



PORTLAND, MAINE **Age-Friendly Resource Guide**



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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 includes the services and supports that make a town, city or neighborhood a great place for people of all ages.

This resource was developed to support enrolled communities by providing access to important resources. The guide is organized according to the “8 Domains of Livability,” which is a framework identifying the 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 for more easily connecting to the available supports and services in and around your community.



Community Support and Health Services

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

Portland Fire Department

380 Congress Street

Portland, ME 04101

Emergency: 911

Non-Emergency: 207-874-8410

www.portlandmaine.gov/190/Fire

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

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

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

www.mainehealth.org/Maine-Medical-Center/Services/Geriatric-Care

Maine Medical Center

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

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

Northern Light 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

<https://northernlighthealth.org/Mercy-Hospital>

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

MENTAL HEALTH & COUNSELING SERVICES

Maine Behavioral Health

165 Lancaster Street

Portland, ME 04101

Complete mental health and behavioral healthcare services for both adults and children.

207-874-1030

1-844-292-0111

<https://www.mainehealth.org/>

[Locations/Maine-Behavioral-Healthcare/Portland-165-Lancaster-ST-222](https://www.mainehealth.org/Locations/Maine-Behavioral-Healthcare/Portland-165-Lancaster-ST-222)

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

Aging Excellence, Inc.

P.O. Box 8660

710 Forest Avenue

Portland, ME 04103

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

207-771-0991

www.seniorsonthego.com

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.

207-494-3026

www.comfortkeepers.com

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

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

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

Northern Light Home Care 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.

1-800-757-3326

<https://northernlighthealth.org/Homecare-Hospice>

Portland Area Villages

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

www.portlandareavillages.org

Senior Companion Program

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/

Visiting Angels Portland

1717 Congress St., #3

Portland, ME 04102

Provides in-home non-medical support; personal care, transportation and errands,

companionship, medication reminders, light housekeeping, meals, and respite.

207-835-6025

www.visitingangels.com

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

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

<https://www.mainehealth.org/saint-josephs/>

Seaside Skilled Rehabilitation Center

850 Baxter Boulevard

Portland, ME 04103

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

207-774-7878

seaside-healthcare.com

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

ASSISTED LIVING FACILITIES

Birchwoods at Canco

38 Holiday Drive

Portland, ME 04103

Assisted living and retirement community. Meals, activities, housekeeping, 24-hour staffing provided. Personal care, medication management, and other healthcare available. Pay only for what you need.

207-747-0342

<https://www.seniorlivinginstyle.com/senior-living/me/portland/birchwoods-at-canco/>

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

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

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

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

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

**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

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

Fax: 207-774-0679

www.theiris.org

PHARMACY

Apothecary by Design

141 Preble Street

Portland, ME 04101

207-899-0939

Toll-free: 877-814-8447

Fax: 207-899-0968

Coastal Pharmacy and Wellness

29 Marginal Way

Portland, ME 04101

Compounding Pharmacy:

207-899-0886

Nutritional Health & Wellness:

207-899-0993

CVS Pharmacy

(5 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

Hannaford Pharmacy

(2 Locations in Portland)

295 Forest Avenue

207-761-5967

787 Riverside Street

207-878-1106

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

Shaw's Pharmacy - Northgate

91 Auburn Street

Portland, ME 04103

207-797-0536

Walgreens

(3 Locations in Portland)

127 Marginal Way

207-771-5631

616 Forest Avenue

207-761-9454

340 Allen Avenue

207-878-0530

FOOD ASSISTANCE

First Baptist Church Food Pantry

360 Canco Road

Portland, ME 04103

Open Wednesday 1:00-2:00 PM.

207-773-3123

**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.

207-450-3579

**Meals on Wheels- SMAA
Samuel L. Cohen Center**

30 Barra Rd

Biddeford, ME 04005

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.

207-396-6500

1-800-427-7411

www.smaaa.org/wellness/meals.html

Preble Street Food Pantry

252 Oxford Street

Portland, ME 04101

Open Thursday 1:30-3:00 PM.

