

# Healthy Living




Photo by David Levy  
FRAME, 2021

A Planning and Resource Guide for  
Older Adults in Bucksport Bay  
Communities

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# Introduction

Photo by Lisa Raitt  
FRAME, 2021

This interactive planning guide and directory is designed for mid-life and older Maine residents who want to take charge of their lives in a simple way.

## ***What will you gain from using this planning guide?***

- **You can remain in the community of your choice as you age!**
- **You will have informational resources to help you financially, legally, medically, and personally to take more control of your life choices!**
- **You can be safer, happier and healthier!**

## ***Can taking charge and being in control really be simple?***

Yes! This planning guide is designed in 6 easy-to-use modules. You can use just one, a few or all the modules. However, the more you do the more prepared you will be in the future. It is suggested that you use the modules in the order presented, and that you complete each one at your own pace. Remember, ***the more you plan, the more choices you have ... in all aspects of your life.***



# How to use the questionnaires

Developed for use by the Thriving in Place Program the following questionnaires provide a healthy living roadmap to guide older adults in reaching their goals of thriving in the home of their choosing for as long as possible

Starting with the first module “Active Living,” answer the *yes/no* questions as honestly as you can. This is not meant to be an exhaustive list but, rather, simple questions to get you thinking about planning for your future. Go ahead and mark up the book with questions and comments as you go along; this will help you to create your own personalized Healthy Living Plan to offer you more choices!

Once you have completed the module’s list of questions take a look at your answers. If you answered **no** to any of the questions, ask yourself “**why?**” What can you do to change that to a **YES?!** Use the margins or a separate sheet of paper to write your thoughts, questions, and plans.

At the end of the booklet, there is a list of resources related to each section. You will also find helpful hints and facts in each section. SO, have fun while you make your Healthy Living Plan, and keep it as a reference guide for years to come!

# COVID-19



Photo by Jennifer Spofford  
FRAME, 2021

It is critically important that older adults be under the care of a primary care provider and following the recommendations for Covid-19 vaccinations, booster shots, and other prevention strategies such as masking and social distancing.

## **If you need additional guidance or information contact:**

1. Call 211 and ask for the nurse advisement line. There are public health nurses staffing the line to return messages related to COVID questions.
2. The FAQs located at the link below address the most common questions people have about COVID in general, but also about COVID in Maine specifically. This page is updated frequently and always contains the most current information. Most of the time people can find the answer they need by clicking on the link, clicking on "control F", and then typing in the key word they are searching for:  
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/frequently-asked-questions.pdf>

# 1. Active Living

Yes

No

Sometimes

1. I read, do word puzzles, play a musical instrument, or engage in other mental activities on a regular basis.

2. I follow current events or topics of interest.

3. I have face to face interaction with other people, through volunteering, working, hobbies, clubs or groups, shopping, or other activities.

4. If I am interested, I know where and how to volunteer in my community.

5. I drive or I am able to find a ride when needed.

6. I know how to access public transportation



## 2. Nutrition & Fitness

Yes

No

Sometimes

1. On a daily basis I consume at least 3 servings of dairy products

2. On a daily basis I consume 2 or more servings of protein rich foods

3. On a daily basis I consume at least three servings of brightly colored vegetables.

4. On a daily basis I consume two or more servings of fruit

5. On a daily basis I consume at least six servings of whole grains and cereals

## 2. Nutrition & Fitness

Yes

No

Sometimes

6. My daily life includes a total of 30 min. of physical activity such as walking up/down stairs, tending to my home or garden, or other activities.

7. I can buy enough healthy food for myself.

8. (If on a special diet) I know how to follow my food plan.

9. I drink at least 6 glasses of water a day.

10. I consider my appetite and food intake to be good or adequate.





# 3. Home Safety

## Doors and Windows

1. The windows and doors in my home are easy to open and close.

2. The doors and windows have locks that are sturdy and easy to operate.

3. During the winter months my windows adequately keep out the cold air.

4. Doors are at least 3 feet wide to allow enough space to maneuver, and I am able to open my doors without hitting anything on either side

5. The door thresholds are an appropriate height so that I can cross without tripping and easily maneuver things over it.



# 3. Home Safety

## Floors & Steps

Yes

No

Somewhat

1. The floor surfaces in my home are slip resistant and free of scatter rugs.

2. My home is free of clutter such as old newspapers, dirty clothing, knickknacks, etc., as this can cause harmful falls.

