PORTLAND, MAINE

AGE-FRIENDLY

RESOURCE GUIDE
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Supporting the desire of older adults to remain in their communities as they age is a foundational goal of the AARP Network of Age-Friendly Communities. An “age-friendly” community is a livable community, one that provides the services and supports that make the town, city or neighborhood a great place for people of all ages.

This resource guide was developed to support Age-Friendly communities in providing their residents with access to important resources. The guide is organized according to the “8 Domains of Livability” that have been found to be aspects of community life that are essential to the health and well-being of older adults.

We hope you will find this guide to be a useful and helpful tool that allows you to more easily connect to supports and services that will assist you in aging well in your community.
COMMUNITY SUPPORT AND HEALTH SERVICES

CITY OF PORTLAND RESOURCES

PUBLIC SAFETY

Portland Police Department
109 Middle Street
Portland, ME 04101
Emergency: 911
Non-Emergency: 207-874-8479
www.portlandmaine.gov/202/police

Portland Fire Department
380 Congress Street
Portland, ME 04101
Emergency: 911
Non-Emergency: 207-874-8410
www.portlandmaine.gov/190/Fire

Portland Emergency Management
389 Congress Street
Portland, ME 04101
The City of Portland Emergency Management office is responsible for coordinating and integrating activities necessary to build, sustain and improve the capability to prevent, mitigate, prepare for, respond to, and recover from threatened or actual natural disasters, acts of terrorism or other man-made disasters.
207-756-8053
www.portlandmaine.gov/2036/Emergency-Management

Portland Public Works Department
212 Canco Road, Suite B
Portland, ME 04103
Provides services and information regarding winter operations, snow removal and parking bans, See-Click-Fix Program for sidewalk and street repair, trash and recycling, and storm water fees.
Customer Service: 207-874-8493
Administration: 207-874-8801
www.portlandmaine.gov/359/public-works

HEALTH CARE

Barron Center Adult Day Health Program
1145 Brighton Avenue
Portland, ME 04102
Provides two programs, one specifically serving individuals with memory impairment. Offering daytime supervision, medication administration, meals, recreational activities, limited personal care, socialization, and social service information. Monday-Friday 7:30AM-4:00PM. Mainecare, VA Benefits, Home-Based Care, Self-pay, and Section 61 funding accepted.
207-541-6619
www.portlandmaine.gov/282/Adult-Day-Programs

Geriatric Center at MMC
66 Bramhall Street, Suite G1/Lower Level
Portland, ME 04102
Focus on elder health and age-related issues that can impact daily life and offers information and tools to optimize health and day-to-day functioning. Specialized geriatric assessments, falls clinics, memory disorder programs, and resources for caregivers.
207-662-2847
mainehealth.org/maine-medical-center/services/geriatric-care/outpatient-programs

Maine Medical Center (Bramhall Campus)
22 Bramhall Street
Portland, ME 04102
Provides comprehensive hospital care; a 637-bed facility, along with outpatient clinics and the state’s only ACS-verified Level 1 Trauma Center and Pediatric Emergency Department, Maine Birth Center, Barbara Bush Children’s Hospital, and the Geriatric Center.
207-662-0111
Toll-free: 877-339-3107
mainehealth.org/maine-medical-center

Maine Medical Center (Brighton Campus)
335 Brighton Avenue
Portland, ME 04102
Offers inpatient, outpatient, urgent care services, the New England Rehabilitation Hospital, and medical education training.
207-662-8000
mainehealth.org/maine-medical-center/locations/brighton-campus

Mercy Hospital
144 State Street
Portland, ME 04101
Comprehensive medical care including emergency services, Harry E. Davis Pediatric Center, cancer care, gastroenterology, Birthplace maternity care, NEED eating disorder program, diabetes center, and VNA Health and Hospice, and Mercy Primary Care physicians in convenient locations all across southern Maine.
207-879-3000
www.mercyhospital.org

Portland Public Health
389 Congress Street
Portland, ME 04101
The Portland Public Health division works to improve the
health of all Portland citizens by working to promote healthy lifestyles, prevent disease, and protect residents from environmental threats. Programs include Family Health, Minority Health, Chronic Disease Prevention, Child and Maternal Health, and the India Street Public Health Clinic.

207-874-8633
www.portlandmaine.gov/224/Public-Health

MENTAL HEALTH & COUNSELING SERVICES

Maine Behavioral Health
216 Vaughn Street
Portland, ME 04102
Comprehensive adult outpatient services includes medication management, psychiatric evaluations, individual therapy, and co-occurring issues support group.
207-829-1064
www.mainebehavioralhealth.org

HOME CARE & HOSPICE

Advantage Home Care, LLC
550 Forest Avenue, Suite 206
Portland, ME 04101
Provides personal care, housekeeping, transportation/errands, meal preparation, medication reminders, companionship, and dementia care. Accepts Mainecare, VA benefits, self-pay and private insurance.
207-699-2570
888-846-1410
www.advantagehomecare.com

Aging Excellence, Inc.
P.O. Box 8660
710 Forest Avenue
Portland, ME 04103

Non-medical in-home support including housekeeping, personal care, transportation, shopping, errands, meal preparation, medication reminders, chore service, companionship, telephone reassurance, and care management.
207-233-8847
www.seniorsonthego.com

Comfort Keepers
253 U.S. Route 1
Scarborough, ME 04074
In-home services include light housekeeping, personal care, transportation, shopping, errands, meal preparation, medication reminders, chore service, companionship, telephone reassurance, and respite care. Serves York and Cumberland counties.
207-885-9600
www.comfortkeepers.com

Holding Hands Home Health
203 Anderson Street, Suite 1A
Portland, ME 04101
Specializes in providing culturally competent in-home care to elders, disabled adults, and children.
207-773-1400
holdingcare.com

Home Instead Senior Care
502 Main Street
Gorham, ME 04038
Provides non-medical in-home support; personal care, transportation, companionship, housekeeping, meal preparation, and respite. Serves Greater Portland.
207-839-0441
www.homeinstead.com

Kindred at Home
51 Baxter Boulevard
Portland, ME 04101
Provides a wide range of in-home services including skilled nursing care, personal care, medication management, physical, occupational and speech therapies, social work, and pulmonary care.
207-772-0954
www.kindredhealthcare.com

Portland Area Villages
(also see listing at Civic Participation & Employment)
P.O. Box 10832
Portland, ME 04014
Volunteers provide transportation, light handyman tasks, shopping, errands, phone check-ins, and social activities to members, age 50 or older. Annual membership fee applies with some scholarships available for low income residents.
207-370-1896
portlandareavillages.wordpress.com

Senior Companion Program
(also see listing at Social Participation & Education)
222 St. John Street, Suite 302B
Portland, ME 04102
Senior Companions make independence a reality for frail elders and their families through the provision of companionship to increase socialization, transportation to medical appointments, grocery shopping and other essential errands, and respite for family caregivers.
207-773-0202
www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/

Visiting Angels Portland
461 Capisic Street
Portland, ME 04102
Provides in-home non-medical support; personal care, transportation and errands, companionship, medication reminders, light housekeeping, meals, and respite.
VNA Home Health and Hospice
50 Foden Road
South Portland, ME 04106
Provides nursing, home health aides, social workers, rehabilitation services (physical, occupational and speech therapies), hospice, and palliative care. Serves Greater Portland area.
800-757-3326
northernlighthomecarehospice.org

The Cedars
620-640 Ocean Avenue
Portland, ME 04103
A retirement community offering independent living, assisted living, skilled nursing care, and rehabilitation services.
207-221-7000
www.thecedarsportland.org

Barron Center
1145 Brighton Avenue
Portland, ME 04102
Owned and operated by the City of Portland, the Barron Center provides long term nursing care, skilled care/rehabilitation, and specialized dementia care. Mainecare, Medicare, private insurance, and self-pay are accepted.
207-541-6500
www.portlandmaine.gov/252/Barron-Center

Saint Joseph's Rehabilitation and Residence
1133 Washington Avenue
Portland, ME 04103
Provides skilled nursing and rehabilitation, long term care, palliative care and hospice, memory care, and respite care. St. Joseph's accepts Medicare, MaineCare, managed care, commercial insurances, Medicare replacement, and private pay.
207-797-0600
sjrme.com

