

# WASHINGTON COUNTY

## SENIORS Resource Guide

wcresourceguide.com



Welcome to our **Seniors Resource Guide**. For additional copies call 255-0481 or go online and download a printable version from our website at:  
**[www.WCresourceguide.org](http://www.WCresourceguide.org)**

This printed guide is an abbreviated version of our online resource guide. Please visit our website for live links to agency websites and resources, expanded information, timely notices, and other useful items that we were unable to fit into this paper guide.

We also have a **Family Resource Guide** edition that includes services for parenting infants and children. The Family guide is also available to download at our website

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## Clothing & Household Items

*Note: If you see this (\$) next to the listing name, it means there is usually a cost or fee to purchase items.*

### **Bags O 'Rags Thrift Store (\$): 255-4649**

Offers nine rooms of donated clothing and other useful items including small household appliances, dishware, books, movies, and arts and craft supplies

Tuesday — Friday; 10am — 4pm

15 Main Street, Machias

### **Calais Community Thrift Store (\$)**

Gently used clothing, shoes, small furniture and household goods at very reasonable prices. Staffed by volunteers from the community. All proceeds go to the Calais Food Pantry Programs which includes an emergency shelter in Calais.

Tuesday — Saturday; 9am—3pm

255 Main Street, Calais

### **Heart To Heart (\$): 214-6927**

Gently used clothing for adults, children and babies

Wednesday — Saturday; 12pm — 5pm

Baileyville Shopping Center

### **Nancy's Collectibles & Yard Sale Goodies (\$): 483-6650**

Resale shop with yard sale goodies

Thursday — Saturday (10am — 3pm)

148 Wescogus Rd., Addison (first right off Route 187)

### **New to You Thrift Store (\$)**

The thrift store provides clothing and small household items at very reasonable prices. Proceeds from sales help support Labor of Love Food Pantry, which provides emergency heating assistance and more.

Tuesday — Saturday; 11am — 3pm

9 Brighton Avenue, Eastport

### **Once Again (\$)**

New, brand name clothing and gently used clothing, shoes and accessories, for men, women, and children

Tuesday — Saturday; 10am — 4pm

Four Corners Mall (Route 1), Columbia

## Clothing & Household Items (cont'd)

**Too Good to Toss** (at Pleasant River Waste Facility): 483-3844

Offers a shed filled with donated items like tools, furniture, household items, books, and clothing. Items are free to residents Addison, Beals, Jonesboro, Jonesport, Columbia, and Columbia Falls.

Wednesday & Saturday; 8am – 6pm

1340 Highway Route 1, Columbia Falls

**We Care Community Baby Center:** 255-8903

Free diapers, wipes and other baby care needs available monthly to WIC or MaineCare eligible families. They also have a closet of gently used clothing, shoes, outerwear, toys, and books donated from the community and We Care participants. For more information contact: [info@wecarebabycenter.com](mailto:info@wecarebabycenter.com)

**Lubec:** 44 South Street (the old high school)

2nd and 3rd Wednesdays; 1pm – 4pm

**Machias:** 5 Water Street

Mondays, Wednesdays, and Thursdays 9am – 11am

Tuesdays 9am – 1pm

**Wee-Cycle of Machias (\$):**

This children's clothing shop specializes in new and slightly used clothing sold on consignment. Baby toys and furniture welcome too.

Tuesday and Thursday; 10am – 2pm

97 Main Street (next to Berry Vines), Machias

# Counseling Services

**Crisis Help Hot Line:** 1-800-273-8255

24-hour service for anyone depressed, stressed, or suicidal

**Support Warm Line:** 1-866-771-9276

Telephone support during challenging times and non-crisis situations

## **Counseling Centers & Programs:**

**AMHC Family Counseling:** 1-800-244-6431

Child, teen, and couple counseling; Substance use counseling

**AMHC Targeted Case Mgmt for Children:** 1-800-244-6431

Services for children ages 0—20 with a mental health diagnosis

**Behavioral & Developmental Services:** 255-1955

Mental health services for children and adults are offered through contract with Dept. Of Health & Human Services.

Call to find a provider near you.

**Calais Behavioral Health Center:** 454-3022

Mental health counseling; Substance use counseling

**Community Health and Counseling Services:** 1-800-540-8311

Child, teen, and family counseling; Substance use counseling

**Eastport Behavioral Health:** Calais 454-3022 | Machias 255-3400

Substance use counseling for individuals and family members; counseling for children, adolescents, adults, and families.

**Harrington Community Mental Health Program:** 532-8530

Mental health counseling

**Harrington Family Health Center:** 483-4502

Family counseling; Play therapy

**Machias Behavioral Health Center:** 255-3400

Mental health counseling; Substance use counseling

**MAS Homecare of Maine:** 561-9533

Child and family outpatient counseling

**Nat'l Alliance of Mental Health (NAMI) - Maine:** 1-800-464-5767

Support, education, & advocacy

**Pathways of Maine:** 888-480-9550

Home and community-based behavioral health treatment services for children and their families

## **Counseling Services (continued)**

**Regional Medical Center:** Lubec 733-1090 | Machias 255-0102

Mental health and substance use counseling

**St. Croix Regional Health Center:** 796-5503

Mental health counseling; Substance use counseling; Psychiatry

**Vogl Behavioral Health Center:** Eastport 853-6001

Mental health counseling; Substance use counseling

**Wash. County Children's Program:** 255-3426

HCT Child & Family Treatment: This short-term treatment program serves children diagnosed with emotional disorders. Trained clinicians provide education and training to assist children and their families/caregivers to acquire the skills to live together successfully.

### **Individual Counselors:**

**Barbee, Karen, LCSW:** 546-3546

Counseling: Mental health, addiction, marriage, and family

11 Elm Street, Milbridge

**Beckman, Carol, LCSW:** 255-3417

25 Main Street, Suite #8, Machias

**Brooks, Sarina, LCSW:** 271-7270

Counseling for adolescents, children, couples, families, older adults, and young adults

25 Main Street, Suite #3, Machias, ME

Email: Sarinabrookslcsw@yahoo.com

**Chamberlain, Robin, DMin, LCPC:** 263-5530

Consultation and counseling ministry from a Christian perspective

Whiting, ME

**Corey-Childs, Serita, LCSW, RPT-S**

**(Compass Mental Health):** 259-1233

Counseling for children, adults, & families; registered play therapy supervisor

182 Main Street, Jonesport

**Davis, Kristi, LCSW:** 263-5034

181 Marshfield Flats Road, Machias

*Counselors continued next page....*

## **Individual Counselors (continued)**

**Evans, Katharine, LCSW:** 214-7920

Mental health counseling/psychotherapy for adolescents, adults, and couples; treating anxiety, PTSD, divorce, relationship issues, bipolar, personality disorders, grief and loss, and more  
5 Lowell Street, Suite #4, Calais

**Evans, Wendy, LCSW:** 255-4600

Specializing in trauma, PTSD, depression, anxiety, separation and divorce, grief and loss, and couples and family therapy  
25 Main Street, Machias

**Gasper, Daniel, LCPC, LADC:** 530-7774

Counseling for couples, young adults, and older adults; specializing in substance use, trauma, PTSD, anxiety, panic disorder, depression, sexual abuse, divorce, and more  
87 Milbridge Road, Suite #1, Cherryfield

**Helmstadter, John, ALDC, LCPC:** 454-8670

Substance use and mental health counseling  
5 Lowell Street, Calais

**Helmstadter, Pamela, LCPC:** 454-0407

Mental health and substance use counseling for adults  
5 Lowell Street, Suite #9, Calais

**Knabenshue, Kristina, LCPC, CADC:** 598-5957

Counseling for adolescents, families, young and older adults; specializing in depression, anxiety, relationship conflict, self-awareness, and mindfulness  
25 Main Street, Suite #4, Machias

Email: Kristina.knabenshueLCPC@gmail.com

**Landry, Laura, LCSW (Leeward Counseling LLC):** 271-8105

Specializing in clients with co-occurring mental health and substance use issues, anxiety, depression, and trauma-related problems; accepting adult clients  
25 Main Street, Suite #1, Machias

**Librizzi, Tara, LCSW (New Leaf Counseling Service):** 255-5090

Specializing in domestic violence, attachment issues, mood disorders, sexuality, trauma, LGBT-specific issues, and anger management; seeing adolescents and families  
4 Colonial Way, Suite #2, Machias



## Individual Counselors *(continued)*

**Mertinke, Jill, LCPC:** 255-4833

Ell Point Road, East Machias

**Patterson, Greg, LCPC:** 255-0199

Counseling services

Machias

**Robertson, Kandi, LCSW, RPT:** 598-0432

Counseling for all ages; cognitive behavioral therapy; trauma, grief and loss, anxiety, PTSD, and more; registered play therapist  
66 Main Street, Milbridge

**van de Sande, Saber, LCPC:** Office 259-6022 | Cell 271-0062

Mental health counseling and substance abuse clinician. Services for all ages (including families and couples).

25 Main Street, Suite #6, Machias

Email: saybervandesandelcpc@gmail.com

For more resources for pregnancy,  
parenting and child development, see our  
Resource Guide for Families at  
[www.WCresourceguide.org](http://www.WCresourceguide.org)

## Dental Services

Listed here are dental clinics and services with sliding scale fees for adults with no dental insurance. For all other dental services see your area phonebook.

**Calais - Dr. Karen Delaney:** 904-0025

254 South Street, Calais

Full service dental facility for families; including check-ups, cleanings, restorations, extractions, dentures, and specialty services

**Eastport - Eastport Health Care:** 853-6001

30 Boynton Street, Eastport

Services include: routine and preventative dental care, Prosthetics, minor oral surgery, dental hygiene care; provides dental services to all patients regardless of ability to pay

**Harrington - Harrington Family Health:** 483-4502

Full range of dental services: diagnosis & treatment planning; dental hygiene care; general restorative care; extractions

**Lubec - Dental Clinic at Healthways:** 733-5541

Routine cleanings, dental exams, dental restoration (fillings, crowns, etc.), emergency care and replacement devices (bridges, dentures, etc.)

**Machias - No-Cost Dental Clinic:** 255-3426

NYU School of Dentistry provides this clinic once a year in Machias, generally in the spring. Contact Teresa Alley at Washington County Children's Program for dates. The clinic offers: complete dental care for children (exams, x-rays, fillings, extractions, crowns) and emergency-only dental care for adults (exams, x-rays, fillings, root canals, extractions). All services are free to Washington County families.