3. My home has a bedroom (or a room that can easily be converted to a bedroom) and a full bathroom on the first floor.

4. Any changes in the level of my floor are obvious and clearly marked in some way.

5. The stairs in and around my home are well lit.

6. The stairs in and around my home are in good repair.

# 3. Home Safety



## Floors & Steps, cont.

Yes

No

Somewhat

7. The stair treads are big enough so that my whole foot can fit on them.

8. All my stairways have closed risers.

9. There are handrails on both sides of all the stairways.

10. There is enough space to fully grasp all hand rails.

11. The handrails in my home are sturdy and securely fastened.

12. My house is designed so that I could install a ramp where needed if it became necessary.

# 3. Home Safety



## Electrical & lighting

Yes

No

Somewhat

1. My electrical switches are easy to turn on and off

2. Outlets are properly grounded to prevent electrical shock.

3. All electrical cords, including extension cords, are in good condition.

4. All electrical cords are out of the flow of traffic.

5. I am careful not to plug too many things into the outlets and/or extension cords.

6. Lighting in and around my home is bright enough for safety.

# 3. Home Safety



## Heating & ventilation

Yes

No

Somewhat

7. I have smoke detectors in main living areas and all bedrooms

8. I have a carbon monoxide detector on all floors in my home in which I use some type of fuel (both gas and wood).

9. I can afford to adequately heat my home (with or without receiving heating assistance).

10. I am able to maintain my heating system so that it is safe. I am able to manage it with relative ease.

11. My home is well insulated.

# 3. Home Safety

## Kitchen & Bath

Yes

No

Somewhat

1. The arrangement of my appliances and furniture is convenient and safe.

2. The oven & refrigerator can be opened easily.

3. Stove controls are easy to use and clearly marked.

4. The counter height/depth is good for me.

5. Items in the cabinet are easy to reach.

6. Cabinet door knobs are easy to use.

# 3. Home Safety



## Kitchen & Bath, cont.

Yes

No

Somewhat

7. I can sit while preparing food if necessary.

8. Faucets are easy to use.

9. I have a bath/shower seat if necessary.

10. I can easily get on and off the toilet seat.

11. There are grab bars where needed.

12. The hot water heater is regulated to prevent scalding or burning.



# 3. Home Safety

## Home repair & Outdoors

Yes

No

Somewhat

1. The outdoor walkways are free of debris and are safe to walk on.

2. I am able to keep my walkways free of ice and snow & have help when needed.

3. (If I drive) I have a convenient and safe place to park that gives me easy, safe access to home

4. I am able to adequately maintain my home on my own, or I have someone to help me maintain my home.



# 4. Financial

## Insurance

Yes

No

Somewhat

1. I have health insurance

2. I believe I qualify for  
MaineCare/Medicare and I  
know how to obtain coverage.

3. I understand my health  
insurance coverage  
(Private/MaineCare/Medicare).

4. I am able to adequately  
maintain my home on my own,  
or I have someone to help me  
maintain my home.

5. I believe I understand and  
could benefit from long term  
care health insurance.

6. I have home owners  
insurance.

# 4. Financial

## Financial Planning

Yes

No

Somewhat

1. I have planned financially for the future.

2. I am able to live within my budget.

3. I know whom to turn to for investment advice.

4. I have planned for my funeral.

5. I have put information about my assets in a safe place and have a designated person to access information if needed.

# 5. Communication & Legal

Yes No Somewhat

1. I am able to speak with family members about important family issues.

2. I can tell my family/friends that I need help.

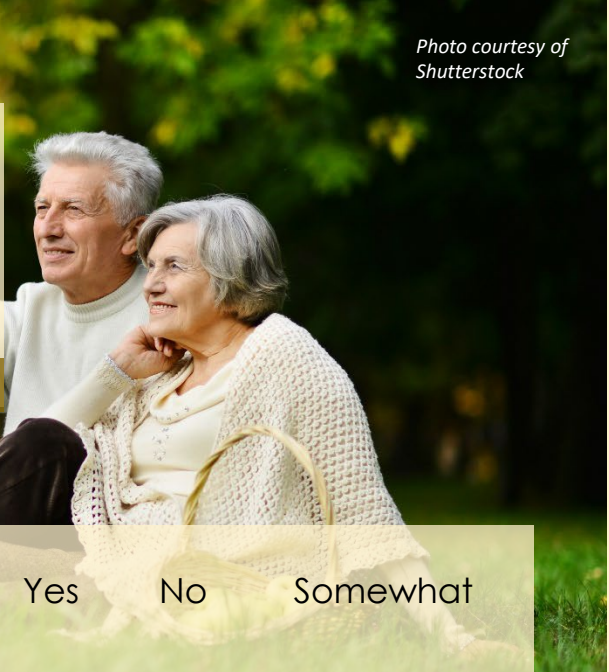
3. I can tell my family/friends what I need.

4. I am able to accept help when offered.

5. If needed, I have someone I can comfortably talk to about financial matters.

6. At least one person knows where my legal documents are.

# 5. Communication & Legal



Yes

No

Somewhat

7. I feel as though I can speak with my family/friends about the medical issues I face (or might face in the future).

8. I can comfortably talk to my family/friends about end of life issues, including funeral plans.

9. I have a Last Will and Testament, and it has been updated within the last 5 years.

10. I have assigned an executor (person who will carry out my wishes) to my will and have had it notarized (if not done by lawyer).

