

**Sanford / Springvale
Seniors and Law Enforcement Together**

Resource List

Dental / Oral Health

- University of New England, Westbrook Campus, Portland
 - 207-221-4900
- New England Dental Clinic (accepts Mainecare)
 - 207-797-0481
- York County Community Health Center
 - 207-324-5761

Transportation

- York County Community Action
 - 207-324-5762
- Southern Maine Agency on Aging (SMAA)
 - Lists of options for community volunteer transportation programs
 - 1-800-427-7411
- Ride Share
 - 1-800-280-7433

Elder Abuse / Neglect / Exploitation

- Adult Protective Services
 - 24 hour hotline to report abuse, neglect, or exploitation.
 - 1-800-624-8404
- Legal Services for the Elderly
 - Offers information on a variety of legal topics for people over 60
 - 1-800-750-5353
- Elder Abuse Institute of Maine
 - Offers educational and outreach services to the community
 - 207-828-6849
- Social Security Fraud line
 - 1-800-269-0271
- Domestic Violence Statewide Hotline
 - 1-866-834-HELP (4357)
- Sexual Assault Statewide Hotline
 - 1-800-452-1999
- Mental Health Crisis
 - 1-800-568-1112

Benefit Programs

- Senior Advocate Services – Goodall Hospital
 - Provides information and resources on state, government and federal benefits, including vet benefits and national foundations.
 - 207-490-7606
- DHHS office
 - Financial benefit programs (Maine care, food stamps)
 - 207-490-5400
- Benefits Checkup
 - Offers online questionnaire that identifies federal and state assistance for older people.
 - www.benefitscheckup.org

Money Management

- Money Minders – Southern Maine Area Agency on Aging
 - Trained and bonded volunteers assist w money management.
 - Help with balancing checkbook, paying bills, organizing mail, dealing with creditors, writing out checks for your signature.
 - 800-427-7411
 - 207-396-6500
- Money Matters – York County Community Action
 - Coaches help the senior set goals and create spending plan
 - Help create assets and savings
 - Free tax prep
 - Dealing with debt
 - 207-459-2903
 - Toll free – 1-800-965-5762 x 2903
 - Or contact Rhoda Butler at: rhodab@yccac.org
- Money Management International – Consumer Credit Counseling Service
 - Nonprofit community service organization
 - Provides confidential financial guidance
 - Free consumer credit counseling services, educational resources, and debt management assistance.
 - 866-889-9347
 - www.moneymanagementinternational.org

Health and Well-being

- Prescription Assistance Program – Goodall Hospital
 - Goodall Hospital provides prescription assistance for those without insurance or underinsured and can not afford prescription co-pays.
 - 207-490-7483
- Healthy Aging programs – Southern Maine Area Agency on Aging
 - Information on local health / wellness programs
 - 800-427-7411
- Walking programs
 - Lists indoor and outdoor walking trails thru Healthy Maine
 - www.healthymainealks.org
- Emergency Response Systems
 - Lifeline offers immediate assistance in the event of a fall or medical emergency

- 207-490-7606
- 911 Emergency Cell Phone
 - Free refurbished cell phones programmed to call 911
 - Contact the Sanford Police Department – Detective Sarah Roberts 207-324-3644
 - Goodall Senior Advocate Program 207-490-7606
- York County Community Health Center
 - 207-490-6900

Nutrition / Food Assistance

- Meals on Wheels for Seniors - SMAA
 - Supplies meals to home bound seniors or those with mobility limitations. There are several community meal sites in the Sanford area where seniors can come to enjoy a nutritious meal and social opportunities.
 - 1-800-427-7411
- Dining Sites / Community Café – Southern Maine Area Agency on Aging
 - Coordinator: Deb Folsom – 207-415-6067
 - Sanford Site – 207-324-5181
- Grocery shopping
 - Volunteers for people who cannot do their own shopping
 - 800-427-7411
- Maine Senior Farmshare
 - Connect seniors to local farmers who provide fresh produce during growing season
 - 207-490-7606 or 800-427-7411

Consumer Rights

- Maine Attorney Generals Office
 - Information on consumer rights for older adults
 - 1-800-436-2131
- Do Not Call Registry
 - To help stop receiving telemarketing calls at home
 - 1-800-382-1222

Medicare Insurance / Medicare Part D Prescription Insurance

- Goodall Senior Advocate provides information on Medicare insurance options and Medicare Part D prescription options
 - 207-490-7606
- Southern Maine Area Agency on Aging
 - Medicare seminars and private appointments
 - Open enrollment at the Nasson Community Center
 - Contact: Carol Rancourt – 800-427-7411
- Garnsey Brothers
 - Medicare Products
 - Supplements and advantage plans
 - Contact: Willie Dumont - 207-324-5000

- Low Cost Drugs for the Elderly and Disabled
 - State prescription drug assistance program
 - 207-490-7606

Mental Health

- Mental health crisis
 - Ingraham Crisis Hotline
 - 207-774-4357
 - Toll free 888-568-1112
- Maine Warm Line
 - Peer to peer support phone line
 - 207-772-9276
- National Alliance for the Mentally Ill
 - Offers education, advocacy, and support
 - 800-464-5767
- Geriatric Mental Health Resources
 - www.maine.gov/dhhs/mh/olderpersons/index.html

Social / Recreational

- Trafton Senior Center
 - Offers opportunities to socialize with other older adult thru a variety of groups and activities
 - 207-457-0080
- Senior College
 - Osher Lifelong Learning Institute / York County Community College
 - 207-780-4406
- Cyber Seniors
 - Teaches seniors basic computer and internet skills
 - 972-564-4326
- Goodall Memorial Library
 - Book delivery service for home bound individuals
 - 207-324-4714

Miscellaneous

- United Way
 - Dial 211 for confidential help and information on thousands of services in Maine

Emergency Numbers

- **Poison**
 - Northern New England Poison Center
 - Emergency: 800-222-1222
- **Domestic Violence**
 - Caring Unlimited
 - 207-324-1802, 207-490-3227
 - Hotline: 1-800-239-7298

- **Sanford Police Dept**
 - 207-324-3644

- **Fire / Rescue**
 - 207-324-3644