**Princeton - Dental Center at St. Croix Regional Family Health:**

796-5503

136 Mill Street, Princeton

Routine cleanings, dental exams, and complete services

## Domestic Violence Services

**Domestic Violence Hotline — 24 hr (with interpreter services available for many languages):** 1-866-834-4357

**Next Step 24 hr Hotline:** 1-800-315-5579

**Passamaquoddy Peaceful Relations 24 hr Hotline:** 1-877-853-2613

**Sexual Assault Crisis & Support (24 Hrs.):** 1-800-871-7741

**INTERNITY:** 619-1413

Connects veterans who are survivors of sexual assault or other trauma with PTSD resources:

Operation 22: designed to fill the gap between hot-line assistance and medical or psychological help

Sexual Assault Survivor Advocates (SASA): Trained advocates work with survivors as they experience difficulties and barriers in their communities.

**Next Step Domestic Violence Project/Shelter:** 1-888-604-8692

Calais Office: 454-8088 / Machias Office: 255-4934

Crisis response; hotline; shelter/transitional housing; legal assistance and advocacy; support groups

**Passamaquoddy Peaceful Relations:** 853-2600 x265 or 266

A tribal domestic and sexual violence response program; help dealing with domestic abuse; crisis response and shelter; legal assistance and advocacy

## Education & Job Training

**Axiom Education and Training Center:** 255-4917

(See **Washington County Adult Education** below)

**Career Center:** Calais 454-7551 / Machias 255-1900

Job training, preparation, and finding employment

**College Transitions Support: (Wash. County Adult Ed.): 255-4917**

Provides free support for people thinking of taking college courses but not sure what career path or how to apply for school, fill out financial aid forms, or take college entrance exams.

Accuplacer test assistance and free tutoring are offered. Staff can travel to meet with people anywhere in the county. Call for more info.

**Disabled Veterans Outreach Program (Career Center):** 255-1920

Program Specialists are there to counsel veterans in all aspects of job search and career development.

**Div. of Vocational Rehabilitation - ME Dept of Labor:** 255-1900

Provides assistance with training, educational expenses, and special equipment for the disabled.

**FastWeb and FinAid!**

Online student guides for college financial aid

Websites: [www.fastweb.com](http://www.fastweb.com) / [www.finaid.org](http://www.finaid.org)

**Finance Authority of Maine (FAME):** 1-800-228-3734

Resource information for paying for college

**Maine Educational Opportunity Center (MEOC):** 1-800-281-3703

Assistance completing college admission and financial aid forms; career counseling; workshops

**Narraguagus Adult Education:** 483-2746

Courses for students to finish earning their high school diploma.

**National Farmworker Jobs Program:** 951-0840

If you or a family member worked on a farm (blueberries, livestock, vegetables, aquaculture, etc.) within the last two years, you may be eligible for training assistance for a career in healthcare, commercial driving, and more.

*Continued next page....*

## Education & Job Training (*continued*)

### **Resource Advocates Program (DCP): 598-5648**

Provides support for people who need help tackling an issue such as filling out paperwork for school, applying for a job, obtaining a driver's license, or any kind of life issue. The Resource Advocate can come to your home and help you figure out a plan, fill out paperwork, or find resources. No age or income restrictions.

### **Sunrise Scholarship Fund: 255-0983**

Provides scholarships up to \$500 for low-income Washington County residents attending a training or certificate program that will increase their opportunities for immediate employment or job advancement.

### **US Career Institute: 1-866-250-6851**

Certificate programs and Degree Programs offered online. Course materials are relevant and career-focused, developed by industry experts. Wide range of programs available from healthcare to business careers. Self-paced courses allow you to learn at home according to your schedule. (**NOTE: Contact the *Machias Career Center* at 255-1933 if you are interested in any of these programs, they can help you find financial assistance and more.**)

### **Washington County Adult and Community Education: 255-4917**

Classes available to earn credits toward a high school diploma or preparing for college entrance exams. Also available: HiSET test center, ESL, literacy education, computer/digital literacy

### **Washington County Community College: 454-1000**

One-year certificate and two-year degree programs in occupational fields of study; low tuition & fees

## Elder Care

***Please Note:** This page is about elder care, aging in place, and home care for the elderly. For information on programs for seniors (age 50 or 55+) please see the **Senior Services** section.*

### **Aging and Disability Services (Maine Office of Aging):**

Links, resources, support, and community services for the aging and disabled in Maine

**Community Health & Counseling Home Health Care:** 1-800-540-3811 | 255-8311 Home health care; hospice program

**Eastern Area Agency on Aging:** 1-800-432-7812

Resource center for seniors and their caregivers including: nutrition information and food programs; Alzheimer's and dementia care resources; Medicare drug and insurance advice; home repair assistance; pet food assistance; much more

**Elder Services Navigator (DCP):** Machias 610-9432

Support for seniors: The Elder Services Navigator works with seniors and/or their caregivers to help find resources and connect them with services & supports. No fees – MaineCare is not required. For more information contact DCP.

**Family Caregiver Support Services—Elder Services:** 1-800-262-2232 Programs, resources, and support groups

**Hospice Volunteer Program:** Calais 454-3616 | Machias 255-3356 Family support; comfort for the terminally ill

**Independent Support Services (Catholic Charities Maine):**

1-888-477-2263 | 454-0492

For seniors and adults with physical disabilities, especially those on a limited income—light housekeeping, grocery shopping, essential errands (such as banking and pharmacy), laundry, menu planning, and food preparation.

**Legal Services for the Elderly:** 538-8784 | 1-800-750-5353

Free legal help for seniors who are Maine residents 60 years or older; low income guidelines may apply.

**Living Innovations:** 255-3733

In-home support for the elderly; respite care; community connections services include social events and outings, fitness, and leisure activities.

**Maine Long-Term Care Ombudsman Program:** 621-1079 | 1-800-499-0229

Advocates for quality of life and care for long-term care consumers. Services are free and confidential. Provides services to: residents of nursing homes and assisted housing programs, including residential care and assisted living; consumers receiving home care services including homemaker, adult day and hospice; and patients in hospitals facing barriers to long-term care services. Staff is knowledgeable about long-term care services and can answer questions about services, including where to find services, how services are paid for, what to do if services are denied, terminated or reduced, and how to proceed when problems arise.

**MAS Homecare of Maine:** 561-9533

Home care for the elderly or chronically ill

**Public Health Nursing (PHN):** 287-4112 | 1-877-763-0438

Nurse Home Visiting – nurses can provide support to patients of any age, in their home, providing health assessments, medicine management, and care coordination. This is a free service for residents of Maine, no insurance or Mainecare required.

**Resource Advocates Program (DCP):** 598-5648

Support for people who need help tackling an issue: filling out paperwork, filing documents, organizing finances, understanding healthcare paperwork, or finding resources; free service; no age restrictions; the Resource Advocate can come to your home and help you figure out a plan and see it through.

**Senior Companion Program:** 255-3345 | 262-7915

Offered through the Washington County Cooperative Extension, this program arranges for senior volunteers to visit and offer assistance and friendship to homebound elders. To volunteer or to sign up for a companion check out the website link above for more information.

**Sunrise County Homecare Services:** 1-800-595-4444 | 255-3344

Home health care; visiting nurses; physical therapy

## Elder Care (*continued*)

### **Thriving in Place (TiP):**

A collaborative initiative of service providers and support agencies working to implement a responsive plan for elders and others with chronic health issues to safely remain home for as long as possible. Workshops and health fairs offered for seniors on topics like health and wellness, safety, winter weatherization, and more. Trainings are also offered for caregivers such as Caregiver Basic Skills, Estate Planning, Savvy Caregiver, POLST, Financial Needs and Challenges, and more. Check the online TiP Training Calendar for the next workshop, training or resource fair. Go online to: [www.CCCmaine.org](http://www.CCCmaine.org).

## For Caregivers of the Elderly

### **AARP's Maine Caregiver Resource Guide: [www.aarp.org/me](http://www.aarp.org/me)**

Download this guide packed with live links and tips for caregivers as well as state and national resources.

**Caregiver Support Group:** For caregivers of family members, friends, and hospice workers. Email: [lking@mainevets.org](mailto:lking@mainevets.org).  
1st Friday of the month (2pm – 4pm)  
Maine Veteran's Home, Machias

**Down East Hospice Volunteers:** Calais 454-3616 | Machias 255-3356

This volunteer program provides cost-free, non-medical comfort care to the terminally ill, the grieving, and their families. The mission is to provide support for persons facing death so they may live the remaining days of their lives as fully as illness will allow, and subsequently to provide bereavement support for those in need.

**Eastern Area Agency on Aging:** 1-800-432-7812

Resource center for seniors and their caregivers including: nutrition information and food programs; Alzheimer's & dementia care resources; Medicare drug and insurance advice; home repair assistance; pet food assistance; much more.

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## Caregivers of the Elderly (*continued*)

### **Elder Services Navigator (DCP): 610-9432**

Support for seniors: The Elder Services Navigator works with seniors and/or their caregivers to help find resources and connect them with services & supports. No fees – MaineCare Is not required.

### **Family Caregiver Services & Dementia Programs (EAAA):**

941-2865 | 1-800-432-7812

Offers free information, assistance, support, appropriate referrals, and sometimes just a friendly ear to anyone providing unpaid assistance to a senior. The program also serves grandparents and seniors caring for grandchildren, nieces/nephews or other children. Can provide information about: community services to support caregiving; federal and state program information; education on caregiving issues; support groups; supportive individual education on caregiving issues; respite for caregivers of families dealing with Alzheimer's disease.

### **Family Caregiver Support Services—Elder Services (Maine.gov):**

1-800-262-2232

Programs; resources, including the booklet *Connections: A Guide for Family Caregivers in Maine*; support groups

### **Maine Senior Guide** (online only at [MaineSeniorGuide.com](http://MaineSeniorGuide.com))

A comprehensive web resource about all things senior. The guide covers any topic of interest to Maine's older residents, their caregivers, and families.

### **Respite Care Services:** Facilities to temporarily provide care for loved ones (based on bed availability).

- Calais Alternative Care: 454-8960 (152 South Street, Calais)
- Harrington House "Grace Home": 483-2247 (call and they will provide address)
- Maine Veterans' Home: 255-0162 – must meet their residential criteria (32 Veterans Way, Machias)
- Marshall Health Care Facility: 255-3387 – private pay basis (16 Beal Street, Machias)
- New Horizons: 454-3709 (526 South Street, Calais)
- Washington Place: 454-3663 (40 Palmer Street, Calais)

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## Caregivers of the Elderly (*continued*)

### **Savvy Caregiver Training:** 941-2865 | 1-800-432-7812

This is a training workshop for family or caregivers of loved ones with dementia or Alzheimer's. Training provides family caregivers the knowledge and skills essential for successful caregiving. Training is provided over six 2hr. sessions.

