

2023
update



Aging in Place

in the Sacopee Valley Resource Lists



Food

Transportation

Home Improvements

Housing

Heat, Fuel, Utilities

Home Care

Health Care

Substance Use Disorders

Mental Health Services

End-of-Life Resources

Socializing

Continuing Education

Legal Services & Advocacy

Hotlines

Further Information/Referrals

The
Grateful Undead

Aging well in the Sacopee Valley

Handy numbers:

EMERGENCY: 911

Local Fire Departments (use 911 for fire emergency)

- Baldwin: 625-9107
- Cornish: 625-3355
- Hiram: 625-4064
- South Hiram: 625-4825
- Kezar Falls: 625-8625
(serving Parsonsfield and Porter)
- Newfield: 793-2330

Sacopee Valley Health Center
625- 8126

Town Offices:

- Baldwin: 625-3581
- Cornish: 625-4324
- Hiram: 625-4663
- Newfield: 793-4348
- Parsonsfield: 625-4558
- Porter: 625-8344

Southern Maine Agency on Aging
York and Cumberland Counties, 1-800-427-7411
Includes Meals on Wheels for homebound
older adults and Medicare counseling.

Seniors Plus (Oxford County)
1-800-427-1241

Catholic Charities 1-888-477-2263

Independent Support Services (ISS)
1-800-781-8550
for seniors and physically disabled adults

The Grateful Undead supports aging in place by promoting knowledge and organizing services and activities that enable residents of the Sacopee Valley and surrounding towns in southwestern Maine to continue to live in our own homes and community safely, independently, and comfortably as we age.
For more information, go to www.gratefulundead.org or email sacopeegratefulundead@gmail.com



Food Pantries

Wayside Food Programs – Senior Food Boxes 775-4939 www.waysidemaine.org
Anyone 60 years old or older is eligible for a monthly senior food box, available from all food pantries.

Riverside United Methodist Church

5 School Street, Porter
1st and 3rd Friday 9:30 – 11:30 am
400-2866 or 625-4886

Brownfield Food Pantry

Lions Club Building, 701 Pequawket Trail
3rd Thursday 1-4 pm
935-2620

Bridgton Food Pantry

United Methodist Church, 214 Main Street
Tuesdays 11 am – 6 pm
647-3704 or 318-4467

First Congregational Church of East Baldwin

26 School Street
Tuesdays 9:00 – 11:30 am
Glenn Haines: 625-2360

St. Matthew's Food Pantry

19 Dora Lane, Limerick
1st Monday 6 – 7 pm
Tuesdays 10 am – noon
793-2244

Wakefield Food Pantry

1500 Wakefield Road, Wakefield, NH
(603) 522-3094
Wednesday 10 am – 1 pm; 5 pm – 7 pm
Serves Wakefield, Brookfield, Milton, and
Effingham, NH; Newfield, ME.

Meals on Wheels

Cumberland and York counties:
1-800-400-6325

Oxford County: 1-800-427-1244

Provided by the Southern Maine Agency on Aging, this program is more than just a meal; it is also a wellness check and friendly visit by trained staff and volunteers.

Other

Community Café at the Parsonsfield Town Hall

634 North Rd, Parsonsfield. Luncheon on the 4th
Wednesday every month, 11am-1pm.

RSVP 625-3781 or pride04092@gmail.com by the
third Friday of the month. Suggested donation for
60+: \$8, cost for under 60: \$10.

Maine Harvest Bucks

www.maineharvestbucks.org

Maine Harvest Bucks gives you BONUS BUCKS
to buy fresh fruits and vegetables when you
spend your SNAP/EBT dollars on local food.

Maine Senior Farm Share (207) 287-3491,
seniorfarmshare.agr@maine.gov

Maine Senior FarmShare (MSFP) provides income-
eligible older adults the opportunity to receive
share (worth \$50) of local produce at no cost from
Maine farmers during the growing season.

