens, 2 stadiums, 16 cemeteries, dozens of athletic fields and courts, all spread across 1,000+ acres of land. The Parks Division also stewards an urban forest of 20,000 inventoried trees, and maintains flowerbeds, meadows, and natural open spaces throughout the city.

**207-874-8300**

[www.portlandmaine.gov/1063/Parks](http://www.portlandmaine.gov/1063/Parks)

### **Portland Trails**

**305 Commercial Street  
Portland, ME 04101**

Portland Trails transforms Greater Portland into a healthier community for people powered transportation, conservation, and recreation, by creating a network of trails and green spaces that connect people with places.

**207-775-2411**

[trails.org](http://trails.org)

### **Riverside Municipal Golf Course**

**North Course**

**1158 Riverside Street  
Portland, ME 04103**

**South Course**

**1010 Riverside Street  
Portland, ME 04103**

The facility features an 18-hole course, a 9-hole course and a 3-hole practice course. The classic layout, rolling hills and tree-line fairways are bordered by the Presumpscot River.

**North Course: 207-797-3524**

**South Course: 207-797-5588**

[www.riversidegolfcourseme.com/](http://www.riversidegolfcourseme.com/)



## PARKS

### Back Cove Park

**Parking across from Hannaford  
on Preble Street**

**Portland, ME 04101**

Set along Portland's iconic Baxter Boulevard on Back Cove, this park has a 3 mile multi-use path, athletic field, horticultural gardens, fitness course, and wildlife viewing areas.

### Baxter Woods

**555 Stevens Avenue**

**Portland, ME 04103**

29 acre open space in Deering Center neighborhood. With 2 ponds, miles of walking paths, and open meadows, this nature preserve in the heart of the city is visited by thousands of walkers, runners and dog owners every year.

### Capisic Pond Park

**1-39 Macy Street**

**Portland, ME 04102**

18 acre open space surrounding a 4 acre pond. Wildlife abounds in this urban wildlife sanctuary, and the pond is filled with turtles, fish and birds. 1+ miles of trails, benches and picnic tables. In winter, the pond freezes over and serves as great natural ice skating.

### Deering Oaks Park

**Park Avenue**

**Portland, ME 04101**

One of Portland's oldest and largest parks and is home to Deering Oaks Pond, great winter skating, historic oak groves in an Olmsted-designed landscape, the Ravine Wading Pool, historic rose gardens, Goodwin's Playground, the Bandstand, many picnic tables and benches, and acres of great picnicking. Athletic facilities include: tennis courts, basketball (with lights),

sand volleyball, baseball, softball, football, horseshoes, and running paths. Deering Oaks is home to the Saturday Farmers Market, as well as numerous festivals and events throughout the year, including: Pride Parade, Festival of Nations, and Shakespeare in the Park. Deering Oaks Castle houses a small concessionaire with food and beverage available seasonally.

### Eastern Promenade

**Eastern Promenade**

**Portland, ME 04101**

Portland's largest developed park at 78 acres, provides sweeping views of Casco Bay and direct access to the waterfront. The park features an Olmsted-designed landscape, Eastern Prom Multi-Use Trail, Will's Playground, public boating ramp, hand-launch boat ramp, East End Beach, community garden, and world-class sledding in the winter months. Many picnic areas and benches dot the property, and the park is home to the annual 4th of July celebration, concerts and events. Athletic facilities include: baseball, softball, tennis and basketball.

### Evergreen Cemetery and Woods

**672 Stevens Avenue**

**Portland, ME 04103**

Evergreen is the second-largest cemetery in Maine, and has a lovely city-owned park area with ponds and a network of 100 acres of woods and wildlife, miles of trails, gravel roads, ponds teeming with turtles and waterfowl, and historic landscapes behind the cemetery. Passive recreation is allowed, no organized sports.

### Fore River Preserve

**157-169 Rowe Avenue**

**Portland, ME 04102**

178 acre open space, with parcels

owned by Portland Trails and City of Portland. Miles of trails wind through woods and tidal estuaries. Contains Portland's only waterfall, Jewell Falls.