Materials and training are provided at no cost through EAAA.

### **Taking Action for Health:** 255-3741

This is a free, interactive 18-hour workshop series that is open to anyone living with a chronic health condition, including heart disease, stroke, diabetes, cancer, obesity, arthritis, migraines, asthma, eating disorders, depression, and more. **Caregivers are also welcome.** Classes meet weekly for six weeks. Participants learn appropriate use of medications; how to evaluate new treatment options; appropriate exercise for maintaining/improving strength, flexibility, and endurance; nutrition information; how to communicate effectively with family, friends, and health professionals; techniques to manage frustration, pain, fatigue and isolation; and decision making processes. This free workshop series is provided through Healthy Acadia.

Email: [angela@healthyacadia.org](mailto:angela@healthyacadia.org)

### **Thriving in Place (TiP):**

A collaborative initiative of service providers and support agencies working to implement a responsive plan for elders and others with chronic health issues to safely remain home for as long as possible. Workshops and health fairs offered for seniors on topics like health and wellness, safety, winter weatherization, and more. Trainings are also offered for caregivers such as Caregiver Basic Skills, Estate Planning, Savvy Caregiver, POLST, Financial Needs and Challenges, and more. Check the online TiP Training Calendar for the next workshop, training or resource fair. Go online to: [www.CCCmaine.org](http://www.CCCmaine.org)

## Emergency and Safety

**Ambulance / Fire / Maine State Police / Sheriff's Office: Dial 911**

**Poison Control Center: 1-800-222-1222**

**Crisis Help Line (AMHC): 1-800-273-8255**

A 24-hour service for anyone depressed, stressed, suicidal

**Adult Protective Services (DHHS): 1-800-624-8404**

To report suspected abuse or neglect of adults over 18

**Animal Welfare Program: 287-3846 or 1-877-269-9600**

To report animal cruelty or abuse

**Child Protective Services (DHHS): 1-800-452-1999**

Report suspected child abuse or neglect of ages 0-18

**Downeast Community Partners – Care Fund: 598-5648**

Funds for emergency needs (must be enrolled in DCP's Community Resource Program)

**Homeless Crisis Hotline (National—24 Hrs.): 1-800-438-3890**

**The Lamb House (Emergency Shelter Housing):** Contact on Facebook. The Lamb House provides short-term, emergency housing for families displaced by fire, or other natural disaster.

**Next Step Domestic Violence Shelter Hotline: 1-800-315-5579**

Crisis response; Shelter housing; Legal assistance; Support

**Passamaquoddy Peaceful Relations: 853-2600 x265 or x266**

Support for Victims of domestic violence, sexual assault, stalking and dating violence

**Peaceful Relations (24 Hr. Hotline): 1-877-853-2613**

**Pleasant Point Child Welfare: 853-2600**

Families having a difficulty meeting the needs of their children

**Safe Families for Children: 733-6161**

Volunteer host families provide temporary safe care for children while their parents take time to cope with stress or difficult situations in their lives. This arrangement is made between the parent/caregiver and Safe Families and does not involve DHHS.

*Continued on next page...*

## **Emergency and Safety (*continued*)**

**Sexual Assault Crisis & Support 24 Hrs. (Translation services available):** 1-800-871-7741

Confidential, toll-free sexual assault crisis and support line for people affected by sexual violence, no matter when it happened. Trained advocates staff the support line and their job is to listen, offer support, and provide helpful, practical information and referrals to other community resources.

**Suicide Hotline:** 1-888-568-1112

**Veteran's Crisis Line:** 1-800-273-8255, Press 1

Confidential help for veterans and their families

**Washington County Emergency Management:** 255-3931

Community disasters (floods, hurricanes, flu epidemic, etc.)

Please help keep this Resource Guide  
up-to-date for our community.

We welcome any additions or corrections.

Please contact us at  
255-0481 or use the *Contact Us* tab at:

[www.WCresourceguide.org](http://www.WCresourceguide.org)

## Financial Assistance

**Dept. of Health & Human Services (DHHS):** 1-800-432-7846

***Alternative Aid***—Short-term support for families who do not have TANF and are working or looking for work

***Emergency Assistance***—Benefits to families in specified emergency situations (evictions, utility terminations, and more)

***Division of Support Enforcement and Recovery:*** 624-4100

Enforce existing support orders, establish support orders for children of unmarried parents, update old orders of support

**Free Financial Coaching and Advice:** 907-0152

Meet with a financial coach on issues from debt help, choosing student loans, avoiding foreclosure, starting up a business, retirement planning, etc. Services are free to anyone in Washington County regardless of income

**General Assistance:** Contact your local town office to apply for emergency assistance for low income families

**Indian Township Welfare:** 796-2301

Financial assistance for tribal residents

**Machias Food Pantry (Centre Street Church):** 255-6665

Emergency fuel assistance; Coats for Kids; Christmas Giving Tree

**SSI Benefits for Infants:** 800-772-1213

Disability benefits for premature or low birth-weight babies, called “Presumptive Disabilities” by SSI

**Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI):** 1-800-772-1213

SSI is for disabled people who do not have past earnings; SSDI is for people with recent earnings. You can also apply online (or appeal a decision) at their website.

## Food Assistance

**Healthy Acadia:** 255-3741

Nutrition education, information, and help with accessing local food programs and food assistance.

**Incredible Edible Milbridge (Seasonal):** Free pick-your-own veggie gardens during the growing season (typically July through early October) at the IEM Market Garden at the Red Barn Motel in Milbridge - a 14,000 sq. ft. garden with everything from broccoli to zucchini. Additionally, look for IEM raised beds throughout Milbridge with more veggies. These veggies are free to all! Look for the IEM signs.

IEM is a program of [www.whrl.org](http://www.whrl.org)

**National Hunger Hotline:** 1-866-3-HUNGRY

Call to find out about more food resources in your area.

**Senior Farm Share Program (Seasonal):**

Low-income seniors can receive \$50 worth of fresh produce from local farms. Online contact: [www.getrealmaine.com](http://www.getrealmaine.com)

**SNAP—Supplemental Nutrition Assistance:**

Calais 454-9000 | 1-800-622-1400

Machias 255-2000 | 1-800-432-7846

Money to help senior citizens and low-income households buy healthy food. Call your local DHHS Office to enroll.

**St. Croix Valley Healthy Communities:** 454-0761

Programs on healthy foods and nutrition for home and schools.

**Summer Meals for Kids:** (*check website for dates & locations*)

Online only at: [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

Free breakfast and lunches for children up to age 18.

**University of Maine Cooperative Extension:** 1-800-287-1542

Nutrition; food preparation; cooking and shopping on a budget.

## Meals for Seniors

**Cherryfield “Downeast Table of Plenty”:** 546-6101

Free Sunday afternoon community meal at the EdGE Center (Maine Seacoast Mission) – all are welcome.

Sundays (3:30pm – 5pm) US Route 1, Cherryfield

**Cherryfield “Joan’s Coffee House”:** 546-5870

Free and open to the public at the EdGE Center (Maine Seacoast Mission) Fridays (9:30am – 11:30am)

## Meals for Seniors *(continued)*

**East Machias “Senior Lunches at Wash. Academy”:** 255-8301

Free monthly senior citizens lunch (11:30a—12:30p)

Call for dates. High Street, East Machias

**Home Delivered Meals through EAAA “3D Catering Program”**

**(low cost):** 1-800-432-7812

This program for adults over 50 and disabled individuals regardless of income provides and delivers 5 home cooked meals frozen and ready to heat. Each meal costs \$5, they come in packs of 5 for \$25, and include a small loaf of bread and dessert.

Meals are lower in sodium and fat, but you can also order diet-specific meals such as: heart-friendly, diabetic-friendly, gluten free, renal-friendly, pureed, vegetarian, and more.

**Machias “Free Public Lunch”:** 255-3733

Center Street Congregational Church, Machias. 2nd Thursday of the month (11:30—1p). Sponsored by Living Innovations.

**Whitneyville “Free Community Lunch”:** 255-4662

All are welcome to free lunches at the Whitneyville Community Building. Last Thursday of the month (11am – 1pm)  
South Main Street, Whitneyville

**Community Café Meals for Seniors:** 1-800-432-7812

or 454-2215

Through EAAA the following locations serve hot, nutritious meals at noontime to senior citizens, while providing an opportunity for socializing. Seniors 60+ pay by donation, non-seniors pay \$4.00 per meal.

**Calais:** Palmer Lane Estates

11:30am | Lunch (Monday, Wednesday, Friday)

72 Palmer Lane

Contact: Kim Stanley 454-2215

**Cherryfield:** Narraguagus Estates

11:30am | Lunch (Tuesday & Thursday)

37 Estates Road

Contact: Billie-Jo Stanwood 546-4493

*Continued on next page...*

## Meals for Seniors *(continued)*

### Community Café Meals for Seniors *continued*

**Eastport Senior Center:** 853-2710

12:00pm | Lunch (Wednesday)

9 Boynton Street

Contact: Persis Mooers 853-2710

**Jonesport:** Gaelic Square Apartments

11:30am | Lunch (Tuesday and Thursday)

10 Gaelic Square

Contact: Pat Smith 598-5781

**Lubec:** Sunrise Apartments

11:30am | Lunch (Tuesday and Thursday)

5 Emery Circle

Contact: Shelly Jones 733-2948

**Machias:** Congregational Church

12pm | Lunch (3rd and 4th Tuesdays)

9 Centre Street

Contact: 255-6665

**Wesley:** Fox Hill Store

5pm | Dinner (Last Tuesday of each Month)

Route 9

Contact: Tina 255-3700

## Food Pantries

**Baileyville—Woodland Community Food Pantry:**

427-6518 | 454-9990

55 Broadway, Baileyville

1st & 4th Thursday of the month 9-11am

**Calais—Ecumenical Food Pantry:** 214-8553 | 454-3307

513 Main Street, Calais

Monday 3-5p | Thursday 10a-Noon | Friday 1p-3p (or call as needed) *Email: Irene.Chadbourne.Food.Pantry@gmail.com or*

