



*Making Harpswell
Home for a Lifetime*

Health and Wellness Services Referral List

As we age, our need for health and wellness services begins to increase. Harpswell Aging at Home developed a list of a variety of health and wellness services available to Harpswell seniors.

Most of these services have a cost, some of which are on sliding scales. A few of the services are free. There are several organizations listed in some of the categories, and you are encouraged to contact more than one to find the one that is best suited to your needs.

HAH volunteers called these organizations to obtain as much information as possible about their services. This list was reviewed by several HAH volunteers who are either retired, or currently working, healthcare professionals, all of whom live in Harpswell or provide services in Harpswell.

Selecting a Provider

Many of the services related to health and wellness require that the provider comes into your home. We have completed as comprehensive a list as possible. We recommend that you take at least the following steps when you select a worker for a specific service:

1. Any worker who comes into your home should have a background check and be bonded/insured.
2. Make sure you are very clear about what you want them to do.
3. Ask about the cost of the services (usually an hourly charge).
4. Ask your friends, neighbors, members of your church, etc. if they have used this provider and if they were satisfied with the service provided.
5. When a license is required, ask if their license is current. In general, medical homecare providers must be licensed.

Additional help is available at Maine Guidelines for Screening In-Home Personal Caregivers at: <http://www.mecasa.org/wp-content/uploads/2016/04/finalguidelines.pdf>

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General Information Regarding Services

Maine's Aging and Disability Resource Center (ADRC) (also known as Spectrum Generations)

This agency is an initiative of the U.S. Department of Health and Human Services. The ADRC provides answers to questions about aging and disability resources. This includes providing information and referrals to services available in the community such as transportation, housing, home care, fall prevention, managing chronic diseases, Alzheimer's respite services, and employment training. They provide Medicare counseling, benefits check-up, wellness and lifelong learning, long-term care counseling, caregiver support services, assistive technology and tools, and food services.

Contact: (207) 729-0757 for an appointment in Brunswick
(877) 353-3771 Main Office
www.adrcmaine.org

Brunswick office of ADRC is located in the People Plus* building
35 Union Street
Brunswick, ME 04011

Cost: Services are **free** for anyone more than 60 years old.

Long-Term Care Ombudsman Program

The organization is a non-profit whose mission is to advocate for quality of life and care for long-term care consumers. They investigate complaints and assist consumers in exercising their rights in regard to residential care facilities, assisted living facilities, recipients of home care services, adult day services and homemaker services.

Contact: (800) 499-0229
(207) 621-1079
Email: MLTCOP@MaineOmbudsman.org
61 Winthrop Street
Augusta, ME 04330

Cost: Services are **free**.

***People's Plus* (207) 729-0757 - Call for information about membership**

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Hearing Aids and Related Technology

Berrie's Hearing and Optical Center

Contact: (207) 725-4230
www.berriesopticians.com
86 Maine Street
Brunswick, ME 04011

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over 10 years of experience, satisfaction guaranteed, 30-day trial period.

Contact: (781) 249-5330
www.marysaffordablehearingaids.com
12 Spring Street
Richmond, ME

Free Telephones for Hearing Impaired

CaptionCall

It is similar to captioned television, but is a special telephone. Call for information and to obtain a professional certification form to be completed by the individual's hearing care or healthcare provider.

Contact: (877) 557-2227
www.captioncall.com

Cost: The telephone, delivery, installation, in-home training and on-going support are **free**. This program is supported by Federal Funds through the Americans with Disabilities Act for individuals with certified hearing loss.

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Dental Services

Oasis Health Network, Inc.

Oasis offers dental services for people between 18 and 65 years of age who meet the income eligibility requirements and are NOT covered by MaineCare, Medicare or any other insurance. Please note that once an individual has MaineCare, Medicare, or other insurance, Oasis does not provide dental or medical services

Contact: (207)729-3642
Fax: (207)729-2704
121 Medical Center Drive
Brunswick, ME 04011

Cost: **Free**

University of New England (UNE)

- 1) The Dental Hygiene Clinic offers cleanings, sealants, and x-rays to the public, functioning as both a community and teaching resource. Our students gain practical experience working in the 20-chair clinic, while the public enjoys a variety of dental hygiene services at a greatly reduced cost. We are open September through April.

Contact: (207) 221-4900
Coleman Dental Hygiene Building
716 Stevens Avenue
Portland, Maine 04103

Cost: Reduced costs

(UNE continued on the next page)

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Dental at University of New England (UNE) Cont'd

- 2) The Oral Health Center is the clinical educational center for UNE's College of Dental Medicine. At our state-of-the-art dental clinic, UNE dental students will address all of your oral health care needs (crowns, root canals, dentures, bridges, implants, etc.) under the supervision of our licensed faculty dentists. We maintain all current clinic compliance policies required to ensure a healthy, safe environment for our patients.

