



AWWC DIRECTORY OF SERVICES FOR SENIORS

EMERGENCY NUMBERS

DIAL 911 FOR ALL URGENT EMERGENCIES

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

Domestic Violence Hotline (24 hrs.)	1-800-863-9909
Suicide Prevention Lifeline (24 hrs.)	1-800-273-8255
Poison Control Center (24 hrs.)	1-800-222-1222
Sexual Assault Crisis Ctr. (24 hrs.)	1-800-871-7741

CLOTHING

Goodwill Store and Donation Center, Belfast.....338-8363

DENTAL

Bucksport Regional Dental Center902-1100

Maine Care accepted, sliding fees for uninsured

Donated Dental Services Program ...800 205-5615/620-8276

Augusta Free dental care to elderly and disabled

Senior-Dent, Belfast.....800-639-1553

Dental services for low-income, age 62+

Waldo County Dental Care.....338-3368

Dental care for all ages

EDUCATION

Belfast Adult & Community Education338-3197

Education for adults

Senior College, Belfast338-8033

College courses for age 50+

Literacy Volunteers of Waldo County.....338-3197

Reading, math, computers, English language

ELDERLY SUPPORT SERVICES

Alpha One Center for Independent Living Bangor .941-6553

Central Maine Area Agency on Aging.....800-639-1553

Waldo Community Center930-8081

MaineCare/Medicaid, Rockland800-432-7802

Health insurance for income-eligible

New Hope for Women.....1-800-522-3304

Domestic violence services (Waldo, Knox, Lincoln Counties)

Office of Elder Services.....1-800-624-8404

Various services, and for reporting abuse

Senior Companion Program1-800-287-0274

Visits to homebound seniors

Spectrum Generations, Belfast338-1190

Care-giving and aging assistance

Respite and Adult Day Care Program

Medicare Education

Waldo County TRIAD, Belfast338-2040

Waldo County Communications Center338-2040

Non-emergency support and "Friendly Callers Program"

Wanderers Program, Belfast Police Dept338-5255

EXERCISE/Activities

Journey to Health301-3950

YMCA Waldo County338-4598

HeartSong (Singing group)338-3080

Dance Studio (Chair Yoga).....338-5380

Point Lookout.....230-4208

Stretch Around-St Margaret's Episcopal Church.....338-0842

FINANCIAL ASSISTANCE

Bankruptcy Lawyers1-800-425-0540

Legal assistance for bankruptcy

Bureau of Consumer Credit Protection1-800-436-2131

Financial and credit information

Care Partners Financial Assistance1-877-626-1684

Waldo County General Hospital338-2500

Seaport Family Practice.....338-6900

Tax Help-YMCA338-4598

FOOD

Food Cupboards/Soup Kitchens

Belfast Soup Kitchen338-4845

BCR Youth Program-Game Loft338-6447

Belfast Senior Center-Tuesdays1-603-498-9317

Greater Bay Area Ministerial Food Cupboard218-1213

Little River Baptist Church, Belfast338-4843

No Greater Love Food Pantry299-2093

The Birches930-3681

Waldo County YMCA338-4598

W.I.C338-1267

AMVETS Memorial Post #150, Liberty589-4218

Jackson Food Pantry722-3205

Neighbors Cupboard, Winterport223-5726

Northport Food Pantry338-2868

Palermo Food Pantry993-2225/441-6447

Searsport Methodist Church Food Cupboard548-6204

Unity Soup Kitchen948-6232

Waldo County Bounty948-9005

Winterport Neighbors Food Cupboard223-9951/223-4005

Food Stamps, Rockland1-800-432-7802

Financial assistance for groceries

Meals on Wheels, Spectrum Generations338-1190

Hot meals delivered to individuals age 60+

Kindness Program407-694-8733

Homemade Meals delivered to Elderly, Shut-ins, etc

HEALTH CENTERS

Arthur Jewell Community Health Center, *Brooks*.....722-3488

Donald S. Walker Health Center, *Liberty*589-4509

Elder Abuse Institute of Maine207-805-3708

Home Care & Hospice.....1 800 660-4867/930-2677

Lincolnton Regional Health Center, *Lincolnton*236-4851

Hospice Volunteers of Waldo County930-2677

Maine Care at Home800-660-4867

Maine Alzheimer's Assoc.....800-272-3900

Maine State Office for Hearing Issues866 690-5585,TTY 711

New Horizons Health Care, *Unity*.....948-2100

Pen Bay Hospital, *Rockport*.....921-8000

Practice at Biscone Bldg., *Belfast*.....338-9344

Walk-In Clinic at Biscone Building505-4567

Seaport Community Health Center (PCHC) Belfast338-6900

Walk-in Clinic (7-7, M-F; 9-4, Sat-Sun)

