

**Thriving in Place York County  
Resource Guide**



## **What Is Thriving in Place York County?**

Thriving in Place is an initiative initially funded by a three year grant from the Maine Health Access Foundation (MeHAF). It has continued due to funding from other sources. The purpose of this initiative is to assist older and/or chronically disabled people remain in their homes longer; living well and engaged in their communities. TiP is not meant to replace existing services but rather to bring available resources together to work more collaboratively. Then, TiP will work to plug gaps in available services. Our service areas for Thriving in Place York County are the towns of Sanford-Springvale, Acton, Alfred, North Berwick, Lebanon, Shapleigh and Waterboro.

The purpose of this resource guide is to assist community members and resource professionals to know what resources are available for older and chronically disabled individuals within our service area. This guide will be somewhat fluid as resources change. New resources will be added as we become aware of them. If you know of a resource that is not included, please let us know. You may contact us at [Meaghan.arzberger@yccac.org](mailto:Meaghan.arzberger@yccac.org) or at 207-324-5762.

### The Trafton Center

The Trafton Center is a program of the Sanford-Springvale YMCA. It is an Adult Activity Center, offering a wide variety of activities to bring adults together socially. It has recently added a drop in café. The Center is open Monday-Friday and is located at 19 Elm St. in Sanford. It currently has an estimated 240 members and 60-70 daily participants. The annual membership cost is \$60 and financial help may be available. For more information, contact the Trafton Center at 207-457-0080.

### MaineHealth Care At Home

**MaineHealth Care At Home** has comprehensive services to meet the diverse needs of the clients that we serve. Our services are available seven days a week, with 24-hour on-call service, throughout York, Cumberland, Sagadahoc, Lincoln, Knox, Waldo and southern Oxford Counties.

MaineHealth Care At Home was established on May 1, 2015, by joining three leading home health and hospice agencies: HomeHealth Visiting Nurses, Kno-Wal-Lin Home Care and Hospice, and Waldo County Home Care and Hospice.

**Home Health Care – Adult Program:** The most common type of home health care for adults is medically based, addresses an acute, post-surgical, or chronic care condition, and delivered with physician oversight. Our skilled home health care providers include registered nurses, rehabilitation therapists, speech language pathologists, social workers, nutritional counselors, home health aides, and specialists. This health care team can help with a range of health care problems to include cardiac conditions, post-surgical needs, diabetes, chronic illness, pulmonary disease, cancer, injuries and trauma.

Medically necessary home health services are primarily reimbursed by Medicare, MaineCare and private insurance.

**Help at Home:** Help at Home is a client-directed program that lets patients get the type of health care they need when they need it. Care is based on a client's unique needs. It can be from a few hours a week to 24 hours a day. Services include private-duty nursing, companionship, homemaking chores, and personal care assistance, such as bathing, and help with daily activities. **Help at Home** services are available on a fee basis, but may be covered by some long-term care policies.

**TeleHealth:** Using innovative telehealth technology that includes an Internet-enabled touch screen tablet with wireless monitoring devices, patients take an active role with improving their health.

**Palliative Care At Home:** We offer in-home palliative care for patients of all ages with advanced or life-limiting illness.

**Community Health:** Education and preventative care are foundations of good health and disease management. Community health nurses provide health screenings, education, immunizations and foot care at clinics and at public sites in our service area

For More Information Or To Make A Referral, Please Call: 1-866-255-8744

### **MaineHealth Care at Home Lifeline**

MaineHealth Care at Home offers Philips Lifeline a proven medical alert system that provides medical assistance at a push of a button. Lifeline is available on a landline, or via cell phone. There are a range of options from traditional Lifeline at \$29.95 per month monitoring fee, to the AutoAlert (fall detector.) AutoAlert automatically detects a fall when you can't push the button yourself at \$44.95 per month monitoring fee. The new Go Safe Mobile unit gives you the freedom to go wherever you want, whenever you want. Purchase the button for \$149.00, with a \$54.95 per month monitoring fee. Free installation is done over the phone. There is a shipping and handling charge of \$19.95. Lifeline offers the security 24/7 365 days a year to keep people safe, and independent in their own homes longer, and peace of mind to family members. For more information, please call Ginny Dohse at 1-800-660-4867 x.4337 or go to [www.mainehealthcareathome.org](http://www.mainehealthcareathome.org)