*Facebook: Calais Food Pantry*

**Cherryfield—Weald Bethel Food Pantry:** 546-7424

36 Weald Bethel Lane, Cherryfield

Tuesday 9-Noon & 3:30p-5p | Thursday 9-Noon

*Email: gnorgaard@seacoastmission.org*



## Food Pantries (*continued*)

**Cherryfield Mobile Food Pantry** delivers to people who are house-bound or have no transportation to get to the Cherryfield food pantry. Delivery service area includes the towns between Steuben and Columbia Falls. Call Jillian at 546-5866

**Danforth Food Pantry:** 448-2611 | 448-2298

Danforth Town Hall

Open the Thursday *after* the 1st Wed. of the month 10-11am

**Eastport—Labor of Love Food Pantry:** 853-2373 | 853-0812

137 County Road (across from the airport), Eastport

2nd Tuesday 9a-11a | Saturday 10a—1pm

Emergency food: 3rd, 4th & 5th Tuesdays 9a-11a

**Indian Township Food Pantry:** 796-6134 | 796-2841

Monday—Friday 10am—2:30pm

**Jonesport Food Pantry:** 497-5985

Sawyer Memorial Congregational Church, Jonesport

Wednesday 9am-11:00am

**Lubec Food Pantry:** 733-5262

44 South Street (Lubec Community Outreach Center)

3rd Wednesday of the month 1pm-4:00pm. \*Emergency food available on request. *Email: cathy@lubecoutreach.org*

**Machias Food Pantry:** 255-6665

Centre Street Congregational Church, 7 Center Street

Mondays 2-6pm

*Email: sjbmaxwell@gmail.com or CentreStreetChurchUCC@gmail.com*

**Pleasant Point—Saint Ann's Food Pantry:** 853-2600 x239

Monday—Thursday 9:00am-3pm

*Email: lmittchell@wabanaki.com*

**Whiting Food Pantry:** 726-4722

960 US Route 1, Whiting

3rd Wednesday of the month Noon-7pm

## Health — Chronic Conditions

### **211 Maine:** Dial 2-1-1 (toll free)

This free, confidential information and referral service connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. Call, text, email, or search online database.

### **Keep Me Well:**

An easy-to-use, online resource to help Maine residents assess their risk for chronic diseases, improve their health through education, and learn more about local resources and supports. Recommended by Healthy Acadia.

### **Medline Plus:**

This online service provides a wide variety of health resources and enables visitors to search health topics, cross-reference their medicines, review educational videos, and more. Recommended by Healthy Acadia.

### **Public Health Nursing (PHN):** 287-4112 / 1-877-763-0438

Nurse Home Visiting – Nurses can provide support to patients of any age, in their home, providing health assessments, medicine management, and care coordination. This is a free service for residents of Maine.

### **Taking Action for Health:** 255-3741

Free, interactive, 18-hour workshop series that is open to anyone living with a chronic health condition, including heart disease, diabetes, cancer, obesity, arthritis, migraines, asthma, chronic pain, eating disorders, depression, and more. Caregivers are also welcome. Classes meet once weekly for six weeks. email: [angela@healthyacadia.org](mailto:angela@healthyacadia.org) for more information.

### **AIDS / HIV:**

#### **Health Equity Alliance** (*formerly DEAN*): 255-5849

HIV testing, support & resources for living with HIV/AIDS

### **ALZHEIMER'S / DEMENTIA:**

#### **Family Caregiver Services & Dementia Programs:** 941-2865 or 1-800-432-7812

This program offers information, assistance, support, referrals, and sometimes just a friendly ear to anyone...

*Continued on next page...*

## Health — Chronic Conditions

### **Family Caregiver Services & Dementia Programs cont'd**

who is providing unpaid assistance to a senior. Caregiver Resource Specialists are trained licensed social workers.

### **Savvy Caregiver Training:** 941-2865 | 1-800-432-7812

Free training workshop for family or caregivers of loved ones with dementia or Alzheimer's. Training provides family caregivers the knowledge and skills essential for successful caregiving. Training is provided over six 2hr. sessions. Materials and training are provided at no cost. Available through EAAA.

### **CANCER:**

#### **Beth C Wright Cancer Resource Center (Washington County Programs):** 664-0339

Support groups, Reiki treatments, yoga and exercise classes geared just for cancer patients, and much more. Call for class and support group schedules and locations closest to you.

#### **Cancer Patient Navigator (Healthy Acadia):** 255-3741

Downeast cancer patient navigators work directly with patients and health-care providers throughout Washington County.

Navigators can connect you to a variety of resources throughout your cancer treatment process.

#### **Downeast Hospice Cancer Support:** 726-5087 / 664-0339

Support groups for cancer patients and survivors

#### **The Joe Andruzzi Foundation:** 1-508-261-0630

The foundation provides assistance to patients of all ages throughout New England who have fallen on financial hardships as a result of a cancer diagnosis.

Email: [grants@joeandruzzifoundation.org](mailto:grants@joeandruzzifoundation.org)

#### **Yoga for Cancer:** 288-8103 or email to [cloudnine@gwi.net](mailto:cloudnine@gwi.net)

Free exercise/movement classes for seniors to maintain active lifestyles; variety of weekly exercise classes for older adults at any fitness level

### **CEREBRAL PALSY:**

#### **United Cerebral Palsy of Northeastern Maine:** 941-2885

Provides support, education, and advocacy to our members and our communities

*Continued on next page...*

## Health — Chronic Conditions

### **DIABETES:**

#### **Diabetes Prevention Lifestyle Change Program: 255-3741**

Healthy Acadia lifestyle coaches offer this program designed for preventing type 2 diabetes. Participants meet with a trained coach and a small group of people. Sessions are weekly for 6 months and then monthly for 6 months. This is free program provided by Healthy Acadia.

#### **Dining with Diabetes Down East: 255-3345**

This program complements medical care by teaching people with type 2 diabetes or pre-diabetes, and caregivers what they can do to help control blood sugar, blood pressure and cholesterol. Presented free of charge by a University of Maine Cooperative Extension registered dietitian nutritionist with support from Hannaford Supermarkets.

### **PARKINSON'S:**

#### **Fitness for Parkinson's: 288-8103**

Free exercise/movement classes for older adults with Parkinson's. Call or email for times and locations. Provided by Healthy Acadia's Graceful Aging Program and the Parkinson's Wellness Fund.

#### **Parkinson's Wellness Fund:**

The Parkinson's Wellness Fund provides individuals with Parkinson's access to the services they need to live an improved quality of life. Services are free. Must apply online. Grants are available to the caregiver as well as the individual living with

## Health Clinics & Hospitals (by Name)

#### **Arnold Memorial Medical Center: 497-5614**

70 Snare Creek Road, Jonesport (off Rte 187—Indian River Rd.)

#### **Baileyville Health Services (CRMS): 454-9361**

71 Broadway, Baileyville

#### **Calais Regional Hospital: 454-7521**

24 Hospital Lane, Calais (off of South Street)

#### **Down East Community Hospital: 255-3356**

11 Hospital Drive, Machias (off of Court Street)

## Health Clinics & Hospitals (by Name)

**East Grand Health Center:** 448-2347

201 Houlton Road, Danforth

**Eastport Healthcare:** 853-6001

30 Boynton Street, Eastport (off of Water Street)

**Family Practice Services at Reid Emery Building:** 255-4567

229 Main Street, Machias

**Harrington Family Health Center:** 483-4502

50 East Main Street, Harrington

**Health Equity Alliance** (*formerly DEAN*): 990-3626

HIV testing; help and case management services for HIV or AIDS

7 VIP Road, Machias

**Healthways – East Machias Clinic:** 255-0102

893 Main Street (Route 1), East Machias

**Healthways / Regional Medical Center at Lubec:** 733-5541

43 S. Lubec Road, Lubec

**Machias Family Practice:** 255-8290

53 Fremont Street, Machias

**Maine Family Planning:** Calais 853-8930 | Machias 402-3230

Reproductive health care services include: gynecological and

breast exams; testing and treatment of infections; pregnancy

testing; counseling; birth control methods and supplies;

abortion care; referrals for adoptions

Calais: 43 Union Street | Machias: 247 Main Street

**Milbridge Medical Center:** 546-2391

24 School Street, Milbridge (off of Route 1A)

**Passamaquoddy Health Center Indian Township:** 796-2321

401 Peter Dana Point Road, Peter Dana Point

**Pleasant Point Health Center:** 853-0711

11 Back Road, Pleasant Point

**Public Health Information Line:** 1-800-432-7846

Answers to health questions and assistance on health care for all ages

**St. Croix Regional Health Center:** 796-5503

136 Mill Street, Princeton

**VA Community Clinic:** 623-8411 x7490 / 1-877-421-8263 x7490

Primary care, telehealth services for mental health

50 Union Street, Calais

# Health Clinics & Hospitals (by TOWN)

**Baileyville** – CRMS Baileyville Health Services: 454-9361

71 Broadway, Baileyville

## **Calais**

Calais Regional Hospital: 454-7521

24 Hospital Lane, Calais (off of South Street)

Maine Family Planning: Calais 853-8930

Reproductive health care services: exams; testing and treatment; birth control; abortion care; counseling

43 Union Street, Calais

VA Community Clinic: 623-8411 x7490 / 1-877-421-8263 x7490

Primary care, telehealth services for mental health / pharmacy  
50 Union Street, Calais

**Danforth** - East Grand Health Center: 448-2347

201 Houlton Road, Danforth

**East Machias** - Healthways - Regional Medical Center: 255-0102

893 Main Street (Route 1), East Machias

**Eastport** - Eastport Healthcare: 853-6001

30 Boynton Street, Eastport (off of Water Street)

**Harrington** - Harrington Family Health Center: 483-4502

50 East Main Street, Harrington

**Indian Township** - Passamaquoddy Health Center: 796-2321

401 Peter Dana Point Road, Peter Dana Point

**Jonesport** - Arnold Memorial Medical Center: 497-5614

70 Snare Creek Road, Jonesport (off Rte 187—Indian River Rd.)

**Lubec** - Healthways - Regional Medical Center: 733-5541

43 S. Lubec Road, Lubec

## **Machias**

Down East Community Hospital: 255-3356

11 Hospital Drive, Machias (off of Court Street)

Family Practice Services at Reid Emery Building: 255-4567

229 Main Street, Machias

Health Equity Alliance (formerly DEAN): 990-3626

HIV Testing; Help & Case Management services for HIV or AIDS

7 VIP Road, Machias

Machias Family Practice: 255-8290

53 Fremont Street, Machias

## Health Clinics & Hospitals (by TOWN)

**Milbridge** - Milbridge Medical Center: 546-2391

24 School Street, Milbridge (off of Route 1A)

**Pleasant Point** - Pleasant Point Health Center: 853-0711

11 Back Road, Pleasant Point

**Princeton**- St. Croix Regional Health Center: 796-5503

136 Mill Street, Princeton

## Health — Home Care

**Calais Regional Hospital—Home Health Program: 454-7200**

CRH Home Health offers six disciplines of service. A plan for your care in the home will be developed by the Registered Nurse (RN) in coordination with your physician and other caregivers, i.e. therapists who might be involved in your care. The care team will include you and your family in the plan for care whenever possible.