11. I have a Living Will. (A Living Will explains your medical wishes.)

# 5. Communication & Legal

Yes No Somewhat

12. If I have dependents (an adult dependent child, or other) I have made arrangements for care in the event of my death.

13. I have a Durable Power of Attorney. (This is a written document that designates another person to act on your behalf when making legal or financial decisions, if you are unable).

14. I have a healthcare power of Attorney. (This is a person legally chosen to make medical decisions, if you are unable).



# 6. Healthcare

Medications	Yes	No	Somewhat
1. I know the name(s) or have a written list of all my medications.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know what each medication is supposed to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am sure to take each medication as the doctor has ordered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know what should be avoided when taking each medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have reviewed possible side effects with my health provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# 6. Healthcare

Medications, cont.	Yes	No	Somewhat
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6. I feel comfortable asking my doctor or pharmacist questions about my medications.

7. I have told my doctor/pharmacist about the over-the-counter medications or herbal supplements I am taking

8. I know how and where to properly dispose of my medications.



# 6. Healthcare

Daily Activities	Able to do on my own	With Help	Not Able	Resistant
1. Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Take Meds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Get in and out of the tub/shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Get dressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Bladder control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Get out of bed or chair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# 6. Healthcare

Daily Activities	Able to do on my own	With Help	Not Able	Resistant
8. Climb stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do housework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Go outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Cook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Do Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Use phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# 6. Healthcare



## Emotional Health

Yes

No

Somewhat

1. I feel as though I can handle most things that come my way without an exaggerated emotional response.

2. I am happy and have an adequate amount of energy for me the majority of the time.

3. I still find interest in my daily and leisure activities.

4. I have a positive outlook on life.

5. My sleeping patterns are the same as they have always been.

6. I do not experience excessive worry often.

# 6. Healthcare

## Emotional Health

Yes

No

Somewhat

7. My memory is the same as it has been.

8. If I consume alcohol it is in moderation (no more than 1 or 2 drinks a day and no more than 3 on a special occasion)

9. When I wake up in the morning I drink something without alcohol.

10. I take my medications only as prescribed and do not take more than prescribed, or take without a prescription.



# 6. Healthcare

Accessing Health Services	Yes	No	Somewhat
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1. I have a health care provider that I see regularly for medical checkups.

2. I have regular dental checkups.

3. I have regular eye exams.

4. I have had my hearing checked recently.

5. I know the signs of a heart attack.

6. I know the signs of a stroke.

# 6. Healthcare

## Accessing Health Services, cont.

Yes

No

Somewhat

7. I know how to get at-home health care.

8. I have adequate emotional support or know how to get it.

9. I have adequate spiritual support or know how to get it.

10. I know how to get help in an emergency.

11. I know how to access local resources.

12. I know how to get hospice care.

# Active Living Resources

## Community Activities

**Alamo Theatre** provides the area with movie fare and is the archival repository for historic films.

**(207)469-6910**

**Bucksport Community Concerns** provides many social and referral services for neighbors in need in the Bucksport Bay Region. This private non-profit community group operates a food pantry and the “Talk ‘n Shop” used clothing store and supervises the Senior Companion program.

**(207)469-2400 or (207)469-7907**

**Bucksport Enterprise** is a newspaper offering information on local news and events.

Log on at [www.bucksportenterprise.com](http://www.bucksportenterprise.com) or call **(207) 469-6722**

**Bucksport Marina**

Call: **(207)469-5902**

**Bucksport Parks and Recreation Department** maintains the beautifully landscaped river front walk on the shore of the Penobscot River. Enjoy a hike along the Miles Lane or Silver Lake community walking trails.

Log on at [www.bucksportmaine.gov](http://www.bucksportmaine.gov) or call **(207)469-3518**

**Bucksport Senior Center** is open Mon-Fri at Bucksport Square Apartments. Activities such as games, music, crafts, bus trips, mystery rides, lunch, shopping and special programs are open to those age 55+.

Call: **(207)469-3632**

**Craig Brook National Fish Hatchery**, located on Alamoosook Lake, is the oldest salmon hatchery in Maine. The Hatchery is an excellent site for a picnic and swimming in the summer.

Log on at <http://www.fws.gov/northeast/craigbrook/> or call **(207)469-2803**

# Active Living Resources

## Community Activities, cont.

**Eastern Area Agency on Aging Elder Buddies**  
(207) 941-2865

**Friendship Cottage Adult Day Service**  
(207) 374-5612

**Great Pond Mountain Conservation Trust** offers a wide array of outdoor recreational and educational programs for all ages.