Transportation



Motivcare

- Cumberland County: 1-855-608-5178
- Oxford County: 1-855-608-5180
- York County: 1-855-659-1302

www.logisticare.com/transportation

Transportation to medical appointments for those with MaineCare coverage.

Grateful Undead Transporters

536-9152, sacopeegratefulundead@gmail.com

www.gratefulundead.org

Network of volunteer drivers offering rides for medical appointments for the Sacopee Valley area towns.

The listing below may have options for transportation dependent on need and availability of volunteer drivers.

Cumberland County - RTP

www.rtprides.org/catch-a-ride/

(207) 774-2666 or (800) 224-0704

email: dispatch@rtprides.org

Volunteer driver program may be available to Cumberland County folks for a small fee.

York County - YCCAC

459-2932

www.yccac.org/other-transportation-services/

Transportation options that may be available to York County folks.

Oxford County - Western Maine Transportation Services

www.wmtsbus.org/

Dependent on driver availability.

1-800-393-9335

Home Improvement



USDA Rural Development: Single Family Housing Repair Loans and Grants

Maine office: 990-9160

www.rd.usda.gov/programs-services/single-family-housing-programs

This program provides loans to very-low-income homeowners to repair, improve, or modernize their homes, or provides grants to elderly, very-low-income homeowners to remove health and safety hazards.

Maine Housing Home Accessibility & Repair Program

Community Concepts, Inc.

- Serving Cumberland and Oxford Counties: 743-7716 or (800) 866-5588

York County Community Action Corp.

- Serving York County: 324-5762

www.mainehousing.org/docs/default-source/homeimprovement/home-repair/home-accessibility-and-repair-program-brochure.pdf

Home repair funding for health & safety needs.

AlphaOne: Disability and Aging Solutions

800-640-7200

www.alphaonenow.org

Alpha One can connect individuals to funding sources that can be used to purchase adaptive equipment, assistive technology, or to make home modifications.

Housing



Pumpkinville

553-7777; 1-800-339-6516

www.pumpkinville.avestahousing.org

Subsidized low-rent apartments in Cornish.

Cornish Station, Cornish

625-3524

www.stanfordmanagement.com/properties

Apartments for the elderly and disabled.

Pinewood Apartments

Contact Avesta Housing at 553-7777 or

1-800-339-6516

www.pinewood.avestahousing.org

25 Howe Drive.

Income-based rental apartments in Kezar Falls.

MaineHousing (aka Maine State Housing Authority)

1-800-452-4668 or 626-4600

www.mainehousing.org/programs-services

Low-income rentals and mortgage subsidies.

Gorham House

839-5757

www.gorhamhouse.com

Retirement community with continuum of care: independent and assisted living, Memory Care.

Westbrook Housing

854-9779

www.westbrookhousing.org

Senior housing and low-income public housing (Section 8). Larrabee Heights and Larrabee Village - subsidized senior housing.

Homeless Shelter, York County Shelter

324-1137

www.yorkcountyshelterprograms.com

147 Shaker Hill Road, Alfred

Adult and family emergency shelter, substance abuse and mental health counseling.

Adaptive Resources

Home Modifications:

Consider changes to your home that will make aging in place safer and more comfortable: walk-in bathtub; stair lifts; ramps, grab bars, etc.

Maine Aging and Disability Resource Center

1-877-353-3771

www.adrcmaine.org/home-modification-repair

Information and resources about home modifications.

AARP HomeFit Guides and Worksheets

1-888-OUR-AARP (1-888-687-2277)

<https://www.aarp.org/livable-communities/info-2014/home-fit-resources-worksheets.html>

AARP publications offering guidance on making homes safe for the aging. Pamphlet covers low-cost solutions; the booklet guides construction.

Efficiency Maine

1-866-376-2463

<https://www.energymaine.com/at-home/>
Guides and calculators to improve your energy efficiency. Electricity monitors may be borrowed from local libraries.

Handy Helpers

sacopeegratefulundead@gmail.com

A program of volunteers who may be able to help with simple modifications to help low income elders stay in their homes.