207-775-0026

**Project Feed- Woodfords
Congregational Church
(basement)**

**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. Please call ahead for pick-up instructions.

207-761-3920
<http://www.projectfeed.org/>

Salvation Army Food Pantry

**297 Cumberland Avenue
Portland, ME 04101**

Open Monday-Wednesday-Friday
1:00-2:30 PM.

207-774-6304

**White Memorial Food Pantry
Seventh Day Adventist Church**

**97 Allen Avenue
Portland, ME 04103**

Open Thursday 10:00-11:30 AM.
207-797-4414

**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/)

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)

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

**CUMBERLAND COUNTY
RESOURCES**

2-1-1 Maine

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

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. Individuals experiencing 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**

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/main

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

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

HEALTHCARE

**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

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

Volunteers provide free dental treatment to financially eligible patients who are age 65+ or disabled and qualify as medically fragile.

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

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

ZenniOptical

Affordable Eyeglasses.

www.zennioptical.com

HELP WITH HEALTH INSURANCE

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

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)**

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

AL-ANON

Support services for families and teens.
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

Narcotics Anonymous (NA)
Support services and groups.
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

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
<https://www.maine.gov/dhhs/oada/get-support/aps>

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

**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

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

<https://www.seniorsplus.org/eim>

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

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

HELP WITH PRESCRIPTION
MEDICATIONS

GoodRX

Users can compare prescription drug prices and find coupons for US pharmacies.
www.goodrx.com/

Maine RX

Low cost drug program for older adults and people with disabilities. The Maine RX Program offers discounts off the purchase price of brand name and generic drugs. For generic drugs, discounts are offered up to 60%, and for brand name drugs, discounts are offered up to 15%. For an application, contact the Maine Department of Human Services prescription drug information line or find applications online.
1-866-796-2463
<https://www.maine.gov/dhhs/ofi/applications-forms>

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

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

<https://www.mehca.org/>

Maine Long-Term Care Ombudsman

**61 Winthrop Street
Augusta, ME 04330**

A nonprofit agency whose mission is to advocate for quality of care for long-term care consumers. Includes nursing homes, assisted living, in-home care, and hospice. 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

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

Good Shepherd Food Bank of Maine

P.O. Box 1807

Auburn, ME 04211

Partners with local organizations - food pantries, senior centers, meal sites, schools, healthcare centers - to bring nutritious food to Mainers who are struggling to make ends meet. Website provides an extensive list of food pantries.

207-782-3554

<https://www.gsfb.org/get-help/>

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

**[https://www.getrealmaine.com/
food-programs/maine-senior-
farmshare-program/](https://www.getrealmaine.com/food-programs/maine-senior-farmshare-program/)**

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

SAGE Maine

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



Transportation

CITY OF PORTLAND RESOURCES

207 Taxi

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

ASAP Taxi & Courier Service

7 Thompson's Point Road
Portland, ME 04101
207-791-2727

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
<https://gpmetro.org/>

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/

CUMBERLAND COUNTY RESOURCES

Amtrak

100 Thompson's 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/

MotivCare/Non-Emergency Transportation

100 Thompson's Point Road
Portland, ME 04102
Motivcare (formerly 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
<https://modivcare.com/>

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
<https://www.rtprides.org/>

STATE OF MAINE RESOURCES

Concord Coach Lines

100 Thompson's 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.
1-800-639-3317
[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, helps
form vanpools, and rewards
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

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

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

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

<https://nne.salvationarmy.org/>



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. Multiple sites in Portland.

207-553-7777

Fax: 207-553-7778

www.avestahousing.org

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

Fax: 207-879-0348

<https://www.chomhousing.org/>

Portland Housing Authority

14 Baxter Boulevard

Portland, ME 04101

PHA provides federally subsidized housing and voucher programs. Offering subsidized senior housing at three (3) locations in Portland -

Franklin Towers, Harbor Terrace, and Washington Gardens.

