

# Health Care, Wellness, & Senior Programs



# Health Care, Wellness & Senior Programs

## **A Helping Voice**

A Helping Voice is a confidential helpline provided by the Elder Abuse Institute of Maine, designed to assist individuals who have concerns about potential elder abuse or mistreatment. Available during business hours (Monday through Friday, 9 a.m. to 5 p.m.), the service offers guidance on identifying abuse, understanding mandated reporting obligations, and navigating the process of contacting Adult Protective Services (APS). Established in partnership with experts from the Keck School of Medicine at USC and the Geisel School of Medicine at Dartmouth, and funded by the Robert Wood Johnson Foundation's Interdisciplinary Research Leadership Program, A Helping Voice aims to support those facing difficult decisions regarding the well-being of older adults.

- Address: N/A
- Phone: (207) 805-5555
- Email: <https://www.cognitofirms.com/AHelpingVoice1/AHelpingVoiceContactForm>
- Website: <https://www.ahelpingvoice.org/>
- Service Area: Statewide

## **Adult Protective Services**

Maine Adult Protective Services (APS) and Guardianship programs work to safeguard vulnerable adults from abuse, neglect, and exploitation while ensuring their well-being and dignity. APS investigates reports of mistreatment and connects individuals with essential support services, including healthcare, housing, and legal assistance. When individuals are unable to make informed decisions due to incapacity, guardianship may be established to ensure their needs are met while prioritizing their rights and autonomy. These programs play a critical role in advocating for and protecting at-risk adults across Maine.

- Address: 109 Capitol Street 11 State House Station Augusta, Maine 04333
- Phone: (800) 624-8404 or (207) 287-1234
- Email: N/A
- Website: <https://www.maine.gov/dhhs/oads/get-support/aps>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Alpha One**

Alpha One, established in 1978, is Maine's Center for Independent Living, dedicated to empowering individuals with disabilities to achieve self-determination and full participation in their communities. The organization offers a wide array of services, including independent living evaluations, home accessibility consultations, caregiver coordination, adaptive driver assessments, and transition support for youth and adults. Additionally, Alpha One provides alternative financing options, grants for assistive technology and home modifications, and peer services to foster community connections. By advocating for consumer-directed programs and societal change, Alpha One strives to ensure equal access and opportunities for all Mainers with disabilities.

- Address: 115 Thames St. Portland, ME 04101
- Phone: (800) 640-7200
- Email: [info@alphaonenow.org](mailto:info@alphaonenow.org)
- Website: <https://alphaonenow.org>
- Service Area: Statewide

## **Andwell Health Partners**

Andwell Health Partners is an independent, nonprofit provider of home and community-based healthcare serving patients of all ages across all 16 Maine counties. The organization delivers personalized medical and care management services directly in homes and communities. Guided by core values of integrity, compassion, excellence, innovation, and community, Andwell Health Partners prioritizes patient well-being, treating not only physical health but also emotional and spiritual needs with dignity and respect. As a nonprofit, the organization remains committed to accessible healthcare, ensuring that services are available to all, regardless of ability to pay. In Kennebec County, Andwell has two locations where they have a thrift store which has medical supplies. The hours and days are limited so call first.

- Address: 383 US Route One, Suite 2C Scarborough, ME 04074
- Phone: (800) 272-3900 or (207) 772-0115
- Email: <https://andwell.org/about/contact-us/>
- Website: <https://andwell.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Brain Injury Support Group of Augusta**

Brain injury support groups meet in-person, virtually, and in hybrid formats monthly. There are separate groups for adults, caregivers, youth survivors, aphasia, long COVID, migraine & headaches, stroke, brain aneurysm and brain tumor.

- Address: 242 State St, Augusta, Maine 04333
- Phone: (207) 215-7064
- Email: WLFGRP@aol.com
- Website: <https://biausa.org/find-bia/states/maine/resources-support>
- Service Area: Statewide

## **Capitol Clubhouse**

A vocational program for adults with mental illness, offering a non-clinical environment to support members with employment, education, wellness, and social opportunities. Membership is voluntary and lifelong, fostering personal growth, self-esteem, and empowerment. Accredited by Clubhouse International, Capitol Clubhouse emphasizes dignity, respect, and community integration.

- Address: N/A
- Phone: (207) 629-9080
- Email: [info@capitol-clubhouse.org](mailto:info@capitol-clubhouse.org)
- Website: <https://www.capitol-clubhouse.org>
- Service Area: Central Maine

## **CaptionCall**

CaptionCall provides assistive technology for individuals with hearing loss, offering a free, real-time captioning service for telephone conversations. Designed for those who struggle to hear on the phone, CaptionCall features an easy-to-use phone with a large screen that displays captions of spoken dialogue, ensuring clearer communication. The service is available at no cost to eligible individuals with hearing loss, helping them stay connected with family, friends, and essential services. By combining advanced technology with accessibility, CaptionCall enhances independence and improves the quality of life for those with hearing impairments.

- Address: N/A
- Phone: (877) 557-2227
- Email: [support@captioncall.com](mailto:support@captioncall.com)
- Website: <https://sorenson.com/captioned-calls/captioncall/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Delta Ambulance**

Delta Ambulance is a nonprofit emergency medical services provider serving central Maine with high-quality pre-hospital care and medical transportation. Offering both emergency response and non-emergency transport, Delta Ambulance is committed to patient-centered care, advanced medical expertise, and community health education. Staffed by highly trained paramedics and EMTs, the organization works closely with hospitals, fire departments, and first responders to ensure rapid, reliable, and compassionate medical services. Through continuous innovation and community engagement, Delta Ambulance plays a crucial role in enhancing public health and safety.

- Address: 29 Chase Avenue, Waterville, ME 04901
- Phone: (207) 861-4244 or (207) 861-4275
- Email: N/A
- Website: <http://deltaambulance.org/>
- Service Area: Waterville

## **Dirigo Counseling Clinic**

Dirigo Counseling Clinic provides comprehensive mental health and substance use counseling services to individuals, families, and groups in a supportive and confidential environment. With a focus on personalized care, the clinic offers therapy for anxiety, depression, trauma, addiction recovery, and other behavioral health concerns. Licensed professionals use evidence-based approaches to help clients build coping skills, improve well-being, and achieve their personal goals. Committed to accessibility and compassionate care, Dirigo Counseling Clinic serves as a vital resource for those seeking support on their mental health journey.