Searsport Health Center548-2432

Stockton Springs Regional Health Center567-4000

Waldo County Home Health & Hospice, Belfast.....338-2268

Winterport Health Center (PCHC)223-0965

Walk-in Clinic (7-7, M-F; 9-4, Sat-Sun)

Public Health Nursing, Belfast.....338-3368/505-4950

Waldo County General Hospital, Belfast.....338-2500



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LEGAL SERVICES

Maine Legal Services for the Elderly	207-621-0087
Augusta -Legal services for adults age 60+	
Pine Tree Legal, Bangor	942-8241
Free legal services for low-income residents	
Waldo County Registry Probate	338-2780
Wills, adoptions, appointment of personal representatives	

LIBRARIES

Alice L. Pendleton Library, Islesboro	734-2218
Belfast Free Library	338-3884
Carver Memorial Library, Searsport	548-2303
Dorothy W Quimby Library, Unity	509-7179
Liberty Library	589-3161
Lincolnville Community Library	706-3896
Monroe Community Library	525-3515
Palermo Community Library	993-6088
Searsmont Town Library	342-5549
Stockton Springs Community Library	567-4147
Waldo Peirce Reading Room, Frankfort	223-4438
Winterport Memorial Library	223-5540

PHARMACIES

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

HOUSING/WEATHERIZING/OTHER

Efficiency Maine	866-376-2463
Rebate, loan, financing programs for home energy systems	
MaineHousing Home Repair Program	930-6809 x 511
Funding to low-income homeowners for basic home repairs	
Subsidized Housing Information, Waldo County	
To receive a list of subsidized housing	338-6809
WCAP Weatherization, Belfast	338-6809
Home weatherization for low-income families	
Waldo County Masons' Elder Outreach	207-218-0207
Minor home repairs	
Window Dressers	596-3073
Insulated window inserts	

TRANSPORTATION

Bay Taxi	338-1993
Concord Bus	800-639-3317
Downeaster Train	800-872-7245
Downtown Area Shuttle Bus (DASH), Belfast	338-4769
Schooner Bay Taxi	594-5000
Midcoastal Public Transportation Program, Belfast	
Rides for a small fee, other benefits	800-439-7865
Gift of a Lift (GOAL)	218-0207, ext 3
Rides by volunteer drivers, free serving Waldo County	

UTILITIES/FUEL

Efficiency Maine	866-376-2463
Rebate, loan, financing programs for home energy systems	
Interfaith Fuel Fund, Belfast	338-5575
Maine Public Utilities Commission, Augusta	
Ensures safety and reasonable rates	800-452-4699
WCAP CHIP, Belfast	338-6809
Grants to low-income homeowners to repair or replace central heating systems	
WCAP Fuel Assistance, Belfast	338-3025
One-time emergency benefit up to 100 gallons of home heating oil	
Woodshed, Waldo County	338-2692
Free firewood for short-term heating assist. Sign up in advance.	

VETERANS' SERVICES

Garry Owen House, Searsmont	342-2045
Transitional shelter for homeless veterans	
Maine Bureau of Veterans' Services, Waterville	
Information and assistance for veterans	430-6035
VA Maine Healthcare System, Augusta	623-8411x5906
Healthcare and resources for veterans	

MISCELLANEOUS

Belfast Police Dept. (non-emergency)	338-2420
Emergency Animal Shelter (in storms)	338-3870
Eyeglasses, Belfast Lions Club	338-1900
Eyeglasses, Searsport Lions Club	548-6204
Medicare Advocate for Medicare Assistance	800-750-5353
Medicare Advocate for Part D Assistance	877-744-7772
Sheriff's Department, (non-emergency)	338-2040
Social Security, Rockland	855-269-9179
Waldo County Unified Court	338-3107
Superior Court and District Court	
Aging Well in Waldo County (AWWC)	207-218-0207
Volunteer organization to help seniors find resources	

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



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