Maine Long Term Care Ombudsman

800-499-0229

www.maineombudsman.org

The Maine Long-Term Care Ombudsman Program is a non-profit agency whose mission is to advocate for quality of life and care for long-term care consumers. This program serves residents of nursing homes, assisted housing programs including residential care and assisted living, consumers receiving home care services including homemaker, adult day and hospice.

Heat, Fuel, Utilities



Maine

Efficiency Maine

1-866-376-2463

www.energymaine.com/at-home/

Provides guides and calculators to improve our energy efficiency. Their electricity monitors may be borrowed from local libraries. Offers rebates for upgrades such as major appliances and heating systems that are energy efficient.

Oxford County

Community Concepts

743-7716; 795-6073

www.community-concepts.org

- Home energy evaluation, radon, lead, asbestos testing
- Low income home energy assistance (financial assistance; help with furnace repair, oil tank replacement, home repairs or improvements)
- Telephone payment assistance
- Emergency home heating assistance
- Low income assistance program for utilities

York County

York County Community Action Corp.

324-5762; or 1-800-965-5762

www.yccac.org

- Low income home heating assistance (financial assistance; help with furnace repair, oil tank replacement, home repairs or improvements)
- Energy Services: emergency fuel and heating system maintenance bills
- Low income assistance program: assistance with electric bills

Cumberland County

Opportunity Alliance

874-1175

www.opportunityalliance.org/programs/housing-and-energy-services/liheap/

Provides supplemental heating assistance to income eligible households in Cumberland County to pay for a portion of their annual heating expenses.

Home Care

Note: this is not a complete list by any means. Search the internet for the specific service you want.



Home Safe:

Maine Health Care at Home

Cumberland, York, Southern Oxford counties

1-800-660-4867

www.mainehealthcareathome.org

Catholic Charities of Maine

1-888-477-2263

www.ccmaine.org/ISS

Provides homemaker services for seniors and individuals with disabilities, including in-home assistance with housekeeping, groceries, meal preparation and laundry.

At Home Family Supports

Hollis, serving Oxford, York and Cumberland counties

396-1202

www.athomefamilysupports.com/client

Geriatric Case Manager

www.aginglifecare.org

Evaluates and coordinates care; provides crisis intervention.

Home Instead

Cumberland County: 839-0441

York County: 985-8550

www.homeinstead.com

Non-medical provider of personal care, companionship, meal preparation, light housekeeping, medication reminders, errands.

Based in Gorham.

Home Hospice

(866) 621-7600

www.hospiceofsouthernmaine.org

Gosnell Memorial Hospice Services

Referral and Advocacy

Southern Maine Agency on Aging (SMAA)

1-800-427-7411, www.smaaa.org

York and Cumberland counties.

Seniors Plus

Oxford County: 1-800-427-1241

www.seniorsplus.org/services

Counseling; money minders, education, caregiver services.

Maine Long Term Care Ombudsman

1-800-499-0229, www.maineombudsman.org

The Maine Long-Term Care Ombudsman Program is a non-profit agency whose mission is to advocate for quality of life and care for long-term care consumers. This program serves residents of nursing homes, assisted housing programs including residential care and assisted living, consumers receiving home care services including homemaker, adult day and hospice.

Kepro

1-888-319-8452

www.keproqio.com/bene/

Kepro helps people on Medicare to file quality of care complaints and service termination appeals.

Health Care



Medical Care

Sacopee Valley Health Center

625-8126

70 Main Street, Porter

www.svhc.org

Medical, mental health, optometry, and dental services. Provides help with enrolling and reenrolling in Health Insurance Marketplace plans, MaineCare, Medicare, and with sorting through insurance issues and paperwork. You do not need to be a patient to access these services.