- Address: 557 Hammond Street Bangor, ME 04401
- Phone: (207) 973-0505
- Email: [info@dirigome.org](mailto:info@dirigome.org)
- Website: <https://www.dirigocounseling.com/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Elder Abuse Institute of Maine**

Provides 24/7 helpline, emergency shelter, and advocacy for individuals impacted by domestic abuse in Kennebec and Somerset counties.

- Address: 135 Maine Street, Suite A, #152, Brunswick, ME 04011
- Phone: (207) 805-3708
- Email: [info@eaime.org](mailto:info@eaime.org)
- Website: <https://eaime.org/our-work/>
- Service Area: Maine

## **Eldercare Locator**

Whether help is needed with services such as meals, home care, elder abuse, nursing home care, health insurance, legal concerns, transportation, or a caregiver needs respite, using the Eldercare Locator phone number or website will help you access local and state agencies to assist you.

- Address: N/A
- Phone: (800) 677-1116
- Email: N/A
- Website: <https://eldercare.acl.gov/Public/Index.aspx>
- Service Area: Nationwide

# Health Care, Wellness & Senior Programs - Cont.

## **EyeCare America**

EyeCare America is a public service program of the American Academy of Ophthalmology dedicated to providing access to eye care for eligible individuals, particularly seniors and those at increased risk for eye diseases. The program connects qualifying patients with volunteer ophthalmologists who offer medical eye exams and, in some cases, follow-up care at no out-of-pocket cost.

By helping to prevent vision loss and ensuring early detection of eye conditions such as glaucoma, cataracts, and macular degeneration, EyeCare America works to preserve sight and improve quality of life. The program is committed to increasing awareness about eye health and bridging gaps in care for those who may face financial or accessibility barriers. Through its nationwide network of volunteer physicians, EyeCare America provides essential vision care to those in need.

- Address: 655 Beach Street San Francisco, CA 94109
- Phone: (877) 887-6327
- Email: [eyecareamerica@aao.org](mailto:eyecareamerica@aao.org)
- Website: <https://www.aao.org/eyecare-america>
- Service Area: Nationwide

## **Family Counseling Center at Maine Children's Home**

The Maine Children's Home Family Counseling Center provides compassionate, professional mental health services to children, families, and individuals seeking support. Specializing in therapy for issues such as trauma, anxiety, depression, and family challenges, the center offers a safe and supportive environment for healing and personal growth. Licensed counselors use evidence-based approaches to help clients develop coping strategies, strengthen relationships, and improve emotional well-being. Committed to accessibility and individualized care, the Family Counseling Center serves as a vital resource for those navigating life's challenges and seeking lasting positive change.

- Address: 93 Silver Street, Waterville, ME 04901
- Phone: (207) 873-4253
- Email: [connect@mainechildrenshome.org](mailto:connect@mainechildrenshome.org)
- Website: <https://www.mainechildrenshome.org/Counseling>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Family Violence Project**

Provides emergency shelter, a 24-hour helpline, and legal advocacy for survivors of domestic violence in Kennebec and Somerset counties.

- Address: P.O. Box 304, Augusta, ME 04332
- Phone: (877) 890-7788
- Email & Website: <https://www.familyviolenceproject.org>
- Service Area: Statewide

## **GoodRx**

Use GoodRx to find current prescription prices at pharmacies and get free coupons for some medications at some pharmacies to help you pay less. Discounts may also apply to pet medications. Information is on their online website and assistance available by phone tollfree or using their email.

- Address: N/A
- Phone: (855) 723-1225
- Email: [support@goodrx.com](mailto:support@goodrx.com)
- Website: <https://www.goodrx.com>
- Service Area: National

# Health Care, Wellness & Senior Programs - Cont.

## **Goodwill Northern New England**

Goodwill Northern New England is a nonprofit organization dedicated to helping individuals achieve personal stability and economic independence through job training, support services, and sustainable social enterprises. Serving Maine, New Hampshire, and northern Vermont, Goodwill NNE operates thrift stores that fund programs in workforce development, brain injury recovery, disability services, and community support. The organization focuses on empowering people with barriers to employment, promoting environmental sustainability, and strengthening local communities through innovative programs and partnerships.

- Address: 10 Concourse West, Waterville, ME 04901
- Phone: (207) 877-0673
- Email: [info@goodwillnne.org](mailto:info@goodwillnne.org)
- Website: <https://goodwillnne.org>
- Service Area: Waterville

## **Goudreau Retirement Inn**

Goudreau's Retirement Home has been providing a blend of privacy and community for over 30 years. Centrally located, residents enjoy the tranquility of a rural setting while being close to downtown amenities and the neighboring college town of Waterville. The community offers home-cooked meals, laundry services, and newly renovated rooms, with pricing starting at \$1,850 per month plus a \$2,000 entrance fee. Residents are encouraged to personalize their spaces, bring their own vehicles, and participate in various social activities aimed at fostering connections and personal growth.

- Address: 510 Augusta Road Winslow, ME 04901
- Phone: (207) 314-6823
- Email: N/A
- Website: <https://www.goudreausretirementhome.com>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Healthy Northern Kennebec**

Healthy Northern Kennebec is a community health coalition dedicated to improving the well-being of residents in the greater Waterville area. Through partnerships with local organizations, healthcare providers, and community leaders, the coalition works to address public health challenges and promote healthier lifestyles. Initiatives focus on areas such as substance use prevention, mental health support, food security, and access to healthcare resources. By fostering collaboration and providing education, advocacy, and outreach programs, Healthy Northern Kennebec helps create a stronger, healthier community for all.

- Address: 149 North Street, Waterville, ME 04901
- Phone: (207) 872-4127
- Email: s.young@hccame.org
- Website: <https://www.facebook.com/healthynorthernkennebec/>
- Service Area: Waterville

## **High Hopes Clubhouse**

High Hopes Clubhouse is a vocational rehabilitation program designed to support adults with severe and persistent mental illness. High Hopes provides a structured, community-based environment where individuals can rebuild their lives through meaningful work and social connection. The Clubhouse fosters a sense of belonging by focusing on members' strengths rather than their illnesses. Members have access to job development, job placement, job coaching, long-term supported employment, and supported education, helping them regain confidence, independence, and hope for the future. Clubhouses establish partnerships with local businesses and their Transitional Employment (TE) program offers paid, part-time jobs for six to nine months with extensive support from both the Clubhouse and the employer. Kennebec Behavioral Health/KBH supports four independent Clubhouses: the Capitol Clubhouse in Augusta, the High Hopes Clubhouse in Waterville, Looking Ahead Clubhouse in Lewiston and Village Clubhouse in Topsham.