### Payson Park

**Catafalque Drive**

**Portland, ME 04103**

This 48 acre park sits along the shores of Back Cove and Fall Brook and is home to baseball and softball fields, playground, basketball and tennis courts, the Longfellow Arboretum, and a community garden. In the summer months, it is home to dozens of walkathons and running races that take place along Back Cove. In the winter months, it transforms into a winter recreation paradise with a skating pond, sledding hills and a ski and snowboard terrain park.

### Western Promenade

**Western Prom**

**Portland, ME 04102**

One of Portland's oldest parks and part of the Olmsted-designed network of interconnected green spaces. The 19 acres of Western Prom are home to some of the best sunsets in the city, as well as walking paths, park benches, picnicking, a community garden, dog park, basketball court, and sledding. On a clear day, Mt Washington in New Hampshire is visible from this high bluff.

### Portland Community Gardens

**Boyd Street**

**2 Boyd Street**

**Brentwood**

**92-98 Hamblet Avenue**

**Casco Bay**

**Eastern Promenade Midslope Trail**

**Clark Street**

**32 Salem Street**

**Libbytown**

**160-196 St. James Street**

**North Street**  
168-192 North Street  
**Peaks Island**  
Florida Avenue  
**Payson**  
60-96 Front Street  
**Riverton**  
39 Verrill Street  
**Valley Street**  
138-162 Valley Street

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## CUMBERLAND COUNTY RESOURCES

**Gilsland Farm Audubon Center**  
**20 Gilsland Farm Road**  
**Falmouth, ME 04105**  
Situated along the Presumpscot River estuary just five minutes from Portland, Maine Audubon's headquarters features a modern environmental education center and a 65-acre sanctuary with more than two miles of trails winding along a pond and through forest, meadow, orchard, and salt marsh.  
**207-781-2330**  
[www.maineaudubon.org/visit/gilsland-farm/](http://www.maineaudubon.org/visit/gilsland-farm/)

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**Mackworth Island**  
**Andrews Avenue**  
**Falmouth, ME 04105**  
Mackworth Island is a legislated bird sanctuary and is connected to Falmouth by a causeway at the mouth of the Presumpscot River. Managed by State Parks Service.

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**Maine Trail Finder**  
A free online recreational resource for finding trails in Maine that can be located by county. Includes a variety of 4-season trail activities with a range of difficulty levels.  
[www.mainetrailfinder.com/](http://www.mainetrailfinder.com/)

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**Sable Oaks Golf Club**  
**505 Country Club Drive**

**South Portland, ME 04106**  
Eighteen holes of championship golf wind imaginatively throughout woods and ponds, with soft fairways and rolling, manicured greens that make both an enjoyable, yet challenging course.  
**207-775-6257**  
[www.sableoaks.com](http://www.sableoaks.com)

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**South Portland Municipal Golf Course**  
**155 Wescott Road**  
**South Portland, ME 04106**  
Nine hole golf course situated on 25 acres located between Westbrook Street, Wescott Road, and Broadway. A fun course for golfers who are new to the game and for seniors who just want to get out and enjoy a relaxing round of golf. \$2 daily discount for golfers age 55+.  
**207-775-0005**  
[www.southportland.org](http://www.southportland.org)

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## STATE OF MAINE RESOURCES

**Bureau of Parks and Lands  
Department of Agriculture,  
Conservation and  
Forestry (DACF)**  
**22 State House Station**  
**18 Elkins Lane**  
**Augusta, ME 04333**  
Provides information on Maine's parks and recreational opportunities for all ages.  
**207-287-3200**  
[www.maine.gov/dacf/parks/](http://www.maine.gov/dacf/parks/)

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**Maine Department of Inland  
fisheries and Wildlife**  
**284 State Street**  
**41 State House Station**  
**Augusta, ME 04333-0041**  
Maine Department of Inland Fisheries and Wildlife (MDIFW)

preserves, protects, and enhances the inland fisheries and wildlife resources of the state. In addition to its conservation duties, MDIFW is also responsible for enabling and promoting the safe enjoyment of Maine's outdoors — from whitewater rafting to boating, snowmobiling, hunting, fishing, and wildlife observation.  
[www.maine.gov/ifw/](http://www.maine.gov/ifw/)