Seaside Rehabilitation
850 Baxter Boulevard
Portland, ME 04103
Provides long term care, rehabilitation, assisted living, respite care and hospice.
207-774-7878
seaside-healthcare.com

Fallbrook Woods
60 Merrymeeting Drive
Portland, ME 04103
Assisted living community for seniors experiencing dementia. Meals, RN and LPN staffing, medication administration, life enrichment activities, housekeeping, personal care, and short-term respite. Private pay only.
207-878-0788
fallbrookwoods.com

Portland Center for Assisted Living
68 Devonshire Street
Portland, ME 04102
170-bed facility, including 28 secure living spaces for residents with dementia. Provides housekeeping, laundry, transportation, meals, medication administration, personal care assistance, and recreational activities. Mainecare and self-pay accepted.
207-772-2893
pcalmaine.com

Seventy-Five State Street
75 State Street
Portland, ME 04101
Independent living (with meal program) and assisted living care. Assisted living services include housekeeping, laundry, three meals per day, social activities, service coordination, personal care, transportation to appointments, medication supervision and administration, personal care service, and nursing supervision. Private pay and a limited number of Mainecare rooms.
207-772-2675
75state.org

The Park Danforth/Clark's Terrace
777 Stevens Avenue
Portland, ME 04103
Independent living apartments at Park Danforth and assisted living at Clark’s Terrace. Assisted living services include housekeeping, laundry, three meals per day, social activities, service coordination, 24-hour personal care staff, transportation to grocer and medical appointment, medication supervision and administration, personal care service, nursing supervision. Private pay and a limited number of Mainecare rooms.
207-797-7710
parkdanforth.com

Community Dental
190 Park Avenue
Portland, ME 04102
Provides comprehensive dental care and treatment to children, adults and seniors. Services include exams, cleanings, x-rays, fillings, extractions, root canals, crowns, partials, and bridges. Affordable rates based on income/sliding scale.
207-874-1028
www.communitydentalme.org
University of New England - Oral Health Center
1 College Street
Portland, ME 04103
Comprehensive dental care including cleanings, fillings, x-rays, root canals, crowns, veneers, extractions, partial dentures, dentures, bridges, and implants. Services offered at low, affordable fees and Northeast Delta Dental and mainecare. Will assist patients to receive reimbursement from other dental insurance programs.
207-221-4747
www.une.edu/ohc

EYE CARE

IRIS Network
189 Park Avenue
Portland, ME 04102
Non-profit organization that helps people who are blind or visually impaired attain independence and community integration. Provides support, rehabilitation, training, adaptive equipment, and affordable housing.
207-774-6273
www.theiris.org

PHARMACY

Apothecary by Design
141 Preble Street
Portland, ME 04101
207-899-0939
Toll-free: 877-814-8447

Coastal Pharmacy and Wellness
29 Marginal Way
Portland, ME 04101
Compounding Pharmacy: 207-899-0886
Nutritional Health & Wellness: 207-899-0993

CVS Pharmacy
(6 Locations in Portland)
510 Congress Street
207-774-4525
449 Forest Avenue
207-772-1928
51 Market Street
207-799-8166
1406 Congress Street
207-774-3636
111 Auburn Street
207-797-3393
1100 Brighton Avenue
207-772-6201

Hannaford Pharmacy
295 Forest Avenue
Portland, ME 04101
207-761-5967

Rite Aid Pharmacy
(4 Locations in Portland)
290 Congress Street
207-774-0344
713 Congress Street
207-774-8456
701 Forest Avenue
207-780-8144
365 Allen Avenue
207-797-4351

Shaw’s Pharmacy - Northgate
91 Auburn Street
Portland, ME 04103
207-797-0536

Walgreens
(3 Locations in Portland)
127 Marginal Way
207-771-5631
616 Forest Avenue
207-761-9454
340 Allen Avenue
207-878-0530

FOOD ASSISTANCE

First Baptist Church Food Pantry
360 Canco Road
Portland, ME 04103
Open Wednesday 1:00-2:00 PM.
207-773-3123

Front Street Community Center Food Pantry
36 West Presumpscot Street
Portland, ME 04101
Open Friday 11:00-11:45 AM and Sunday 10:00-10:45 AM.

Meals on Wheels- Southern Maine Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074
Provides nutritious home-delivered meals to homebound residents of York and Cumberland Counties, who are over the age of 60. Suggested (but not required) donation of $3.50/meal to help support the program.
1-800-427-7411
www.smaaa.org/wellness/meals.html

Preble Street Food Pantry
252 Oxford Street
Portland, ME 04101
Open Thursday 1:30-3:00 PM.
207-775-0026

Project Feed- Woodfords Congregational Church
202 Woodford Street
Portland, ME 04102
Open Monday-Thursday 1:00-3:00 PM (except holidays and Portland School storm days). This is an emergency food pantry. Clients must have a voucher from a social service agency.
207-761-3920
Salvation Army Food Pantry
297 Cumberland Avenue
Portland, ME 04101
Open Monday-Wednesday-Friday 1:00-2:30 PM.
207-774-6304

White Memorial Food Pantry
Seventh Day Adventist Church
97 Allen Avenue
Portland, ME 04103
Open Thursday 10:00-11:30 AM.
207-797-4414

INFORMATION, SUPPORT, AND REFERRAL SERVICES

Jewish Community Alliance of Southern Maine
1342 Congress Street
Portland, ME 04102
Michael Klahr Jewish Family Services staff and volunteers are available to assist individuals and families learn about resources in the community. Staff can help with paperwork, phone calls, and scheduling appointments.
207-772-1959
www.mainejewish.org/
michaelklahrjewishfamilyservices/

Portland Office of Elder Affairs
1145 Brighton Avenue
Portland, ME 04102
Provides free information and referral services and advocacy to elderly residents of Portland. Helps elders and families “navigate” health and social service systems. Also operates two Adult Day Health Programs (one specifically for individuals with dementia) on the Barron Center campus.
Information/Referral/Advocacy:
207-541-6620
Adult Day Health Program:
207-541-6619
www.portlandmaine.gov/219/
Elder-Services

Through These Doors
P.O. Box 704
Portland, ME 04104
Formerly known as Family Crisis Services. Free and confidential 24-hour helpline, emergency shelter for victims of domestic violence, resources for victims of abuse in later life, support groups, court advocacy, and emotional support.
24-Hour Helpline: 1-800-537-6066
Office: 207-874-1973
Elder Advocate: 207-653-9623
www.throughthesedoors.org

CUMBERLAND COUNTY RESOURCES

2-1-1 Maine
(see listing at Communication & Information)
The Opportunity Alliance
50 Lydia Lane
South Portland, ME 04106
Sponsored by the Opportunity Alliance, this is an easy-to-remember number that helps people in accessing health and human services in their community. 2-1-1 includes a statewide resource directory of over 8,000 resources including agency services and support groups and the call center is accessible statewide and from cell phones and phone service provided by Internet carriers 24/7.
Dial: 211
211maine.org

Crisis Response Hotline
Offers immediate access to advocacy, crisis/supportive counseling, problem solving, crisis intervention, suicide prevention/intervention, and psychiatric services to adults and children throughout the state 24 hours a day, 365 days a year. Individuals experiencing a mental health crisis have access to a team of professionals who are trained to respond. Individuals in crisis can be seen at the location of their choice as long as the environment is safe for both the client and the mobile outreach clinician. Such locations include the client’s home, emergency departments, other treatment facilities, or at the crisis center in Portland.
774-HELP (4357) Cumberland County
1-800-568-1112 Statewide

Southern Maine Agency on Aging
(see listing at Communication & Information)
136 U.S. Route 1
Scarborough, ME 04074
Provides senior information and referral services, Medicare counseling, and family caregiver support to residents of York and Cumberland Counties. Also operates an Adult Day health program in Biddeford, ME.
207-396-6500
Toll-free: 1-800-427-7411
www.smaaa.org

