

**Thriving in Place York County
Resource Guide**



What Is Thriving in Place York County?

Thriving in Place is an initiative funded by a three year grant from the Maine Health Access Foundation (MeHAF). 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 robin.bibber@nassonhealthcare.org or at 207-459-2989.

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 Thea Murphy at 207-457-0080, or by email at tmurphy@sanfordymca.org.

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

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

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. Riders should flag down the vehicle, wherever it is safe to stop, and hop on the bus.

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 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 Pat Pelletier at The Opportunity Alliance at 207-773-0202 or pat.pelletier@opportunityalliance.org

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 on this program, please call Pat Pelletier at 207-773-0202 or by email at pat.pelletier@opportunityalliance.org

Southern Maine Agency on Aging Community Support Program: A Pilot for People with Dementia Living Alone

The Community Support Program is a pilot funded by the Administration for Community Living. The goal of the program is to determine what supports are needed by people with dementia living alone in order to help them to remain living in their homes. Southern Maine Agency on Aging will also identify what services are feasible for us to provide for this population. Therefore, during this pilot, we are providing support in different ways to different clients, depending on their needs. **All CSP clients receive home visits.** Clients are **eligible** for the Community Support Program if they: 1. Have a serious memory concern, whether or not they have a formal diagnosis of Alzheimer's Disease or Related Dementia 2. Live alone (they can have caregiver involvement as long as the caregiver does not live with them) 3. Reside in York County

We hope to focus our efforts on clients with the most limited options. For more information, please contact SMAAA at 1-800-427-7411 or 207-396-6500.

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 new 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 available as well. For more information or to sign up for the program, contact the Meals on Wheels intake worker at the Southern Maine Agency on Aging at 396-6583. The local office in Springvale is available for information at 324-5181.

Southern Maine Health Care Elder Services

SMHC Elder Services is comprised of four locations in Sanford. Each reflects a different level of care and care needs of individuals:

The Newton Center is a long term care and skilled nursing rehab center. It accepts both Medicare (for approved rehab services) and MaineCare. Mayflower Place is an apartment style assisted living which combines subsidized housing (managed through the Sanford Housing Authority) and assistive services which includes 2 meals, some help with bathing, medication assistance, and light housekeeping. Mayflower Place does accept MaineCare. The Pavilion is a secure residential care facility for those who have a dementia diagnosis. It provides activities which promote cognitive stimulation. It also houses an Adult Day Program and Respite Care. The cost of the Adult Day Program is \$15/hour. There are some funds which may be accessed to help pay for services including MaineCare funds. Hillcrest Gardens is a 14 person residential care program for those who may not yet need a long term care level of care. It accepts MaineCare and there is currently a waiting list.

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

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

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, 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.

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.

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.

Living Innovations

Living Innovations provides flexible, caring support for individuals with long-term illnesses or developmental disabilities and children with health and behavioral needs. We provide in-home support (cooking, laundry, etc), community support (volunteering, money management etc), case management, and we also offer home provider opportunities (like adult foster care).

If you would like more information, you can contact Rebekah McIntyre (rmcintyre@livinginnovations.com), or Renee LeVasseur (rlevasseur@livinginnovations.com) to learn more.

MemoryWorks Memory Café's

Memory Cafés are places where anyone with any form of dementia, or memory loss, can go to socialize, learn and have fun. At a memory café, people can relax

and just be themselves, knowing that no one judges them and all who are there are going through similar challenges. A Memory Café has no real agenda or stated purpose except to enjoy each other's company. Sometimes the group may decide that it wants to have speakers or an educational component, or do special activities like go to museums or music recitals. Some memory cafés are built around a concept like the arts, or to do a charitable act. Each memory café around the country is different; all are grass roots efforts to assist the person with dementia and their care partner to have a good day. For more information, contact Kenneth Capron at 207-797-7891 or visit the website at www.memoryworks.org

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 the elderly 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 some health insurances. Please check with your provider to see if it covers adult day services. Visit us at www.goldenyearsads.com or like us on Facebook. <https://www.facebook.com/TheGoldenYearsAdultDayServices>