Log on at [www.greatpondtrust.org](http://www.greatpondtrust.org) or call (207)469-7190

**H.O.M.E., Inc.** offers classes in woodworking, weaving, leather, pottery and more.

Log on at [www.homecoop.net](http://www.homecoop.net) or call (207)469-7961

**Main Street Bucksport** is a network of downtown businesses, community leaders and community organizations. Look for information on community and cultural events by calling (919)824-2733 or log on at <https://www.mainstreetbucksport.org/>

**Orland Community Center:** Log on at <https://www.facebook.com/Orland-Community-and-Fitness-Center-726289240787137/> or call (207)469-7691

**Orland Historical Society.** Call: (207) 469-1131

**Wednesday on Maine** features summer cultural programs along Main Street in Bucksport. Log on at <http://www.bucksportwom.com/> or call 207 266 7999

**WERU Community Radio (FM 89.9)** is a locally owned and operated community radio station offering diverse music and cultural programming for Eastern and Central Maine  
Log on at [www.weru.org](http://www.weru.org)

# Active Living Resources

## Transportation Services

**Bucksport Senior Ride Program** for transportation to medical appointments. For seniors who are 60 and older and ineligible for MaineCare. Call: **(207) 664-0012**

**City Cab Connection** Wednesday Taxi Service. Call: **(207) 942-4990**

**Downeast Transportation Wednesday Shuttle Bus** in Bucksport, provides transportation to residents regardless of age or income for only a \$1.00.  
Call: **(207) 667- 5796**

**Monthly Bus from Bucksport to Bangor** provides transportation to those who need a ride to Bangor for medical appointments, and/or other needs. Call: **(207) 664-0012**

**Monthly Bus to Ellsworth** provides transportation to those who need a ride to Ellsworth for medical appointments, and other needs. Call: **(207) 664-2424**

**Waldo Transportation Services** Public Access call: **(207) 338-4769** MaineCare Recipients call: **(207) 930-7900**

**Downeast Community Partners** Call **(207) 664-2424** for information on NON-MAINECARE TRANSPORTATION TO MEDICAL APPOINTMENTS

**\*\*Note:** Transportation service for MaineCare covered reimbursement and rides is available, but must be arranged through the broker service by calling 1-855-608-5176. This includes self-driver friends and family reimbursement.



# Active Living Resources

## Volunteering

**Eastern Area Agency on Aging** has a variety of volunteer opportunities. EAAA's mission is to help older persons live independently and be happy.

Log on at [www.eaaa.org](http://www.eaaa.org) or call: **(207)941-2865** or **1-800-432-7812**

**Foster Grandparent Program** provides part-time volunteer opportunities for people with low-income age 60 and older to serve children with special or exceptional needs.

Log on at [www.penquis.org/volunteer-opportunities](http://www.penquis.org/volunteer-opportunities) or call: **1 (800) 215-4942**

**Literacy Volunteers of Bangor** offers free tutor support to adults with lowest levels of literacy to help adults who want to improve their reading, writing, and/or English speaking abilities. To become a tutor contact

Log on at [www.lvbangor.org](http://www.lvbangor.org) or call: **(207)947-8451**

**Retired and Senior Volunteer Program (RSVP)** The RSVP program matches volunteers aged 55 or older with community service jobs.

Log on at [www.mainecenteronaging.umaine.edu/service/umaine-center-aging-rsvp](http://www.mainecenteronaging.umaine.edu/service/umaine-center-aging-rsvp) or call **(207) 262-7924**

**Senior Companion Program** is a part-time volunteer opportunity for people w/low-incomes age 60- and over. Call **Cooperative Extension Hancock County, Ellsworth (207)667-8212** or **1-800-287-0274** or log on at:

[www.mainecenteronaging.umaine.edu/service/senior-companion-program](http://www.mainecenteronaging.umaine.edu/service/senior-companion-program)

**United Way of Eastern Maine** offers many volunteering opportunities in Eastern Maine.

Log on at: [www.unitedwayem.org](http://www.unitedwayem.org) or call **(207)941-2800**

**Volunteer Maine** is an online listing of volunteer opportunities

Log on at [www.volunteermaine.org](http://www.volunteermaine.org)

# Nutrition & Fitness Resources

## Nutrition

**Bucksport Area Senior Meal Program** is open to everyone regardless of age or income and is located at the Senior Citizen Center. Meals are charged \$4.00 and dining hours are on Mon, Wed & Fri from 11:30am-12:30pm. Please make a 24-hour advance reservation by calling **(207)469-3632**

**Bucksport Community Concerns** operates an emergency food pantry **469-7907** or **469-2400** Info at [www.facebook.com/Bucksport-Community-Concerns-Food-Pantry-329135141000179](http://www.facebook.com/Bucksport-Community-Concerns-Food-Pantry-329135141000179)