## CIVIC PARTICIPATION & EMPLOYMENT

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## CITY OF PORTLAND RESOURCES

### VOLUNTEERING

**AARP - Local Office**  
*(also see listing at Communication & Information)*  
**53 Baxter Boulevard, #202**  
**Portland, ME 04101**  
Organization for older adults; provides information, advocacy, and community service programs; tax assistance statewide to all taxpayers.  
**866-554-5380**  
[local.aarp.org/portland-me/](http://local.aarp.org/portland-me/)

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**Age-Friendly Portland**  
*(also see listing at Communication & Information)*  
**P.O. Box 3413**  
**Portland, ME 04104**  
A community initiative, led by the Age-Friendly Portland Steering Committee, the purpose of which is to improve livability for Portland residents as they age. Portland is one of more than 60 AARP Age Friendly Communities in Maine.  
**207-541-6620**

agefriendlycommunity@  
portlandmaine.gov

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**Hour Exchange Portland**  
**516 Congress Street**  
**Portland, ME 04101**

A volunteer service exchange program. Members provide over 500 services to other members. Services include transportation, minor home repairs, massage therapy, and volunteer opportunities for all ages. Please call for more information.

**207-619-4437**  
[www.hourexchangeportland.org/](http://www.hourexchangeportland.org/)

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**Portland Area Villages**

*(also see listing at Community Support & Health Services)*

**P.O. Box 10832**  
**Portland, ME 04014**

Volunteers provide transportation, light handyman tasks, shopping, errands, phone check-ins, and social activities to members, age 50 or older.

**207-370-1896**  
[portlandareavillages.wordpress.com](http://portlandareavillages.wordpress.com)

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**Portland Public Schools**  
**353 Cumberland Avenue**  
**Portland, ME 04101**

The Portland Public Schools welcomes volunteers and community involvement in our schools. A part-time community coordinator works in each of Portland's schools. The community coordinators develop and coordinate opportunities for meaningful family, business and/or community involvement with our students and staff. People interested in volunteering should fill out the Volunteer Application and Student Privacy Statement and Volunteer Confidentiality Agreement found on the PPS website and submit them to the community coordinator at their

local school.  
**207-874-8100**  
[www.portlandschools.org/  
families/support\\_our\\_schools](http://www.portlandschools.org/families/support_our_schools)

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**The Greater Portland Immigrant Welcome Center**  
**24 Preble Street, 3rd Floor**  
**Portland, ME 04101**

The Greater Portland Immigrant Welcome Center serves as a hub of collaboration that strengthens the immigrant community through language acquisition, economic integration and civic engagement.

**207-517-3401**  
[www.welcomeimmigrant.org/](http://www.welcomeimmigrant.org/)

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**VolunteerME Greater Portland**

In partnership with United Way of Greater Portland, hundreds of nonprofits list ways to get involved in Greater Portland each week on their local VolunteerME Greater Portland website.

[volunteer.unitedwaygp.org/](http://volunteer.unitedwaygp.org/)

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**CUMBERLAND COUNTY RESOURCES**

**Access Technology and Employment Services (The Iris Network)**

**189 Park Avenue**  
**Portland, ME 04102**

Assessment and training in access technology; help explore and attain employment and educational opportunities; work site evaluation and training; long term on-site job support for adolescents, adults, and seniors having difficulty accessing technology or employment because of vision loss.

**207-774-6273**  
**800-715-0097**  
[www.theiris.org/services/access-  
technology-and-employment-  
services](http://www.theiris.org/services/access-technology-and-employment-services)

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**Coastal Counties Workforce, Goodwill Northern New England**  
**75 Washington Avenue, Suite 300**  
**Portland, ME 04101**

1-on-1 assistance with skills development including work plans and training.