- Address: 26 College Avenue, Waterville, ME 04901
- Phone: (207) 877-0038
- Email: clubconnect@highhopesclubhouse.org
- Website: <https://www.highhopesclubhouse.org/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Home Sharing Nesterly Program**

Alpha One, established in 1978, is Maine's Center for Independent Living, dedicated to empowering individuals with disabilities to achieve self-determination and full participation in their communities. The organization offers a wide array of services, including independent living evaluations, home accessibility consultations, caregiver coordination, adaptive driver assessments, and transition support for youth and adults. Additionally, Alpha One provides alternative financing options, grants for assistive technology and home modifications, and peer services to foster community connections. By advocating for consumer-directed programs and societal change, Alpha One strives to ensure equal access and opportunities for all Mainers with disabilities.

- Address: 26 Edison Drive, Augusta Maine 04330
- Phone: (800) 452-4668
- Email: N/A
- Website: <https://www.mainehousing.org/nesterly>
- Service Area: Statewide

## **Hospice Volunteers**

Hospice Volunteers of Waterville Area (HVWA) provides compassionate support for individuals facing end-of-life challenges and those experiencing grief. Serving a 25-mile radius around Waterville, HVWA accepts referrals from medical professionals, clergy, family members, and self-referrals. Trained volunteers offer emotional support, companionship, respite for caregivers, and practical assistance such as transportation, meal preparation, and errands. In addition to hospice care, HVWA provides grief support through workshops and peer-led support groups for both adults and children. Adult groups, running for 6-8 weeks, address various types of loss, including the loss of a child, partner, parent, or loved one to suicide. Hope's Place, a specialized program for children and youth ages 3 to 18, offers tailored support to help young individuals navigate grief. Through its services, HVWA fosters healing, connection, and comfort for individuals and families in times of loss.

- Address: 304 Main Street, Waterville, ME 04901
- Phone: (207) 873-3615
- Email: [hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)
- Website: [https://www.hvwa.org/?fbclid=IwY2xjawlkFkFleHRuA2FibQIxMAABHYAtWID9U-A685hfPiKzS-\\_0mUODmv1PyJ7Y31EK73eiflQZuRXuh\\_t6Bg\\_aem\\_eRd-TN4pf3PgjdOBxau62Q](https://www.hvwa.org/?fbclid=IwY2xjawlkFkFleHRuA2FibQIxMAABHYAtWID9U-A685hfPiKzS-_0mUODmv1PyJ7Y31EK73eiflQZuRXuh_t6Bg_aem_eRd-TN4pf3PgjdOBxau62Q)
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Kennebec Behavioral Health**

Offers outpatient mental health and substance use treatment services for individuals and families. Services include therapy, case management, psychiatric care, and crisis response.

- Address: 67 Eustis Parkway, Waterville, ME 04901
- Phone: (207) 873-2136
- Email: [info@kbhmaine.org](mailto:info@kbhmaine.org)
- Website: <https://www.kbhmaine.org>
- Service Area: Central Maine

## **Kennebec Valley Community Action Program (KVCAP)**

Offers housing, transportation, education, financial, and youth support services. Includes programs like Head Start, heating assistance, home repair, and foreclosure counseling.

- Address: 101 & 97 Water Street, Waterville, ME 04901
- Phone: (207) 859-1500 | 1-800-542-8227
- Email: [info@kvcap.org](mailto:info@kvcap.org)
- Website: [KVCAP Directory of Services \(PDF\)](#)
- Service Area: Kennebec & Somerset Counties

## **KV Van Medical & Social Service Appointments**

The KV Van program, operated by the Kennebec Valley Community Action Program (KVCAP), provides door-to-door transportation services for eligible elderly, disabled, and low-income individuals in Kennebec and Somerset Counties. With a fleet of 18 accessible paratransit vans and a team of over 100 volunteer drivers, KV Van facilitates access to medical appointments, adult day care programs, and other essential services. Funding is provided by MaineCare, the Department of Health and Human Services (DHHS), United Way, and other community programs. Eligible clients must complete an application and schedule rides at least three days in advance.

- Address: 97 Water St., Waterville, ME 04901
- Phone: (207) 877-5677 or (800) 542-8227
- Email: [info@kvcap.org](mailto:info@kvcap.org)
- Website: <https://www.kvcap.org/transportation/non-emergency-transportation/the-kv-van/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Kennebec Valley YMCA**

Offers physical fitness programs that include lap swim, therapy and aqua fitness, water aerobics, volleyball, pickle-ball, indoor walking, Zumba

- Address: 31 Union Street, Augusta, ME 04330
- Phone: (207) 622-9622
- Email: N/A
- Website: <https://kvymca.org/active-older-adults>

Service Area: Regional

## **Legal Services for Maine Elders**

Legal Services for Maine Elders (LSE) is a nonprofit organization established in 1974, dedicated to providing free, high-quality legal assistance to Mainers aged 60 and older when their basic human needs are at stake. LSE addresses issues such as healthcare access, elder abuse, financial exploitation, guardianship defense, and housing matters. Through their toll-free Helpline (1-800-750-5353), older adults can receive legal advice and, if necessary, referrals to staff attorneys for extended representation. Additionally, LSE offers resources like the Elder Rights Handbook and engages in advocacy to protect the rights of Maine's senior population.

- Address: 5 Wabon Street, Augusta ME 04330
- Phone: (800) 750-5353 or (207) 623-1797
- Email: N/A
- Website: <https://mainelse.org/>
- Service Area: Statewide

## **LINC Wellness & Recovery Center**

The LINC Wellness & Recovery Center in Augusta, Maine, is a welcoming, peer-led space for adults facing mental health challenges, substance misuse, or other life difficulties. Open weekdays with no referral needed, LINC offers peer support, recovery coaching, 12-step groups, and creative arts programming. Staffed by Certified Intentional Peer Support Specialists, the center fosters community, empowerment, and personal growth through collaboration and connection.