**Bucksport Farmer's Market** Lally Broch Farm **(207) 323-4982**

**Eastern Area Agency on Aging** Home Delivered Meals **941-2865**

**Eat Well Program**, offered by Umaine Cooperative Extension, provides nutrition tips, recipes, cooking skills, and affordable meal ideas to those eligible for food stamps. **(207)667-8212**

**H.O.M.E., Inc.** sponsors a foodbank and pantry as well as the Hannaford Food program **(207)469-7961** [www.homemmausa.org](http://www.homemmausa.org)

**Searsport Methodist Food Cupboard**  
**(207)548-6204**

**Department Health and Human Services** can help to get food stamps with can be used to buy food when your budget is very limited  
**(207)667-1600** (Hancock Cty) or **(207)596-4200** (Waldo Cty)

**Furry Friends Food Bank** helps seniors and adults with disabilities feed their pets. Eastern Area Agency on Aging **1-800-432-7812** [www.eaaa.org/furry-friends-food-bank](http://www.eaaa.org/furry-friends-food-bank)

# Nutrition & Fitness Resources

## Fitness

***A Matter of Balance: Managing Concerns About Falls*** Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Call Eastern Area Agency on Aging at **1-800-432-7812** or log on at [www.eaaa.org](http://www.eaaa.org)

**Bucksport YMCA** Has various fitness programs and activities, including Growing Stronger-strength training class for older adults; basketball and tennis courts; Bucksport YMCA; and the Bucksport outdoor swimming pool. Call: **(207) 469-3518**

**Downeast YMCA Blue Hill**

Call: **(207) 374-2248**

**Miles Lane Walking Trails 67 Miles Ln, Bucksport**

**Swimming Pool (Indoor) YMCA –Ellsworth**

Call: **(207) 667-3086**

# Home Safety Resources

## Housing

**Bucksport Park & Square Apartments (207) 469-2200**

**Downeast Community Partners (DCP) Rental assistance (207)664-2424**  
[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

**Gardner Commons Rental Apartments for older adults and disabled (207) 947-6795**

**H.O.M.E offers shelter services (207) 469-7961** [www.homemmausa.org](http://www.homemmausa.org)

**Jed Prouty Residential Care Home (207) 902-1220**

**Knox View Apartments (207) 469-7018**

**Maine State Housing Authority** helps people find affordable housing and weatherization.  
**1 (800) 452-4668** [www.mainehousing.org](http://www.mainehousing.org)

**Waldo Community Action Partners (Voucher Information) (207) 338-6810**

**Washington Hancock Community Agency (Voucher Information) (207) 546 -7544 DCP**

**Wenbelle Apartments (207) 469-7626**

**Veterans Housing Services Downeast Community Partners (207) 610-5912**

## Home Maintenance

**Downeast Community Partners (DCP)** Provides homeowners and renters assistance such as appliance replacement, energy solutions, heating system repair

& preplacement, home repair loans, lead hazard control, rental assistance, tank & pipe replacement, and weatherization. **(207)664-2424** [www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

# Home Safety Resources

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## **Home Maintenance, cont.**

**Eastern Area Agency on Aging EAA-Z Fix It** is a minor home repair program for seniors. (207) 941-2865 [www.eaaa.org](http://www.eaaa.org)

**Waldo Community Action Partners** Fuel and utility assistance **(207) 338 - 6809**

**Bucksport Community Concerns** Fuel and utility assistance **(207) 469-6254**

# Financial Resources

## **Financial planning\***

**H.O.M.E. (Tax Preparation Assistance) (207) 469-7961**

**Maine AARP** offers financial planning services, among others.

**1 (800) 554-5380** [www.aarp.org/states/me](http://www.aarp.org/states/me)

## **Municipal Emergency Funding**

**Town of Bucksport – (207) 469-7368**

**Town of Orland – (207) 469-3186**

**Town of Prospect – (207) 567-3661**

**Town of Verona Island – (207) 469-7965**

## **Clothing**

**Coats for Kids (Bucksport Community Concerns) (207) 469 – 2400**

**Good News Shoe Program (207) 469 – 3622**

**Talk and Shop (207) 469-1169**

\*For more specific information on financial resources, refer to specific section of concern, for example, housing assistance

# Insurance Resources

**Eastern Area Agency on Aging** provides information, assistance and referral services to persons 60 and older and their families.

**(207) 941-2865** [www.eaaa.org](http://www.eaaa.org)

**2-1-1** is a community and social services referral hotline. **Dial 2-1-1**

**Social Security Office- 1 (800) 772-1213**

**Maine Dept. Health and Human Services** can assist in completing applications for Medicaid and also help to understand health insurance coverage.

**Augusta 1 (800) 262-2232 or Ellsworth 1 (800) 432-7823** [www.maine.gov/dhhs](http://www.maine.gov/dhhs)

**Consumers for Affordable Health Care** seeks to help all Maine people to obtain quality, affordable health care. They can offer information and assistance in finding and understanding health insurance.