Contact: (207) 221-4747

University of New England Oral Health Center
1 College Street, Portland, Maine 04103

Cost: Dental services offered at low, affordable fees. Participating provider with Northeast Delta Dental and MaineCare.

Optical Services

Mid Coast Eye Associates

Contact: (207) 729-7971

www.midcoasthealth.com/mcmg/eye-doctors.htm

8 Mason Street
Brunswick, ME 04011

Berrie's Hearing and Optical Center

People Plus* members may receive a 10% discount on a complete pair of glasses.

Contact: (207) 725-5952

www.berriesopticians.com

86 Maine Street
Brunswick, ME 04011

Maine Optometry

People Plus* members may receive a 30% discount on a complete pair of glasses.

Contact: (207) 729-8474

www.maineoptometry.com

82 Maine Street
Brunswick, ME 04011

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Home Care, Non-Medical

Non-medical home care services are NOT covered by Medicare or other healthcare insurance. It is covered by some private insurances, some Long-Term Care Insurance policies, and by those who have long-term care MaineCare/Medicaid.

SEARCH (Program of Catholic Charities)

This program offers non-medical home services to seniors, such as companionship, check-in phone calls, and transportation. SEARCH serves isolated seniors, especially those who cannot drive.

Contact: (207) 837-8810
125 Congress Avenue
Bath, ME 04530

Cost: **Free**

Independent Support Services (Program of Catholic Charities)

For seniors on limited income this program provides 2 hours per week of homemaking services on a long-term basis.

Contact: Suzanne Baribeault
sbaribeault@ccmaine.org
1 (888) 477-2263
(207) 837-8810
307 Congress Avenue
Portland, ME 04104

Cost: Call to determine eligibility

Aging Excellence

This agency offers non-medical in-home services, which include respite care.

Contact: (207) 729-0991
1 (866) 988-0991
www.seniorsonthego.com
113 Pleasant Street
Brunswick, ME 04011

Cost: \$21-30 per hour depending on the service, with a 1-hour minimum.

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Assisted Home Care II

This agency provides non-medical in-home services, including respite care and medication reminders.

Contact: (207) 212-6736
www.assistedhomecare.org
11 Bank Street
Brunswick, ME 04011

Cost: Private pay; please call for fees.

CHANS Home Health and Hospice - Private Duty Services (Part of Mid Coast-Parkview Health)

This agency provides a full range of homecare services including meal preparation, medication reminders, light housekeeping, laundry, bed changing, dishes, errands, grocery shopping, transportation, day and overnight companionship, dementia, and hospice (that are not covered by Medicare) and 24-hour care. RN visits for medication checks, wounds care, patient assessment, and lab draws (that are not covered by Medicare).

Contact: (207) 721-1370
www.chanshomehealthcare.com/privateduty
60 Baribeau Drive
Brunswick, ME 04011

Cost: \$27.74 per hour with a 4-hour minimum in Harpswell for in-home care.
\$66 per hour for nursing (RN) care, billed in 1/2-hour increments.
Long-term care insurance may cover the cost of care.

Comfort Keepers

This agency provides homemaker companion services such as meal preparation, laundry, light housekeeping, transportation, and respite care for family, as well as personal care services which includes bathing, toileting, transfers, medication reminders, dementia care, and mobility assistance.

Contact: (207) 563-2273
www.damariscotta-912.comfortkeepers.com

Cost: \$24-27 per hour with a 2-hour minimum

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Linda's Home Care (Linda Hall, Owner)

This agency is bonded/insured and offers a variety of non-medical in-home services including respite care, which is provided by certified nursing assistants.

Contact: Phone/text (207) 607-9083
Fax (207) 666-1134
Pager (207) 580-5747
Email lahcplanning@gmail.com

Cost: \$25 per hour with a 4-hour minimum

Neighbors, Inc.

This organization offers many types of non-medical in-home services, including respite care and medication reminders. All services are offered by the hour from 1 hour to 24 hours.

Contact: (207) 725-9444
www.neighborsinc.com
P.O. Box 728
Brunswick, ME 04011

Cost: \$24 annual membership fee Plus* \$20 per hour and 55 cents per mile.

CHANS Home Care & Hospice (Part of Mid Coast-Parkview Health)

This is an accredited home healthcare agency providing professional services including nursing, rehabilitation care, hospice, and palliative care.

Contact: (207) 729-6782
www.chanshomehealthcare.com
60 Baribeau Drive
Brunswick, ME 04011

Cost: Home healthcare services ordered by a physician are usually covered by insurance, including Medicare and MaineCare.

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Pharmacy Services

Oasis Health Network, Inc.

Oasis offers medical and dental services for people between 18 and 65 years of age who meet the income eligibility requirements. Once an individual has Medicare or MaineCare, the Network offers prescription assistance to those who fall into the “donut hole” or non-covered range of Medicare Part D coverage. Please note that once an individual has Medicare or MaineCare, Oasis does not provide medical or dental services.