**Community Health & Counseling Services: 1-800-540-3811 | 255-8311**

Home health care; hospice program

**Independent Support Services (Catholic Charities Maine):**

1-888-477-2263 / 454-0492

Serves seniors and adults with physical disabilities, especially those on a limited income. Homemaking Services include light housekeeping, grocery shopping, essential errands (banking and pharmacy, etc.), laundry, menu planning, and food preparation.

**Living Innovations: 255-3733**

In-home support to seniors, plus in-home services for adults or children with disabilities

**MAS Homecare: Calais 561-9533 | Machias 259-1645**

Homecare and support for the elderly and/or chronically ill; personal care, assistance with chores, companionship

**Public Health Nursing: 1-877-763-0438**

Nurse Home Visiting – Nurses can provide support to individuals with a medical condition that need assistance or help taking medicine.

**Sunrise County Homecare Services: 255-3344**

Visiting nurses; home health aides; physical therapy, occupational therapy, speech therapy

# Heating Assistance

*For help with electric bills, cell phones, land-lines, and other resources see the “Utilities” page of this booklet.*

## **FUEL ASSISTANCE**

**DCP (formerly WHCA):** 664-2424 extension 5908 or  
1-800-828-7544

LIHEAP and THAW fuel assistance; assistance with heating system upgrades (ECIP & CHIP). Website has online forms to view or print. Ask to speak with DCP’s “Heat Coach” for help on fuel assistance, heating your home, and making your place more fuel efficient and draft resistant.

## **EMERGENCY FUEL ASSISTANCE**

**211 Maine:** Dial 2-1-1 (toll free)

Assistance finding community resources for services including emergency fuel

**Catholic Charities:** 523-2770

Families can call for emergency assistance with fuel

**Labor of Love, Greater Eastport Ecumenical Churches Assn:**  
853-2373

Emergency fuel assistance; Salvation Army assistance

**Lubec Senior Fuel Assistance:** 733-2341 (after hours emergency  
733-2953)

Emergency assistance for 75 gallon of heating oil for residents of Lubec 60 years or older who have less than 1/4 tank and have exhausted all other resources for assistance

**Machias Food Pantry, Centre Street Church:** 255-6665  
Emergency fuel assistance; Salvation Army assistance



# Homeless & Shelter

**Homeless Shelter Locations (statewide):** 800-452-4668

**DHHS Adult Protective Department:** 1-800-624-8404

If you or someone you know is over 18 years old and at risk of being homeless contact the DHHS Adult Protective Department for emergency assistance.

**Emmaus Homeless Shelter (Ellsworth):** 667-3962

Offers temporary shelter for men and women over 18 and up to four families at a time. Other services and referrals provided to shelter guests.

**The Lamb House (Emergency Shelter Housing):**

The Lamb House provides short-term, emergency housing for families displaced by fire, weather, or other natural disaster, and is a mission project of the Cherryfield Congregational Church.  
4 River Road, Cherryfield

Contact through Facebook: The Lamb House

**Next Step DV Project – Crisis Shelter and Transitional Housing:**  
800-315-5579

Offers temporary shelter for victims of domestic violence and transitional housing for families who have left an abusive situation and are involved in Next Step's programs. Families can stay up to two years in transitional housing.

**Passamaquoddy Peaceful Relations:** 853-2600

Temporary crisis shelter for tribal victims of domestic or sexual violence

**Ruth Rogan Emergency Shelter for Calais Residents:** 214-8553  
| 214-4883

Short-term emergency shelter for Calais residents through the Irene Chadbourne Ecumenical Food Pantry

**Shelter & Support for Veterans:**

**Emergency Housing for Veterans (in Augusta):** 623-8411 x5647

For veterans and their families experiencing homelessness. This program is a shared living environment with supportive case management. The program provides stability while working towards housing. (Located in Augusta.)

## Homeless & Shelter (*continued*)

### Support for Veterans continued:

#### Transitional Housing for Veterans: 623-8411 x 4344

The *Huot House* is for homeless veterans who are in recovery, the *Career House* is for veterans focusing on establishing employment. Both programs come with supportive services.

*Both located outside of Washington County*

#### Veteran Support Services: 1-800-877-5709

For veterans at risk of homelessness: helps with rent, security deposits, utilities, and more.

## Housing & Home Repair

#### Downeast Community Partners (formerly WHCA):

1-800-828-7544

Section 8 vouchers; weatherization assistance; home repairs; heating system repair; tank and pipe repair or replacement; utility pole connection help; and more repair support services. **Please note:** many of these services require that you have a current LIHEAP application on file with DCP.

#### EZ-Fix: (From EAAA) 941-2865 / 1-800-432-7812

A fee-for-service program available to seniors over 50 and people with disabilities. For \$20 an hour, a handyman or housekeeper will come to your home and clean or make minor repairs.

#### Financial Coaching & Advice: 907-0152 or

Email: [jconnors@afsc.com](mailto:jconnors@afsc.com)

Help with financial issues such as debt help and avoiding foreclosure. Services are free to anyone in Washington County regardless of income.

#### Maine Foreclosure Prevention Hotline: 1-888-664-2569

Counseling and assistance if you are facing foreclosure

#### Maine Sea Coast Mission, Downeast Campus: 1-866-207-4010

Home repair and weatherization help.

## **Housing & Home Repair (continued)**

**Maine State Housing Authority:** 1-800-452-4668

Go online for a complete list of affordable and subsidized housing for Washington County. The list has contact information and links to websites. Many property companies have online applications.

**Maine Veterans' Project:** 1-415-553-0523

MVP assists veterans with emergency home repairs. VA processes and paperwork and many other services.

**Mano En Mano Housing:** 546-3006

Provides migrant workers who want to settle in Milbridge with affordable housing. The program operates a complex that houses up to 6 families

**Neighbor4Neighbor Senior Mini Grants:** 255-3741

Mini grants provide funds for wheelchair ramps or handrails, medical equipment (including eyeglasses, hearing aids, and dentures), and support services that can assist seniors (65 years and up) to maintain quality of life and remain independent in their homes (low income guidelines apply).

**Neighbors Helping Neighbors:** Email: [daviddowneast@gmail.com](mailto:daviddowneast@gmail.com)

Based out of East Machias, this program organizes volunteers to provide essential services to the homes of those in need of help. The services include roof repairs, wheelchair ramps, decks, painting and other repairs. They accept projects from the Columbia/Jonesport area up to the Eastport area.

**Next Step DV Project – Transitional Housing:** 1-800-315-5579

Transitional housing available for families in need who have left an abusive situation and are involved in Next Step's programs.

Families can stay up to two years in transitional housing

**USDA Rural Development:** 764-4157

Home repairs; loans, grants; home ownership assistance

**Veteran Support Services:** 1-800-877-5709

Support for veterans at risk of homelessness, including help with rent, security deposits, utilities, and more

## Legal Services

**Court Alternative Dispute Resolution Services:** 822-0719

Mediation assistance for court cases (divorce & child support)

**Immigrant Legal Advocacy Project:** 1-800-497-8505

Spanish-speaking staff available—free & low-cost legal assistance and immigration information

**KIDS LEGAL at Pine Tree Legal:** 774-8246 | 1-866-624-7787

Provides free advocacy and legal services for low-income children who are in need of special education or other disability based supports in school and students facing disciplinary issues at school. Help with IEP and 504 meetings, due process requests, and more. They also provide free consultations to community professionals working with children on these issues.

**Legal Services for the Elderly:** 538-8784 | 1-800-750-5353

Free legal help for seniors

**Maine Equal Justice Partners:** 1-866-626-7059

Help navigating MaineCare, TANF, Aspire, etc.

**Pine Tree Legal Services:** 255-8656

Free legal advice to low-income families, civil cases only (no criminal cases); help with housing issues, employment, foreclosures, protection orders, parental rights, small claims, any issues regarding income including employment problems, or problems with benefits such as SSI, SNAP, TANF. Contact the statewide phone intake anytime at 255-8656 or leave a message for Debi at the Machias office 400-3248. You can also go in-person during walk-in office hours:

Wednesdays 9am – 12pm | Thursdays 1pm – 4pm

13 Cooper Street, Machias

**Volunteer Lawyers Project:** 1-800-442-4293

Free information, brief assistance and pro bono legal representation in civil legal matters for low-income families

## Parenting / Kinship Care

### **Car Seat Safety Program: 255-0481**

Child car seats and booster seats for low-income families; free installation assistance, safety and recall info; free seat checks.

### **Maine Families: 255-0481**

Home Visitors provide support for parents, including adoption and guardianship of newborns; resources around infant care, healthy growth and development, home safety, and more.

### **Maine Kids-Kin: 1-866-298-0896**

Support services for grandparents, aunts, uncles, cousin, siblings, or other family members raising children; support groups, clothing exchange, and other support resources

## Protection Services

### **Child Protective Services (DHHS):**

State Hotline: 1-800-452-1999 Report suspected child abuse of ages 0-18.

### **Maine Adult Protective Services (DHHS):** State hotline 1-800-624-8404 To report abuse and neglect of adults over 18.

### **Next Step Domestic Violence Shelter: 1-800-315-5579**

Shelter; crisis response; legal assistance

### **Passamaquoddy Peaceful Relations: 853-2600 x265 or 266**

Support for victims of sexual assault

### **Peaceful Relations 24 Hour Hotline: 1-877-853-2613**

### **Pleasant Point Child Welfare: 853-2600**

Help for families having a difficult time meeting the needs of their children.

### **Safe Families for Children: 733-6161**

Through this alternative option for families under stress, volunteer host families provide temporary safe care for children while their parents take time to cope with stress, therapy, incarceration, or difficult situations in their lives. This arrangement is made between the parent/caregiver and Safe Families and does not involve DHHS.

### **Sexual Assault & Crisis Support - 24 Hrs. (translation services available): 1-800-871-7741**

Support for victims of sexual assault

## Senior Services

**Please Note:** This section is about services available for seniors. For information on Elder care or for Caregivers of the Elderly please visit those sections in this booklet.