STATE OF MAINE RESOURCES

PUBLIC SAFETY

Maine State Police
45 Commerce Drive
Augusta, ME 04330
207-626-3800
Emergency Contacts: 207-624-7076
Or 1-800-452-4664
www.maine.gov/dps/msp
HEALTHCARE

Get Better Maine
A program of the Maine Health Management Coalition (MHMC), which provides public information on Maine doctors and hospitals in order to allow people to make informed decisions about the care they receive. Their website offers comparative ratings on providers and hospitals in your area as well as health resources for consumers and caregivers.
207-844-8106
www.getbettermaine.org

Maine Alzheimer’s Association
383 U.S. Route 1, Suite 2C
Scarborough, ME 04074
The Maine chapter of the Alzheimer’s Association. Provides information and support for people with Alzheimer’s disease and their caregivers. Operates 24/7 toll-free help line.
207-772-0115
24/7 toll-free: 1-800-272-3900
www.alz.org/maine

Maine Center for Disease Control and Prevention (CDC)
286 Water Street
Key Plaza | 8th Floor
Augusta, ME 04333
Provides information on a wide range of health issues as well as resources for further assistance.
207-287-4397
www.maine.gov/dhhs/mecdc

MaineCare
MaineCare (Medicaid) is a joint federal and state health care program for people with low income and limited resources to pay for health care. Through the Medicaid Waiver program, older adults who are eligible for nursing home payments can receive medical and support services that enable them to continue living at home.
207-287-3707
www.maine.gov/dhhs/mainecare.shtml

State Health Insurance Program (SHIP)
The Maine SHIP is a health insurance assistance program funded by the Centers for Medicare and Medicaid Services (CMS). SHIP offers free health insurance counseling to those in Maine who have Medicare services, including:
- Additional information on Medicare
- How to enroll in the Medicare Savings Program
- How to detect and report errors
- Obtaining insurance
1-877-353-3771 (local office)
1-800-262-2232 (state office)
www.maine.gov/dhhs/oads/community-support/ship.html

DENTISTRY

Maine Dental Association – “Senior-Dent” Reduced Dental Contact Spectrum Generations to apply.
1-800-639-1553

Maine Donated Dental Services
P.O. Box 2282
Augusta, ME 04338-2282
Applications currently not being accepted due to lengthy waitlists
1-800-205-5615 or 207-620-8276
dentallifeline.org/maine

EYE SERVICES

Guiding Eyes for the Blind (Guide Dog Program)
611 Granite Springs Road
Yorktown Heights, NY 10598
1-800-942-0149 ext. 2222
www.guidingeyes.org/about-us/contact-us

Maine Division for the Blind and Visually Impaired (DBVI)
21 Enterprise Drive, Suite 2
Augusta, ME 04333-0073
1-800-760-1573 or 624-5120

Maine Relay for TTY Users: 711
www.maine.gov/rehab/dbvi

ZenniOptical
Affordable Eyeglasses.
www.zennioptical.com

enroll207
Maine Health Access Foundation
150 Capitol Street, Suite 4
Augusta, ME 04330
A project of Maine Health Access Foundation that connects Mainers to certified assisters who can help review new options for health insurance through the Maine Health Insurance Marketplace.
207-620-8266
www.enroll207.com

BEHAVIORAL HEALTH RECOVERY SUPPORT SERVICES
State Level Links to Individual Recovery Support Groups Across Maine:

Alcoholics Anonymous (AA)
Central Service Office
47 Portland Street
Portland, ME 04101
207-774-3034
csaa.maine.org

AL-ANON
Support services for families and teens.
www.maineafg.org
Maine Alliance for Addiction Recovery (MAAR)
295 Water Street, Suite 108
Augusta, ME 04330
Online and phone-based recovery supports; training, education, and program development support opportunities.
207-621-4111
maineallianceforaddictionrecovery.org

Narcotics Anonymous (NA)
Support services and groups.
www.namaine.org

National Alliance on Mental Illness (NAMI-Maine)
1 Bangor Street
Augusta, ME 04330
Toll-free helpline, mental health related training and educational programs; individual and family member support groups; respite services; other services.
1-800-464-5767
www.namimaine.org

AGING AND DISABILITY SERVICES

Adult Protective Services
Office of Aging and Disability Services | SHS #11
41 Anthony Avenue
Augusta, ME 04333
Provides education about and investigates allegations of elder abuse and neglect, including physical and sexual abuse, financial exploitation and emotional and verbal abuse. All reports are confidential.
207-287-9200
24-hour toll-free: 1-800-624-8404
www.maine.gov/dhhs/oads/apsguardianship

Alpha One
127 Main Street

Beta One
127 Main Street

Catholic Charities Maine - Independent Support Services
66 State Street
P.O. Box 10660
Portland, ME 04104-6060
Independent Support Services, also known as Homemaker Services, connects isolated seniors and physically disabled adults with a professionally-supervised team of dedicated para-professionals who help with a variety of tasks, from routine housekeeping to grocery shopping and laundry.
1-888-477-2263
www.ccmaine.org/independent-support-services

Elder Independence of Maine
730 Center Street
Auburn, ME 04210
Connects people throughout Maine with home care services, provided by a network of 150 home care providers.
1-888-234-3920
www.seniorsplus.org/eim-carecoordination

Home Care for Maine
347 Maine Avenue
Farmingdale, ME 04344
Personal care services, homemaking services (e.g., non-medical assistance with routine household tasks like dishes, making beds, laundry, dusting, shopping and transportation).

Maine Council on Aging
8 Falcon Road
Lewiston, ME 04240
The Council’s mission is to build a strong, multidisciplinary network that promotes the safety, independence and wellbeing of older adults.
207-513-3738
mainecouncilonaging.org

Maine Cite
225 Western Avenue
Augusta, ME 04330
The Maine Department of Education’s Maine CITE Program is designed to help make assistive technology more available to Maine children, adults and seniors who need them. Maine CITE delivers services through the Maine CITE Coordinating Center as well as numerous private and public organizations that provide information about assistive technology, training, public awareness, device loans and reutilization, demonstrations, and alternative financing. Maine CITE is committed to helping Maine citizens with disabilities increase access to and acquisition of AT when needed to participate in Education, Community Living, Employment and Information Technology/Telecommunications.
207-621-3195
www.mainecite.org

Maine Veterans’ Homes
40 Civic Center Drive
Augusta, ME 04330
Offers a complete range of long-term care and rehabilitative programs and services for veterans and their families.
1-800-278-9494
www.maineveteranshomes.org
HELP WITH PRESCRIPTION MEDICATIONS

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

**Maine Department of Health and Human Services**
Low-cost drug program for older adults and people with disabilities. For an application, contact the Maine Department of Human Services prescription drug information line:
207-287-3707
1-866-796-2463
www.maine.gov/dhhs/prescription_drugs.shtml

HOME CARE AND HOSPICE

**Maine Hospice Council**
293 Water Street, Suite 303
Augusta, ME 04330
Provides a list of hospice and home health services throughout Maine.
207-626-0651
www.mainehospicecouncil.org

**Nursing Home Compare**
Provides detailed information about every Medicare- and Medicaid-certified nursing home in the country. Enter your ZIP Code to get comparative information on nursing homes in your area. Also provides information on other long-term care options.
www.medicare.gov/
NursingHomeCompare/search.html

NUTRITION SERVICES

**Maine Hunger Initiative**
A food program offering daily soup kitchens and food pantries to all ages with low-income needs. There are 80 food pantries and 3 soup kitchens in York & Cumberland counties.
207-775-0026
www.preblestreet.org/what-wedo/advocacy-programs/mainehungerinitiative

**Maine Senior FarmShare**
Program participants are qualified to receive a free share ($50 worth) of first-quality, fresh, local produce from a Maine farm for 8 weeks during the growing season. Produce variety and deliver/pickup method will vary depending on farm of choice. To take part in this program, you must:
1. Be a Maine resident, 60 years or older (55, if Native American)
2. Not be an immediate family member or live in the same household as the farmer
3. Meet income guidelines (updated annually)
For more information contact your local Area Agency on Aging/ADRC: Spectrum Generations, Inc.
1-877-353-3771 or 207-287-7526
www.getrealmaine.com

LGBT RESOURCE

**Open Door Transgender Health Care Maine Family Planning**
P.O. Box 587
Augusta, ME 04332-0587
207-622-7524
www.mainefamilyplanning.org/page/958-881/transgender-healthcare

**SAGE Maine**
(also see listing at Respect & Social Inclusion)
P.O. Box 10844
Portland, ME 04104
The mission of SAGE Maine is to improve quality of life for older LGBT adults living in Maine through advocacy, education, and
Social support. In partnership with its affiliate chapters and allies, SAGE works to achieve a high quality of life for LGBT older adults, supports and advocates for their rights, fosters a greater understanding of aging in all communities, and promotes positive images of LGBT life in later years. SAGE Maine has been incorporated in Maine with the assistance of AARP of Maine.