### **Willie Dumont, Agent/Broker Garnsey Bros. Insurance**

Willie Dumont is an agent/broker with Garnsey Bros. Insurance located in Sanford. He specializes in Medicare Supplement, Medicare Advantage and Medicare Part D insurances. Willie is able to assist with a broad range of options, including assisting individuals with Medicare Savings Program applications as needed. To reach Willie, please call 207-324-5000 or email at [William.Dumont@garnseybrothers.com](mailto:William.Dumont@garnseybrothers.com)

### **York County Community Action Corp. Outreach Program**

YCCAC's Outreach Program is a part of the Department of Economic Opportunity. Outreach workers provide generalist social work services to York County residents, including older and disable persons. This program provides information and resources about a wide array of services including housing and benefits. It also is the conduit for Keeping Seniors Home, a home modification program for seniors. Outreach Workers are available at three locations in York County which include Sanford, Biddeford and Kittery. To reach an Outreach Worker, please call 1-800-965-5762.

### **York County Community Action Transportation Options**

YCCAC has several public transportation options for York County Residents:

**The Orange Line:** Is a year round option with transportation between Sanford and Wells. Stops and schedule are designated, but no reservation is required. See attachment for Fare Schedule.

**The WAVE:** Is a scheduled transportation option between Sanford and Wells and Sanford and Biddeford. This option is by reservation and provides rides for work, training, medical appointments, as well as some options for shopping.

**Sanford Transit:** Is a year round, in-town service (Sanford/Springvale) for which no reservation is required. Please call YCCAC transportation at 207-459-2932 for a route and schedule map.

**Shoreline Explorer:** The Shoreline Explorer is a seasonal trolley service operating from late June to Labor Day. It runs along the southern coastline from Kennebunk to York. No Reservations are required and stops are designated.

**Local Rides:** These are designated routes on designated days to various towns for shopping and other errand needs. (I.e. Towns of Berwick, North Berwick and South Berwick are served by Local Rides on Thursdays and go to Somersworth and Dover for errand needs) Reservations are required, 48 hrs in advance.

YCCAC also offers transportation for Cancer Care treatment, funded through the Maine Cancer Foundation as well as medical, non-emergency rides for any York County resident who cannot be served on public transportation routes. Available on a limited basis. For further information about this option, or for more information on any of the transportation options, please call 207-459-2932.

### **Cornerstone VNA**

Cornerstone VNA is a non-profit home, health and hospice agency currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. (York County towns include: Acton, Springvale, Sanford, Lebanon, Berwick, North Berwick, South Berwick, Eliot, York and Kittery) The team at Cornerstone VNA provides skilled nursing, rehabilitative therapies, social work as well as volunteer and support services through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care. For more than 100 years, Cornerstone VNA has been committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care. To learn more about Cornerstone VNA, visit [www.cornerstonevna.org](http://www.cornerstonevna.org) or call 800-691-1133.

## **MAINE HEALTH ACO NURSE CARE MANAGER**

Care Management is a service offered to patients of physicians that are members of Maine Health Accountable Care Organization. The Registered Nurse Care Manager provides patient centered care management to high risk populations by providing education, coaching and support. They work closely with Primary Care Physicians, health care partners, community-based organizations and insurance providers to coordinate care. The goal is to empower patients to achieve optimal independence in managing their own health leading to improved health, productivity, satisfaction and quality of life. For more information, please contact your physician's office.

## **Maine Behavioral Healthcare PRIDE program**

The PRIDE program is designed to increase physical and behavioral healthcare access and coordination for adults who have or are at risk for a chronic health condition and have a diagnosed mental illness. The program coordinates the services that our members receive and, when necessary, can facilitate a referral for physical health care to our partner, Nason Health Care. In addition to coordinating the care, the program provides a wide assortment of wellness activities at no cost to the participants. These include YMCA memberships, art therapy classes, journaling classes, yoga, walking classes and both individual and group peer support. All groups, activities and healthcare coordination through PRIDE share a common goal of decreasing the health disparities of individuals with mental illness living in York County. These services are available at the Maine Behavioral Healthcare offices in Springvale and Biddeford.

### **Sanford Vet Center**

The Sanford Vet Center provides readjustment counseling for Veterans who have served in a war zone and those who have experienced Military Sexual Trauma. Vet Centers are able to involve families as part of the Veteran's care. Bereavement counseling is available to family members who have lost a Service Member in the line of duty. We provide referral services for benefits and community resources. Vet Center services are free and confidential. For more information, please call 207-490-1513.