Bridgton Hospital

647-6000

10 Hospital Drive, Bridgton

www.cmhc.org/bridgton-hospital

Galbraith Family Medicine, LLC

793-9586

44 Elm St., Limerick

www.galbraithfamilymedicine.com

Sacopee Valley Family Dentistry

625-8551

38 Main Street, Porter

www.sacopeedental.com

Maine Long Term Care Ombudsman

800-499-0229

www.maineombudsman.org

The Maine Long-Term Care Ombudsman Program is a non-profit agency whose mission is to advocate for quality of life and care for long-term care consumers. This program serves residents of nursing homes, assisted housing programs including residential care and assisted living, consumers receiving home care services including homemaker, adult day and hospice.

Geriatric Center at Maine Medical Center
662-2847, 66 Bramhall Street, Portland
www.mainehealth.org/maine-medicalcenter/services/geriatriccare

Hospice

For more information on hospice services, talk to your primary care physician or contact Seniors Plus or Southern Maine Agency on Aging. (See the Further Information & Referral Services card.)

Hospice of Southern Maine

289-3640, 180 US Route 1, #1, Scarborough

www.hospiceofsouthernmaine.org

Affiliated with Gosnell Memorial Hospice House.

Support Groups

Cancer Support Group

Marianne Wyer: 207-749-0392

email: souppot4@yahoo.com

A place to share and listen and feel supported. The group meets 1:30-3:00 on the second and fourth Friday every month at the Sacopee Valley Health Center, 49 Summer Street, Porter ME.

The Chronic Pain Support Group of Southern Maine

www.painsupportgroup.org

email: churn3@maine.rr.com

Meetings via Zoom on the first Thursday of each month from 1-2:30 p.m. Details on Facebook page.

Affordable Medication

General recommendation: It is always best to tell your doctor if you can't afford your medicines. There are many sources of free or low-cost prescription drugs, but eligibility often depends on your medication needs, financial status, etc. A cheaper drug might be prescribed, or help to obtain affordable medication might be offered by the practice itself or by referral to the prescription-assistance or medication-access program of a local hospital.

GoodRx

www.goodrx.com

Helps you find the lowest prescription price.

Substance Use Disorders



Hotlines and Support Services

Suicide Hotlines

- Maine Crisis Hotline: 1-888-568-1112
- Cumberland County: 774-4357
- Oxford County: 364-3030
- York County: 282-6136

988 Suicide and Crisis Lifeline

Dial 988 or go to www.988lifeline.org

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

211

DIAL 211 or go to www.211maine.org/substance/ to be connected to people who can help find support and services to help with your substance use needs, questions and concerns.

Alcoholics Anonymous

774-4335; 1-800-737-6237

www.aa.org

Cornish meeting: Wednesday 6 - 7 pm

Cornish UCC Church, 39 Main Street, Cornish
289-6272

Kezar Falls meeting: Tuesday 7:30 – 8:30 pm

Riverside Methodist Church

5 School Street, Porter

Al-Anon

1-888-425-2666

www.al-anon.org

For relatives and friends of alcoholics.

Narcotics Anonymous Maine

1-800-436-6116

www.namaine.org

Maine Tobacco Helpline

1-800-207-1230

www.mainequitlink.com

Hotline to get help to quit smoking.

Treatment and Referral Services

Sacopee Valley Health Center

625-8126

70 Main Street, Porter

www.svhc.org

Offers substance-use disorder counseling.

Provides medication-assisted treatment for opioid-use disorders, which involves counseling and a medical appointment.

Across the River Counseling

625-3100

www.acrosstherivercounseling.wordpress.com

Outpatient treatment services and referrals.

Crossroads for Women and Men

1-877-978-1667

www.crossroadsme.org

Substance use disorders and mental health disorders.

York County Shelters Program

324-1137

www.yorkcountyshelterprograms.com

Addiction services include residential treatment.

Catholic Charities

781-8550 or 1-800-781-8550

420 Cumberland Avenue, Portland

www.ccmaine.org

Walk-in Services

Monday - Friday 9 am - 3 pm

Counseling available, fee on sliding scale.

Call for an appointment. Bring insurance and/or income verification and photo ID.