207-809-7015
sagemaine.org

TRANSPORTATION

CITY OF PORTLAND RESOURCES

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

ASAP Taxi & Courier Service
7 Thompsons Point Road
Portland, ME 04101
207-791-2727

Casco Bay Lines
56 Commercial Street
Portland, ME 04101
Provides year-round ferry service, scenic cruises, and boat tours from Portland, Maine to the islands of Casco Bay, including Peaks, Little Diamond, Great Diamond, Diamond Cove, Long, Chebeague, Cliff, and Bailey Island,
207-774-7871
www.cascobaylines.com

Greater Portland Transit District (METRO Bus Service)
114 Valley Street
Portland, ME 04102
Reduced Fare of $0.75 for age 65+ with Medicare Card or Photo ID (with birthdate).
207-774-0351
gpmetrobus.net/

Independent Transportation Network
90 Bridge Street
Westbrook, ME 04092
Transportation services for seniors age 65+, and persons with visual impairments. Paid and volunteer drivers use private cars to transport to appointments, shopping, outings, etc. Membership application required. Customers pay by the mile.
207-854-0505
www.itnportland.org/

CUMBERLAND COUNTY RESOURCES

Amtrak
100 Thompsons Point Road
Portland, ME 04102
Amtrak Downeaster $11/11 Military Discounts allows U.S. military veterans and active duty U.S. military personnel to Travel between any 2 stations on the Amtrak Downeaster route for $11.00 per individual each way on the 11th day of the month.
800-872-7245
www.amtrakdowneaster.com/

Logisticare/ Non-Emergency Transportation
MaineCare offers Non-Emergency Transportation for eligible members. Logisticare arranges rides to appointments and/or reimbursement for rides through approved transportation providers. Costs may be covered by MaineCare if the rider is eligible for transportation services and the appointment is covered by MaineCare. Call two (2) business days in advance to arrange a ride, unless urgent.
Brunswick and Harpswell: 1-855-930-7900
Rest of Cumberland County: 1-855-608-5178
www.maine.gov/dhhs/oms/member/member_transportation.html

Regional Transportation Program, Inc.
127 St. John Street
Portland, ME 04102
Public transportation service for the elderly, people with mental or physical disabilities, and the visually impaired. Door to door and scheduled pick-up service to medical appointments and shopping.
207-774-2666
1-800-244-0704
rtprides.org

STATE OF MAINE RESOURCES

Concord Coach Lines
100 Thompsons Point Road,
Portland, ME 04102
Scheduled service connecting northern New England communities with transportation and cultural hubs like Boston and New York City. Direct service to Logan International Airport.
1-800-639-331
concordcoachlines.com/stop/portland-maine/
GoMaine Commuter Connections
GO MAINE is a statewide commuter program that matches up carpoolers, help form vanpools, and reward commuters for doing any sort of green commute, like carpool, vanpooling, walking, biking, taking the bus or telecommuting. Rewards are to local, online and national retailers. GO MAINE also offers the Emergency Ride Home benefit to members. All services are free.
207-482-8122
1-800-280-RIDE
www.gomaine.org

Greyhound Bus Station
950 Congress Street
Portland, ME 04102
An intercity bus common carrier serving over 3,800 destinations across North America. Greyhound passengers aged 62 and older can ask for a 5% discount on passenger fares with photo ID. Greyhound will also serve better folks with disabilities in accordance with ADA obligations and encourage passengers with disabilities to contact Greyhound with any questions or concerns.
207-772-6588
locations.greyhound.com/bus-stations/us/maaine/portland/bus-station-10274

Rides in Sight
This program provides information about senior transportation options in local communities throughout the U.S. Information is available through the program's website, as well as a hotline that is available Monday-Friday, 8:00 a.m. to 8:00 p.m. Eastern time.
Hotline: 1-855-60-RIDES
www.ridesinsight.org/Home/About

Salvation Army Voucher Program
297 Cumberland Avenue
Portland, ME 04101
Oversee programs and services for Salvation Army locations throughout the state including food, heating, electricity, water, clothing, rental, transportation, medical prescriptions, household needs, school supplies, and personal care needs; assistance varies by location.
207-774-6304
nne.salvationarmy.org/

HOUSING

CITY OF PORTLAND RESOURCES

Avesta Housing
307 Cumberland Avenue
Portland, ME 04101
Avesta Housing improves lives and strengthens communities by promoting and providing quality affordable homes for people in need.
207-553-7777
www.avestahousing.org

Community Housing of Maine
One City Center, 4th Floor
Portland, ME 04101
CHOM houses people who can't afford to live near their work, older Mainers, and people with low incomes, along with Veterans who became homeless, people with physical, intellectual or developmental disabilities, people who were homeless, people who were victims of domestic violence, people recovering from addiction,

resulting in service and retirement communities.

Portland Housing Authority
14 Baxter Boulevard
Portland, ME 04101
Together with its community partners, the PHA provides and expands affordable housing and services that improve quality of life, build community, enhance safety and promote personal success for the people we serve and the neighborhoods in which they reside.
207-773-4753
www.porthouse.org

Shalom House
106 Gilman Street
Portland, ME 04102
Shalom House helps hundreds of people with serious mental illness each year by providing an array of community-based mental health services and a choice of affordable quality housing where people can escape the stress of homelessness, hunger, and isolation.
207-874-1080
www.shalomhouseinc.org