- Address: 71 Hospital Street, PO Box 229, Augusta, ME 04332
- Phone: (207) 626-3465
- Email: N/A
- Website: <https://mocomaine.com/linc-wellness-recovery-center/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine AARP**

AARP Maine is a nonprofit, nonpartisan organization committed to empowering individuals aged 50 and older to choose how they live as they age. The organization focuses on advocacy, community engagement, and providing resources to enhance the quality of life for older Mainers. Through initiatives such as the Community Challenge grant program, AARP Maine supports quick-action projects aimed at making communities more livable by improving public spaces, transportation, housing, and digital connections. Additionally, AARP Maine recognizes and celebrates contributions to the community through awards like the Beacon Community Award and the Steadfast Advocate Award.

- Address: 53 Baxter Blvd. Suite 202 Portland, ME 04101
- Phone: (866) 554-5380
- Email: [nbonam@aarp.org](mailto:nbonam@aarp.org)
- Website: <https://states.aarp.org/maine/>
- Service Area: Statewide

## **Maine Age Friendly Communities**

Lifelong Maine is an initiative dedicated to fostering age-friendly communities across the state, enabling residents of all ages to lead active, healthy, and engaged lives. Through partnerships with local organizations and volunteers, Lifelong Maine addresses challenges such as accessible public spaces, transportation, housing, and social inclusion. The program offers resources like the Age-Friendly Guide and supports communities in implementing sustainable, inclusive practices. By leveraging local assets and encouraging regional collaboration, Lifelong Maine aims to create environments where individuals can thrive throughout their lifetimes.

- Address: Camden Hall 25 Texas Avenue Bangor, ME 04401-4324
- Phone: (207) 262-7920
- Email: N/A
- Website: <https://mainecenteronaging.umaine.edu/lifelong-communities/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Asthma Self-Management Education Program**

The Maine Asthma Self-Management Education Program is a free resource designed to help individuals with asthma and their caregivers better manage symptoms and improve their quality of life. While asthma cannot be cured, effective management can allow individuals to lead active, healthy lives. Studies show that asthma education, in addition to medical care, significantly improves symptom control.

This program is available to both adults and children in Maine who are being treated for asthma but continue to experience challenges such as frequent use of a rescue inhaler, nighttime breathing issues, difficulty participating in activities, missed school or work, or emergency visits due to asthma. Participants work with an asthma educator to understand their condition, learn how to use medications effectively, develop an asthma action plan, identify and reduce triggers, and access community resources that may help improve home environments.

Funded by the U.S. Centers for Disease Control and Prevention, the Maine Asthma Self-Management Education Program is available to all, regardless of insurance status, ensuring that anyone in need can access the tools and knowledge necessary to manage their asthma effectively.

- Address: 11 State House Station 286 Water St. 5th Floor, Augusta ME 04333
- Phone: (207) 287-4083
- Email: Paola.Piedrahita@maine.gov
- Website: <https://www.maine.gov/dhhs/mecdc/population-health/mat/learn-to-control-your-asthma.shtml>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Chapter - Alzheimer's Association**

The Maine Chapter of the Alzheimer's Association provides support, education, and advocacy for individuals living with Alzheimer's disease and other dementias, as well as their families and caregivers. Through support groups, educational programs, and community resources, the organization helps those affected navigate the challenges of the disease. The chapter also advocates for research funding and public policies that improve care and access to services. As part of a national network, the Maine Chapter works to raise awareness and advance the mission of the Alzheimer's Association to accelerate research, enhance care, and provide hope for a future without Alzheimer's.

- Address: 383 US Route One, Suite 2C Scarborough, ME 04074
- Phone: (800) 272-3900 or (207) 772-0115
- Email: [dwyman@alz.org](mailto:dwyman@alz.org)
- Website: <https://www.alz.org/maine>
- Service Area: Statewide

## **Maine CITE**

- Maine CITE is a federally funded program dedicated to improving access to assistive technology for individuals with disabilities across Maine. Established in 1989, it provides education, training, and resources to help individuals, families, and professionals identify and utilize assistive technologies that enhance independence and quality of life and support/advocate for disability rights. As part of a national network of assistive technology programs, Maine CITE collaborates with similar initiatives across the country, ensuring access to the latest innovations and best practices. Through its outreach and support services, Maine CITE empowers residents to find effective solutions for communication, mobility, learning, and daily living needs.
- Address: 46 University Drive Augusta, ME 04330
- Phone: (207) 621-3195
- Email: [info@mainecite.org](mailto:info@mainecite.org)
- Website: <https://mainecite.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Coalition to End Domestic Violence**

The Maine Coalition to End Domestic Violence (MCEDV) works to support survivors, prevent abuse, and advocate for systemic change to end domestic violence across the state. Through partnerships with local resource centers, MCEDV provides crisis intervention, safety planning, shelter services, legal advocacy, and support groups for those affected by domestic violence. The coalition also engages in public education, training, and policy advocacy to raise awareness and strengthen protections for survivors. Committed to creating a future free from violence, MCEDV serves as a vital resource for individuals, families, and communities seeking safety and support.

- Address: PO Box 5188, Augusta, ME 04332
- Phone: (866) 834-4357
- Email: [info@MCEDV.org](mailto:info@MCEDV.org)
- Website: <https://www.mcedv.org/>
- Service Area: Waterville

## **Maine Council for Elder Abuse Prevention**

The Maine Council for Elder Abuse Prevention (MCEAP) is a coalition of over 80 organizations and individuals dedicated to ending elder abuse in Maine. MCEAP offers resources and information on various forms of elder abuse, including neglect, physical, emotional, and financial exploitation, to assist victims and concerned individuals. The council encourages community involvement through initiatives like Elder Abuse Task Forces and Triads, and organizes events such as the Annual Elder Abuse Summit to raise awareness and promote prevention strategies. By fostering collaboration among members—including law enforcement, legal services, and advocacy groups—MCEAP aims to create a comprehensive approach to protect Maine's older adults.

- Address: N/A
- Phone: N/A
- Email: [abooth@cityofbath.com](mailto:abooth@cityofbath.com)
- Website: <https://elderabuseprevention.info/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Council on Aging**

The Maine Council on Aging (MCOA) is a network of over 135 organizations, businesses, municipalities, and community members dedicated to ensuring that all Mainers can live healthy, engaged, and secure lives as they age in their homes and communities. MCOA focuses on ending ageism by 2032, building equitable systems of care, strengthening Maine's direct care workforce, and increasing access to housing, transportation, and essential services. Through initiatives like the Power in Aging Project and the Leadership Exchange on Ageism, MCOA challenges societal biases and promotes age-positive cultures. The organization also collaborates with members and partners to advocate for policies that address systemic inequities faced by older adults, ensuring their voices and experiences are integral to shaping Maine's aging landscape.

