

**COMMUNITY RESOURCE
GUIDE
FOR
AUGUSTA & WATERVILLE
AREA**

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INTRODUCTION:

OUR PARK MANAGEMENT HAS PUT THIS RESOURCE DIRECTORY TOGETHER AS A SERVICE FOR OUR SENIOR POPULATION.

OUR GOAL IS TO PROVIDE YOU WITH INFORMATION THAT YOU MAY REQUIRE IN ORDER TO ACCESS SERVICES WHICH WILL SUPPORT YOUR EFFORTS TO REMAIN SAFE AND INDEPENDENT WHILE RESIDENTS IN OUR COMMUNITY. WE ARE LISTING COMMUNITY RESOURCES AS WELL AS SERVICES THAT WE CAN PROVIDE IN THE PARK.

WE VALUE OUR RESIDENTS, AND IT IS OUR COMMITMENT TO SUPPORT YOUR EFFORTS TO LIVE IN A COMMUNITY THAT REFLECTS AN INTEREST IN YOUR WELL BEING BY PROVIDING YOU WITH THIS RESOURCE.

EMERGENCY CONTACTS:

FIRE - RESCUE - POLICE 911

NON EMERGENCY CONTACTS:

AMBULANCE 626-2375

POLICE 626-2370

ANIMAL CONTROL 626-2370

AUGUSTA CITY CLERK 626-2310

TAX ASSESSOR 626-2320

TAX COLLECTOR 626-2316

SOME HELPFUL TELEPHONE NUMERS

Adult Education **626-2470**

Budgeting-Cooperative

Extension Services **622-7546**

Department of Health & Human Services

Food Stamps & MaineCare **624-8090**

Social Services & Adult

Protective Services: **624-8060**

Social Security Offices **621-3433**
(1-800-772-1213)

COHEN CENTER

22 Town Farm Road, Hallowell, Maine 04347
207-626-7777

Lunches served from 11:00 am to noon, Monday through Friday. The cost is \$4.00 for seniors age 60 or over and \$6.00 for people under that age. They often have wonderful live music, and it is a great way to meet new friends or meet up with people you already know.

The Cohen Center also presents Health Fairs throughout the year that are free of charge to attend.

COMMODITY SUPPLEMENTAL FOOD PROGRAM

1-800-262-2232

Must be at or below 130 per cent of the Federal Poverty Income Guidelines. Food packages include a wide variety of foods, such as non-fat dry milk, evaporated milk, juice, farina, oats, ready to eat cereal, and vegetables.

COMMUNITY OPTIONS PROGRAM:

207-287-9200

If you have questions about community resources/services that could be available to you, call or write:

Office of Elder Services
11 State House Station
(32 Blossom Lane)
Augusta, Maine 04330-0011

CONSUMER INFORMATION PROGRAM:

211-Maine, which is a service which connects anyone in Maine that wants to get help in their community for health and/or human services. Just dial 211 to be connected to this service and they will direct you to the right place.

COOPERATIVE EXTENSION SERVICE:

622-7546

They conduct a variety of programs that cover these issues -
pre-retirement planning
information on aging issues
cooking for one or two people

Please call them for a complete list of the various services they offer.

DENTAL:

207-620-8276

Maine donated dental services and laboratory services from volunteer dentists. This is for elder populations who are disabled and/or meet the income guidelines for services.

SENIOR DENTAL:

1-877-353-3771

Must be 62 or over and a Maine resident to qualify. For seniors who do not have private insurance plans or other dental coverage. They must also meet certain income guidelines in order to be eligible for this program. A minimum of 15% discount is applied to your services but this is not a free program.

DRUGS - LOW COST FOR THE ELDERLY:

1-877-353-3771

Your local Area Agency on Aging can tell you the current income guidelines for this program and also assist you if you need any help to apply.

EYES:

These programs will provide glasses for people who are otherwise unable to purchase them on their own. You must meet their income guidelines, and they only provide the most basic of frames.

New Eyes for the Needy
P.O. Box 332
Short Hills, New Jersey 07078

You must provide a case managers, social worker, place of worship, or primary care doctor as a referral source for this program and they must also provide their contact signature and sign the form, which you also have to sign.

Gardiner/Augusta Lions Club
207-621-9833
attn: Marie Brann
234 River Road
Chelsea, Maine 04330

FOOD PANTRIES

Augusta Food Bank, Inc. - 207-622-5225

9 Summer Street (St. Mark's Church)

Augusta, Maine 04330

Hours: Monday through Thursday 12 - 2:00

Must have identification and proof of address such as a recent utility bill. (Please bring your own bags)

Salvation Army-Augusta Food Pantry - 207-623-3752

11 North Pearl Street

Augusta, Maine 04330

Hours: Monday, Tuesday, Thursday, Friday - 10 - 2:00

Must have identification and proof of address such as a recent utility bill. (Please bring your own bags or boxes)

River Rock Christian Fellowship Food Pantry -207-622-7031

70 State Street

Augusta, Maine 04330

Hours: Monday, Wednesday 10 - 1:00

No verification of identity or proof of residency needed.

(Please bring your own bags.)