RENTAL HOUSING AND RETIREMENT COMMUNITIES

100 State Street
100 State Street
Portland, ME 04101
Subsidized housing for seniors 62+ and persons with disabilities.
Hallkeen Management
207-775-1437
www.hallkeen.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Description</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Ashton Gardens Gracious</td>
<td>830 Ocean Avenue</td>
<td>Retirement community and assisted living.</td>
<td>207-536-3615</td>
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<td>Retirement Living</td>
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<td>Bayside East</td>
<td>47 Smith Street</td>
<td>Subsidized housing for seniors age 62+ and persons with disabilities.</td>
<td>207-553-7777</td>
<td><a href="http://www.aviestahousing.org">www.aviestahousing.org</a></td>
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<td>Portland, ME 04101</td>
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<tr>
<td>Bayview Heights</td>
<td>158 North Street</td>
<td>Subsidized housing for seniors age 62 and older. Property is owned and managed</td>
<td>207-373-1140</td>
<td><a href="http://www.voanne.org">www.voanne.org</a></td>
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<td>Butler Payson</td>
<td>218 State Street</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
<td>207-775-1437</td>
<td><a href="http://www.hallkeen.com">www.hallkeen.com</a></td>
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<td>Portland, ME 04101</td>
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<td>Congress Square Plaza</td>
<td>10 Congress Square Plaza</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
<td>781-598-3200</td>
<td><a href="http://www.harbormgmt.com">www.harbormgmt.com</a></td>
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<td>Portland, ME 04101</td>
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<td>Deering Pavilion</td>
<td>880 Forest Avenue</td>
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<tr>
<td>Portland, ME 04103</td>
<td>Subsidized rental housing for</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
<td>207-797-8777</td>
<td><a href="http://www.deeringpavilion.com">www.deeringpavilion.com</a></td>
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<td>seniors age 62+ and persons</td>
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<td>Portland Housing Authority</td>
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<td>207-773-4753</td>
<td><a href="http://www.porthouse.org">www.porthouse.org</a></td>
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<td>Franklin Towers</td>
<td>Portland high-rise providing subsidized housing for seniors age 62+ and</td>
<td>207-773-4753</td>
<td><a href="http://www.porthouse.org">www.porthouse.org</a></td>
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<td>211 Cumberland Avenue</td>
<td>persons with disabilities.</td>
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<td></td>
<td>Harbor Terrace</td>
<td>284 Danforth Street</td>
<td>207-774-0501</td>
<td><a href="http://www.presmgmt.com">www.presmgmt.com</a></td>
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<td>Ingraham House</td>
<td>79 High Street</td>
<td>207-774-6323</td>
<td><a href="http://www.goodwillnne.org">www.goodwillnne.org</a></td>
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<td>Portland, ME 04101</td>
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<td>Goodwill Industries of Northern</td>
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<td>Longfellow Commons</td>
<td>206 State Street</td>
<td>207-775-7775 ext.224</td>
<td>75state.org</td>
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<td>Portland, ME 04101</td>
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<td>Weston Associates</td>
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<td>75state.org</td>
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<td></td>
<td>North Deering Gardens</td>
<td>(aka Auburn Terrace)</td>
<td>207-874-1080</td>
<td><a href="http://www.shalomhouseinc.org">www.shalomhouseinc.org</a></td>
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<td></td>
<td>246 Auburn Street</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
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<td></td>
<td>Portland, ME 04103</td>
<td>Subsidized rental housing for elders age 62+, families, and persons with</td>
<td>207-797-4410</td>
<td><a href="http://www.harbormgmt.com">www.harbormgmt.com</a></td>
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<td>Harbor Management</td>
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<td>Portland, ME 04103</td>
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<td>Northfield Green</td>
<td>147-151 Allen Avenue</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
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<td>Portland, ME 04103</td>
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<td>North School</td>
<td>248 Congress Street</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
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<td>Portland, ME 04101</td>
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<td>Preservation Management, Inc.</td>
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<td>Portland, ME 04101</td>
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<td>Seventy-Five State Street</td>
<td>75 State Street</td>
<td>Independent living apartments, assisted living services, and respite care.</td>
<td>207-775-7775 ext.224</td>
<td>75state.org</td>
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<td></td>
<td>Portland, ME 04101</td>
<td>Gracious living with amenities such as a dining program, transportation to</td>
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<td>appointments, and recreational activities.</td>
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<td>Portland, ME 04101</td>
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<tr>
<td>Shalom Apartments</td>
<td>180 Auburn Street</td>
<td>Subsidized rental housing for seniors age 62+ and persons with disabilities.</td>
<td>207-874-1080</td>
<td><a href="http://www.shalomhouseinc.org">www.shalomhouseinc.org</a></td>
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<td>Portland, ME 04103</td>
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<td>Shalom House</td>
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</table>
The Cedars
630 Ocean Avenue
Portland, ME 04103
A retirement community offering the full continuum of senior living options for every potential stage in your life: Independent Living, Assisted Living, Rehabilitation and Skilled Nursing care.
207-221-7100
www.thecedarsportland.org

The Park Danforth
777 Stevens Avenue
Portland, ME 04103
Offers a variety of affordable senior living options, from one- and two-bedroom Independent Living apartments (both at market rates and HUD-subsidized units) to Assisted Living.
207-797-7710
parkdanforth.com

The Woods at Canco
257 Canco Road
Portland, ME 04103
Retirement community offering independent living apartments and cottages with amenities such as housekeeping, transportation, and dining services.
207-747-3080
www.holidaytouch.com/our-communities/the-woods-at-canco

Washington Gardens
577 Washington Avenue
Portland, ME 04103
Subsidized rental housing for seniors age 62+ and persons with disabilities.
Portland Housing Authority
207-221-8050
www.porthouse.org

CUMBERLAND COUNTY RESOURCES

The Opportunity Alliance - Housing and Energy Services
50 Lydia Lane
South Portland, ME 04106
The Department of Housing and Energy Services provides loans and grants for fuel assistance, utility assistance, and repair of heating systems.
207-523-5049
www.opportunityalliance.org/programs/housing-and-energy-services/

STATE OF MAINE RESOURCES

HOUSING ASSISTANCE

Low Income Home Energy Assistance Program
MaineHousing
353 Water Street
Augusta, ME 04333
Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available.
1-800-452-4668
207-626-4600
www.mainehousing.org

MaineHousing
353 Water Street
Augusta, ME 04333
Provides grants or low-cost home improvement loans for health and safety related repairs and improvements. The program consists of a home repair grant, Elderly Hardship grant and Septic Repair/Replacement loans.
1-800-452-4668
207-626-4600
www.mainehousing.org

Rural Repair and Rehabilitation Loans and Grants
USDA Rural Development
State Office
967 Illinois Avenue, Suite 4
Bangor, ME 04401
The USDA's Very Low-Income Housing Repair Program provides loans and grants to very low income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.
207-990-9160
www.payingforseniorcare.com/home-modifications/usdaruralrepair-grant.html

CHOOSING A SENIOR LIVING COMMUNITY

Assisted Living Directory
Provides a list of Maine's assisted living facilities and services.
1-866-333-6500
www.assisted-living-directory.com/content/maine.html

SOCIAL PARTICIPATION AND EDUCATION

CITY OF PORTLAND RESOURCES

EDUCATION

Osher Lifelong Learning Institute
OLLI - USM
P.O. Box 9300
Portland, ME 04104
The Osher Lifelong Learning Institute offers an extensive array of courses in the liberal
art and sciences for students 50 or older. There are no entrance requirements, grades and tests; it’s your experience and love of learning that count, no college background is needed. Also offers extensive special interest and social groups.

207-780-4406
usm.maine.edu/olli

Portland Adult Education: Enrichment Programs
14 Locust Street
Portland, ME 04101
These programs offer the solid tradition of affordable, core classes as well as creating new opportunities for Greater Portland residents to holistically enrich their lives through learning a new skill, trade, or language while meeting new people.

207-874-8155
portlandadulted.org/

Southern Maine Community College
South Portland Campus
2 Fort Road
South Portland, ME 04106
Senior Citizen Tuition Waiver - If you are a Maine resident who is 65 years or older, SMCC will waive your tuition. Once you’ve enrolled, just bring or send proof of your age to the Billing Office and we’ll take care of the rest.

207-741-5500
Toll-free (in Maine): 877-282-2182
Maine Relay Service: 1-800-457-1220

University of Southern Maine
96 Falmouth Street
Portland, ME 04103
Senior Citizen Tuition Waiver - The University of Maine System Board of Trustees has developed a tuition waiver, which focuses on Maine residents who will reach the age of 65 years or older during the semester in which they enroll, who are seeking to take undergraduate, university courses for personal enrichment and/or, to attain their first undergraduate degree.

800-800-4876

RECREATIONAL OPPORTUNITIES

Joy In Music Piano Studio
500 Forest Avenue
Portland, ME 04101
Gain confidence as you discover joy in learning to make music at the piano. Providing private weekly lessons for all ages and recreational piano groups for adults.

207-210-4214

Portland Public Library
(also see listing at Communication & Information)

Portland Recreation
62+ Adult Program
212 Canco Road
Portland, ME 04103
Activities for area senior citizens.

207-808-5400
www.portlandmaine.gov/653/Senior-Activities

Portland Stage Company
25 Forest Avenue
Portland, ME 04101
The leading professional theater in Northern New England is committed to creating great art, passionate about using the theater to educate, and dedicated to enriching the community.

207-774-0465
www.portlandstage.org

Portland Wheelers
P.O. Box 11314
Portland, ME 04104
Free recreational rides for people young and old who cannot ride a bike by themselves but would love to go for a ride.

207-232-7740
www.portlandwheelers.org

Salvation Army Senior Center
297 Cumberland Avenue
P.O. Box 3575
Portland, ME 04104
A variety of programs, trips, and entertainment offered every Tuesday, Wednesday and Thursday from 9:00 a.m. to 3:00 p.m. for seniors ages 55+. Community Senior Luncheon held each Thursday at noon.