- Address: PO Box 988, Brunswick, ME 04011
- Phone: (207) 592-9972
- Email: [jmaurer@mainecouncilonaging.org](mailto:jmaurer@mainecouncilonaging.org)
- Website: <https://mainecouncilonaging.org/>
- Service Area: Statewide

## **Maine Department of Health and Human Services - Office of Aging and Disability Services (OADS)**

Supports older adults and people with disabilities through services such as in-home care, adult protective services, and long-term care options.

- Address: 11 State House Station, 41 Anthony Avenue, Augusta, ME 04333
- Phone: (207) 287-9200
- Email: [OADS@maine.gov](mailto:OADS@maine.gov)
- Website: <https://www.maine.gov/dhhs/oads>
- Service Area: Maine

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Diabetes Prevention & Control Program**

The MaineHealth Diabetes Prevention Program (DPP) is a free, year-long initiative designed to help individuals at risk of developing type 2 diabetes make sustainable lifestyle changes. Participants receive expert guidance from trained lifestyle coaches on healthy eating, increasing physical activity, and stress reduction. The program emphasizes group support, offering a community of peers with similar goals. Weekly check-ins provide ongoing motivation and accountability. To determine your risk for type 2 diabetes and learn more about the program, visit the MaineHealth website.

- Address: 110 Free Street, Portland, ME 04101
- Phone: (207) 287-4298
- Email: [prevention@mainehealth.org](mailto:prevention@mainehealth.org)
- Website: <https://www.mainehealth.org/care-services/endocrinology-diabetes-care/diabetes-prevention-program>
- Service Area: Statewide

## **Maine Donated Dental Services**

Maine Donated Dental Services (DDS) is part of the Dental Lifeline Network, a national nonprofit dedicated to providing free, comprehensive dental care to individuals who are elderly, have disabilities, or are medically fragile and unable to afford necessary treatment. Founded in 1985 as an extension of the mission started by Dr. Larry Coffee, DDS connects patients in need with volunteer dentists and dental laboratories who generously donate their services. The program has grown into a nationwide network, providing life-changing dental care to thousands of individuals who otherwise would not have access to treatment. Through the dedication of dental professionals and community partners, Maine Donated Dental Services helps improve oral health and overall well-being for those in need.

- Address: PO Box 536 Auburn, ME 04212
- Phone: (207) 620-8276
- Email: [crioux@DentalLifeline.org](mailto:crioux@DentalLifeline.org)
- Website: <https://dentallifeline.org/maine/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Long-Term Care Ombudsman Program**

The Maine Long-Term Care Ombudsman Program is a nonprofit agency dedicated to advocating for the quality of life and care of long-term care consumers. Providing free and confidential services, the program is authorized by federal and state law to investigate complaints and assist individuals in exercising their legal rights. It serves residents of nursing homes, assisted living facilities, and home care programs, as well as hospital patients facing barriers to long-term care access. The knowledgeable staff offers guidance on available services, payment options, and resolving service denials or reductions. Advocacy services are provided with strict confidentiality, ensuring that concerns are addressed only with the consumer's consent.

- Address: 41 Anthony Avenue Augusta, ME 04333
- Phone: (800) 499-0229
- Email: MLTCOP@MaineOmbudsman.org
- Website: <https://www.maineombudsman.org/>
- Service Area: Maine

## **Maine Senior College Network - Augusta Senior College**

The University of Maine at Augusta Senior College (UMASC) offers individuals aged 50 and above opportunities for lifelong learning and community engagement. Sponsored by the University of Maine at Augusta and a member of the Maine Senior College Network, UMASC provides a diverse array of courses, lectures, and activities across various subjects, including history, literature, science, and the arts. Classes are conducted in-person and online, accommodating different learning preferences. Beyond academics, UMASC fosters social connections through book groups, field trips, and cultural events, embodying its motto: "Where Friendships Begin, and Learning Never Ends." For more information on membership and current offerings, visit their website.

- Address: 46 University Drive, Augusta, ME 04330
- Phone: (207) 621-3551
- Email: [office@umasc.org](mailto:office@umasc.org)
- Website: <https://www.umasc.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Maine Senior FarmShare**

The Maine Senior FarmShare Program (MSFP), administered by the Maine Department of Agriculture, Conservation and Forestry, offers eligible low-income older adults a \$50 share of fresh, locally grown produce at no cost during the growing season. To qualify, individuals must be Maine residents aged 60 or older (55 for Native Americans) or disabled adults over 18 living in congregate housing with meal services, and meet specific income guidelines. Participants can sign up directly with authorized local farmers to receive a variety of fruits, vegetables, herbs, and honey throughout the season. For more information, including eligibility details and a list of participating farms, visit the MSFP website.

- Address: 18 Elkins Lane Augusta, ME 04333
- Phone: (207) 287-3491
- Email: [seniorfarmshare.agr@maine.gov](mailto:seniorfarmshare.agr@maine.gov)
- Website: <https://www.maine.gov/dacf/ard/food-assistance/farmshare/index.shtml>
- Service Area: Statewide

## **Maine Senior Medicare Patrol**

The Maine Senior Medicare Patrol (SMP) is a statewide program dedicated to educating Medicare beneficiaries, their families, and caregivers on how to prevent, detect, and report healthcare fraud, errors, and abuse. Working in partnership with the Maine Department of Health and Human Services, Area Agencies on Aging, and Legal Services for Maine Elders, the program provides outreach, education, and one-on-one counseling to help individuals navigate Medicare benefits and protect against scams. Volunteers at local agencies offer presentations and direct assistance to beneficiaries with billing concerns and fraud prevention. Funded by the U.S. Department of Health and Human Services, the Maine SMP is part of a national network committed to safeguarding Medicare resources and ensuring beneficiaries receive accurate and ethical healthcare services.