Mental Health Services

Hotlines

Suicide Prevention Hotlines:

- Maine Crisis Hotline: 1-888-568-1112
- Cumberland County: 774-4357
- Oxford County: 364-3030
- York County: 282-6136

988 Suicide and Crisis Lifeline

Dial 988 or go to www.988lifeline.org
A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Gamblers Anonymous

1-855-2CALLGA (1-855-222-5442)
www.gamblersanonymous.org/ga
This is the Maine Hotline number.

Elder Abuse Hotline

1-800-624-8404
Arranges services to protect dependent adults in danger of abuse or neglect or exploitation.

Domestic Violence Hotline

1-800-834-4357, www.mcedv.org
Information, crisis counseling, emotional support, and advocacy.

211

Dial 211 or go to www.211maine.org to be connected to people who can help with your mental health needs, questions and concerns.

Clinical Services

Across the River Counseling

625-3100, 19 River Road, Hiram
www.acrosstherivercounseling.com
Clinical mental health services, available locally.

Sacopec Valley Health Center

625-2186
70 Main Street, Porter
www.svhc.org
Clinical mental health services for adults and children on site, with referrals for services not currently available at the Health Center.

Maine Behavioral Healthcare

1-844-292-0111
165 Lancaster Street, Portland
Both inpatient and outpatient clinical mental health services in the Greater Portland area.

Tri-County Mental Health

1-888-304-4673
www.tcmhs.org
Covers York, Oxford, and Cumberland counties.
Services are available in the Bridgton office.

Sexual Assault, Prevention and Response Services

1-800-871-7741
www.sapars.org
Offers a variety of support groups.

Equality Maine

761-3732
www.equalitymaine.org/resources-lgbt-older-adults
Resources offered for LGBTQ+ older adults.

Catholic Charities

871-7431
www.ccmaine.org
Walk-in Services, case management services.

National Association for the Mentally Ill (NAMI)

1-800-464-5767
www.namimaine.org
Provides support, education, and advocacy for anyone with questions about mental health issues.

End-of-Life Resources

End-of-Life Doula

INELDA (International End of Life Doula Association)

www.inelda.org

Bringing deeper meaning to the dying.

An end-of-life doula provides support during the dying process.

**Molly “Bones” Nelson,
End-of-Life Doula**

252-5720

www.merrifieldswamp@hotmail.com

Hospice

For more information on hospice services, talk to your primary care physician or contact Seniors Plus or Southern Maine Agency on Aging. (See the Further Information & Referral Services card.)

Hospice of Southern Maine

289-3640 or 1-866-621-7600

www.hospiceofsouthernmaine.org

Care at the Gosnell Memorial Hospice House, at-home care, or long-term care and assisted-living facilities.

Burial Options

Grave Matters

by Mark Harris

Simon & Schuster, New York: 2017

The book *Grave Matters: A Journey Through the Modern Funeral Industry to a Natural Way of Burial* follows families who found in “green burial” an alternative method of burial.

Socializing

Read the Shopping Guide and check the Events page on the Grateful Undead website! There are weekly listings and notices of events.



Community Café

sponsored by Senior Central/Grateful Undead at the Parsonsfield Town Hall
634 North Rd, Parsonsfield. Luncheon on the 4th Wednesday every month, 11am-1pm.
RSVP 625-3781 or pride04092@gmail.com by the third Friday of the month. Suggested donation for 60+: \$8, cost for under 60: \$10.

Monday Morning Coffee and Games

sponsored by Senior Central/Grateful Undead call Jen 650-6665, email Oxyjen04@icloud.com
www.gratefulundead.org
Mondays at the Parsonsfield Town Hall Gym at 10:00 – 11:30 AM. Cornhole, Cribbage, Ping Pong, etc. Come have some fun and meet new folks.
Note: If the Town Hall is closed, the event will be cancelled.

Wednesday Walkers

sponsored by Senior Central/Grateful Undead 408-3829
www.gratefulundead.org
Easy to moderate walks every Wednesday at 10:00 am. Call for details.