GENERAL ASSISTANCE PROGRAM:

(207) 626-2625

Each town has a General Assistance Program to help people when they have emergencies. You may be eligible even if you are working, receive other benefits providing you meet their eligibility requirements. If you are having problems concerning General Assistance, you should call 207-287-2826 and they will assist you.

GUARDIANSHIP AND CONSERVATORSHIP:

1800-624-8404

This program provides protection to incapacitated adults in order to protect their estates and assets when they are unable to do so for themselves.

HEALTH INSURANCE COUNSELING:

1-877-353-3771

207-623-1797

Free health Insurance Counseling through the State Health Insurance Assistance Program (SHIP). The staff is fully trained to answer your questions about Medicare, Medicare prescription coverage, Advantage Plans, supplemental insurance plans , MaineCare and other long-term care insurance.

HEALTHY AGING:

1-800-624-8404

Office of Elder Services have programs that offer classes to reduce the risk of chronic diseases, and to prevent disability caused by various illnesses. They can provide you with information on how to access these classes.

HEARING:

1-800-639-3884

Telecommunications Equipment Project (TEP)

Provides Assistive telephone devices to people who are deaf or hard of hearing and persons with mobility, vision and speech disabilities. You must meet income guidelines in order to get the equipment free on loan or you pay on a sliding scale by income.

HOME CARE:

207-287-9200

These services include meals, Independence Living Support Services, personal care assistance. Some state and federal monies can help provide coverage for the cost of these services if you are unable to pay due to lack of income.

HOSPICE SERVICES:

207-626-0651

They provide special assistance to persons with a terminal illness.

**INFORMATION, ASSISTANCE & OUTREACH SERVICES:
1-877-353-3771**

This agency will help you glean information about various programs and services that you may need in order to stay independent. They will help you navigate the system and facilitate getting the right information.

**KENNEBEC VALLEY COMMUNITY ACTION PROGRAM
(KVCAP) -
1-800-542-8227
207-622-4761**

LIHEAP (Low Income Heating Assistance Program)
1-800-542-8227

This program is funded through the Maine State Housing Authority through local Community Action Programs (KVCAP) and help people with their fuel costs. This program is a supplement program and will not cover the full cost of your heating. Income limits do apply.

Income limits do apply for this program. You must contact KVCAP - 1-800-542-8227 to apply.

Weatherization

Money is available for low income individuals to cover weatherization projects. This could be furnace tune up and repairs, caulking of windows/air leaks, glass replacement and insulating of your home.

Elderly Hardship Grant

Must be a homeowner 62 or older, owning their own home and land, or who own a home and have a land lease in place such as in a mobile home park. There are income limits and also depends on how many people are in your home, in order to qualify. This grant can provide up to \$5,000 for necessary safety and/or access repairs to homes, such as wheelchair ramps. Nicole Lessard is the contact person for this program and can be reached at 207-873-2122.

Transportation

1-800-542-8227

They provide to and from transportation to medical appointments. They also provide some reimbursement fees if you use your own vehicle to get to these appointments. Must be income qualified in order to participate in this program.

LIFELINE AND LINK-UP:**1-888-641-8722**

This program is designed to help people cover \$30 towards the cost of a land line phone, or the activation fee for a wireless phone. It allows people to pay interest free the remaining cost of telephone set-up over a period of time, to make it affordable. The wireless provides up to 250 minutes free per month and has no monthly fees or bills, ever. Please call the above for more information regarding this program. Income limits do apply to this program. You must also be participating in Medicaid, Home Energy Assistance, or Food Stamps in order to qualify. You cannot have any other phone service that gives you lifeline assistance in order to qualify.

**MAINE RESIDENTS PROPERTY TAX REFUND PROGRAM:
207-626-8475**

Tax and rent relief to elderly people who own their own homes or rent an apartment or house. Applications are accepted between August 1 and December 31. Eligibility is based on income and taxes or rent paid for the previous calendar year. The maximum refund is \$1000 and people who are assisted with their housing costs by a government subsidy are not eligible for this program.

MAINE SENIOR FARM SHARE:

1-877-353-3771

ELIGIBILITY REQUIREMENTS

Maine resident, 60 years old or older (55 if Native American).

Must not live in the same household as the farmer they are buying from.

Income Guidelines for Farm Share: (1-877-353-3771) to assist you.

Maximum of \$20,036/per year (\$1,670/month) for a one person household.

Maximum of \$26,955/per year (2,247/month) for a two-person household.

If you have eligibility in Maine Care or Supplemental Security Income or Low Income Home Energy Assistance, you automatically meet the income guidelines.

As a participant in the program you receive a free share (\$50) of fresh quality, local produce from a Maine farm for 8 weeks during the growing season. You must sign up during March and April each year directly with a participating farmer. You must do this each year so please do not assume that you are automatically signed up if you participated in a previous year. You are not officially signed up until you get and sign an agreement form given to you by the farmer.

MEALS ON WHEELS:

Spectrum Generations:
207- 626-7777

Contact either Lynda Johnson or Lisa Eckert for assistance.

This program is for people who do not have the ability to provide nutritious meals for themselves due to disability or illness. They would like a small donation of \$3.00 per meal or a person can pay with food stamps.