**1 (800) 965-7476** [www.mainecahc.org](http://www.mainecahc.org)

\*For more specific information on financial resources, refer to specific section of concern, for example, housing assistance

# Legal Resources

**Lawyer Referral & Information Service** is supported by the Maine State Bar Association and provides low-cost referrals to attorneys.  
**1(800)860-1460**

**Legal Services for the Elderly** provides legal assistance with appeals of state and federal benefit denials or terminations such as Social Security, SSI, Medicaid, Food Stamps and Medicare. They also assist with exploitation or overpayment cases and with Powers of Attorney. **(207) 941-2880** or **1 (800) 750-5353** [www.mainelse.org/](http://www.mainelse.org/)

**Maine Attorney General's Office** **(207) 626-8800** [www.maine.gov/ag/](http://www.maine.gov/ag/)

**Maine Equal Justice Project** provides representation for low-income individuals before the legislature, administrative agencies and the courts. For a detailed list call or visit them on the web. **(866) 626-7059** <https://maineequaljustice.org/>

**Maine Long-Term Care Ombudsman Program** investigates and resolves complaints made by, or on behalf of, home and long term care consumers  
**1 (800) 499-0229** [www.maineombudsman.org](http://www.maineombudsman.org)

**Pine Tree Legal Assistance** provides legal assistance to low income individuals in civil matters primarily related to discrimination, landlord-tenant, general assistance, and public benefits disputes. If there is any civil issue Pine Tree Legal can help, or make aware of other resources.  
**(207) 942-8241** or **(207) 255-8656** [www.pita.org](http://www.pita.org)

**Volunteer Lawyers Project** provides confidential, low-cost or free legal assistance to income-eligible people. They also make referrals to appropriate resources for problem resolution.  
**1 (800) 442-4293** [www.vlp.org](http://www.vlp.org)



# Healthcare Resources

## Emergency Services

**Adult Protective Services** to report suspected abuse, neglect or exploitation. Your confidentiality will be maintained.

1 (800) 624-8404 [www.maine.gov/dhhs/oads/get-support/aps](http://www.maine.gov/dhhs/oads/get-support/aps)

**American Red Cross** helps people and communities in emergency situations.

207-941-2903 [www.redcross.org](http://www.redcross.org)

**Bucksport Police Department** 911 or (207) 469-7951

**Child Abuse and Neglect** 1 (800) 452-1999

**HIV/AIDS National Hotline in Maine** 1 (800) 851-2437

**Hancock County Sheriff** 911 or (207) 667-7575

**Maine Crisis Line** offers 24-hour a day telephone crisis intervention for individuals or families experiencing a behavioral health crisis and others at risk due to severe emotional distress or who may be having thoughts of suicide and/or self-harm.

1 (888) 568-1112 [www.opportunityalliance.org/crisis](http://www.opportunityalliance.org/crisis)

**National Suicide Prevention Lifeline** 1 (800) 273-8255

<https://suicidepreventionlifeline.org/>

**Next Step Domestic Violence Project** provides a 24-hour toll free hotline, emergency shelter, support groups, transitional housing, information and referral as well as court advocacy and walk-in crisis services to anyone affected by domestic abuse.

**Hotline:** 1 (800) 315-5579 (Hancock) or 1 (888) 604-8692 (Washington)

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

**Poison Control Center** 1 (800) 222-1222

# Healthcare Resources

## **Emergency Services, cont.**

**Rape Crisis Hotline 1 (800) 310-0000**

**Sexual Assault Helpline 1 (800) 871-7741**

**Spruce Run Domestic Violence 1 (800) 863-9909**

**State Police 1 (800) 432-7381**

## **Regional Health Centers**

**Blue Hill Memorial Hospital (207) 374-3400**

**Blue Hill Hospital Rehabilitation Services (207) 469-3107**

**Bucksport Regional Health Center (207) 469-7371 and Dental Center (207) 902-1100**

**Eastern Maine Medical Center (207) 973-7000**

**Northern Light Maine Coast Hospital (207) 664-5311**

**St. Joseph Hospital (207) 907-1000**

**VA Bangor Community Clinic (207) 561-3600**

**Waldo County General Hospital (207) 338-2500**

# Healthcare Resources

## Adult Day Services

**Friendship Cottage** Part of Downeast Community Partners, Friendship Cottage in Blue Hill provides adult day service to dependent adults who may be coping with physical, mental or memory challenges, as well as resources for caregivers and loved ones.

(207) 374-5612 [www.downeastcommunitypartners.org/services/elder/friendship-cottage](http://www.downeastcommunitypartners.org/services/elder/friendship-cottage)

**Robert and Mary's Place** of Ellsworth, is a licensed adult day program for individuals coping with memory loss. (207) 667-5449 [www.robertandmarysplace.org](http://www.robertandmarysplace.org)

## Daily Activities & Home Care

**Aging Excellence** offers skilled care and homecare services, as well as the SWIFT Wellness Program which works on improving how people eat, think, and move. They also provide private case management.