### **Senior Companion Program**

The Senior Companion Program is funded through Senior Corps nationally; by its local sponsor, The Opportunity Alliance in York, Cumberland and southern Oxford counties; and by other state and local funders. It matches volunteers age 55 or older with older adults living independently or in adult day centers as respite for caregivers. Income eligible volunteers receive a non-taxable stipend and volunteer 15 or more hours per week. They may also receive mileage reimbursement. Non-stipend volunteers may be considered for less hours. For more information, please contact The Opportunity Alliance at 207-773-0202 .

### **Foster Grandparent Program**

The Foster Grandparent Program is also sponsored locally by The Opportunity Alliance. Foster Grandparents mentor and support academic achievement of children in schools and child development centers. For more information, please call 207-773-0202.

## **Southern Maine Agency on Aging**

The Southern Maine Agency on Aging provides services and programs for older adults, adults with disabilities, and family caregivers in a variety of ways.

Community Services include The Caregiver Respite Program, Health Insurance Counseling, Money Minders, Family Caregiver Support, Agewell Programs, Nutrition (including Meals on Wheels), and Information & Resources. Volunteer Services connects older adults to volunteer opportunities in the community. Maine Senior Games offers athletic events and wellness opportunities for people age 45 and up. SMAA has a Adult Day Center, The Samuel L. Cohen Center, located in Biddeford, Maine.

### **Family Caregiver Support**

The Family Caregiver Support Program offers information, education and guidance, to family and friends assisting an older adult (60+) or a person with dementia, with the goal of reducing caregiver stress. It provides support by phone, email or in person as well as by offering education through classes such as Savvy Caregiver (an evidence-based program designed for family caregivers of people with dementia).

### **Information and Resources**

Resource Specialists are available by phone, email, or by appointment in SMAA's Scarborough offices, as well as at various community locations. Resource Specialists answer questions about aging, educate about options and benefits, and provide referrals and guidance. Specialists are all trained Health Insurance Counselors, and can assist with navigating Medicare, MaineCare, and supplemental plans.

### **Healthy Aging**

The Healthy Aging programs include evidence-based wellness (Matter of Balance, Tai Chi for Health and Balance) programs, as well as programs that support nutrition and reduce isolation, including Meals on Wheels, Simply Delivered Meals, Community Cafes, As You Like It, and food support.

For more information about Southern Maine Agency on Aging, please call 1-800-427-7411

### **Meals on Wheels**

Meals on Wheels offers meals to seniors (over 60) who are homebound and unable to shop for groceries or prepare meals at home. Five daily meals including low fat milk and a loaf of bread are delivered by volunteer drivers on Tuesdays and Thursdays. All meals meet federal nutrition standards and are low sodium as well. Vegetarian and gluten-free offerings are also available. For more information or to sign up for the program, contact a Meals on Wheels intake worker at the Southern Maine Agency on Aging at 396-6536. The local office in Sanford is available for information at 324-5181.

### **THE NEWTON CENTER FOR NURSING AND REHABILITATION**

The Newton Center is a division of Southern Maine Health Care, Maine's 5<sup>th</sup> largest healthcare system, with a full range of specialists and outpatient services that support nursing care patients.

The Newton Center is located on SMHC's Sanford campus, with immediate access on campus to SMHC's Emergency Care Department, a full range of primary care and specialist offices, the latest in diagnostic technology, outpatient procedural care, and rehabilitative services. The Newton Center is a 74-bed licensed skilled nursing and rehabilitation facility certified by both Medicare and Medicaid (MaineCare).

Our priority is quality of care, which is reflected in our 5 Star CMS (Medicare) rating, the highest rating given by CMS. Our compassionate staff provides high quality care to residents with emphasis on dignity and respect for those we serve. We foster family and community involvement and education. Our patients' care is overseen by a Medical Director who is experienced in Gerontology and a Nurse Practitioner, who ensure that each patient's care, medications, and activities are appropriate and coordinated with their primary care provider and specialists. This medical oversight also allows for timely decision-making and informed communication with patients and family members.

The Newton Center staff provides the following services:

- Nurses available 24/7 – RN presence on each shift
- Physical and occupational therapists
- Speech and language Pathologist
- Registered Nutrition and Dietician
- Social Work services
- Therapeutic Activities
- Transitional Care to Home

Also available to Newton Center patients located within the Newton Center are:

- An in-house fully equipped gym
- Rehab kitchen and bathroom
- IV therapy
- Rehabilitation Home Assessments

Southern Maine Health Care, in collaboration with a long term care partner, is pleased to announce the plans for the construction of a new building to replace the current Newton Center structure. The new center will be custom designed to ensure modern amenities with comfort and privacy in a bright and welcoming setting. The new center will include private rooms, a rehabilitation suite including a gym with state of the art equipment. The Newton Center will remain open until the anticipated completion of the new center in early 2020 at which time the

residents and staff will transition to the new lovely and spacious setting which will remain on July Street in Sanford.