Pickleball

call Jen 650-6665, email: Oxyjen04@icloud.com
www.gratefulundead.org
Thursdays from 9:00-11:00am and 12:30-3:00pm at the Parsonsfield Town Hall gym. Bring your indoor shoes.

Sacopec Valley Adult & Community Education

625-3092
www.sacopec.maineadulted.org

SVRC Pickleball

FMI call Connie @ 625-4644 or Jen @ 650-6665 Mondays from 5-7pm at the Sacopec Elementary School gym (if school is cancelled, so is pickleball) during winter months. Designed for seniors of all abilities.

Hiram Cultural Center

409-1822, 8 Hancock Ave, Hiram, ME
www.thehiramculturalcenter.squarespace.com
The new nonprofit, which now operates in two adjacent buildings – the library and the arts center – is committed to boosting Hiram's liveliness and attractiveness to long-time and new-coming families by providing entertainment, education and cultural enrichment for all ages.

Continuing Education

Sacopec Valley Adult & Community Education

625-3092

www.sacopec.maineadulted.org

Range of courses on a variety of topics - art, home care, computer skills, Medicare, etc.

Osher Lifelong Learning Institute (OLLI),

University of Southern Maine

780-4406, www.usm.maine.edu/olli

Low-cost courses for students 50 years and older at Portland campus.

Senior College at Bridgton

647-5593

www.seniorcollegeatbridgton.org

Low-cost classes and workshops for age 50+.

The Shopping Guide

www.ywsg.com

Free weekly tabloid lists ongoing support groups, classes, libraries, and special events.

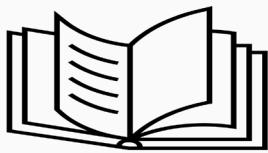
National Digital Equity Center

www.digitalequitycenter.org

An organization that provides communities with the expertise to use broadband technologies.

Runs classes on aging well with technology, online tutoring, a tablet subscription program for older adults, and resources on affordable broadband.

Reading



Being Mortal: Illness, Medicine and What Matters in the End
Atul Gawande

At Peace: Choosing a Good Death After a Long Life
Sam Harrington (a Mainer)

Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying
Maggie Callanan

Local Libraries

All public libraries lend books, DVDs and other materials for free, and most offer use of public computers.

Soldiers Memorial Library

625-4650

www.thehiramculturalcenter.squarespace.com/soldiers-memorial-library

85 Main Street, Hiram

Brown Memorial Library

787-3155

www.brownmlibrary.wixsite.com/website-3
2 Norton Place, East Baldwin

Kezar Falls Library

625-2424

www.kezarfallslibrary.org
2 Wadleigh Street, Parsonsfield

Bonney Memorial Library

625-8083

www.bonneylib.org
36 Main Street, Cornish

Limerick Public Library

793-8975

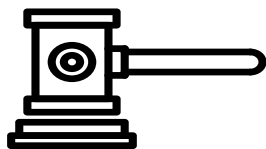
www.limericklibrary.org
55 Washington Street, Limerick

Newfield Library

809-7014

www.newfieldlibrary.weebly.com
637 Water Street, Newfield

Legal Services & Advocacy



Maine Legal Services for the Elderly

1-800-750-5353

www.mainelse.org

Provides free legal advice regarding health care, health insurance, Medicare, MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues to Maine's socially and economically needy elderly age 60 and over.

Pine Tree Legal

784-1558 (Oxford County)

774-8211 (Cumberland and York counties)

www.ptla.org

Provides free civil legal assistance to low income Mainers: access to housing, food, income, safety, education, and healthcare.

LegalEase

805-0055

www.legal-ease.com

198 Maine Mall Road, South Portland

Walk-in full service law firm, extended hours.

Community Concepts (Oxford County)

1-800-866-5588

www.community-concepts.org/for-homeowners/free-credit-foreclosure-counseling/

Foreclosure prevention.