207-774-4172 x 255

South Portland Senior Programs
21 Nelson Road
South Portland, ME 04106
Opportunities include: Mah Jongg, group tours, bingo, cards, games, coffee time support group, Color Yourself Calm, Irish luncheons & dancers, Ladies of Laughter, Monday Movies, bowling, casino trips, badminton, cornhole, senior lunches, gardening, Tea Time Tuesdays, and more!

207-767-7650
www.southportland.org/departments/parks-recreation-aquaticspool/recreation-department/senior-programs/

Summer in the Parks Concert Series
City of Portland
Held during July and August, all concerts are free. All guests are invited to bring a blanket or chair, sit back, and enjoy the music!

207-808-5400
Information/Cancellation Program Hotline: 207-756-8130
www.portlandmaine.gov/651/Summer-in-the-Parks-Concerts
Westbrook Community Center
426 Bridge Street
Westbrook, ME 04092
Aquatics, health and fitness classes, music, dance, summer and vacation camps, team sports, senior social and fitness activities.
207-854-0676
www.westbrookcommunitycenter.org

CUMBERLAND COUNTY RESOURCES

Foster Grandparent and Senior Companion Programs, The Opportunity Alliance
(Also see listing at Civic Participation & Employment)
222 St. John Street, Suite 302B
Portland, ME 04102
The Foster Grandparent and Senior Companion Programs provide meaningful volunteer opportunities for adults 55 and older in York, Cumberland and Southern Oxford counties. Foster Grandparents volunteer with children in schools and Senior Companions provide companionship and support to seniors in their homes. Volunteers meeting federal income guidelines receive a non-taxable stipend. All volunteers receive meal and travel assistance, pre-service and ongoing training, supervision and recognition.
207-773-0202
www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/

Southern Maine Retired and Senior Volunteer Program (RSVP)
(Also see listing at Civic Participation & Employment)
136 U.S. Route 1
Scarborough, ME 04074
Connects volunteers 55 and older to positions at dozens of nonprofits throughout Cumberland and York counties.
800-427-7411 – Call 711 if you are deaf or hard of hearing and need relay service
www.smaaa.org

STATE OF MAINE RESOURCES

Maine Senior Guide
(Also see listing at Communication & Information)
An online resource offering information on all things seniors, including a variety of social opportunities. Search by region or town to find entertainment events, social groups, senior education, and travel or recreational opportunities.
maineseniorguide.com/

OUTDOOR SPACES AND BUILDINGS

CITY OF PORTLAND RESOURCES

Maine Narrow Gauge Railroad Co. & Museum
58 Fore Street
Portland, ME 04101
The Maine Narrow Gauge Railroad Co. & Museum is dedicated to the preservation and operation of Maine’s two foot gauge railway equipment for the education and enjoyment of the public.
207-828-0814
www.mainenarrowgauge.org/

Portland Parks Division
City of Portland
389 Congress Street
Portland, ME 04101

A city parks system that includes over 60 parks and playgrounds, 7.5 miles of multi-use trails, 10 community gardens, 2 stadiums, 16 cemeteries, dozens of athletic fields and courts, all spread across 1,000+ acres of land. The Parks Division also stewards an urban forest of 20,000 inventoried trees, and maintains flowerbeds, meadows, and natural open spaces throughout the city.
207-874-8300
www.portlandmaine.gov/1063/Parks

Portland Trails
305 Commercial Street
Portland, ME 04101
Portland Trails transforms Greater Portland into a healthier community for people powered transportation, conservation, and recreation, by creating a network of trails and green spaces that connect people with places.
207-775-2411
trails.org

Riverside Municipal Golf Course
North Course
1158 Riverside Street
Portland, ME 04103
South Course
1010 Riverside Street
Portland, ME 04103
The facility features an 18-hole course, a 9-hole course and a 3-hole practice course. The classic layout, rolling hills and tree-line fairways are bordered by the Presumpscot River.
North Course: 207-797-3524
South Course: 207-797-5588
www.riversidegolfcourseme.com/
PARKS

Back Cove Park
Parking across from Hannaford on Preble Street
Portland, ME 04101
Set along Portland’s iconic Baxter Boulevard on Back Cove, this park has a 3 mile multi-use path, athletic field, horticultural gardens, fitness course, and wildlife viewing areas.

Baxter Woods
555 Stevens Avenue
Portland, ME 04103
29 acre open space in Deering Center neighborhood. With 2 ponds, miles of walking paths, and open meadows, this nature preserve in the heart of the city is visited by thousands of walkers, runners and dog owners every year.

Capisic Pond Park
1-39 Macy Street
Portland, ME 04102
18 acre open space surrounding a 4 acre pond. Wildlife abounds in this urban wildlife sanctuary, and the pond is filled with turtles, fish and birds. 1+ miles of trails, benches and picnic tables. In winter, the pond freezes over and serves as great natural ice skating.

Deering Oaks Park
Park Avenue
Portland, ME 04101
One of Portland’s oldest and largest parks and is home to Deering Oaks Pond, great winter skating, historic oak groves in an Olmsted-designed landscape, the Ravine Wading Pool, historic rose gardens, Goodwin’s Playground, the Bandstand, many picnic tables and benches, and acres of great picnicking. Athletic facilities include: tennis courts, basketball (with lights), sand volleyball, baseball, softball, football, horseshoes, and running paths. Deering Oaks is home to the Saturday Farmers Market, as well as numerous festivals and events throughout the year, including: Pride Parade, Festival of Nations, and Shakespeare in the Park. Deering Oaks Castle houses a small concessionaire with food and beverage available seasonally.

Eastern Promenade
Eastern Promenade
Portland, ME 04101
Portland’s largest developed park at 78 acres, provides sweeping views of Casco Bay and direct access to the waterfront. The park features an Olmsted-designed landscape, Eastern Prom Multi-Use Trail, Will’s Playground, public boating ramp, hand-launch boat ramp, East End Beach, community garden, and world-class sledding in the winter months. Many picnic areas and benches dot the property, and the park is home to the annual 4th of July celebration, concerts and events. Athletic facilities include: baseball, softball, tennis and basketball.

Evergreen Cemetery and Woods
672 Stevens Avenue
Portland, ME 04103
Evergreen is the second-largest cemetery in Maine, and has a lovely city-owned park area with ponds and a network of 100 acres of woods and wildlife, miles of trails, gravel roads, ponds teeming with turtles and waterfowl, and historic landscapes behind the cemetery. Passive recreation is allowed, no organized sports.

Fore River Preserve
157-169 Rowe Avenue
Portland, ME 04102
178 acre open space, with parcels owned by Portland Trails and City of Portland. Miles of trails wind through woods and tidal estuaries. Contains Portland’s only waterfall, Jewell Falls.

Payson Park
Catafalque Drive
Portland, ME 04103
This 48 acre park sits along the shores of Back Cove and Fall Brook and is home to baseball and softball fields, playground, basketball and tennis courts, the Longfellow Arboretum, and a community garden. In the summer months, it is home to dozens of walkathons and running races that take place along Back Cove. In the winter months, it transforms into a winter recreation paradise with a skating pond, sledding hills and a ski and snowboard terrain park.

Western Promenade
Western Prom
Portland, ME 04102
One of Portland’s oldest parks and part of the Olmsted-designed network of interconnected green spaces. The 19 acres of Western Prom are home to some of the best sunsets in the city, as well as walking paths, park benches, picnicking, a community garden, dog park, basketball court, and sledding. On a clear day, Mt Washington in New Hampshire is visible from this high bluff.

Portland Community Gardens
Boyd Street
2 Boyd Street
Brentwood
92-98 Hamblet Avenue
Casco Bay
Eastern Promenade Midslope Trail
Clark Street
32 Salem Street
Libbytown
160-196 St. James Street
CUMBERLAND COUNTY RESOURCES

Gilsland Farm Audubon Center
20 Gilsland Farm Road
Falmouth, ME 04105
Situated along the Presumpscot River estuary just five minutes from Portland, Maine Audubon’s headquarters features a modern environmental education center and a 65-acre sanctuary with more than two miles of trails winding along a pond and through forest, meadow, orchard, and salt marsh. 207-781-2330
www.maineaudubon.org/visit/gilsland-farm/

Mackworth Island
Andrews Avenue
Falmouth, ME 04105
Mackworth Island is a legislated bird sanctuary and is connected to Falmouth by a causeway at the mouth of the Presumpscot River. Managed by State Parks Service.