207-773-4753

www.porthouse.org

Shalom House

106 Gilman Street

Portland, ME 04102

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

207-874-1080

Fax: 207-874-1077

www.shalomhouseinc.org

RENTAL HOUSING AND RETIREMENT COMMUNITIES

100 State Street

100 State Street

Portland, ME 04101

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

Hallkeen Management

207-775-1437

www.hallkeen.com

Ashton Gardens Gracious Retirement Living

830 Ocean Avenue

Portland, ME 04103

Retirement community and assisted living.

844-214-9852

<https://www.seniorlivinginstyle.com/senior-living/me/portland/ashton-gardens/>

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

Bayview Heights

158 North Street

Portland, ME 04101

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

207-772-3837

https://www.voa.org/housing_properties/bayview-heights

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

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

Deering Pavilion

880 Forest Avenue

Portland, ME 04103

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

207-797-8777

Fax: 207-797-8963

www.deeringpavilion.com

Faye Garman House

89 Central Avenue

Peaks Island, ME 04108

Subsidized rental housing for people age 62 or older. Property owned and managed by Volunteers of America Northern New England.

207-766-2173

https://www.voa.org/housing_properties/fay-garman-house

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

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

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

Longfellow Commons

206 State Street

Portland, ME 04101

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

Weston Associates

207-828-1274

<http://www.waboston.com/>

Motherhouse

605 Stevens Avenue

Portland, ME 04103

88 Studio and one-bedroom apartments for adults 55+ years of age. The property has a library, community room, two laundry rooms and sitting areas throughout. Resident Service Coordination provided.

1-800-339-6516

[https://motherhouse.](https://motherhouse.avestahousing.org/)

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

North Deering Gardens

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

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

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

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

Shalom Apartments

**180 Auburn Street
Portland, ME 04103**

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

207-874-1080
www.shalomhouseinc.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

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

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

CUMBERLAND COUNTY RESOURCES

The Opportunity Alliance - Housing and Energy Services

**222 Saint John Street, Suite 207
Portland, ME 04102**

Loans and grants for fuel assistance, utility assistance, and repair of heating systems.
207-523-5049

Financial assistance with fuel and utility bills.

207-553-5900
www.opportunityalliance.org/
programs/housing-and-energy-
services/

STATE OF MAINE RESOURCES

HOUSING ASSISTANCE

Low Income Home Energy Assistance Program (LIHEAP)

**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

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

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.htm



Social Participation and Education

CITY OF PORTLAND RESOURCES

EDUCATION

Healthy Living for Me

A non-profit agency with that provides health and wellness classes to Mainers on a variety of topics such as living with diabetes, heart health, and coping with chronic pain help individuals remain and/or become active, independent, and take control of their health.

207-440-2390
1-800-620-6036
www.healthylivingforme.org

Osher Lifelong Learning Institute

USM Campus

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 or tests; it's your experience and love of learning that count, no college background needed. Also offers extensive special interest and social groups.

207-780-4406

<https://usm.maine.edu/olli>

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/

Southern Maine Community College

2 Fort Road

South Portland, ME 04106

Senior Citizen Tuition Waiver - If you are a Maine resident 65 years of age or older, SMCC will waive your tuition. Once enrolled, just bring or send proof of your age to the Billing Office to activate the waiver.

207-741-5500

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

Maine Relay Service: 1-800-457-1220

<https://www.smccme.edu/>

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.

1-800-800-4876

<https://usm.maine.edu/>

RECREATIONAL OPPORTUNITIES

Portland Public Library

5 Monument Square

Portland, ME 04101

Offers programs and events such as an adult knitting group, a writers' meet-up, and journaling in the library.

207-871-1700

Portland Recreation

62+ Adult Program

212 Canco Road

Portland, ME 04103

Activities and trips for area senior citizens.