**Bonebuilders: Osteoporosis Prevention and Reversal Program (at the Women's Health Resource Library in Milbridge):** 483-2376

An effective combination of weight bearing, balance, and stretching exercises. It also includes nutritional information and support for all stages of osteoporosis. Classes meet twice weekly, once for an hour with the second class having an additional quarter-hour for education. Call for more information or email WHRL.

**Community Cafes:** Provide hot nutritious meals in a community setting. More than just a place to go to enjoy a delicious meal, many cafes have Bingo games, music, and card games to make the day fun. People come to the cafes to visit with other diners and catch up on local news. Families and friends are welcome to enjoy lunch together (low-cost to no-cost for seniors). Please see the Meals for Seniors page for a list of Community Café locations in Washington County.

**DCP Rides Senior Transportation (formerly SunRides):**

664-1639 / 877-374-8396

No-cost transportation for shopping and other basic needs; handicapped accessible (for seniors age 60 or older).

Monday through Friday 8am – 5pm

**Eastern Area Agency on Aging:** 1-800-432-7812

Resource center for seniors and their caregivers including: Nutrition information and food programs; Exercise programs; Medicare drug and insurance advice; Home repair assistance; Pet food assistance and much more.

**Eastport Area Senior Citizens Center:** 853-2364

Provides socialization, informative presentations and guest speakers, blood pressure clinics, potluck lunches, exercise/balance classes — for anyone in Washington County 55 years plus. Call for program times

9 Boynton Street, Eastport

## Senior Services (*continued*)

### **Elder Services Navigator (DCP):** Machias 610-9432

Support for seniors: The Elder Services Navigator works with seniors and/or their caregivers to help find resources and connect them with services & supports. No fees, and MaineCare is not required.

### **EZ-Fix:** 941-2865 / 1-800-432-7812

A fee-for-service program available to seniors over 50 and people with disabilities. For \$20 an hour, a handyman or housekeeper will come to your home and clean or make minor repairs.

### **Family Caregiver Support Services—Elder Services:**

1-800-262-2232 Programs, resources and support groups

### **Free Financial Coaching & Advice:** 907-0152

Made available through the Consumer Financial Protection Bureau, meet with a financial coach on issues from debt help, to starting up a business, to retirement planning. Services are free to anyone in Washington County regardless of income. Call or email: [jconnors@afsc.com](mailto:jconnors@afsc.com).

### **Graceful Ageing Programs (through Healthy Acadia):** 288-8103

or [cloudnine@gwi.net](mailto:cloudnine@gwi.net)

Free exercise/movement classes for seniors to maintain active lifestyles. The program will feature a variety of free weekly exercise classes for older adults at any fitness level. Classes include: Chair Yoga, Tai Chi for Health, Meditation, Fitness for Parkinson's, Yoga for Cancer. Call or email for times and locations.

### **Independent Support Services (through Catholic Charities**

**Maine):** 1-888-477-2263 / 454-0492

For seniors and adults with physical disabilities, especially those on a limited income—Homemaking Services include light housekeeping, grocery shopping, essential errands (such as banking and pharmacy), laundry, menu planning, and food preparation.

### **Legal Services for the Elderly:** 538-8784 / 1-800-750-5353

Free Legal help for seniors. Must be a resident of Maine 60 years or older, and low income guidelines may apply.

### **Maine Seacoast Mission:** 546-4466

Community resources for seniors in the Milbridge/Cherryfield and surrounding area including a Senior Companion Program. They also host free meals and events for seniors ... (*cont'd*)

## Senior Services (*continued*)

### **Maine Seacoast Mission** (*continued*)

the Senior Café, and Table of Plenty. The Mission also houses a food pantry and has a van that can deliver food pantry items to homebound seniors. Email at [info@seacoastmission.org](mailto:info@seacoastmission.org)

### **Maine Senior Guide** (online only at [MaineSeniorGuide.com](http://MaineSeniorGuide.com))

A comprehensive web resource about all things senior. The guide covers any topic of interest to Maine's older residents, their caregivers, and families.

### **Neighbor 4 Neighbor Senior Mini Grants:** 255-3741

Mini grants provide funds for wheelchair ramps or handrails, medical equipment (including eyeglasses, hearing aids, and dentures) and support services that can assist seniors (65 years and up) to maintain quality of life and remain independent in their homes (low income guidelines apply).

### **Resource Advocates Program:** 598-5648

Support for people who need help tackling an issue such as filling out paperwork, filing documents, organizing finances, understanding healthcare paperwork, or finding resources. The Resource Advocate can come to your home and help you figure out a plan and see it through. Free service – no age restrictions.

### **Senior Companion Program:** 255-3345 | 262-7915

Offered through the Washington County Cooperative Extension, this program arranges for senior volunteers to visit and offer assistance and friendship to homebound elders. To volunteer or to sign up for a companion call the number above.

### **Sunrise Senior College** (UMM Campus): 255-1384

Learn for fun, with no tests, papers, or grades, no prior college education is required. SSC provides a curriculum of intellectually stimulating programs, practical knowledge, social interaction, and special activities. Ages 50 and up. Some courses are free to the public, some require low fees. Call for more information.

### **Thriving in Place (TiP):** (Online at [cccmaine.org](http://cccmaine.org))

A collaborative initiative of service providers and support agencies working to implement a responsive plan for elders and others with chronic health issues to safely remain home for as long as possible. Free workshops and health fairs offered. Check the TiP Training Calendar online for upcoming events.



## Spanish Language

**Catholic Charities Refugee & Immigration Services:** 523-2700

Spanish speaking staff and interpreter services available

**Domestic Violence Hotline (with interpreter services):**

1-866-834-4357

**Essential Communications:** 263-7216

Maria Griggs, interpreter and translator (fees apply)

**Harrington Family Health Center:** 483-4502

Staff medical providers that speak Spanish

**Immigrant Legal Advocacy Project:** 800-497-8505

Spanish speaking staff available—free & low-cost legal assistance and immigration information

**Interpreter Directory (211 Maine):** dial 2-1-1

Directory of qualified freelance interpreters includes providers who speak over 50 languages. If you need assistance finding an interpreter, please dial **2-1-1** and a Call Specialist will search the database for you.

**Maine Migrant Health Program:** 1-888-351-9634

Assisting migrant families to access healthcare services

**Maine Service Advocates in Foreign Languages:** 314-4214

Assisting immigrant families in overcoming barriers

**Mano En Mano:** 546-3006

Educational services & scholarships; English classes; translation assistance; assistance with affordable housing; access to essential services for Spanish speakers including legal assistance, advocacy, and social services

**Migrant Farmworker Hotline:** 1-888-307-9800

**Migrant & Seasonal Farmworker Directory:** 1-888-457-8883

Directory of resources in Washington County, available through the Career Center

**National Migrant Education Hotline:** 1-800-234-8848

Assistance with school enrollment, education or referrals, and other services

## Special Needs

### **Providers Serving Washington County:**

**Addison Point Agency:** 483-6500

Programs for adults w/ intellectual and developmental disabilities

**Family Respite Program (through NAMI Maine):** 1-800-464-5767

Assists families by providing a much-needed break in the responsibility of caring for a child with significant developmental delays and behavioral or emotional disorders.

**Financial Assistance to Purchase Services and Adaptive Equipment:**

1-800-640-7200 This grant program (Title 7, Part B) through Alpha One in Maine offers financial assistance to help consumers with disabilities address: Self-care; mobility and home accessibility; communication; learning difficulties, and more. Funds are available to purchase services and adaptive equipment such as hand controls or lifts for vehicles, ramps, roll-in showers, hearing aids, TTYs, or flashing alarms or signals.

**Independent Support Services (through Catholic Charities Maine):**

1-888-477-2263 / 454-0492

Serves seniors and adults with physical disabilities, especially those on a limited income. Homemaking Services include light housekeeping, grocery shopping, essential errands, laundry, menu planning, and food preparation.

**Lean On Me:** 598-8066

Support group for parents with special needs children of all ages and diagnoses, focusing on advocating for your child. (Meets in Milbridge) Email: stephanie\_moores@yahoo.com

**Living Innovations:** 255-3733

Case management services for adults with disabilities; in-home support for seniors

**Maine Division for the Blind and Visually Impaired:** 561-4000 | 1-888-545-8811

Comprehensive services for visually impaired and blind individuals of all ages.

**Sunrise Opportunities:** 1-800-255-3124

Home care, day programs, shared living for adults with mental illness and intellectual disabilities

## **Special Needs (continued)**

### **Maine Providers (Outside of Washington County):**

**C.A.R.E.S. Inc.:** 377-7055 / 1-800-773-7055

Advocacy, case management, and assistive technology for Maine's citizens with disabilities

Email: [kathy.despres@caresinc.org](mailto:kathy.despres@caresinc.org)

**Disability Rights Center of Maine:** 1-800-452-1948

Services include: Information and Referral; Individual Advocacy; Legal Representation; Education and Training.

**Family Respite Program (through NAMI Maine):** 1-800-464-5767

NAMI Maine Family Respite exists to assist families by providing a much-needed break in the responsibility of caring for a child with significant delays and behavioral or emotional disorders. Through a certified provider network, trained staff are available to care for children with special needs so that their caregivers can get a break.

**Hear ME Now:** 781-7199

Hear ME now is a listening and spoken language specialty program serving parents, educators, medical professionals, hearing professionals, children, and adults with hearing loss.

**Learning Disabilities Association of Maine:** email: [info@ldame.org](mailto:info@ldame.org)

Offers comprehensive services for visually impaired and blind individuals of all ages including: assistance and education services for children; independent living services for adults; And financial services.

**Maine Down Syndrome Network:** 1-866-571-2223

Non-profit organization providing support, education, and advocacy to our members and our communities

**Maine Fragile X Resource Group:** 657-2395

Provides educational and emotional support for those affected by Fragile X, promotes public and professional awareness, and supports research toward improved treatments and a cure for Fragile X Syndrome.

Email: [mainefragilex@yahoo.com](mailto:mainefragilex@yahoo.com)

**United Cerebral Palsy of Northeastern Maine:** 941-2885

Provides support, education, and advocacy to members and communities.

## Substance Use (for Individuals & their families)

*For substance counseling services we have listed several agency providers below. For more providers and a list of individual counselors please see the “**Counseling: Mental & Behavioral Health**” section of this booklet.*

### EMERGENCY RECOVERY SUPPORT PROGRAMS

#### **Out-patient Detox:**

**Down East Community Hospital** — Machias: If you have an opioid use disorder and want to start recovery with medication assisted treatment immediately, you can go to the Emergency Dept. They will assess your withdrawal symptoms, provide detox comfort medication and help enroll you in an MAT Suboxone program within 24 hours.