Maine Trail Finder
A free online recreational resource for finding trails in Maine that can be located by county. Includes a variety of 4-season trail activities with a range of difficulty levels. www.mainetrailfinder.com/

Sable Oaks Golf Club
505 Country Club Drive

STATE OF MAINE RESOURCES

Bureau of Parks and Lands
Department of Agriculture, Conservation and Forestry (DACF)
22 State House Station
18 Elkins Lane
Augusta, ME 04333
Provides information on Maine’s parks and recreational opportunities for all ages. 207-287-3200
www.maine.gov/dacf/parks/

Maine Department of Inland Fisheries and Wildlife
284 State Street
41 State House Station
Augusta, ME 04333-0041
Maine Department of Inland Fisheries and Wildlife (MDIFW) preserves, protects, and enhances the inland fisheries and wildlife resources of the state. In addition to its conservation duties, MDIFW is also responsible for enabling and promoting the safe enjoyment of Maine’s outdoors — from whitewater rafting to boating, snowmobiling, hunting, fishing, and wildlife observation. www.maine.gov/ifw/

CIVIC PARTICIPATION & EMPLOYMENT

CITY OF PORTLAND RESOURCES

VOLUNTEERING

AARP - Local Office
(also see listing at Communication & Information)
53 Baxter Boulevard, #202
Portland, ME 04101
Organization for older adults; provides information, advocacy, and community service programs; tax assistance statewide to all taxpayers. 866-554-5380
local.aarp.org/portland-me/

Age-Friendly Portland
(also see listing at Communication & Information)
P.O. Box 3413
Portland, ME 04104
A community initiative, led by the Age-Friendly Portland Steering Committee, the purpose of which is to improve livability for Portland residents as they age. Portland is one of more than 60 AARP Age Friendly Communities in Maine. 207-541-6620
Hour Exchange Portland
516 Congress Street
Portland, ME 04101
A volunteer service exchange program. Members provide over 500 services to other members. Services include transportation, minor home repairs, massage therapy, and volunteer opportunities for all ages. Please call for more information.
207-619-4437
www.hourexchangeportland.org/

Portland Area Villages
(also see listing at Community Support & Health Services)
P.O. Box 10832
Portland, ME 04014
Volunteers provide transportation, light handyman tasks, shopping, errands, phone check-ins, and social activities to members, age 50 or older.
207-370-1896
portlandareavillages.wordpress.com

Portland Public Schools
353 Cumberland Avenue
Portland, ME 04101
The Portland Public Schools welcomes volunteers and community involvement in our schools. A part-time community coordinator works in each of Portland’s schools. The community coordinators develop and coordinate opportunities for meaningful family, business and/ or community involvement with our students and staff. People interested in volunteering should fill out the Volunteer Application and Student Privacy Statement and Volunteer Confidentiality Agreement found on the PPS website and submit them to the community coordinator at their local school.
207-874-8100
www.portlandschools.org/families/support_our_schools

The Greater Portland Immigrant Welcome Center
24 Preble Street, 3rd Floor
Portland, ME 04101
The Greater Portland Immigrant Welcome Center serves as a hub of collaboration that strengthens the immigrant community through language acquisition, economic integration and civic engagement.
207-517-3401
www.welcomeimmigrant.org/

VolunteerME Greater Portland
In partnership with United Way of Greater Portland, hundreds of nonprofits list ways to get involved in Greater Portland each week on their local VolunteerME Greater Portland website.
volunteer.unitedwaygp.org/

CUMBERLAND COUNTY RESOURCES

Access Technology and Employment Services
(The Iris Network)
189 Park Avenue
Portland, ME 04102
Assessment and training in access technology; help explore and attain employment and educational opportunities; work site evaluation and training; long term on-site job support for adolescents, adults, and seniors having difficulty accessing technology or employment because of vision loss.
207-774-6273
800-715-0097
www.theiris.org/services/access-technology-and-employment-services

Southern Maine Retired and Senior Volunteer Program (RSVP)
(also see listing at Social Participation & Education)
136 U.S. Route 1
Scarborough, ME 04074
Connects volunteers 55 and older to positions at dozens of nonprofits throughout Cumberland and York counties.
207-396-6500
1-800-427-7411 Call 711 if you are deaf or hard of hearing and need

Coastal Counties Workforce, Goodwill Northern New England
75 Washington Avenue, Suite 300
Portland, ME 04101
1-on-1 assistance with skills development including work plans and training.
207-774-6323
www.goodwillnne.org/workforce/

Foster Grandparent and Senior Companion Programs, The Opportunity Alliance
222 St. John Street, Suite 302B
Portland, ME 04102
The Foster Grandparent and Senior Companion Programs provide meaningful volunteer opportunities for adults 55 and older in York, Cumberland and Southern Oxford counties. Foster Grandparents volunteer with children in schools and Senior Companions provide companionship and support to seniors in their homes. Volunteers receive a non-taxed stipend, meal and travel assistance, pre-service and ongoing training, supervision and recognition.
207-773-0202
www.opportunityalliance.org/programs/community-initiatives/senior-volunteer-programs/
STATE OF MAINE RESOURCES

Maine Department of Labor
54 State House Station
Augusta, ME 04333
207-623-7900
Career Center Hotline: 1-888-457-8883
www.maine.gov/labor/

SCORE Maine
100 Middle Street, 2nd Floor
Portland, ME 04101
A nonprofit organization that provides mentoring and assistance, including free and low-cost workshops and advice, to emerging and existing small businesses in Maine.
207-536-1143
www.scoremaine.org/us/

Secretary of State’s Office, Bureau of Corporations, Elections & Commissions
101 State House Station
Augusta, ME 04333-0101
207-624-7736
www.maine.gov/sos/cec/index.html

Senior Community Service Employment Program
SCSEP enables low-income seniors to earn and learn while working in local programs serving their community (not serving Cumberland or Lincoln county).
207-520-2487 ext. 251
www.seniorserviceamerica.org/

Volunteer Maine
Provides information on volunteer opportunities throughout Maine. Search can be narrowed to specifics such as to interest, age, and location.
www.volunteermaine.org/

CITY OF PORTLAND RESOURCES

Catholic Charities Refugee Immigration Services
80 Sherman Street
Portland, ME 04101
Oldest and largest spoken language interpreter services provider. Many have advanced training in medical and legal interpreting.
207-523-2700
www.ccmaine.org/refugee-immigration-services

Equality Maine
511 Congress Street, Suite 107
Portland, ME 04101
A social service agency working to secure full equality for lesbian, gay, bisexual and transgender people in Maine through political action, community organizing, education and collaboration.
207-761-3732
www.equalitymaine.org

Immigrant Legal Advocacy Project (ILAP)
(see also listing at Communication & Information)
789 Congress Street
Portland, ME 04101
Helps low income immigrants improve their legal status and works for more just and humane laws and policies affecting immigrants.
207-780-1593
Toll-free: 1-800-497-8505
www.ilapmaine.org

Jewish Community Alliance of Southern Maine
1342 Congress Street
Portland, ME 04102
The Alliance enhances and promotes Jewish Life and continuity locally, in Israel and throughout the world by providing and supporting diverse programs and services.
207-772-1959
www.mainejewish.org

Maine Access Immigrant Network
237 Oxford Street, Suite 25A
Portland, ME 04101
Multilingual access to health and social services for immigrants, refugees and asylees in the greater Portland community.
207-552-1800
www.main1.org

Maine Senior Games
Southern Maine Agency on Aging
136 U.S. Route 1
Scarborough, ME 04074
Athletic events sponsored by SMAA which contribute to physical, mental, social and emotional well being.
207-396-6500
Toll-free: 1-800-427-7411
www.smaaa.org