(207) 947-0999 [www.seniorsonthego.com](http://www.seniorsonthego.com)

**A Loving Touch** offers non-medical in home care, and personal care assistance.

(207) 990-1995 [www.lovingtouchinhomecare.com](http://www.lovingtouchinhomecare.com)

**Catholic Charities** offers homecare services

1 (888) 477-2263 [www.ccmaine.org/independent-support-services](http://www.ccmaine.org/independent-support-services)

**Community Health & Counseling** offers skilled care and homecare services.

1 (800) 924-0366 [www.chcs-me.org](http://www.chcs-me.org)

# Healthcare Resources

## Daily Activities & Home Care, cont.

**EAAA Caregiver Services** is a program of Eastern Area Agency on Aging that helps caregivers to develop an appropriate plan of action and personal self-care strategies, and advocates for both the caregiver and the loved one.

1-800-432-7812 or (207) 941-2865 <https://www.eaaa.org/caregiver-services/>

**Kindred at Home** offers skilled care and home health services.

1-866-227-3524 [www.kindredathome.com](http://www.kindredathome.com)

**Maine Alzheimer's Association** provides a toll free helpline 24 hours/7 days week.

1-800-272-3900 [www.alz.org/maine/](http://www.alz.org/maine/)

**New England Home Health** offers skilled care and homecare services.

1-800-287-0338 [www.nehhc.com](http://www.nehhc.com)

**Northern Light Homecare** offers homecare services in Hancock County.

1 (800) 757-3326 <https://northernlighthealth.org/Homecare-Hospice>

**One Step Home Care** offers homecare services such as meal preparation, light housekeeping, errands, personal care needs, and overnight stays.

(207)667-7926 [www.onestephomemcare.com](http://www.onestephomemcare.com)

**St. Joseph Homecare** offers homecare and skilled care.

(207) 907-1810 [www.stjoeshealing.org/our-services/specialty-services/st-joseph-homecare-and-hospice](http://www.stjoeshealing.org/our-services/specialty-services/st-joseph-homecare-and-hospice)

# Healthcare Resources

## Disability Services

**Alpha One** offers independent living services and products for persons with disabilities. Also has Adaptive Equipment Loan Program which is a revolving loan fund that makes low interest long-term loans to purchase adaptive equipment, home modifications that are disability related.

(207)941-6553 (Bangor) [www.alphaonow.org](http://www.alphaonow.org)

**Department of Health & Human Services –Office of Aging and Disability Services** oversees statewide programs and services for adults.

(800) 262-2232 or (207) 287-9200 [www.maine.gov/dhhs/oads](http://www.maine.gov/dhhs/oads)

**Disability Rights Maine** provides information and referral, individual advocacy, legal representation, education and training, and assistance with self-advocacy for people whose rights have been violated or who have been discriminated against based on their disability. (800) 452-1948 or (207) 626-2774 (Augusta), 1-800-639-3884

(Falmouth-deaf services) TTY/V [www.drme.org](http://www.drme.org)

**The IRIS Network** provides rehabilitation services for the blind and visually-impaired.

1 (800) 715-0097 or (207) 774-6273 [www.theiris.org](http://www.theiris.org)

**Maine Bureau of Rehabilitation Services (BRS)** works to bring about full access to employment, independence and community integration for people with disabilities.

(207) 287-5292 [www.maine.gov/rehab](http://www.maine.gov/rehab)

# Healthcare Resources

## Emotional & Mental Health

**Al-Anon Family Groups** free support group for family and loved ones of individuals suffering from alcohol or other substance use disorder **1-800-498-1844 (Maine) 1-888-425-2666 (National)** [www.al-anon.org](http://www.al-anon.org)

**Alcoholics Anonymous** free support group for individuals suffering from alcohol or other substance use disorder **1-800-737-6237 or 207-774-4335 (Portland office)**  
[www.csoamaine.org](http://www.csoamaine.org)

**Aroostook Mental Health Center (AMHC)** serves Aroostook, Washington, and Hancock Counties. AMHC is a private, non-profit community health and social service organization offering mobile crisis response and stabilization, outpatient, behavioral health home, rehabilitation, residential, peer support, family visitation, case management and educational services. **207-554-2352** [www.amhc.org](http://www.amhc.org)

**Bucksport Regional Health Center** offers counseling services from a team-based approach with other medical providers.  
**(207) 469-7371** <https://www.bucksportrhcc.com/behavioral-health/>

**Community Health & Counseling Services** provides a wide range of community-based mental health services. **(207)667-5357** [www.chcs-me.org/mental-health](http://www.chcs-me.org/mental-health)

**Department of Health and Human Services** offers mental health and behavioral health services (207) 664-1400 (Ellsworth) or (207) 287-4243 (Bangor)