**207-774-6323**  
[www.goodwillnne.org/workforce/](http://www.goodwillnne.org/workforce/)

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**Foster Grandparent and Senior Companion Programs, The Opportunity Alliance**  
*(also see listing at Social Participation & Education)*  
**222 St. John Street, Suite 302B**  
**Portland, ME 04102**

The Foster Grandparent and Senior Companion Programs provide meaningful volunteer opportunities for adults 55 and older in York, Cumberland and Southern Oxford counties. Foster Grandparents volunteer with children in schools and Senior Companions provide companionship and support to seniors in their homes. Volunteers receive a non-taxed stipend, meal and travel assistance, pre-service and ongoing training, supervision and recognition.

**207-773-0202**  
[www.opportunityalliance.org/  
programs/community-initiatives/  
senior-volunteer-programs/](http://www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/)

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**Southern Maine Retired and Senior Volunteer Program (RSVP)**

*(also see listing at Social Participation & Education)*

**136 U.S. Route 1**  
**Scarborough, ME 04074**  
Connects volunteers 55 and older to positions at dozens of nonprofits throughout Cumberland and York counties.  
**207-396-6500**  
**1-800-427-7411** *Call 711 if you are deaf or hard of hearing and need*



relay service  
[www.smaaa.org](http://www.smaaa.org)

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## STATE OF MAINE RESOURCES

**Maine Department of Labor**  
54 State House Station  
Augusta, ME 04333  
207-623-7900  
Career Center Hotline: 1-888-457-8883  
[www.maine.gov/labor/](http://www.maine.gov/labor/)

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**SCORE Maine**  
100 Middle Street, 2nd Floor  
Portland, ME 04101  
A nonprofit organization that provides mentoring and assistance, including free and low-cost workshops and advice, to emerging and existing small businesses in Maine.  
207-536-1143  
[www.scoremaine.org/us/](http://www.scoremaine.org/us/)

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**Secretary of State's Office,  
Bureau of Corporations,  
Elections & Commissions**  
101 State House Station  
Augusta, ME 04333-0101  
207-624-7736  
[www.maine.gov/sos/cec/index.html](http://www.maine.gov/sos/cec/index.html)

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**Senior Community Service  
Employment Program**  
SCSEP enables low-income seniors to earn and learn while working in local programs serving their community (not serving Cumberland or Lincoln county).  
207-520-2487 ext. 251  
[www.seniorserviceamerica.org/](http://www.seniorserviceamerica.org/)

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**Volunteer Maine**  
Provides information on volunteer opportunities throughout Maine. Search can be narrowed to

specifics such as to interest, age, and location.  
[www.volunteermaine.org/](http://www.volunteermaine.org/)

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## RESPECT & SOCIAL INCLUSION

## CITY OF PORTLAND RESOURCES

**Catholic Charities Refugee  
Immigration Services**  
80 Sherman Street  
Portland, ME 04101  
Oldest and largest spoken language interpreter services provider. Many have advanced training in medical and legal interpreting.  
207-523-2700  
[www.ccmaine.org/refugee-immigration-services](http://www.ccmaine.org/refugee-immigration-services)

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**Equality Maine**  
511 Congress Street, Suite 107  
Portland, ME 04101  
A social service agency working to secure full equality for lesbian, gay, bisexual and transgender people in Maine through political action, community organizing, education and collaboration.  
207-761-3732  
[www.equalitymaine.org](http://www.equalitymaine.org)

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**Immigrant Legal Advocacy  
Project (ILAP)**  
*(also see listing at Communication & Information)*  
789 Congress Street  
Portland, ME 04101  
Helps low income immigrants improve their legal status and works for more just and humane laws and policies affecting immigrants.  
207-780-1593  
Toll-free: 1-800-497-8505

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[www.ilapmaine.org](http://www.ilapmaine.org)

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**Jewish Community Alliance  
of Southern Maine**  
1342 Congress Street  
Portland, ME 04102  
The Alliance enhances and promotes Jewish Life and continuity locally, in Israel and throughout the world by providing and supporting diverse programs and services.  
207-772-1959  
[www.mainejewish.org](http://www.mainejewish.org)