York County Community Action Corporation

York County 324-5762; or 1-800-965-5762

www.yccac.org/foreclosure-counseling/

Foreclosure prevention.

Domestic Violence and Sexual Assault

Domestic Violence Hotline

1-866-834-HELP

www.MCEDV.org

Sexual Assault Prevention and Response Services

743-9777 (Oxford County)

24-hour Helpline: 1-800-871-7741

www.sapars.org

Caring Unlimited (York County)

24-hour Helpline: 1-800-239-7298

www.caring-unlimited.org

Through These Doors – Domestic Violence Resource and Advocacy

(Cumberland County)

24-hour Helpline: 1-800-537-6066

www.throughthesedoors.org

LGBTQ+

Equality Maine

207-761-3732

www.equalitymaine.org/resources-lgbt-older-adults

Resources offered for LGBTQ+ older adults.

Across the River Counseling

625-3100

www.acrosstherivercounseling.wordpress.com

19 River Road, Hiram

Hotlines



Dial 211 or go to **211maine.org**

Contact for health and human services resources and referrals. Free and confidential to connect Maine people to local services. Available 24/7/365. Reach 211 via phone, text, email or online database.

Maine Mental Health Crisis Hotline

1-888-568-1112

988 Suicide and Crisis Lifeline

dial 988

www.988lifeline.org

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Drug overdose – Dial 911

Domestic Violence Hotline – Maine Coalition to End Domestic Violence

1-866-834-4357

mcedv.org

Hotline to get help ending domestic abuse.

Adult Protective Services

1-800-624-8404

www.maine.gov/dhhs/oads/get-support

Call to make a confidential report about abuse, neglect, exploitation, or unsafe conditions to the Office of Aging and Disability Services.

Sexual Assault Response Services of Southern Maine

1-800-871-7741

www.sarssm.org

SAGE National LGBTQ+ Elder Hotline

(877) 360-5428

www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline

Resources offered for LGBTQ older adults.

Drug Abuse Resources Helpline

888-744-0069

www.drugabuse.com/treatment-centers/maine/

Maine Tobacco Helpline

1-800-207-1230

www.mainequitlink.com

Hotline to get help to quit smoking.

Maine Housing: Home Energy Heating Assistance Program

877-544-3271

www.mainehousing.org/programs-services/energy/liheap

Check at your Town Office and/or contact MaineHousing

Further Information & Referral Services



If you are not finding what you need in these resource lists, please contact one of these agencies. They have extensive knowledge and experience in services and resources for seniors in our area.

Dial 211 or go to **211maine.org**

Contact for health and human services resources and referrals. Free and confidential to connect Maine people to local services. Available 24/7/365. Reach 211 via phone, text, email or online database.

Southern Maine Agency on Aging

York and Cumberland Counties
207-396-6500; or 1-800-427-7411
www.smaaa.org

Seniors Plus (Oxford County)

795-4009; or 1-800-427-1241
www.seniorsplus.org/services/
Counseling; money minders, education, care-giver services.

Community Concepts (Oxford County)

743-7716; 795-6073
www.ccimaine.org

York County Community Action

Corporation (York County)
324-5762; or 1-800-965-5762
www.yccac.org

These Resource Lists are compiled by the Grateful Undead, a Sacopee Valley non-profit volunteer organization.

A little background:

In 2011 we began to gather to help one another and our community as we age. When we surveyed our community we found that most people our ages wanted to stay in their own homes, that is, to “age in place.” Our first project was the Transporters, a group of volunteer drivers that bring community members to their medical appointments.

We’ve since grown to offer a range of programs, including a home repair program for low-income elders (Handy Helpers), social activities like weekly cafes and walks, monthly lunches and pickleball games (Senior Central), a cancer support group and a men’s support group, and phone check-in programs. To get more details on our programs, check out our website at www.gratefulundead.org.

We welcome new volunteers...

Join us!

Call 536-9152, or drop us an email at:
sacopeegratefulundead@gmail.com



Aging well in the Sacopee Valley
www.gratefulundead.org