- Address: 3840 W. 9th Street Waterloo, Iowa 50702
- Phone: (800) 750-5353
- Email: [info@smpresource.org](mailto:info@smpresource.org)
- Website: <https://smpresource.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **MaineGeneral Expresscare**

MaineGeneral Express Care provides convenient, walk-in medical services for non-emergency health concerns at locations in Augusta, Gardiner, and Waterville. Designed to offer the right care at the right time, Express Care is an option for patients who cannot see their primary care provider or do not have one. Staffed by experienced nurse practitioners and physician assistants, the clinics provide prompt treatment while coordinating with primary care clinicians when needed.

With extended hours throughout the week, including weekends and most holidays, Express Care offers shorter wait times and lower co-pays than emergency department visits. Services include treatment for minor illnesses and injuries, referrals to specialists, and access to lab work and X-rays. Virtual care is also available through MaineGeneral eCare at select locations. All major insurance plans are accepted, with co-pays and co-insurance due at the time of service. MaineGeneral Express Care ensures accessible, high-quality medical treatment for individuals and families in need of prompt, reliable healthcare.

- Address: 211 Main Street, Waterville, ME 04901
- Phone: (207) 877-3450
- Email: N/A
- Website: <https://www.maine-general.org/medical-services/express-care/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **MaineGeneral HomeCare and Hospice**

MaineGeneral HomeCare and Hospice provides high-quality, compassionate care to individuals who need medical support at home, allowing them to remain in a familiar and comfortable environment. Serving more than 70 towns across Kennebec and Somerset counties, the program offers specialized home care services, comprehensive hospice care, and bereavement support for families. With more than 50 years of experience in home care and over 30 years in hospice services, MaineGeneral Hospice was the first Medicare-certified hospice in Maine, established in 1989. As a nonprofit, Medicare-certified organization, MaineGeneral HomeCare and Hospice prioritizes patient-centered care, working closely with individuals and their families to meet their health goals. Services are billed directly to Medicare, MaineCare, and commercial insurance providers, and financial assistance is available for those in need. Through its commitment to compassionate support, MaineGeneral HomeCare and Hospice helps individuals maintain dignity, comfort, and quality of life in their own homes.

- Address: 35 Medical Center Parkway, Augusta, ME 04330
- Phone: (877) 561-7299
- Email: N/A
- Website: <https://www.maine-general.org/medical-services/home-care-hospice/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **MaineGeneral Medical Center**

MaineGeneral Medical Center is a nonprofit healthcare system committed to enhancing the health and well-being of patients, families, and communities throughout the Kennebec Valley region. With two main campuses—the Alford Center for Health in Augusta, providing inpatient and outpatient care, and the Thayer Center for Health in Waterville, offering comprehensive outpatient services and a 24/7 emergency department—MaineGeneral delivers high-quality, patient-centered care across a wide range of specialties.

The medical center offers state-of-the-art cancer treatment at the Harold Alford Center for Cancer Care, along with services in rehabilitation, mental health, substance use disorder treatment, home health care, hospice, and memory care. In addition to providing direct medical care, MaineGeneral actively engages in preventive health initiatives and community outreach programs to improve overall public health.

As the largest private employer in the Kennebec Valley, MaineGeneral is dedicated to professional development and continuing education for its medical staff. With more than 250 physicians and healthcare professionals from top medical schools and training programs, the organization ensures excellence in care through ongoing education and certification. Rooted in values of respect, excellence, safety, professionalism, empathy, communication, and teamwork, MaineGeneral Medical Center continues to be a trusted healthcare provider, striving to make a positive impact on the lives of the individuals and communities it serves.

- Address: 35 Medical Center Parkway, Augusta, ME 04330
- Phone: (855) 464-4463
- Email: N/A
- Website: <https://www.maine-general.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **MaineGeneral Outpatient Counseling Services**

MaineGeneral Outpatient Counseling Services provides confidential, professional support for individuals facing mental health challenges, substance use disorders, or trauma-related concerns. As part of MaineGeneral Community Care, the program offers individualized treatment plans tailored to each person's needs, addressing conditions such as anxiety, depression, PTSD, and family or relationship difficulties. Patients receive counseling from the same provider who conducts their intake and assessment, ensuring continuity of care.

For individuals managing opioid use disorder, the program offers specialized treatment through Outpatient Plus. MaineGeneral Counseling accepts MaineCare, Medicare, and most private insurance plans, with a sliding scale available for those who qualify. With a focus on compassionate, personalized care, MaineGeneral Outpatient Counseling Services supports individuals on their journey toward healing and recovery.

- Address: 24 Chase Avenue, Waterville, ME 04901
- Phone: (207) 872-1635
- Email: N/A
- Website: <https://www.mainegeneral.org/medical-services/behavioral-health-services/outpatient-counseling-services/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **MaineHealth - Care Partners**

CarePartners, a MaineHealth program, provides free and low-cost healthcare for uninsured, low-income residents in select Maine counties. It offers primary and specialty care, lab work, X-rays, hospital services, and prescription assistance, with office visits costing no more than \$10 and most other services provided at no cost. Participants receive case management support to access community resources and better navigate the healthcare system. To qualify, individuals must be between 19 and 64, have lived in an eligible county for at least six months, and not qualify for Medicaid, Medicare, or other government-sponsored health insurance. CarePartners helps those without traditional coverage receive essential medical care while reducing financial barriers.

- Address: 110 Free Street, Portland, ME 04101
- Phone: (207) 872-4697
- Email: N/A
- Website: <https://www.mainehealth.org/patients-visitors/billing-and-financial-services/financial-assistance/carepartners>
- Service Area: Statewide

## **MaineHealth - Free Care**

MaineHealth Free Care provides financial assistance for medically necessary care to eligible patients based on income and residency. Under Maine law, free care is available to Maine residents earning less than 150 percent of the federal poverty level, while MaineHealth extends full free care to those at or below 200 percent. New Hampshire residents receiving care at Memorial Hospital or affiliated MaineHealth physician practices may also qualify. Financial assistance covers hospital and physician services, ensuring that no patient is denied care due to an inability to pay. Eligibility is determined through a financial assistance application, and remaining balances after assistance are capped at amounts generally billed to insured patients. For more information or to apply, individuals can contact MaineHealth Patient Financial Services.