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**Maine Access  
Immigrant Network**  
237 Oxford Street, Suite 25A  
Portland, ME 04101  
Multilingual access to health and social services for immigrants, refugees and asylees in the greater Portland community.  
207-552-1800  
[www.main1.org](http://www.main1.org)

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**Maine Senior Games**  
Southern Maine Agency on Aging  
136 U.S. Route 1  
Scarborough, ME 04074  
Athletic events sponsored by SMAA which contribute to physical, mental, social and emotional well being.  
207-396-6500  
Toll-free: 1-800-427-7411  
[www.smaaa.org](http://www.smaaa.org)

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**Portland Public Library  
/ Outreach Services**  
5 Monument Square  
Portland, ME 04101  
The library offers a long-standing outreach service for low-mobility and homebound patrons at residential locations.  
207-871-1700  
[www.portlandlibrary.com/locations/portable-library/](http://www.portlandlibrary.com/locations/portable-library/)

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### **Portland Vet Center**

**475 Stevens Avenue  
Portland, ME 04103**

Offers readjustment counseling to combat veterans as well as providing military sexual trauma counseling and bereavement counseling services.

**207-780-3584**

[www.maine.va.gov/visitors.vetcenters](http://www.maine.va.gov/visitors.vetcenters)

### **SAGE Maine**

*(also see listing at Community Support & Health Services)*

**P.O. Box 10844**

**Portland, ME 04101**

The mission of SAGE Maine is to improve the quality of life for older LGBT adults living in Maine through advocacy, education and social support.

**207-809-7015**

Hotline: 1-888-234-SAGE

[www.sagemaine.org](http://www.sagemaine.org)

## **STATE OF MAINE RESOURCES**

### **Disability Rights Maine**

**160 Capitol Street, #4**

**Augusta, ME 04330**

Disability Rights Maine (DRM) is Maine's Protection & Advocacy agency for people with disabilities. Represents people whose rights have been violated or who have been discriminated against based on their disability. DRM also provides training on rights and self-advocacy, and advocates for public policy reform.

**207-626-2774**

[drme.org/](http://drme.org/)

### **Human Rights Commission**

**51 State House Station**

**Augusta, ME 04330**

MHRC is a state agency charged

with the responsibility of enforcing Maine's anti-discrimination laws. It investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit and offensive names.

**207-624-6290**

[www.maine.gov/mhrc/](http://www.maine.gov/mhrc/)

### **Talking Books**

**Maine State Library**

**64 State House Station**

**Augusta, ME 04333**

Talking books is a federally funded program which provides recorded books and special players free to persons who cannot hold a book, or who have a doctor certified application.

**1-800-762-7106**

[www.maine.gov/msl/outreach/lbph/talkingbooks](http://www.maine.gov/msl/outreach/lbph/talkingbooks)



**COMMUNICATION  
& INFORMATION**

## **CITY OF PORTLAND RESOURCES**

### **AARP**

*(also see listing at Civic Participation & Employment)*

**53 Baxter Boulevard, #202**

**Portland, ME 04101**

Working to enhance the lives of Mainers 50+ through advocacy, information sharing, volunteerism and service. AARP's staff and volunteers advocate on issues such as caregiving, livable communities, affordable utilities and consumer fraud, etc. They have resources and information to help you make informed health and retirement decisions.

**866-554-5380**

[states.aarp.org/region/maine/](http://states.aarp.org/region/maine/)

### **Age-Friendly Portland**

*(also see listing at Civic Participation & Employment)*

**P.O. Box 3413**

**Portland, ME 04104**

A 5-year community initiative, led by the Age-Friendly Portland Steering Committee, the purpose of which is to improve livability for Portland residents as they age. Portland is one of over 60 AARP Age Friendly Communities in Maine.