**Eastport Health Care** — Eastport 853-6001 | Machias: 255-3400  
Contact one of their offices and they will set you up with an outpatient detox care packet, connect you with recovery support counseling and enroll you in an MAT Suboxone program.

#### **In-patient Detox:**

##### **Downeast Project HOPE:**

If you want to enter a recovery program immediately for opioid or heroin use, you can go to one of the Project HOPE locations. The program will team you with a trained volunteer who will guide you through the process to begin detox and recovery, including the option of an accelerated placement in rehabilitation and treatment programs. Locations are based on days of the week: Mondays (Pleasant Point Police Dept.), Tuesdays (Ellsworth Police Dept.), Wednesdays (Machias Sheriffs Dept.), Thursdays (Baileyville Police Dept.).

*(Note: This process may takes several hours as they work to find an available facility, you may need to travel out of state. Travel assistance will be available.)*

**AA—Alcoholics Anonymous:** 1-800-737-6237

See the **Support Groups** page in this booklet for details

**Alanon:** 1-800-498-1844

Call for day, time and location of local meetings.

## Substance Use (*continued*)

**AMHC:** Calais 454-0775 | Machias 255-0996

***Intensive Outpatient Recovery Program (\$)*** Program is available in both locations. Individuals in this program meet with a counselor 3 days a week for 3 hours each session for several weeks.

There is a small fee per session if you do not have insurance. This program is open to anyone with a substance use disorder.

**Arise Addiction Recovery – Residential Treatment:** Machias 1-856-812-7729 Nine-month residential addiction recovery program; commitment fee required to enter the treatment program; faith-based program for recovery through hard work and bible study.

**Arise Support Groups:** Support groups for substance users are held weekly. Childcare is provided at every meeting. See the ***Support Groups*** page in this booklet for dates, times & locations.

**Calais Behavioral Health Center:** Calais 454-3022

Substance counseling for individuals & families

**Circle of Hope Support Group:** Machias 255-3400

Support group for relatives & loved ones affected by opiate addiction

**Downeast Recovery Support Center:** 259-6238

A safe place to get support from peers during recovery. Resources, mentoring, education and support to others affected by a loved one's drug use.

11 Free Street, Machias

**Discovery House:** Calais 454-1300

Medication-assisted recovery for maintenance and long-term detox including: Methadone, Buprenorphene, Suboxone and Vivitrol; substance counseling and group counseling

**East Grand Health Center:** Danforth 448-2347

Substance use counseling; mental health counseling

**Eastport Health—Behavioral Health Center:** Calais 454-3022 & Machias 255-3400

Alcohol and substance use counseling; counseling for families of substance users; support groups

**Groups - Recover Together:** Calais / Machias 1-800-683-8313

Low-cost program for opioid addiction provides medication-assisted recovery (Suboxone), plus 24/7 support and counseling

***Continued next page...***

## **Substance Use (continued)**

### **Groups - Continued**

Medication is free for those with health insurance or MaineCare, and about (\$50-\$60) for people without insurance.

**Health Affiliates of Maine:** 1-877-888-4304

Therapy services for substances and addiction, DEEP counseling

**Healthways - Regional Medical Center:** Lubec 733-1090 & Machias 255-0102

Drug replacement therapy; substance treatment and counseling

**Machias Behavioral Health Center:** 255-3400

Substance counseling for individuals & families

**NA—Narcotics Anonymous:** 1-800-974-0062

Info on day, time, and location of local meetings

**Naloxone Kits (Free – through the Health Equity Alliance)**

Free Naloxone kit (includes 2 doses) available to users or their families

**Needle Exchange (through the Health Equity Alliance):** 255-5849

Needle exchange on Tuesdays 3p – 6p and Fridays 10a – 1p

Machias office: 7 VIP Road

**Open Door Recovery Center (in Ellsworth):** 667-3210

Addiction and mental health outpatient treatment programs and support groups; 8 Old Mill Road, Ellsworth

**Pleasant Point Health Center:** 853-0644 x264

Substance counseling, DEEP Program, Mind Body Therapy, Neurofeedback, Acudetox

**The QuitLink (Tobacco):** 1-800-207-1230 or sign up online

This website has checklists and tools you can use to help you quit. When you are ready you can call the hotline or you can register on this site and someone will call you.

**Quit ME (Tobacco, Alcohol or other Substances):**

Information, support, counseling, and can cover the cost of nicotine patches, gum or lozenges for up to 8 weeks.

**Reflections:** Calais 454-1491 / Machias 255-0001

Group therapy and family counseling

**St. Croix Regional Health Center:** Princeton 796-5503

Substance use counseling for individuals, and families of users

**Vogl Behavioral Health Center:** Eastport 853-6001

Substance counseling for individuals and families.

## Support Groups

### **ADDICTION / SUBSTANCES SUPPORT:**

#### **Alcoholics Anonymous (AA): 1-800-737-6237**

Beals | Saturdays 7:00p

Community of Christ Church, 50 Church Street

Columbia | Wednesdays 7:00p

Faith Methodist Church, 444 US Route 1

Columbia | Thursdays 7:00p

Faith Methodist Church, 444 US Route 1

Dennysville | Saturdays 6:00p

Housing Community Room, 200 Shipyard Rd

Lubec | Thursdays 7:00p

Regional Medical Center, 43 S. Lubec Road

Machias | Sundays 7:30p

Community of Christ Church, 54 North Street

Machias | Mondays 7:30p

Centre St. Congregational Church, 9 Centre St

Machias | Tuesdays 7:30p

St. Aidan's Church, 72 Dublin Street

Machias | Thursdays 6:00p

MacBride Building at Down East Commtty Hosp.

Machias | Fridays 7:30p

Community of Christ Church, 54 North Street

Machias | Saturdays 10:00am

St. Aidan's Church, 72 Dublin Street

Milbridge | Mondays 7:00p

Congregational Church, 10 Bridge Street

Pembroke | Sundays 7:30p

Grace Chapel, Leighton Point Road

Whiting | Mondays 7:00p

Cobscook Friend Meeting House, Route 189

#### **Alcoholics Anonymous for Women only: 255-3243 or 271-8533**

Machias | Saturdays 10a-11:00a

St. Aidan's Church, 72 Dublin Street

#### **Al-anon: 733-2068 / 1-800-498-1844**

For friends and family of alcohol users;

Lubec | Wednesdays 7pm

West Lubec Methodist Church, Route 189

## Support Groups (*continued*)

### **Arise Addiction Recovery Support Groups:**

Support groups for substance users; childcare provided  
Machias | Mondays 7p (Christian Fellowship, 3 Davis Road)  
Calais | Tuesdays 7p (The Refuge, 295 North Street)  
Lubec | Fridays 7p (Sunrise Apartments)

### **Circle of Hope Support Group:** 255-3400

Support group for friends and family of opiate users  
Machias | Call for current dates 6p-7p (53 Fremont Street)

### **First Light Substance Awareness (Facebook group):**

Facebook page aims to educate, support, and provide programs and resources to Lubec area youth and their families

### **Narcotics Anonymous (NA):** 271-8670

Machias | Wednesdays 7p-8p (St. Aidan's Church, 72 Dublin St.)

### **Quit ME (tobacco, alcohol or other substances):**

Tobacco: 1-800-807-1230

Alcohol or other Substances: 1-866-811-5695

Call help lines or submit an online referral for help. This service offers a no-pressure approach. Whether you are ready to quit or just thinking about quitting different levels of information, support, or counseling are available.

## **AIDS/HIV SUPPORT:**

### **Health Equity Alliance (*formerly DEAN*):** 255-5849

HIV testing, support and resources for living with HIV/AIDS

## **CANCER SUPPORT:**

### **Breast Cancer Support:** 454-0501 / 952-2050

Open to all that have a breast cancer diagnosis.

Calais | 4th Friday of month 3p

at Calais United Methodist Church, 849 Main Street

### **Downeast Hospice Cancer Support:** 726-5087 / 664-0339

Eastport | 3rd Thursday of month 1p—2:30p

at Eastport Medical Center, 30 Boynton Street

Harrington | 4th Thursday of month 1p—2:30p

at Harrington Health Center, Route 1

Lubec | 1st Friday of month 1p—2:30p



## Support Groups (*continued*)

### **CAREGIVER SUPPORT:**

**Caregiver Support Group:** Email: lking@mainevets.org

For caregivers of family or friends, and for hospice workers  
Machias | 1st Friday of the month 2:00 – 4:00p (at Machias  
Veteran’s Home)

### **DOMESTIC ABUSE & TRAUMA SUPPORT:**

**Next Step DV Women’s Support Groups:** 1-800-315-5579

Machias | Tuesdays 12 noon (call for location information)

Calais | Tuesdays 5p—6p (call for location information)

**Downeast Sexual Assault Services:** 1-800-871-7741 (24/7)

Offers support group services to assist victims of sexual assault  
and their significant others. Support group services are  
confidential. Call for dates, times, and location information.

**The Maine Coalition Against Sexual Assault (MeCASA):** 1-800-871-

7741 This is a toll-free, statewide sexual assault hotline provid-  
ing 24-hour support to victims and families

### **GRIEF / LOSS SUPPORT:**

**Grief Support Group:** 454-3141 or 454-0407

Drop-in occasionally or come each session, the support group is  
for anyone struggling with loss or grief. Different grief topics  
and strategies will be addressed each session as well as coping  
techniques.

Calais | 1st & 3rd Thursdays, 6—8p (Calais United Methodist  
Church, 849 Main Street, Calais)

### **MENTAL ILLNESS SUPPORT:**

**NAMI/Maine:** 726-0608 or 263-7889

Provides safe places to share stories about struggles and success-  
es with mental illness or co-occurring substance use.

Machias | 1st Wed. of month (Kay Parker Bldg, Hadley Lake Rd.)

*Support Groups—continued on next page...*

## **Support Groups (continued)**

### **PARENTING SUPPORT:**

#### **Circle of Parents (Parenting a Child with Special Needs): 263-5270**

A supportive, parent led group to talk about caring for children with special needs. Childcare is provided.