- Address: 110 Free Street, Portland, ME 04101
- Phone: (800) 804-2499
- Email: N/A
- Website: <https://www.mainehealth.org/patients-visitors/billing-and-financial-services/financial-assistance/free-care>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **MedAccess**

The MedAccess Prescription Assistance Program, funded by MaineHealth and offered through local hospitals, helps patients and healthcare providers find low-cost prescription drug options. The program connects individuals with pharmaceutical patient assistance programs, low-cost generic medication programs, Medicare Part D resources, and state and local prescription assistance programs to reduce medication costs. MedAccess staff work directly with patients and their doctors to complete applications and ensure access to necessary medications, often at little or no cost. The service is free, and anyone taking prescription medications who needs financial assistance may qualify. By providing education on affordable medication options and pharmacy discounts, MedAccess helps patients manage their healthcare costs effectively.

- Address: 110 Free Street, Portland, ME 04101
- Phone: (877) 275-1787 or (207) 662-7968
- Email: WLFGRP@aol.com
- Website: <https://biausa.org/find-bia/states/maine/resources-support>
- Service Area: Statewide

## **Motivational Services INC**

Motivational Services, Inc. (MOCO) is a non-profit organization based in Augusta, Maine, dedicated to assisting individuals with severe and prolonged mental illnesses and related disabilities in improving their quality of life within the community. Since 1976, MOCO has been offering a range of programs and services, including residential living options, peer support through the LINC Wellness & Recovery Center, vocational services, and mental health training courses. Their mission encompasses providing safe housing, meaningful daily activities, employment opportunities, healthcare access, and fostering social networks to support individuals' recovery and integration into society.

- Address: 71 Hospital Street Augusta, ME 04330
- Phone: (207) 626-3465
- Email: <https://mocomaine.com/contact-us/>
- Website: <https://mocomaine.com>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Mount Joseph at Waterville**

Mount Joseph at Waterville provides high-quality, 24/7 skilled nursing and rehabilitation services in a supportive, healing environment for individuals recovering from illness, injury, or surgery. Their multidisciplinary team—including nurses, therapists, and physicians—offers personalized care plans and therapy for a range of needs such as joint replacement, stroke recovery, and chronic disease management. Residents enjoy chef-prepared meals, an on-site café and salon, enrichment activities, pastoral care, and access to independent living apartments, all designed to promote comfort, well-being, and a compassionate recovery experience.

- Address: 7 Highwood Street, Waterville, ME 04901
- Phone: (207) 873-0705
- Email: N/A
- Website: <https://mountjosephwaterville.com/>
- Service Area: Waterville

## **Muskie Community Center**

Provides a variety of senior services, including congregate dining, health and wellness programs, recreational activities, and social support.

- Address: 38 Gold Street, Waterville, ME 04901
- Phone: (207) 873-4745
- Email: N/A
- Website: Daily menu and activities available on Spectrum Generations' website
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

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

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization, dedicated to improving the lives of individuals and families affected by mental illness through advocacy, education, support, and public awareness. Founded in 1979 as a small group of families seeking better resources, NAMI has grown into a nationwide alliance with over 600 local affiliates and 49 state organizations working to expand mental health services and reduce stigma.

NAMI envisions a world where all people affected by mental illness can lead fulfilling lives supported by a compassionate community. The organization upholds values of hope, inclusion, empowerment, compassion, and fairness, striving to ensure that everyone, regardless of background or circumstance, has access to the resources and support they need. Committed to diversity, equity, and inclusion, NAMI works to create a welcoming and equitable environment for all individuals, fostering respect and accessibility in both its programs and advocacy efforts.

- Address: 24 Chase Avenue, Waterville, ME 04901
- Phone: (800) 464-5767
- Email: N/A
- Website: <https://www.nami.org/>
- Service Area: Statewide

## **National Domestic Violence Hotline**

The National Domestic Violence Hotline is a 24/7 confidential service offering support to individuals affected by domestic violence. Highly trained advocates provide free assistance, including crisis intervention, information, education, and referrals in over 200 languages. The organization envisions a world where all relationships are healthy and free from violence, aiming to empower those impacted by relationship abuse. Core values include integrity, thought leadership, excellence, collaboration, social justice, caring, and a survivor-centered approach. Since its inception, the hotline has responded to over 7 million contacts, relying on support from individuals, corporations, foundations, and federal grants to continue its mission.

- Address: PO Box 90249 Austin, Texas 78709
- Phone: (800) 799-7233
- Email: N/A
- Website: <https://www.thehotline.org/>
- Service Area: National

# Health Care, Wellness & Senior Programs - Cont.

## **Oak Grove Center**

Residential care facility for elderly individuals and skilled post-hospital rehabilitation.

- Address: 27 Cool Street, Waterville, ME 04901
- Phone: (207) 873-0721
- Email: N/A
- Website: <https://www.genesishcc.com/oakgrove>
- Service Area: Waterville

## **PFLAG**

PFLAG Portland, Maine is a nonprofit organization dedicated to supporting, educating, and advocating for LGBTQ+ individuals, their families, and allies. As a local chapter of the national PFLAG network, it provides a safe and affirming space for people to share experiences, access resources, and promote inclusivity. Through peer support groups, community outreach, and advocacy efforts, PFLAG Portland works to foster acceptance and equality, ensuring that LGBTQ+ individuals and their loved ones feel empowered and valued in their communities.

- Address: 15 Casco Street, Portland, ME 04101
- Phone: NONE
- Email: [portlandmainepflag@gmail.com](mailto:portlandmainepflag@gmail.com)
- Website: <https://pflagportlandmaine.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Salvation Army - Waterville Social Service Office**

Assists with rent, heat, electric, clothing, food assistance and temporary housing. The Waterville location is by appointment only. A food pantry is operated out of the Augusta Office location, and open to the public anytime the office is open. The Salvation Army is a religious and social service organization, and a branch of the Christian church.

- Address: 179 Main Street, Waterville, ME 04901
- Phone: (207) 623-3752
- Email: Shannon.Davis@use.salvationarmy.org
- Website: <https://easternusa.salvationarmy.org/northern-new-england/augusta-capital-region/contact-us/>
- Service Area: Waterville

## **Seton Village**

Seton Village is an affordable independent living community located at 1 Carver Street in Waterville, Maine, designed for individuals aged 62 and older or those who are physically handicapped and meet HUD income guidelines. The community features seventy duplex buildings, each offering first-floor, one- or two-bedroom apartments with off-street parking. Residents enjoy landscaped grounds, lighted walkways, a community center, and proximity to nearby grocery shopping.