**Friendship House** of South Portland provides residential treatment of men suffering from substance use disorder.  
**(207) 767-7403** [www.friendshiphouses.org](http://www.friendshiphouses.org)

**Maine Crisis Line** offers 24-hour a day telephone crisis intervention .  
**1-888-568-1112** <https://www.opportunityalliance.org/crisis>

# Healthcare Resources

## Emotional & Mental Health, cont.

**Narcotics Anonymous** free support group for individuals suffering from substance use disorder 1-800-974-0062 <https://namaine.org/>

**National Alliance for the Mentally Ill (NAMI-Maine)** is a grassroots organization that offers advocacy and referral services for persons with mental illness and their families. 1-800-464-5767 [www.namimaine.org](http://www.namimaine.org)

**New Hope for Women Hotline** is a 24-hour hotline for people experiencing domestic violence or intimate partner violence. 207-594-2128 <https://newhopeforwomen.org>

**Northern Light Acadia Hospital** is Maine's comprehensive source for information and treatment of mental illness, behavioral disorders and chemical dependency 1-800-640-1211 or (207)973-6100 <https://northernlighthealth.org/Acadia-Hospital>

**Searsport Counseling Associates** in Belfast offers counseling and support for individuals and families suffering from substance use disorder and its effects. (207) 338-9145 [www.searsportcounseling.com](http://www.searsportcounseling.com)

**Tobacco Helpline** offers counseling and support for individuals struggling to quit smoking 1-800-207-1230 <https://www.mainehealth.org/Services/Pulmonology/Maine-Tobacco-Helpline>

**Wellspring, Inc.** in Bangor provides outpatient counseling services and residential treatment for substance use disorder. (207)941-1612 [www.wellspringmaine.com](http://www.wellspringmaine.com)

# Healthcare Resources

## Hospice

**Community Health & Counseling Home Health** offers hospice services.

1 (800) 924-0366 (Ellsworth) <https://www.chcs-me.org/hospice>

**Hospice Volunteers of Hancock County** of Ellsworth offers hospice services and educational programs on end-of-life and bereavement topics.

(207) 667-2531 [www.hospiceofhancock.org](http://www.hospiceofhancock.org)

**Northern Light Homecare** offers hospice services in Hancock County.

1 (800) 757-3326 <https://northernlighthealth.org/Homecare-Hospice>

## Medications

**Bucksport Community Pharmacy** (207)469-8973

<https://www.communityrx.com/bucksport/>

**United Way of Eastern Maine Familywise Prescription Discount Card**

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

## Residential Services

**Birch Bay Village** is an independent and assisted living community located in Bar Harbor.

(207) 288-8014 <https://www.birchbayvillage.us/>



# Healthcare Resources

## Residential Services, cont.

**Jed Prouty Residential Care Home** provides housing, companionship, personal care assistance and 24-hour supervision to adults who are unable to live independently. (207) 902-1220

**Parker Ridge** is an independent and assisted living community located in Blue Hill. (207)374-2306 [www.parkerridge.com/](http://www.parkerridge.com/)

## Specialty Services

**Audiology Center of Maine** of Ellsworth offers hearing evaluations and devices (207) 430-3714 [www.audiologymaine.com](http://www.audiologymaine.com)

**Acadia Hearing Center** offers hearing evaluations and devices (207)667-4014 (Ellsworth) or (207) 942-4433 (Bangor) [www.acadiahearing.com](http://www.acadiahearing.com)

**Beth C. Wright Cancer Resource Center** provides support, wellness groups, advocacy and education for patients, families, and friends in the midst of a cancer diagnosis, treatment and/or remission. (207) 664-0339 [www.bethwrightcancercenter.org](http://www.bethwrightcancercenter.org)

**Bucksport Regional Dental Center**  
(207)902-1100 [www.bucksportrhc.com/dental-services](http://www.bucksportrhc.com/dental-services)

**New England Denture Center**  
(207)667-8263 (Ellsworth) or (207) 941-6550 (Bangor) [www.nedenturecenter.com](http://www.nedenturecenter.com)

**Northern Light Cancer Care** located in Brewer, offers comprehensive cancer care (207) 973-7478 [www.northernlighthealth.org/Our-System/Eastern-Maine-Medical-Center/Locations/Cancer-Care](http://www.northernlighthealth.org/Our-System/Eastern-Maine-Medical-Center/Locations/Cancer-Care)

# Healthcare Resources

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## **Specialty Services, cont.**

**Downeast Community Acupuncture** a community acupuncture clinic located on Verona Island, offers a sliding scale for treatment **(207) 479-2944** [www.downeastca.com](http://www.downeastca.com)

**Public Health Nursing** Ellsworth office, is a division of Dept. of Health and Human Services offers a variety of services and referrals. **(207) 664-1400**