207-808-5400

www.portlandmaine.gov/653/

Senior-Activities

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

Portland Wheelers

P.O. Box 11314

Portland, ME 04104

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

<https://portlandwheelers.org/>

Salvation Army Senior Center

297 Cumberland Avenue

P.O. Box 3575

Portland, ME 04104

A variety of programs, trips, and entertainment for people aged 55+. Community Senior Luncheon held each Thursday at noon.

207-774-4172 x 255 Program

Coordinator

[https://nne.salvationarmy.org/](https://nne.salvationarmy.org/portland-me/senior-center)

portland-me/senior-center

South Portland Senior Programs

21 Nelson Road

South Portland, ME 04106

Programs 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

<https://www.southportland.org/departments/parks-recreation-aquaticspool/south-portland-community-center/>

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

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

STATE OF MAINE RESOURCES

Maine Senior Guide

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.

<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/

Portland Parks Division

212 Canco Rd., Suite A

Portland, ME 04103

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 and natural open spaces throughout the city.

207-808-5400

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

Riverside Municipal Golf Course

North Course - 1158 Riverside Street

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/

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, winter skating, historic oak groves, the Ravine Wading Pool, rose gardens, Goodwin's Playground, the Bandstand, picnic tables and

benches. 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. Deering Oaks Castle houses a small concessionaire with food and beverage available seasonally.

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 a multi-use trail, playground, public boating ramp, East End Beach, community garden, and sledding in the winter months. Many picnic areas and benches dot the property. 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 100 acres of woods, 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 provides winter recreation with a skating pond, sledding hills, and a ski/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-acre Western Prom is home to beautiful walking paths, park benches, a community garden, dog park, basketball court, and a sledding hill. 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

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, 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/

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. <https://trails.org/our-trails/mackworth-island-trail/>

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.mainerailfinder.com/

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

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

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

Service notes: Provides information on Maine's parks and recreational opportunities for all ages.

207-287-3200

www.maine.gov/dacf/parks/

**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/



Civic Participation & Employment

CITY OF PORTLAND RESOURCES

VOLUNTEERING

AARP Maine

53 Baxter Boulevard,
Portland, ME 04101

Through outreach, advocacy and service, AARP volunteers and staff work together to enhance the quality of life for Mainers of all ages. Whether participating in advocacy and community engagement or working behind the scenes, volunteer opportunities are plentiful!

866-554-5380

<https://states.aarp.org/maine/>

Age-Friendly Portland

1145 Brighton Avenue
Portland, ME 04102

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 70 Age Friendly Communities in Maine. Volunteers welcome.

207-541-6620

Email: agefriendlycommunity@portlandmaine.gov

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

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/

Hour Exchange Portland

24 Preble Street, 3rd Floor
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/

Portland Area Villages

(also see listing at Community Support & Health Services)

P.O. Box 10832

Portland, ME 0401

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

207-370-1896

www.portlandareavillages.org

Portland Public Schools

353 Cumberland Avenue
Portland, ME 04101

The Portland Public Schools welcomes volunteers and community involvement in our schools. 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

<https://www.portlandschools.org/>

Southern Maine Retired and Senior Volunteer Program (RSVP)

Samuel L. Cohen Center

30 Barra Rd

Biddeford, ME 04005

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

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/

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

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/

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/

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/

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

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/

Volunteers of America Northern New England

14 Maine Street, Suite 100

Brunswick Maine 04011

Volunteers of America Northern New England welcomes people of all ages who want to improve the lives of others through volunteering. VOANNE volunteers positively impact the lives of those living in Maine and New Hampshire.

207-373-1140

<https://www.voanne.org/volunteer>



Respect & Social Inclusion

CITY OF PORTLAND RESOURCES

Catholic Charities Refugee and Immigration Services

80 Sherman Street

Portland, ME 04101

Provides a wide range of resources including interpreter and translation services, case management, a program to support elderly refugees, and legal services.

207-523-2700

www.ccmaine.org/refugee-immigration-services

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

Gateway Community Services

**501 Forest Avenue
Portland, ME 04101**

Offers support, connection, and opportunities for immigrant, refugee and asylee community members and their neighbors.