Portland Public Library / Outreach Services
5 Monument Square
Portland, ME 04101
The library offers a long-standing outreach service for low-mobility and homebound patrons at residential locations.
207-871-1700
www.portlandlibrary.com/locations/portable-library/
Portland Vet Center
475 Stevens Avenue
Portland, ME 04103
Offers readjustment counseling to combat veterans as well as providing military sexual trauma counseling and bereavement counseling services.
207-780-3584
www.maine.va.gov/visitors.vetcenters

SAGE Maine
(also see listing at Community Support & Health Services)
P.O. Box 10844
Portland, ME 04101
The mission of SAGE Maine is to improve the quality of life for older LGBT adults living in Maine through advocacy, education and social support.
207-809-7015
Hotline: 1-888-234-SAGE
www.sagemaine.org

STATE OF MAINE RESOURCES

Disability Rights Maine
160 Capitol Street, #4
Augusta, ME 04330
Disability Rights Maine (DRM) is Maine’s Protection & Advocacy agency for people with disabilities. Represents people whose rights have been violated or who have been discriminated against based on their disability. DRM also provides training on rights and self-advocacy, and advocates for public policy reform.
207-626-2774
drme.org/

Human Rights Commission
51 State House Station
Augusta, ME 04330
MHRC is a state agency charged with the responsibility of enforcing Maine’s anti-discrimination laws. It investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit and offensive names.
207-624-6290
www.maine.gov/mhrc/

Talking Books
Maine State Library
64 State House Station
Augusta, ME 04333
Talking books is a federally funded program which provides recorded books and special players free to persons who cannot hold a book, or who have a doctor certified application.
1-800-762-7106
www.maine.gov/msl/outreach/lbph/talkingbooks

COMMUNICATION & INFORMATION

CITY OF PORTLAND RESOURCES

AARP
(also see listing at Civic Participation & Employment)
53 Baxter Boulevard, #202
Portland, ME 04101
Working to enhance the lives of Mainers 50+ through advocacy, information sharing, volunteerism and service. AARP’s staff and volunteers advocate on issues such as caregiving, livable communities, affordable utilities and consumer fraud, etc. They have resources and information to help you make informed health and retirement decisions.
866-554-5380
states.aarp.org/region/maine/

Age-Friendly Portland
(also see listing at Civic Participation & Employment)
P.O. Box 3413
Portland, ME 04104
A 5-year community initiative, led by the Age-Friendly Portland Steering Committee, the purpose of which is to improve livability for Portland residents as they age. Portland is one of over 60 AARP Age Friendly Communities in Maine.
207-541-6620
agefriendlycommunity@portlandmaine.gov

Office of Elder Affairs,
City of Portland
Health and Human Services
Department
1145 Brighton Avenue
Portland, ME 04102
207-541-6620
www.portlandmaine.gov

Portland Public Libraries

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

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

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

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

Senior Source Book
1 Ashbourne Court
South Portland, ME 04106
The Senior Source Book is a complimentary annual magazine designed as a resource guide for southern Maine seniors, their families and professional advisors. Published each July.
207-799-2998

Southern Maine Agency on Aging (SMAA)
(also see listing at Community Support & Health Services)
136 U.S. Route 1
Scarborough, ME 04074
Provides the resources, programs and people to ensure that older adults and adults living with disabilities in Cumberland and York counties maintain their vitality well past the age of sixty.
207-396-6500
www.smaaaa.org/

LEGAL SERVICES

Immigrant Legal Advocacy Project (ILAP)
(also see listing at Respect & Social Inclusion)
489 Congress Street, 3rd Floor
P.O. Box 17917
Portland, ME 04112
Provides free and low-cost immigration information and legal assistance to low-income Maine residents. ILAP helps Maine's immigrants keep their families together, gain protection from persecution and domestic violence, attain residency and work authorization, and become proud U.S. citizens.
207-780-1593
Toll-free: 800-497-8505

Legal Services for the Elderly
5 Waban Street
Augusta, ME 04330
Provides free, high quality legal services to Maine's socially and economically needy elderly age 60 and over. The website contains information about Legal Service for the elderly, links to education materials and other organizations that may be helpful.
Helpline: 1-800-750-5353
www.mainelse.org

Pine Tree Legal Assistance
88 Federal Street
Portland, ME 04101
Provides help with things like landlord-tenant issues, public benefits (TANF, SNAP, etc.), a debt, or other civil legal issues. Serving people with low incomes. Does not handle criminal or family law cases. Pine Tree Legal Assistance is only able to help people who live in Maine, or have a legal problem in Maine.
207-774-8211
ptla.org

COMMUNITY EVENTS/MEDIA

CTN (Community Television Network)
516 Congress Street
Portland, ME 04101
The Mission of the Community Television Network is to educate, connect, inform and facilitate creativity through various aspects of video production for the entire greater Portland community
207-775-2900
ctn5.org

Maine Public Broadcasting Network
323 Marginal Way
Portland, ME 04101
Maine Public connects the people of Maine to each other and to the world through the open exchange of information, ideas and cultural content.
1-800-884-1717
www.mainepublic.org/

Maine Seniors Magazine
Bangor, ME
A publication dedicated to interesting stories about people and organizations in Maine.
207-299-5358
www.meseniors.com/

Maine Today
Online calendar of events and activities in Greater Portland and around the state.
www.Mainetoday.com

My Generation Magazine
5 Fundy Road
Falmouth, ME 04105
My Generation is a lifestyle magazine targeting the active 50+ demographic, because we know life gets better after 50. Every issue has a variety of local columnists and great features for the active boomer.
207-854-2577
Mygenerationmaine.com

The Forecaster
5 Fundy Road
Falmouth, ME 04105
Online events calendar and free printed paper with events and local news.
207-781-3661
theforecaster.net/events-calendar
TRANSLATING SERVICES

Maine State Interpreters
237 Oxford Street, Suite 26C
Portland, ME 04101
Maine State Interpreters was established to meet the needs of Maine’s growing refugees and immigrant community who cannot yet communicate in English. A bank of language interpreters and translators serving the needs of hospitals, medical offices, courts, Maine’s Department of Human Services (DHS) and more.
207-221-0740
Cell: 207-450-6035
www.mainestateinterpreters.com/

Pine Tree Society
71 U.S. Route 1, Suite B
Scarborough, ME 04074
Pine Tree Society is Maine’s only not-for-profit sign language interpreting agency. Provides interpreters who use American Sign Language and other forms of signed communication used in the Deaf Community. Pine Tree Society interpreters are available for pre-scheduled, last minute, and emergency needs and can provide services on-site or remotely through video conferencing.
207-443-3341 voice/tty
www.pinetreesociety.org

STATE OF MAINE RESOURCES

2-1-1 Maine
(also see listing at Community Support & Health Services)
The Opportunity Alliance
50 Lydia Lane
South Portland, ME 04106
Sponsored by the Opportunity Alliance, this is an easy-to-remember number that helps people in accessing health and human services in their community. 2-1-1 includes a statewide resource directory of over 8,000 resources including agency services and support groups and the call center is accessible statewide and from cell phones and phone service provided by Internet carriers 24/7.
Dial: 211
211maine.org

A Place to Start
41 Main Street, Unit 2
Kennebunk, ME 04043
A Place to Start aims to provide guidance to family caregivers by creating a personalized course of action for the care of your loved one.
207-502-7238
aplacetostartfordementia.org/

Alzheimer’s Association,
Maine Chapter
383 U.S. Route 1, #2C
Scarborough, ME 04074
Provides education and support to all those facing Alzheimer’s and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.
207-772-0115
24/7 Helpline: 800-272-3900

Elder Abuse Institute of Maine
14 Maine Street, Box 4
Brunswick, ME 04011
The mission of the Elder Abuse Institute of Maine is to promote the awareness and prevention of elder abuse through training, collaboration, outreach and advocacy. Martha’s Cottage provides transitional housing and supportive services that help older victims escape abusive situations and find long-term safety and peace.
207-805-3708
Helpline: 800-269-3431
www.eaime.org

Maine Senior Guide
(also see listing at Social Participation & Education)
P.O. Box 48
Freeport, ME 04032
Free online resource of services and information for Maine seniors and their families. Maine Senior Guide also hosts five senior expos throughout the state.
207-232-7847
www.Maineseniorguide.com