

Advisory Committee on Aging in Bowdoinham Resource List

If you are looking for a resource that is not listed below, call 2-1-1. The operator will connect you to information about a full range of health and human services. If you have a question, the 2-1-1 operator will have an answer.

For an extensive list of resources, request *Maine's Aging and Disability Services Resource Guide* from the office of Aging and Disability Services (phone: 207-287-9200 or 1-800 262-2232).

Abuse /Assault

- Adult Protective 24 hour hotline: 1-800-624-8404
- Suicide Prevention:1-800-273-8255

No matter what problems you are dealing with, we want to help you find a reason to keep living. When you call, you will be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

Adaptive Equipment

- Alpha I: 1-800-640-7200 or on the web: <http://www.alphaonenow.com/>
Alpha One annually assists more than 6,000 people of all ages with a range of disabilities: mobility impairments, traumatic brain injury, deafness, blindness, other vision and hearing impairments, developmental disabilities, mental illness, and AIDS. Call if you need help with accessible design, finding equipment to make life easier at home or in the car, or finding funding for needed changes—like a ramp or home modification.
- Maine CITE: 621-3195 or on the web: www.maineCITE.org
The mission of Maine CITE is to improve access and acquisition of assistive technology by people of all ages and all abilities in the areas of education, employment, community living, information technology, and telecommunications. If you are looking for information about assistive devices, call Maine CITE (or look through their website) and they will help you find the equipment you need.
- Disability Rights Maine: 1-800-452-1948
Call if you are looking for free or low-cost equipment for a person with hearing or vision loss.

Advocacy

- Alzheimer's Association: 1-800-272-3900
Trained counsellors can answer questions about Alzheimer's or a related dementia. 24/7 service is available to offer support, information, and referrals to people living with a disease that includes dementia as well as their families, friends, and neighbors. The counsellors can provide information about locating and paying for services.
- Attorney General (Consumer Assistance): Call 1-800-436-2131 if you have a consumer problem or complaint. Look at their consumer protection information on the web: <http://www.maine.gov/ag/consumer/index.shtml>.

- Consumers for Affordable Healthcare: 1-800-965-7476.
Trained counsellors can answer any of your insurance-related questions.
- Legal Services for the Elderly: 1-800- 750-5353
- Long Term Care Ombudsman Program: 1-800-499-0229
Call if you or a loved one is a resident of a long-term care facility or is receiving paid in-home care and you have concerns about the quality of care.
- Mediation: trained volunteer mediators help resolve tenant/landlord issues, problems with housing, neighbors, service providers, etc. FMI, call Volunteers of America Northern New England at 373-1140 (services are free or low cost).
- Midcoast Veterans Council: 1-207-406-4103
MCVC's goal is to help connect veterans and their families with needed help from local, state, and national programs. FMI: <http://mid-coastveteranscouncil.org/>
- National Do-Not-Call List: 1-888-382-1222
The National Do-Not-Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. Register online: <http://www.donotcall.gov>.
- National Direct Marketing Association opt-out (<https://www.dmachoice.org/>). Allows you to opt out of direct marketing mailing, telemarketing or e-mail lists. Register on-line for free. If you do not have a computer at home, the Bowdoinham Public Library has a public computer that can be used to register. Postal mail registration requires payment.

Dental and Vision

- EyeCare America 1-800-222-3937 or on the web: www.eyecareamerica.org
EyeCare America, a service of the American Academy of Ophthalmology, provides free eye care services for US residents age 65 and older who have not seen an ophthalmologist in at least three years and who do not have insurance that covers the cost of eye care. If you are eligible for the program, you can schedule a free comprehensive eye exam with a participating local ophthalmologist. If chronic eye problems such as cataracts, diabetic retinopathy, or glaucoma are found, you will receive free eye care for the condition for up to one year. The program does not cover the cost of eyeglasses, prescription drugs or hospital services or fees from other medical professionals. Volunteer ophthalmologists will accept Medicare or other insurance as full payment, with no additional payment from you. If you don't have any insurance, the eye care is free.
- Maine Donated Dental: 207-620-8276
Provides free comprehensive for older adults and people living with disabilities.
- New Eyes for the Needy provides prescription eye glasses for people who meet income requirements and who do not have insurance that covers the cost of prescription glasses. For more information: <http://www.new-eyes.org/> or call: 973-376-4903.
Applications must be filled in by a social service agency. If you believe you are qualified, contact Spectrum Generations (1-800-639-1553) or Bowdoinham's Coordinator of Older Adult Services (666-5531, ext. 110) to file the application.
- University of New England Dental Clinic- 221-4900 Preventive services in Westbrook \$30 fee for services

Emergency Response/Emergency Medical Information

- DNR (Do Not Resuscitate) State EMS To request a form, call 626-3860 or download on the web at: <http://www.maine.gov/ems/documents/EMSDNRDirective.pdf>
- Poison Control 1-800-222-1222.

If you have questions about your medications after your pharmacy or primary care office is closed, call poison control. Trained nurses and pharmacists can help you with questions about pill identification or what to do if you think you took a double dose or forgot to take your medications. They can also answer questions about food safety and general poison control questions.

Financial

- Fairpoint Lifeline program allows substantial discounts for telephone service in households where at least one member receives help from federally or state funded programs including MaineCare, Supplemental Security Income, Emergency Assistance Program, or LIHEAP. For more information call Fairpoint at: 1-866-984-2001
- Income Tax Aids: Call AARP at 1-888-227-7669.
- The LIHEAP Heating Assistance Program is administered by KVCAP. For an appointment, call 207-859-1500 or 1-800-542-8337. For program guidelines see: http://www.kvcap.org/index.php?id=451&sub_id=306

Home Maintenance and Repair

- Habitat for Humanity 7 Rivers Maine: 504-9333
Two programs are designed to help older people stay in their homes as they age. The weatherization program makes basic repairs and installs energy-saving materials. The Stay in Your Home program makes improvements, especially accessibility and safety changes to help homeowners stay in their homes.