207-457-5714

<https://gcsmaine.org/>

Immigrant Legal Advocacy Project (ILAP)

**P.O. Box 17917
489 Congress Street, 3rd Floor
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

www.ilapmaine.org

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

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

Maine Senior Games (SMAA)

**Samuel L. Cohen Center
30 Barra Rd.
Biddeford, ME 04005**

Competitive (and fun) athletic events which contribute to physical, mental, social and emotional well being for older adults.

207-396-6500

Toll-free: 1-800-427-7411

www.smaaa.org

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/

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

SAGE Maine

**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

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/

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

1-800-452-1948

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/

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/talkingbo



Communication & Information

CITY OF PORTLAND RESOURCES

AARP Maine

53 Baxter Boulevard, #202
Portland, ME 04101

Organization for older adults; provides information, advocacy, and community service programs; tax assistance statewide to all taxpayers. Volunteer opportunities available.

866-554-5380
<https://states.aarp.org/maine/>

Office of Elder Affairs, City of Portland

**Health and Human Services
Department**

1145 Brighton Avenue
Portland, ME 04102

Provides free information, referrals, and advocacy for older Portland residents and their

families.
207-541-6620
<https://www.portlandmaine.gov/219/Elder-Services>

PORTLAND PUBLIC LIBRARIES:

Burbank Branch

377 Stevens Avenue
Portland, ME 04103
207-774-4229
Email: burbank@portlandpubliclibrary.org

Main Library

5 Monument Square
Portland, ME 04101
207-871-1700
Email: reference@portlandpubliclibrary.org
Email: lending@portlandpubliclibrary.org
Email: readersadvisory@portlandpubliclibrary.org

Peaks Island Branch

129 Island Avenue (inside Kennedy-Carter Family Community Center & Branch Library)
Peaks Island, ME 04108
207-766-5540
Email: peaks@portlandpubliclibrary.org

Riverton Branch

1600 Forest Avenue
Portland, ME 04103
207-797-2915
Email: riverton@portlandpubliclibrary.org

Southern Maine Agency on Aging

Samuel L. Cohen Center
30 Barra Rd.
Biddeford, ME 04005
Provides information, advocacy, referrals, programs and people to help 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/

LEGAL SERVICES

Immigrant Legal Advocacy Project (ILAP)

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

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



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only able to help people who live in Maine, or have a legal problem in Maine.

207-774-8211

<https://www.ptla.org/>

COMMUNITY EVENTS/MEDIA

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

Fax: 207-761-0318

www.mainepublic.org/

Maine Seniors Magazine

Bangor, ME

A publication dedicated to interesting stories about people and organizations in Maine.

207-299-5358

<https://www.meseniors.com/>

Maine Today

Online calendar of events and activities in Greater Portland and around the state.

www.Mainetoday.com

The Forecaster

Online events calendar and free printed newspaper with events and local/regional news.

<https://www.pressherald.com/forecaster/>

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, and more.

207-221-0740

Cell: 207-450-6035

Fax: 207-541-3777

www.maineinterpreters.com/

House of Languages

151 Newbury Street

P.O. Box 18210

Provides interpretation services, document translation, and interpreter training.

207-423-9962

www.houseoflanguages.com

Pine Tree Society

71 U.S. Route 1, Suite B

Scarborough, ME 04074

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.

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

STATE OF MAINE RESOURCES

2-1-1 Maine

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. The call center is accessible statewide and from cell phones and phone service provided by Internet carriers 24/7.

Dial: 211

<https://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 a loved one experiencing dementia.

207-502-7238

<https://aplacetostartfordementia.org/>

Alzheimer's Association, Maine Chapter

383 U.S. Route 1, #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/main

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



53 Baxter Boulevard, Suite 202
Portland, ME 04101
1-866-554-5380
www.aarp.org/me

 facebook.com/aarpmaine
facebook.com/AgeFriendlyMaine

 twitter.com/aarpmaine

