AWWC DIRECTORY OF SERVICES FOR SENIORS

EMERGENCY NUMBERS
DIAL 211 OR LOCAL TOWN HALL FOR EMERGENCY SHELTERS, WARMING CENTERS, OR SIMILAR PUBLIC EMERGENCY SERVICES

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Domestic Violence Hotline (24 hrs.)</td>
<td>1-800-863-9909</td>
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<tr>
<td>Suicide Prevention Lifeline (24 hrs.)</td>
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<td>Sexual Assault Crisis Ctr. (24 hrs.)</td>
<td>1-800-871-7741</td>
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CLOTHING
Goodwill Store and Donation Center, Belfast .................. 338-8363

DENTAL
Bucksport Regional Dental Center .................................. 902-1100
Maine Care accepted, sliding fees for uninsured
Donated Dental Services Program ................................... 800-205-5615/620-9276
August Free Dental care to elderly and disabled
Senior-Dent, Belfast.................................................. 800-639-1553
Dental services for low-income, age 62+
Waldo County Dental Care ............................................ 338-3368
Dental care for all ages

EDUCATION.
Belfast Adult & Community Education ............................... 338-3197
Education for adults
Senior College, Belfast ............................................. 338-8033
College courses for age 50+
Literacy Volunteers of Waldo County ................................ 338-3197
Reading, math, computers, English language

ELDERLY SUPPORT SERVICES
Alpha One Center for Independent Living Bangor .941-6553
Central Maine Area Agency on Aging ......................... 800-639-1553
Waldo Community Center ............................................... 930-8081
MaineCare/Medicaid, Rockland ...................................... 800-432-7802
Health insurance for income-eligible
New Hope for Women..................................................... 1-800-522-3304
Domestic violence services (Waldo, Knox, Lincoln Counties)
Office of Elder Services ............................................... 1-800-624-8404
Various services, and for reporting abuse
Senior Companion Program ........................................... 1-800-287-0274
Visits to homebound seniors
Spectrum Generations, Belfast ......................................... 338-1190
Care-giving and aging assistance
Respite and Adult Day Care Program
Medicare Education
Waldo County TRIAD, Belfast ......................................... 338-2040
Waldo County Communications Center ....................... 338-2040
Non-emergency support and “Friendly Callers Program”
Wanderers Program, Belfast Police Dept. ...................... 338-5255

EXERCISE/Activities
Journey to Health ......................................................... 301-3950
YMCA Waldo County .................................................... 338-4598
HeartSong (Singing) ..................................................... 338-3080
Dance Studio (Chair Yoga) .............................................. 338-5380
Point Lookout ............................................................. 230-4208
Stretch Around-St Margaret’s Episcopal Church .............. 338-0842

FINANCIAL ASSISTANCE
Bankruptcy Lawyers ....................................................... 1-800-425-0540
Legal assistance for bankruptcy
Bureau of Consumer Credit Protection ....................... 1-800-436-2131
Financial and credit information
Care Partners Financial Assistance ......................... 1-877-626-1684
Waldo County General Hospital .................................. 338-2500
Seaport Family Practice .............................................. 338-6900
Tax Help-YMCA .......................................................... 338-4598

FOOD
Food Cupboards/Soup Kitchens
Belfast Soup Kitchen ................................................ 338-4845
BCR Youth Program-Game Loft .................................. 338-6447
Belfast Senior Center-Tuesdays .............................. 1-603-498-9317
Greater Bay Area Ministerial Food Cupboard ............... 218-1213
Little River Baptist Church, Belfast ......................... 338-4843
No Greater Love Food Pantry ................................... 299-2093
The Birches .............................................................. 930-3681
Waldo County YMCA .................................................. 338-4598
W.I.C.......................................................... 338-1267
AMVETS Memorial Post #150, Liberty ....................... 589-4218
Jackson Food Pantry ................................................ 722-3205
Neighbors Cupboard, Winterport ............................... 223-5726
Northport Food Pantry .............................................. 338-2868
Palermo Food Pantry .................................................. 993-2225/441-6447
Seaport Methodist Church Food Cupboard .................. 548-6204
Unity Soup Kitchen ...................................................... 948-6232
Waldo County Bounty .................................................. 948-9005
Winterport Neighbors Food Cupboard ............... 223-9951/223-4005

Food Stamps, Rockland .............................................. 1-800-432-7802
Financial assistance for groceries
Meals on Wheels, Spectrum Generations ..................... 338-1190
Hot meals delivered to individuals age 60+
Kindness Program ....................................................... 407-694-8733
Homemade Meals delivered to Elderly, Shut-ins, etc