Pembroke Elementary School | 1st Monday of month 3p—4:40p

#### **Foster/Adoptive Parenting Group: 1-800-833-9786**

For foster, grandparents, and relatives raising children; childcare is provided

Machias | 1st Friday of month 5:30p—7p

#### **Foster/Kinship and Adoptive Families Support Group: 271-3201**

Machias | 2nd Tuesday of month 6:30pm (Dunkin Donuts, no children under 1 years old)

#### **Lean On Me: 598-8066**

Support group for parents with special needs children of all ages and diagnoses; focusing on advocating for your child

Milbridge | 1st Tuesday of month 6:30pm (Women's Health Resource Library)

#### **Parents of Sexually Abused Children: 1-866-871-7741**

24 hour hotline for support services

### **VETERAN'S SUPPORT:**

#### **Combat Veteran's Support Group: 255-6535**

Machias | Mondays 9—10:30a

**Visit our website for more listings, information,  
and live links:**

**[www.WCresourceguide.org](http://www.WCresourceguide.org)**

## Transportation

### **Car Seat Safety Program (Maine Families): 255-0481**

Child car seats and booster seats for low-income families; installation assistance, safety information, seat checks, and free trainings available for agencies, companies, groups, or individuals; online resource library

### **DCP Transportation (formerly SunRides): 546-7547 / 877-374-8396**

No cost roundtrip transportation for seniors (age 60+) for local shopping, banking, errands, even visiting friends; handicapped accessible. (48 hours advanced scheduling is advised).

Machias: Mondays - Wednesdays (9:30a - 1:30p)

Cherryfield/Milbridge/Harrington: Wednesdays (8:00a - 5:00p)

Eastport/Perry/Pleasant Pt/Pembroke: Fridays (10:45a - 1:15p)

### **Dept. of Health & Human Svcs (DHHS): 800-432-7846**

Fund to help with transportation for non-medical needs like shopping, non-medical appointments; submit the DHHS-R Low Income Eligibility Application to qualify; transportation arrangements made through calling DCP (listed below)

### **Downeast Community Partners (formerly WHCA): 1-855-608-5176**

DCP uses Logisticare to provide transportation for MaineCare recipients for medical appointments and "friends and family" driver reimbursement. Call in advance to schedule a pick-up. If you are not a MaineCare recipient, but need help arranging non-emergency medical transportation, please call DCP at 1-877-374-8396 OR 664-0012 OR 546-7547 to determine eligibility for other transportation services.

### **Logisticare - Free Transportation to and from Medical Appointments: 1-855-608-5176**

Call in advance to schedule transportation to/from medical appointments. Advance notice is needed when transporting children as vehicle needs to have car seats or room for car seats if caregiver brings their own.

### **Logisticare - Mileage Reimbursement for Maine Care Covered Doctor's Visits: 1-855-608-5175**

Reimbursement for pre-approved doctor's visits is .38 cents a mile. Contact Logisticare in advance to make arrangements.

## Transportation (continued)

### **Transportation Assistance for Veterans: 255-8665**

Limited transportation assistance for veterans from the American Legion Post #9 in Machias

### **West's Transportation (\$): 1-800-596-2823**

Bus service from Calais to Bangor and points in-between; operates 7 days a week

## Utilities

### **CELL PHONE ASSISTANCE**

#### **SafeLink Wireless "Lifeline Service": 1-800-723-3546**

SafeLink is a government supported program that provides a free cell phone and airtime each month to income-eligible customers. Apply online or over the phone.

### **ELECTRIC BILL ASSISTANCE**

#### **New! Earn up to \$300 in credit toward your energy bill: 598-5648**

Sign up for the Energy Goal program, for each completed program earn \$50 in credit toward your energy bill. Complete all 6 programs to earn \$300 in credit. Contact Downeast Community Partners and ask for their **Resource Advocate** to get signed up.

#### **AMP Program:**

If you owe more than \$500 on back bills to your electric company, this program can help wipe out what you owe. The AMP program can also work with you to see if there are some free or cheap ways to reduce how much electricity you use. You must be enrolled in LIHEAP **before** you can apply for AMP.

*Continued next page....*

### FUEL ASSISTANCE

**DCP (formerly WHCA):** 1-800-828-7544

Provides LIHEAP and THAW fuel assistance and assistance with heating system upgrades (ECIP & CHIP). Website has online forms to view or print. Ask to speak with DCP's "Heat Coach" for help on fuel assistance, heating your home, and making your place more fuel efficient and draft resistant.

### EMERGENCY FUEL ASSISTANCE

*For help with emergency fuel see the "Heating Assistance" page in this booklet.*

### LAND-LINE PHONE ASSISTANCE

**Fairpoint Lifeline Program:** 1-866-984-2001

Offers a reduced internet (\$9.25/month) and land-line phone (\$15.01/month) costs for low income families. 911 physical mailing address is required to set up account (not a PO box). A one-time set-up fee of about \$30 may also be required. Call for more information.

### REFRIGERATOR REPLACEMENT PROGRAM

**For low income residents with energy inefficient refrigerators:**  
1-800-828-7544

When you apply for LIHEAP, you are automatically considered for the Appliance Replacement Program and other assistance. Contact Downeast Community Partners (formerly WHCA) for a LIHEAP application or to inquire about your eligibility for appliance replacement.

# Veterans' Support

**Veteran's Crisis Hotline:** 1-800-273-8255, Press 1  
Confidential help for veterans and their families

**Disabled Veterans Outreach Program** (through the Career Center):  
Machias 255-1920 | Calais 454-7551  
Program Specialists are there to counsel veterans in all aspects of job search and career development.

**Emergency Housing (Augusta): 623-8411 x5647**

For veterans and their families experiencing homelessness. This program is a shared living environment with supportive case management. The program provides stability while working towards housing. Located in Augusta.

**Health Affiliates of Maine:** 1-877-888-4304

Free counseling services for Maine National Guard members who do not have health insurance. Active members who are without insurance, have co-pays or cannot find a provider of their insurance in their area are eligible.

**Homelessness Intervention Assistance for Veterans (Preble Street):** 899-9184 or 1-800-877-5709

Provides case management for veterans who are without housing, in danger of eviction, or in need of temporary shelter. In addition to finding temporary solutions, they will work with those in crisis over a period of time to help them stabilize their lives. Some eligibility requirements may apply.

**INTERNITY:** 619-1413

Connects veterans who are survivors of sexual assault or other trauma with PTSD resources:

**Operation 22:** a program designed to fill the gap between hot-line assistance and medical / psychological help.

**Pets 4 Vets:** a program through INTERNITY which matches rescue dogs with veterans.

**Sexual Assault Survivor Advocates (SASA):** Advocates work with survivors as they experience difficulties and barriers in their

*Continued next page....*

## Veterans' Support (continued)

### **SASA continued:**

communities. Working side-by-side with veterans, they match resources to needs, and help veterans regain their voices.

**Sexual Assault First Responders (SAFR):** Many times, survivors wait years to get help. INTERNITY knows the proper processes and connections to get help, even if it is years after the assault.

### **Maine Military & Community Network:** 561-4058 (Machias)

Resources and help finding support services for veterans and their families.

### **Maine Veterans' Project:** 415-553-0523

Dedicated to suicide prevention, MVP is creating a retreat for at-risk veterans. MVP also assists with emergency home repairs, VA processes and paperwork, and many other services.

### **Maine Veterans' Services:** 255-3306

Learn about benefits you may qualify for, apply for Vet ID discount card, Choice card, info on disability and benefits, and more.

Monday—Friday 7:30am—4:00p

7 Court Street , Machias

### **Temporary Financial Assistance for Veterans:** 1-800-877-5709

Assistance with utilities, rent, child care, transportation, and security deposits for income eligible veterans

### **Transitional Housing for Veterans:** 623-8411 x 4344

Housing for homeless veterans who are in recovery. Veterans *Career House* is shared living with emphasis on establishing employment. The *Hout House* offers single unit apartments with the focus on maintaining recovery. Both programs come with supportive services.

### **Transportation Assistance for Veterans:** 255-8665

Limited transportation assistance for veterans from the American Legion Post #9 in Machias

### **US Dept. of Veterans Affairs:** 947-3391

Readjustment counseling and referral services for veterans and their families

***Veterans' Support continued next page....***

## Veterans' Support (*continued*)

**VA Community Clinic – Calais:** 623-8411 x7490 / 1-877-421-8263  
x7490

Services Provided: primary care, telehealth services for mental health / pharmacy / dermatology / retinal imaging / wound care.  
50 Union Street, Calais

**VeteranAid.org:** 1-866-584-7191

This website focuses on an often overlooked benefit called *Aid and Attendance* that is offered by the Veterans Administration. This benefit allows veterans and spouses of veterans who require the regular attendance of another person to assist in bathing, eating, dressing, etc. to receive additional monetary benefits. It also includes those who are blind or a patient in a nursing home because of mental or physical incapacity.

**Veterans Count** (A Program of Easter Seals of Maine): 828-0754

Their mission is to provide critical and timely financial assistance and services when no other resource is available to veterans, service members, and their families to ensure their dignity, health and overall well being.

## Women's Health

**Arnold Memorial Medical Center:** 497-5614

Obstetrics and gynecology; women's health  
70 Snare Creek, Jonesport

**East Grand Health Center:** 448-2347

Gynecological exams  
201 Houlton Road, Danforth

**Eastport Health Care:** 853-6001

Gynecological exams  
30 Boynton Street, Eastport (off of Water Street)

**Milbridge Medical Center:** 546-2391

Obstetrics and gynecology; focused women's health services  
24 School Street, Milbridge



## **Women's Health (continued)**

**Passamaquoddy Health Center Indian Township:** 796-2321

Women's healthcare  
401 Peter Dana Point Road

**Pleasant Point Health Center:** 853-0711

Women's health services  
11 Back Road, Pleasant Point

**St. Croix Regional Health Center:** 796-5503

Women's health services  
136 Mill Street, Princeton

**Whiting Bay Family Medicine/Dr. Julia Arnold:** 733-2900

Women's health services  
125 US Route 1, Whiting

**Women's Health Center (at DECH):** 255-0400

Comprehensive general and specialized gynecological and obstetric services including: exams; testing; treatment; surgeries; HRT and more  
On the Down East Community Hospital campus, 11 Hospital Drive, Machias

**Women's Health Resource Library:** 546-7677

Programs and activities: yoga classes, bone care exercise, diabetes support group, and more  
School Street, Milbridge

# How to Contact Your Representatives

## United States:

### **Senator: Angus S. King, Jr.** (Independent)

133 Hart Senate Office Building, Washington, DC 20510

Phone: (202) 224-5344 | Email: [www.king.senate.gov/contact](http://www.king.senate.gov/contact)

### **Senator: Susan M. Collins** (Republican)

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For more resources across the state of Maine call 211 or go online to **[www.211maine.org](http://www.211maine.org)**

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