AWWC DIRECTORY OF SERVICES FOR SENIORS

EMERGENCY NUMBERS
DIAL 911 FOR ALL URGENT EMERGENCIES
DIAL 211 OR LOCAL TOWN HALL FOR EMERGENCY SHELTERS, WARMING CENTERS, OR SIMILAR PUBLIC EMERGENCY SERVICES

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<td>Domestic Violence Hotline (24 hrs.)</td>
<td>1-800-863-9909</td>
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<td>Suicide Prevention Lifeline (24 hrs.)</td>
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<td>Sexual Assault Crisis Ctr. (24 hrs.)</td>
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CLOTHING
Goodwill Store and Donation Center, Belfast......338-8363
Waldo County TRIAD, Belfast..........................338-2040
Winter clothing for seniors and children (Thanksgiving)...

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
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
Waldo County Communications Center..............338-2040
Non-emergency support and "Friendly Callers Program": Elders who register can call in at regular times; if a person doesn’t call, county personnel follow up.
Wanderers Program, Belfast Police Dept........338-5255

EXERCISE/Activities
Journey to Health.....................................921-3950
YMCA Waldo County....................................338-4598
HeartSong (Singing group).........................338-3080/559-3212/589-6006
Dance Studio (Chair Yoga)...........................338-5380
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

LEGAL SERVICES
Maine Legal Services for the Elderly..............1-800-750-5353
Augusta - Legal services for adults age 60+....942-8241
Free legal services for low-income residents
Waldo County Probate Court.........................338-2780
Wills, adoptions, appointment of personal representatives
Waldo County Unified Court..........................338-3107
Superior Court and District Court

Spectrum Generations
Belfast..................................................338-1190
Care-giving & aging assistance

FOOD
Belfast
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 Head Start............................338-3827 ext. 202
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
Searsport Methodist Church Food Cupboard........548-6204
Unity Soup Kitchen..................................948-6232
Winterport Neighbors Food Cupboard...............223-9951/223-4005

Financial assistance for groceries
Meals on Wheels, Belfast............................338-1190
Hot meals delivered to individuals age 60

HEALTH CENTERS
Arthur Jewell Community Health Center, Brooks....722-3488
Donald S. Walker Health Center, Liberty.........589-4590
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...................................1-800-660-4867
New Horizons Health Care, Unity....................948-2100
Pen Bay Hospital, Rockport.........................921-8000
Practice at Biscone Bldg., Belfast................338-9344
Seaport Community Health Center (PCHC) Belfast..338-6900
Walk-In Clinic (7-7, M-F; 9-4, Sat-Sun)
Searsport Health Center.............................548-2432
Stockton Springs Regional Health Center..........567-4000
Waldo Cty Home Health & Hospice, Belfast..........338-2268
Winterport Health Center (PCHC)....................239-0965
Walk-in Clinic (7-7, M-F; 9-4, Sat-Sun)
MaineCare/Medicaid, Rockland.......................1-800-432-7802
Health insurance for income-eligible
Public Health Nursing, Belfast......................338-3368/505-4950
Waldo County General Hospital, Belfast.........338-2500

DENTAL
Bucksport Regional Dental Center..................902-1100
Maine Care accepted, sliding fees for uninsured

Donated Dental Services Program
Augusta..................................................800 205-5615 or 620-8276
Free dental care to elderly and disabled
Senior-Dent, Belfast.................................1-800-639-1553
Dental services for low-income, age 62+
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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

Window Dressers........................................... 596-3073
Insulated window inserts

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.................... 1-800-452-4699

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............ 623-8411 x 5906
Healthcare and resources for veterans

PHARMACIES
Hannaford............................................. 338-1918
Seaport............................................. 218-6001
Walgreens............................................. 338-6844

LIBRARIES
Alice L. Pendleton Library, Islesboro............. 734-2218
Belfast Free Library................................ 338-3884
Carver Memorial Library, Searsport............. 548-2303
Dorothy W Quimby Library, Unity............... 509-7110
Liberty Library..................................... 589-3161
Lincolnville Community Library................... 706-3896
Monroe Community Library......................... 525-3515
Paiermo 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

TRANSPORTATION
Bay Taxi.............................................. 338-1993
Concord Bus......................................... 800-639-3317
Downeaster Train............................. 600-872-7245
Downtown Area Shuttle Bus (DASH), Belfast..... 338-4769
Schooner Bay Taxi................................. 594-5000
Midcoast Public Transportation Program, Belfast
Rides for a small fee, other benefits........... 800-439-7865

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............... 548-7271
Medicare Advocate for Medicare Assistance........ 1-800-750-5353
Medicare Advocate for Part D Assistance........ 1-877-744-7772
Sheriff's Department, (non-emergency)........... 338-2040
Social Security, Rockland......................... 1-855-269-9179

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