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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.
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/mainemedical-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/mainemedical-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
<table>
<thead>
<tr>
<th>MENTAL HEALTH &amp; COUNSELING SERVICES</th>
</tr>
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<tbody>
<tr>
<td><strong>Maine Behavioral Health</strong></td>
</tr>
<tr>
<td><strong>165 Lancaster Street</strong></td>
</tr>
<tr>
<td><strong>Portland, ME 04101</strong></td>
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<tr>
<td>Complete mental health and behavioral healthcare services for both adults and children.</td>
</tr>
<tr>
<td>207-874-1030</td>
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<tr>
<td>1-844-292-0111</td>
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<td><a href="https://www.mainehealth.org/Loations/Maine-Behavioral-Healthcare/Portland-165-Lancaster-ST-222">https://www.mainehealth.org/Loations/Maine-Behavioral-Healthcare/Portland-165-Lancaster-ST-222</a></td>
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<tr>
<th>HOME CARE &amp; HOSPICE</th>
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<tbody>
<tr>
<td><strong>Advantage Home Care, LLC</strong></td>
</tr>
<tr>
<td><strong>550 Forest Avenue, Suite 206</strong></td>
</tr>
<tr>
<td><strong>Portland, ME 04101</strong></td>
</tr>
<tr>
<td>Provides personal care, housekeeping, transportation/errands, meal preparation, medication reminders, companionship, and dementia care. Accepts Mainecare, VA benefits, self-pay and private insurance.</td>
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<tr>
<td>207-699-2570</td>
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<tr>
<td>888-846-1410</td>
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<tr>
<td><a href="http://www.advantagehomecare.com">www.advantagehomecare.com</a></td>
</tr>
</tbody>
</table>

| **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.seniorsontheego.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

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.smaaaa.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

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

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

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/

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.smaaaa.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

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  
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

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

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.mainearfg.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/oads/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.alphanemaine.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.maine.gov/dhhs/ofi/applications-forms

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 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
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

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/maineseniorfarmshare-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

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
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/

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/

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.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
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/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

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
PORTLAND, MAINE AGE-FRIENDLY RESOURCE GUIDE

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/

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/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/

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/

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

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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, 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.mainetrailfinder.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/

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
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

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.cccmaine.org/refugee-immigration-services

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
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.vectcenters

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 MAINESOURCES

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.portlandmainegov/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.smaaaa.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  

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 refugee 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.mainestateinterpreters.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