- Address: 1 Carver Street Unit 144 Waterville, Maine 04901
- Phone: (207) 873-0178
- Email: <https://setonvillage.com/contact-us/>
- Website: <https://setonvillage.com/>
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Spectrum Generations**

Offers a broad range of services for older adults, caregivers, and adults with disabilities, including Meals on Wheels, caregiver support, wellness classes, and information and referral services.

- Address: One Weston Court, Suite 109, Augusta, ME 04901
- Phone: (800) 639-1553
- Email: [info@spectrumgenerations.org](mailto:info@spectrumgenerations.org)
- Website: <https://www.spectrumgenerations.org>
- Service Area: Northern Kennebec County

## **Spectrum Generations Caregiving Help**

Offers support for families caring for older individuals or grandchildren.

- Address: One Weston Court, Suite 109, Augusta, ME 04901
- Phone: (800) 639-1553
- Email: [info@spectrumgenerations.org](mailto:info@spectrumgenerations.org)
- Website: <https://www.spectrumgenerations.org/aging-and-disability-resources#caregiving>
- Service Area: Northern Kennebec County

## **Spurwink Alltech**

Provides assistive technology solutions and gently-used medical equipment through resale and free lending programs. Services include assessments, consultations, and demonstrations to support individuals of all ages and abilities in daily living, communication, education, and workplace activities..

- Address: 295 Forest Avenue, Suite 4, Portland, ME 04101
- Phone: (207) 232-6421
- Email: [ALLTECHinfo@spurwink.org](mailto:ALLTECHinfo@spurwink.org)
- Website: <https://spurwinkalltech.org/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Sunset Home**

Sunset Home of Waterville is a non-profit assisted living facility established in 1924, dedicated to providing high-quality residential care for older women in a safe and comfortable environment. Located at 114 College Avenue in Waterville, Maine, the home offers a warm, family-like atmosphere with amenities such as cozy living areas, screened porches, and paved outdoor walkways. Residents enjoy a variety of social activities, including games, sing-alongs, and communal dining, fostering a sense of community and companionship.

- Address: 114 College Avenue Waterville, ME 04901
- Phone: (207) 872-8414
- Email: [admin@sunsethomewtv.com](mailto:admin@sunsethomewtv.com)
- Website: <https://sunsethomeofwaterville.me>
- Service Area: Waterville

## **The Discovery House**

Provides substance abuse detox, opioid treatment, and therapy services. Certified as an Opioid Treatment Program(OTP) for opioid addictions that include heroin, fentanyl and prescription painkillers and is licensed to prescribe methadone and buprenorphine medications.

- Address: 40 Airport Road, Waterville, ME 04901
- Phone: (207) 872-7272
- Email: N/A
- Website: [https://www.ctcprograms.com/location/waterville-comprehensive-treatment-center/?utm\\_source=GMB&utm\\_medium=organic&utm\\_campaign=listing&utm\\_term=brand&y\\_source=1\\_NTUzMzYxNy03MTUtbg9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.ctcprograms.com/location/waterville-comprehensive-treatment-center/?utm_source=GMB&utm_medium=organic&utm_campaign=listing&utm_term=brand&y_source=1_NTUzMzYxNy03MTUtbg9jYXRpb24ud2Vic2l0ZQ%3D%3D)
- Service Area: Waterville

# Health Care, Wellness & Senior Programs - Cont.

## **Tri-State Learning Collaborative on Aging**

Facilitates shared learning and collaborative partnerships to build strong communities that support healthy aging. Offers webinars, events, and resources for communities in Maine, New Hampshire, and Vermont.

- Address: N/A
- Phone: N/A
- Email: N/A
- Website: <https://www.agefriendly.community/>
- Service Area: Maine

## **University of Maine Center on Aging**

The LINC Wellness & Recovery Center in Augusta, Maine, is a welcoming, peer-led space for adults facing mental health challenges, substance misuse, or other life difficulties. Open weekdays with no referral needed, LINC offers peer support, recovery coaching, 12-step groups, and creative arts programming. Staffed by Certified Intentional Peer Support Specialists, the center fosters community, empowerment, and personal growth through collaboration and connection.

- Address: Camden Hall, 25 Texas Avenue Bangor, ME 04401-4324
- Phone: (207) 262-7920
- Email: N/A
- Website: <https://mainecenteronaging.umaine.edu/>
- Service Area: Statewide

## **University of Maine Center on Aging Lifelong Communities**

The University of Maine Center on Aging's Lifelong Communities program supports Maine's cities and towns in becoming age-friendly, livable places for residents of all ages. The initiative emphasizes safe, walkable streets; diverse housing and transportation options; access to essential services; and opportunities for active, healthy living. By engaging older residents' wisdom and experience, the program fosters inclusive communities that cater to toddlers, centenarians, and everyone in between.

- Address: 71 Hospital Street, PO Box 229, Augusta, ME 04332
- Phone: (207) 262-7920
- Email: N/A
- Website: <https://mainecenteronaging.umaine.edu/lifelong-communities/>
- Service Area: Statewide

# Health Care, Wellness & Senior Programs - Cont.

## **Waterville Community Dental Center**

Waterville Community Dental Center has been providing comprehensive oral health care to central Maine residents since 2000, emphasizing the connection between good oral health and overall well-being. The center offers a full range of dental services, including cleanings, exams, extractions, fillings, crowns, and other restorative treatments, all delivered in a comfortable and welcoming environment. With a commitment to accessibility, WCDC accepts MaineCare, private insurance, and all other forms of payment, while also offering a sliding fee scale for income-qualified individuals. Since January 2019, the center has been located at 2 Evergreen Drive in First Park, continuing its mission to make high-quality, affordable dental care available to all.

- Address: 2 Evergreen Drive, First Park, Oakland ME 04963
- Phone: (207) 861-5801
- Email: [communitydentalcenter@yahoo.com](mailto:communitydentalcenter@yahoo.com)
- Website: <https://www.communitydental.org/>
- Service Area: Waterville

## **Woodlands Senior Living of Waterville**

Facility with assisted living, memory care, and private apartments.

- Address: 147 West River Road, Waterville, ME 04901
- Phone: (207) 861-5685
- Email: N/A
- Website: <https://www.woodlandsmaine.com/location/waterville/>
- Service Area: Waterville