Newton Center: 35 July Street, Sanford, Maine For more information, contact Kathy Fernberg 207-490-7600 telephone or email [KEFernberg@SMHC.org](mailto:KEFernberg@SMHC.org)

### **MAYFLOWER PLACE – ASSISTED LIVING**

Mayflower Place is a thirty –six unit Assisted Living facility located in South Sanford, Maine. Since 2001, Southern Maine Health Care (formerly Goodall Hospital) and the Sanford Housing Authority understood the need for an affordable assisted living facility in our community. Both agencies have seen the difficulties the seniors in our community face when the need for assistance with everyday living becomes apparent. The goal of this partnership is to provide the greater Sanford region with a solution that addresses the important needs of an aging population and provide a safe place for our seniors to live independently. Southern Maine Health Care works closely with the family and resident to develop a service plan that will maximize independence. Sanford Housing Authority Serves as the landlord.

Mayflower Assisted Living: 27 Mayflower Drive, Sanford, Maine For more information, contact Kathy Fernberg, 207-490-0400 telephone or email [KEFernberg@SMHC.org](mailto:KEFernberg@SMHC.org)

## **SMHC Palliative Care Program**

Palliative care (pronounced PAL ee ha tiv) is patient and family-centered medical care focused on relief of the pain, signs of sickness and stress caused by serious illness. Our multidisciplinary team will help you cope with and ease the signs of illness, including:

- Fear or worry
- Sadness
- Breathing problems
- Constipation
- Diarrhea
- Feeling tired
- Not feeling hungry
- Mouth sores
- Feeling sick to your stomach
- Pain

We help patients live well. Our goal is to provide the best possible quality of life for patients and their families.

### **We can also help with:**

- Managing your healthcare needs and future wishes
- Making sure you know about your illness and your choices for medical care
- Helping you, your doctors and your loved ones talk with each other
- Giving emotional support for you and your family

### **The Palliative Care Team**

Our team at SMHC is led by Dr. Rebecca Kowaloff. She is board certified in Internal Medicine and completed her fellowship in Hospice and Palliative Care Medicine at Maine Medical Center. She provides both inpatient and outpatient Palliative Care consultations. We're very excited to be able to offer these services to patients suffering from the symptoms, pain and stress caused by serious illness.

**For a referral, call 207-282-3349.**

### **U-ExCEL**

U-ExCEL is a program of the University Of New England's College Of Osteopathic Medicine, Department of Geriatric Medicine. Its mission is to improve the health and well-being of older adults through fitness and wellness programs. It provides community-based programming in long term care facilities as well as independent housing. Programming consists of body programs, such as Water Aerobics, Tai-Chi and Strength & Balance; and mind programs that include brain fitness, death and dying, falls, and nutrition. Programs can be offered in group settings or individually. U-ExCEL's Balancing Act program is an evidence-based balance stability program designed for anyone looking to improve their balance. For more information, please contact, Ami Esquivel at 207-602-2134 or at [aesquivel@une.edu](mailto:aesquivel@une.edu)

### **Garden Angels**

The Garden Angel program of the University of Maine Cooperative Extension matches Master Gardener volunteers with others of limited financial means, who also love to garden, but are no longer physically able without help. Recipients enjoy fresh vegetables and flowers grown in their own gardens without taxing their bodies and energy levels. There is no charge to participate in this project, but there is currently a waiting list and more Garden Angel volunteers are needed. For more information about the program and how to become a Garden Angel, contact Kathleen McNerney at 1-800-287-1471 or at [kathleen.mcnerney.maine.edu](mailto:kathleen.mcnerney.maine.edu)

## **Alzheimer's Association, Maine Chapter**

**The Alzheimer's Association** provides programs and services to people living with Alzheimer's or related dementias and their friends, family and community. The Alzheimer's Association, Maine Chapter provides thousands of Mainers with vital comprehensive program of services all across the state, including our 24/7 Helpline, over 40 support groups, care consultation service available via our helpline or at our Maine chapter office, early stage social engagement initiatives, a wealth of information resources including our website [alz.org](http://alz.org), education programs, safety services and more.