Contact: (207) 721-9277
Email: oasis@oasishealthnetwork.org
www.oasishealthnetwork.org
66 Baribeau Drive
Brunswick, ME 04011

Cost: **Free**

Kennebec Pharmacy – Brunswick

This pharmacy delivers prescription medicines to your home. At your request, they will transfer prescriptions from other pharmacies to theirs in order to deliver them. They also have an automatic system to refill your prescriptions prior to the weekend if you are due to run out over the weekend. Hours of Operation: Monday – Friday, 8 a.m. to 6 p.m. Allow 1 to 2 days for delivery

Contact: (207) 729-3642
Fax: (207) 729-2704
121 Medical Center Drive
Brunswick, ME 04011

Cost: Delivery is free.

Lilly Cares Foundation

The Lilly Cares Foundation, Inc., an independent section 501(c)(3) private operating foundation, offers the Lilly Cares Foundation Patient Assistance Program (“Lilly Cares”) to assist qualifying patients in obtaining certain Lilly medications, such as those for diabetes and other medical conditions.

Contact: 1 (800) 545-6962

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Caregivers Support Groups

Brunswick Area Respite Care

This organization provides Alzheimer's/Dementia support groups at the United Methodist Church, address below, for family members, friends, and neighbors who provide care for persons dealing with the challenges of aging, Alzheimer's or Dementia. The groups are designed for caregivers needing resources, education and emotional support.

The groups are held the 1st and 3rd Tuesdays of every month from 9:30 AM to 11:30 AM. No reservation is required, just drop in. Care is available for a loved one while you attend the group, at no charge, advance notice is required by calling Nancy Herk at (207)729-8571.

Contact: Nancy Herk at (207)729-8571
Location: Brunswick United Methodist Church
320 Church Rd.
Brunswick, ME

First Parish Church Caregivers Support Group

This support group is for caregivers of loved ones facing the challenges of dementia, Parkinson's and stroke. The participants are spouses, partners and parents of adult children facing these challenges. The group usually consists of six to eight participants. The facilitator is a nurse who retired, after a number of years as the Director of Wellness at the Highlands. She has facilitated the group for 15 years. There is no charge for attending the group. The meetings are held every Monday from 2:00 to 3:00 PM.

Contact: Judy Bauman, Facilitator at (207)729-1219.
Location: First Parish Church
Pilgrim House parlor
9 Cleaveland Street
Brunswick, ME

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Adult Day Services

Brunswick Area Respite Care

This organization offers Adult Day care services for persons with the challenges of aging, Dementia/Alzheimer's. It is a safe, stimulating, socialization and exercise program, caring for your loved one while you relax from the daily demands of caregiving. These services are referred to as "the Club". One Program/Activity Director leads all activities and is assisted by two or more volunteers per session. A session has a maximum capacity of nine (9) Participants.

The Club is open Monday through Friday.

Morning session is from 9:30 AM to 12:30 PM

Afternoon session is from 12:30 PM to 3:30 PM

(It is possible to attend one or multiple sessions or one or multiple all day sessions.)

Contact: Nancy Herk, Executive Director
Tel. (207)729-8571 or Fax. (207)729-8529
Email. info@respite-care.org

Location: Brunswick United Methodist Church
320 Church Rd.
Brunswick

Cost: \$12.00/hour

The organization is licensed by DHHS Maine, since 1989 as an Adult Day Services provider, and is a United Way Agency of Mid Coast Maine.

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Safety and Safety Technology

The Good Morning Program

Offered in partnership by People Plus* and the Brunswick Police Department, this program offers a **free** daily call-in check-in service to anyone who registers.

Eligibility: Lives alone or is recovering from a medical condition, or is an isolated caregiver.

Questions: Contact People Plus* at 729-0757 or the non-emergency number for the Brunswick Police Department at 725-6621, extension 4310.

Contact: (207) 729-0757
People Plus, Inc.
35 Union Street
Brunswick, ME 04011

Cost: This service is **free**.

Lifeline (Part of Mid Coast-Parkview Health)

This is an emergency device that can be worn on your wrist or as a necklace to be used in case of an emergency in the home, such as a fall, medical emergency, fire, or other emergency. It is important to note that this device requires a telephone on a landline (such as Comcast) rather than a cell phone to function properly. The Lifeline device works only in and around the home. It is not effective away from home.

Cost: There is no installation fee. The monthly fee is \$42. Scholarships provided by Mid Coast Parkview Health may allow a sliding scale from \$21 to \$0

Contact: (207) 373-3643
www.midcoastseniorhealthcenter.com
58 Baribeau Drive
Brunswick, ME 04011

Spectrum Generations

This organization offers a personal emergency response system.

Contact: (800) 876-9212

Cost: The cost for a landline with fall detection is \$39.95 per month and \$49.95 for installation.

All prices listed were current as of October 2016

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