**207-541-6620**

[agefriendlycommunity@portlandmaine.gov](mailto:agefriendlycommunity@portlandmaine.gov)

### **Office of Elder Affairs, City of Portland**

**Health and Human Services  
Department**

**1145 Brighton Avenue**

**Portland, ME 04102**

**207-541-6620**

[www.portlandmaine.gov](http://www.portlandmaine.gov)

### **Portland Public Libraries**

#### **Burbank Branch**

**377 Stevens Avenue**

**Portland, ME 04103**

**207-774-4229**

[burbank@portlandpubliclibrary.org](mailto:burbank@portlandpubliclibrary.org)

#### **Main Library**

**5 Monument Square**

**Portland, ME 04101**

**207-871-1700**

[reference@portlandpubliclibrary.org](mailto:reference@portlandpubliclibrary.org)

[lending@portlandpubliclibrary.org](mailto:lending@portlandpubliclibrary.org)

[readersadvisory@](mailto:readersadvisory@portlandpubliclibrary.org)

[portlandpubliclibrary.org](http://portlandpubliclibrary.org)

#### **Peaks Island Branch**

**129 Island Avenue (inside**

**Kennedy-Carter Family**

**Community Center & Branch  
Library)**

**Peaks Island, ME 04108**  
**207-766-5540**  
[peaks@portlandpubliclibrary.org](mailto:peaks@portlandpubliclibrary.org)

**Riverton Branch**  
**1600 Forest Avenue**  
**Portland, ME 04103**  
**207-797-2915**  
[riverton@portlandpubliclibrary.org](mailto:riverton@portlandpubliclibrary.org)

**Senior Source Book**  
**1 Ashbourne Court**  
**South Portland, ME 04106**  
The Senior Source Book is a complimentary annual magazine designed as a resource guide for southern Maine seniors, their families and professional advisors. Published each July.  
**207-799-2998**

**Southern Maine Agency on Aging (SMAA)**  
*(also see listing at Community Support & Health Services)*  
**136 U.S. Route 1**  
**Scarborough, ME 04074**  
Provides the resources, programs and people to ensure that older adults and adults living with disabilities in Cumberland and York counties maintain their vitality well past the age of sixty.  
**207-396-6500**  
[www.smaaa.org/](http://www.smaaa.org/)

## LEGAL SERVICES

**Immigrant Legal Advocacy Project (ILAP)**  
*(also see listing at Respect & Social Inclusion)*  
**489 Congress Street, 3rd Floor**  
**P.O. Box 17917**  
**Portland, ME 04112**  
Provides free and low-cost immigration information and legal assistance to low-income Maine residents. ILAP helps Maine's immigrants keep their

families together, gain protection from persecution and domestic violence, attain residency and work authorization, and become proud U.S. citizens.  
**207-780-1593**  
**Toll-free: 800-497-8505**

**Legal Services for the Elderly**  
**5 Wabon Street**  
**Augusta, ME 04330**

Provides free, high quality legal services to Maine's socially and economically needy elderly age 60 and over. The website contains information about Legal Service for the elderly, links to education materials and other organizations that may be helpful.  
**Helpline: 1-800-750-5353**  
[www.mainelse.org](http://www.mainelse.org)

**Pine Tree Legal Assistance**  
**88 Federal Street**  
**Portland, ME 04101**  
Provides help with things like landlord-tenant issues, public benefits (TANF, SNAP, etc.), a debt, or other civil legal issues. Serving people with low incomes. Does not handle criminal or family law cases. Pine Tree Legal Assistance is only able to help people who live in Maine, or have a legal problem in Maine.  
**207-774-8211**  
[ptla.org](http://ptla.org)

## COMMUNITY EVENTS/MEDIA

**CTN (Community Television Network)**  
**516 Congress Street**  
**Portland, ME 04101**  
The Mission of the Community Television Network is to educate, connect, inform and facilitate creativity through various aspects of video production for the entire greater Portland community

regardless of skill level or means.  
**207-775-2900**  
[ctn5.org](http://ctn5.org)

**Maine Public Broadcasting Network**  
**323 Marginal Way**  
**Portland, ME 04101**  
Maine Public connects the people of Maine to each other and to the world through the open exchange of information, ideas and cultural content.  
**1-800-884-1717**  
[www.mainepublic.org/](http://www.mainepublic.org/)