Nutrition

- The Bowdoinham Food Pantry is open on Wednesdays from 3:00—6:00PM. The pantry is located beside Merrymeeting Arts Center, at 9 Main Street. For more information, call Kathy Tome (207-751-7779).

Respite Care/Adult Day Service

- Brunswick Respite Care (729-8571) provides adult day services to seniors in order to give caregivers time off from continual supervision of a family member or friend. Charges an hourly fee. Limited sponsorship money is available on request.

Transportation

- Rides, INC (Rides in Neighbors Cars). For more information or to request a ride contact Theresa Turgeon, Rides Coordinator at 837-9577 or by email: glwmtt@gmail.com.

For local news, be sure to check the latest version of the [Falcon Flash](#) and the [Barefoot News](#).

The Falcon Flash is produced weekly by the Bowdoinham Community School. The Barefoot News is produced by the Bowdoin Central School Both are fabulous sources of information about the community, not just for people with children in the school system. Just click on the name to see the online version.

Bowdoinham Emergency Services Questionnaire

The Bowdoinham EMS team is collecting information about residents in the event they are called upon in an emergency situation. Filling out this questionnaire and sharing the information with EMS is voluntary. The information will help EMS to create a list of residents who may need special support in case of individual emergencies or in times of natural or man-made emergencies.

Please fill out this form and drop it off at the Town Office or return it by mail: Bowdoinham Town Office, ATTN: EMS Director, 13 School Street, Bowdoinham, ME 04008.

Any medical information which you choose to provide to us will be kept confidential.

NAME _____

ADDRESS _____

Where is your house number located? _____

Can it be seen from all directions? _____

OTHER MEMBERS OF HOUSEHOLD _____

PHONE NUMBER (HOME): _____ PHONE NUMBER (OTHER): _____

EMERGENCY CONTACT NAME (optional): _____

EMERGENCY CONTACT PHONE NUMBER: _____

FILE OF LIFE/MEDICAL INFORMATION IS LOCATED: _____

In case of individual emergencies or in times of natural or man-made emergencies:

1. Do you or someone in your household have a medical condition or disability which we should know about in case you are unable to communicate with us: i.e., diabetes, implanted defibrillator or pacemaker, cardiac problems, etc.? List (if additional space is needed, use back):

2. Do you or someone in your household have medical equipment which is dependent on electricity to run such as oxygen compressor, in-home dialysis, in-home IV pump, etc.? List (if additional space is needed, use back): _____

Do you have a generator: Yes _____ No _____

3. Do you or someone in your household have mobility or communications impairments: i.e., wheelchair, blindness, very hard of hearing, unable to speak, etc.? List (if additional space is needed, use back):

4. If you have the choice, what hospital would you prefer to be transported to by ambulance?

When do you want someone to check on you?

5. Would you like us to check on you during an emergency such as a hurricane or extended power outage?

Yes _____ No _____ Do you live alone? Yes _____ No _____

How would you like us to check on you: Phone (if working) _____ Home Visit: _____

Facts about your home environment

6. Please describe the location of the room where you are most likely to sleep.

7. Is there anything you would like us to know that we have not asked? If more space is needed, use back.

The Merrymeeting Arts Center
Advisory Committee on Aging - Shipmates Senior Club
Bowdoinham Public Library - Loose Ladies Book Club

present

WINTER COMMUNITY READS

Way Down Back by Caroline MacDonald

Thursday, February 18, 1 – 2:30 pm

Author talk and book discussion

Kendall Room, Coombs Municipal Building, Bowdoinham

&

Spoon River Anthology by Edgar Lee Masters

Thursday, March 17, 1- 2:30 pm

Community book discussion

Merrymeeting Arts Center

9 Main Street, Bowdoinham

**Multiple copies of both books are available at the Bowdoinham Public Library.
Spoon River Anthology is available for free download via Overdrive.**

**A Reading Guide for Spoon River Anthology is available at the
Town Office, the Bowdoinham Public Library & the Town Landing Restaurant.**

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*This program is part of the 2016 Merrymeeting Arts Center project –
“Hallowed Ground, Forgotten Voices.”*

*This will include a summer arts show, an original play, talks, workshops, graveyard tours,
Celebrate Bowdoinham activities, & a Halloween event.*

For more information contact **Peggy Muir** by email: pegbryce@comcast.net
or **Patricia Oh** (666-5531, ext 110 or email: p.oh@bowdoinham.com)

MAINE



SNAP-Ed

Healthy Eating on a Budget

Free Class!

Healthy Eating on a Budget

Sponsored by Bowdoinham Food Pantry and
Bowdoinham Advisory Committee on Aging



When: Wednesdays, 1-2pm
Jan 27, Feb 3, Feb 10, Feb 17
*Snow Date: February 24

Where: Bowdoinham Fire Station

We will make (and eat!) a delicious, low-cost recipe at each class and share tips for eating healthy on a budget.

**To sign up, contact Patricia Oh,
Coordinator of Older Adult Services at
poh@bowdoinham.com or 666-5531, ext. 110**



USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented through a contract with the University of New England (UNE). Utilizing the Healthy Maine Partnership agencies statewide as access points for SNAP-Ed delivery, we strive to educate Maine SNAP recipients on low cost, healthy eating and active lifestyles.
FMI: 207-221-4560 or mainesnap-ed@une.edu