**The Alzheimer's Association Helpline 1.800.272.3900 operates 24 hours a day, seven days a week, in 140 languages.** Information and referral services, care consultation, and support are available through the toll-free 24/7 Helpline. Trained clinicians answer questions on a wide range of topics, send information packages tailored to each caller's needs, and listen with understanding and empathy.

### **Care Consultation**

Individualized care management, education and caregiving support are provided to families by our licensed social work staff. The aim is to connect families with appropriate services and ensure that support is available throughout the course of the disease. Care consultation is available by telephone and email statewide or in-person at the Chapter's office located in Scarborough, Maine.

### **Support Groups**

A trained and experienced leader facilitates discussion among group members who share experiences and offer practical suggestions and encouragement to one another. More than 40 support groups statewide are open to family members and other caregivers free of charge. A listing of support groups in your area can be found on the chapter website: [alz.org/maine](http://alz.org/maine).

### **Education and Training**

Family caregiver conferences, educational seminars, staff in-service training, and professional workshops are held statewide throughout the year. Educational programs on a variety of topics are available to a wide range of audiences including family caregivers, health and long-term care professionals, the general public, clergy, law enforcement personnel, housing, and emergency services staff.

View our educational calendar for upcoming trainings and workshops or view trainings online at: [alz.org/maine](http://alz.org/maine).

### **Early-Stage Programming**

The Alzheimer's Association offers an *Early-Stage Social Engagement Program* as a comfortable way for people in the early stage of the disease to get out, get active and get connected with like individuals through a variety of community-based activities and social events.

### **Safety Information**

MedicAlert® and Alzheimer's Association Safe Return® is a national identification program that assists in the safe and timely return of individuals with Alzheimer's disease or related disorders who may wander and become lost. The program provides an identity bracelet, clothing labels and wallet cards for the memory-impaired individual; registration in a national database and a 24-hour toll-free number to contact when an individual is lost or found. To learn more about visit: [alz.org/safety](http://alz.org/safety).

### **The Golden Years Adult Day Services**

24 Hoyt Street  
Springvale, Maine 04083

The Golden Years is a home-away-from-home experience that helps families care for your loved ones in their golden years and adults with disabilities. We offer structured weekday supervision and care designed to enhance their well-being. We are open Monday-Friday from 6a.m. to 5p.m.

We encompass the latest therapeutic approaches in person centered care, providing a safe environment for participants while encouraging socialization, healthy choices and maximum independence.

We accept MaineCare. Please visit us at [www.goldenyearsads.com](http://www.goldenyearsads.com) or like us on Facebook. <https://www.facebook.com/TheGoldenYearsAdultDayServices>

## **Northern Light Home Care & Hospice (formerly VNA Home Health Hospice)**

Northern Light Home Care & Hospice has been caring for Maine families since 1912. We are a non-profit organization that provides a variety of services covered under Medicare, Mainecare, and private insurance. We provide care regardless of ability to pay. Services include:

### **Home Health Care**

Designed to help you remain in the comfort of your own home, we focus on your recovery, quality of life, and independence. ***Areas of excellence*** include wound care, and chronic illness management using Telehealth.

Our highly skilled clinicians include:

- Nurses
- Physical, Occupational, and Speech Therapists
- Medical Social Workers
- Home Health Aides

### **Palliative Care**

Northern Light Palliative Care works with patients and their families to ease the burdens of serious illness. Palliative Care provides an extra layer of support, addressing control of distressing symptoms and maximizing quality of life, regardless of the stage of your illness.

### **Hospice Care**

Our Northern Light Hospice team provides care for those with a terminal illness, allowing them to stay at home with their family. Hospice provides compassionate end-of-life care and support for both the patient and their families, with a focus on comfort and symptom management. Studies show that hospice care, with early engagement of services, can extend and improve one's quality of life.

Services include:

- Nurses
- Physical, Occupational, and Speech Therapists
- Medical Social Workers

- Home Health Aides
- Volunteers, Spiritual Counselors, and Bereavement Coordinators
- Physicians

### **Community Wellness**

Northern Light Home Care & Hospice cares about the communities we service by offering School Flu Clinics, Hypertension Screenings and Senior Wellness Clinics to keep people healthy and living independently.

### **LiveSafe**

For an extra layer of support our Emergency Response System can be provided to you for approximately \$1/day. For more information on LiveSafe, please call 1-877-880-7677.

For more information about the services we offer, please call us at **800-757-3326** or visit our website at [www.northernlighthomecarehospice.org](http://www.northernlighthomecarehospice.org)