**Maine Seniors Magazine**  
**Bangor, ME**  
A publication dedicated to interesting stories about people and organizations in Maine.  
**207-299-5358**  
[www.meseniors.com/](http://www.meseniors.com/)

**Maine Today**  
Online calendar of events and activities in Greater Portland and around the state.  
[www.Mainetoday.com](http://www.Mainetoday.com)

**My Generation Magazine**  
**5 Fundy Road**  
**Falmouth, ME 04105**  
My Generation is a lifestyle magazine targeting the active 50+ demographic, because we know life gets better after 50. Every issue has a variety of local columnists and great features for the active boomer.  
**207-854-2577**  
[Mygenerationmaine.com](http://Mygenerationmaine.com)

**The Forecaster**  
**5 Fundy Road**  
**Falmouth, ME 04105**  
Online events calendar and free printed paper with events and local news.  
**207-781-3661**  
[theforecaster.net/events-calendar](http://theforecaster.net/events-calendar)

## TRANSLATING SERVICES

### Maine State Interpreters

**237 Oxford Street, Suite 26C  
Portland, ME 04101**

Maine State Interpreters was established to meet the needs of Maine's growing refugees and immigrant community who cannot yet communicate in English. A bank of language interpreters and translators serving the needs of hospitals, medical offices, courts, Maine's Department of Human Services (DHS) and more.

**207-221-0740**

**Cell: 207-450-6035**

**[www.mainestateinterpreters.com/](http://www.mainestateinterpreters.com/)**

### Pine Tree Society

**71 U.S. Route 1, Suite B  
Scarborough, ME 04074**

Pine Tree Society is Maine's only not-for-profit sign language interpreting agency. Provides interpreters who use American Sign Language and other forms of signed communication used in the Deaf Community. Pine Tree Society interpreters are available for pre-scheduled, last minute, and emergency needs and can provide services on-site or remotely through video conferencing.

**207-443-3341 voice/tty**

**[www.pinetreesociety.org](http://www.pinetreesociety.org)**

## STATE OF MAINE RESOURCES

### 2-1-1 Maine

*(also see listing at Community Support & Health Services)*

### The Opportunity Alliance

**50 Lydia Lane**

**South Portland, ME 04106**

Sponsored by the Opportunity Alliance, this is an easy-to-remember number that helps

people in accessing health and human services in their community. 2-1-1 includes a statewide resource directory of over 8,000 resources including agency services and support groups and the call center is accessible statewide and from cell phones and phone service provided by Internet carriers 24/7.

**Dial: 211**

**[211maine.org](http://211maine.org)**

### A Place to Start

**41 Main Street, Unit 2  
Kennebunk, ME 04043**

A Place to Start aims to provide guidance to family caregivers by creating a personalized course of action for the care of your loved one.

**207-502-7238**

**[aplacetostartfordementia.org/](http://aplacetostartfordementia.org/)**

### Alzheimer's Association, Maine Chapter

**383 U.S. Route 1, #2C  
Scarborough, ME 04074**

Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.

**207-772-0115**

**24/7 Helpline: 800-272-3900**

### Elder Abuse Institute of Maine

**14 Maine Street, Box 4  
Brunswick, ME 04011**

The mission of the Elder Abuse Institute of Maine is to promote the awareness and prevention of elder abuse through training, collaboration, outreach and advocacy. Martha's Cottage provides transitional housing and supportive services that help older victims escape abusive situations and find long-term safety and peace.

**207-805-3708**

**Helpline: 800-269-3431**

**[www.eaime.org](http://www.eaime.org)**

### Maine Senior Guide

*(also see listing at Social Participation & Education)*

**P.O. Box 48**

**Freeport, ME 04032**

Free online resource of services and information for Maine seniors and their families. Maine Senior Guide also hosts five senior expos throughout the state.

**207-232-7847**

**[www.Maineseniorguide.com](http://www.Maineseniorguide.com)**





53 Baxter Boulevard, Suite 202  
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1-866-554-5380  
[www.aarp.org/me](http://www.aarp.org/me)

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