HEALTH CENTERS
Arthur Jewell Community Health Center, Brooks .......... 722-3488
Donald S. Walker Health Center, Liberty .................... 589-4509
Elder Abuse Institute of Maine .................................. 207-805-3708
Home Care & Hospice .................................................. 1 800 660-4867/930-2677
Lincolnville Regional Health Center, Lincolnville ........ 236-4851
Hospice Volunteers of Waldo County .......................... 930-2677
Maine Care at Home .................................................. 800-660-4867
Maine Alzheimer’s Assoc. ............................................. 800-272-3900
Maine State Office for Hearing Issues ................. 866 690-5585, TTY 711
New Horizons Health Care, Unity ................................ 948-2100
Pen Bay Hospital, Rockport ....................................... 921-8000
Practice at Biscone Bldg., Belfast ......................... 338-9344
Walk-In Clinic at Biscone Building ......................... 505-4567
Seaport Community Health Center (PCHC) Belfast ..... 338-6900
Walk-in Clinic (7-7, M-F; 9-4, Sat-Sun)
Seaport Health Center ........................................... 548-2432
Stockton Springs Regional Health Center .................. 567-4000
Waldo County Home Health & Hospice, Belfast ........... 338-2268
Winterport Health Center (PCHC) ............................. 223-9695
Walk-in Clinic (7-7, M-F; 9-4, Sat-Sun)

Public Health Nursing, Belfast ......................... 338-3368/505-4950
Waldo County General Hospital, Belfast ................. 338-2500
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LEGAL SERVICES
Maine Legal Services for the Elderly .................................... 207-621-0087
Augusta - Legal services for adults age 60+

Pine Tree Legal, Bangor ......................................................... 942-8241
Free legal services for low-income residents

Waldo County Registry Probate ............................................. 338-2780
Wills, adoptions, appointment of personal representatives

LIBRARIES
Alice L. Pendleton Library, Islesboro .................................... 734-2218
Belfast Free Library .......................................................... 338-3884
Carver Memorial Library, Searsport ................................. 548-2303
Dorothy W Quimby Library, Unity ................................. 509-7179
Liberty Library ................................................................. 589-3161
Lincolnville Community Library ........................................ 706-3896
Monroe Community Library .............................................. 325-3518
Palermo Community Library .............................................. 993-6088
Searsmont Town Library .................................................... 342-5549
Stockton Springs Community Library ......................... 567-4147
Waldo Peirce Reading Room, Frankfort .................... 223-4438
Winterport Memorial Library ............................................. 223-5540

PHARMACIES
Belfast Drug ........................................................................ 338-0441
Hannaford .......................................................................... 338-1918
Northern lights Pharmacy Care ........................................ 948-2100
Seaport .............................................................................. 218-6001
Unity Pharmacy ............................................................... 948-3950
Walgreens ........................................................................... 338-6844

HOUSING/WEATHERIZING/OTHER
Efficiency Maine ................................................................ 866-376-2463
Rebate, loan, financing programs for home energy systems

Maine Housing Home Repair Program .................... 930-6809 x 511
Funding to low-income homeowners for basic home repairs
Subsidized Housing Information, Waldo County

To receive a list of subsidized housing ....................... 338-6809
WCAP Weatherization, Belfast ......................................... 338-6809
Home weatherization for low-income families

Waldo County Masons' Elder Outreach .................... 207-218-0207
Minor home repairs
Window Dressers .............................................................. 596-3073
Insulated window inserts

TRANSPORTATION
Bay Taxi ............................................................................ 338-1993
Concord Bus ...................................................................... 800-639-3317
Downeaster Train ............................................................. 800-872-7245
Downtown Area Shuttle Bus (DASH), Belfast ........... 338-4769
Schooner Bay Taxi ............................................................. 394-5000
Midcoastal Public Transportation Program, Belfast ........ 800-439-7865
Rides for a small fee, other benefits
Gift of a Lift (GOAL) ......................................................... 218-0207, ext 3
Rides by volunteer drivers, free serving Waldo County

UTILITIES/FUEL
Efficiency Maine .............................................................. 866-376-2463
Rebate, loan, financing programs for home energy systems

Interfaith Fuel Fund, Belfast ........................................... 338-5575
Maine Public Utilities Commission, Augusta
Ensures safety and reasonable rates 800-452-4699
WCAP CHIP, Belfast ......................................................... 338-6809
Grants to low-income homeowners to repair or replace central heating systems

WCAP Fuel Assistance, Belfast ....................................... 338-3025
One-time emergency benefit up to 100 gallons of home heating oil

Woodshed, Waldo County .................................................. 338-2692
Free firewood for short-term heating assist. Sign up in advance.

VETERANS’ SERVICES
Garry Owen House, Searsmont ....................................... 342-2045
Transitional shelter for homeless veterans

Maine Bureau of Veterans’ Services, Waterville

Information and assistance for veterans .................. 430-6035

VA Maine Healthcare System, Augusta ....................... 623-8411x5906
Healthcare and resources for veterans

MISCELLANEOUS
Belfast Police Dept. (non-emergency) ......................... 338-2420
Emergency Animal Shelter (in storms) ................. 338-3870
Eyeglasses, Belfast Lions Club ........................................ 338-1900
Eyeglasses, Searsport Lions Club .............................. 548-6204

Medicare Advocate for Medicare Assistance .......... 800-750-5353
Medicare Advocate for Part D Assistance ............ 877-744-7772
Sheriff’s Department, (non-emergency) ............... 338-2040

Social Security, Rockland ............................................... 855-269-9179

Waldo County Unified Court ......................................... 338-3107
Superior Court and District Court

Aging Well in Waldo County (AWWC) .................. 207-218-0207
Volunteer organization to help seniors find resources

For more information, updates, and news regarding Elder life in Waldo County, please consider signing up for the AWWC Newsletter@agingwellinwaldocounty.org

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