



Town of Gray Older Adult Resource Guide



EMERGENCY NUMBERS / HOT-LINES

DIAL 911 FOR ALL URGENT EMERGENCIES

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

For those who are deaf or hard-of-hearing, dial 7-1-1 for the Maine Relay Service

Domestic Violence Hot-line (24 hrs.) 1-800-863-9909 // 1-800-799-7233

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

Adult Protective Services (24 hrs.) 1-800-624-8404

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General Resources

Gray, Maine Website

Website: graymaine.org

Phone: (207) 657-3339 **Fax:** (207) 657-2852

Find the latest town news and events!

Public Safety Headquarters

125 Shaker Road,
Gray, ME 04039

Website: graymaine.org/public-safety-fire-rescue

Dispatch: (207) 893-2810

Their mission is to promote, protect, and improve the health, safety, property and environment of the citizens and visitors of our community.

Cumberland County Sheriff's Office

36 County Way,
Portland, ME 04102

Website: cumberlandso.org/ **Phone:** (207) 774-1444

Law enforcement agency dedicated to serving Cumberland County.

Southern Maine Agency on Aging

136 U.S. Route 1,
Scarborough, ME 04074

Website: smaaa.org/

Phone: (207) 396-6500 **Toll Free:** (800) 427-7411

The focal point in Cumberland and York counties for resources, services, and information to empower older adults, adults with disabilities, and their caregivers.

Opportunity Alliance

50 Lydia Lane,
South Portland, ME 04106

Website: opportunityalliance.org

Crisis: 1(888) 568-1112

Access & Intake: (207) 523-5049

Admin. Offices: (207) 874-1175

Toll Free: 1(877) 429-6884

The Opportunity Alliance is the Community Action Agency for Cumberland County.

AARP Maine

53 Baxter Boulevard,
Suite 202, Maine State Office,
Portland, ME 04101

Website: states.aarp.org/maine/

Phone: (866) 554-5380

AARP provides you with a wealth of opportunities to save money, play, learn and volunteer.

Alpha One

South Portland,
127 Main Street,
South Portland, ME 04106

Website: alphaonenow.org

Phone: (207) 767-2189 **Toll Free:** (800) 640-7200

Fax: (207) 799-8346

Alpha One offers a wide range of programs and services for older adults and people with disabilities throughout the state of Maine.

Alzheimer's Association AARP Community Resource Finder

Website: communityresourcefinder.org/

Alzheimer's Association AARP Community Resource Finder is a database of dementia and aging-related resources powered by Health Link Dimensions®.

Benefits.gov

Website: benefits.gov/

The official benefits website of the U.S. government.

Benefits Check Up

Website: benefitscheckup.org/

BenefitsCheckUp® connects older adults and people with disabilities with benefits programs.

Benefits Eligibility Screening Tool

Website: ssabest.benefits.gov/

You can use the Benefit Eligibility Screening Tool to find Social Security benefits.

County Office Database

Website: countyoffice.org/

County Office is your quick reference guide for accurate, up-to-date information about all government offices and public records sources in your local area.

Department of Health and Human Services

109 Capitol Street,
11 State House Station,
Augusta, ME 04333

Website: maine.gov/dhhs/oads/get-support

Phone: (207) 287-3707 **Fax:** (207) 287-3005

Fine tools and services offered through the Department of Health and Human Services that help promote health, safety, resilience, and opportunity for Maine people.

Maine Council on Aging

PO Box 988,

Brunswick, ME 04011

Website: mainecouncilonaging.org

Phone: (207) 592-9972

Email: jmaurer@mainecouncilonaging.org

MCOA believes in a Maine where we can live healthy, engaged, and secure lives with choices and opportunities as we age in our homes and communities.

Maine Senior Guide

PO Box 48,

Freeport, ME 04032

Website: maineseniorguide.com/

Phone: (207) 232-7847

Email: info@maineseniorguide.com

Maine Senior Guide is a comprehensive web resource about all things senior, covering any topic of interest to Maine's older residents or their families.

USA.Gov

Website: usa.gov/

Phone: 1(844) USA-GOV1, 1(844) 872-4681

USAGov's mission is to make it easier for everyone to find and understand the government services and information they need.

Food & Clothing

Crossroads Community Church

14 Lewiston rd.,

Gray, ME 04093

Website: crossroadsmaine.org/ministries/bread-of-life/

Phone: (207) 613-7803

Email: steve@crossroadsmaine.org

Sundays: 1:00pm-2:30pm

A community food pantry, serving up produce, dairy, meats, and dry foods every Sunday afternoon.

Gray Community Food Pantry

5 Brown St

Gray, Maine 04039

Website: gsfb.org/ **Phone:** 207-657-4279 ext 3

The Freecycle Network®

Website: freecycle.org/

The Freecycle Network® is an entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns.

Good Will Locations

Windham Retail Store

31 Landing Rd.,
Windham, ME 04062

Westbrook Retail Store

200 Larrabee Road,
Westbrook, ME 04092

Phone: (207) 887-8330

Website: goodwill.org/locator/

Falmouth Retail Store

Falmouth Shopping Center
251 US RT 1,
Falmouth, ME 04105

Maine Senior Farm Share

Website: maine.gov/dacf/ard/seniorfarmshare/seniors.shtml

Phone: (207) 287-3491

Email: seniorfarmshare.agr@maine.gov

Maine Senior FarmShare provides eligible older adults the opportunity to receive local produce at no cost from Maine farmers.

Maine Needs

332 Forest Avenue,
Portland, ME

Website: maineneeds.org/

Email: info@maineneeds.org

Maine Needs helps individuals and families meet their basic, material needs by providing donated clothing, hygiene products, household items, and more.

Salvation Army

Website: salvationarmyusa.org/usn/

Phone: 1(800) SAL-ARMY, 1(800) 725-2769

The Salvation Army meets human need wherever, whenever, and however they can.

Healthcare

Christopher Aaron Counseling Center

26 Main St.,

Gray, ME 04039

Website: christopheraaron.org/

Phone: (207) 657-7700 **Fax:** (207) 657-7770

Email: CMcNally@christopheraaron.org

Christopher Aaron Counseling Center's charge is to assist individuals to find greater access to their own internal sense of resiliency and to build a stronger belief in themselves.

Gray Family Health Center

126 Shaker Road,
Gray, ME

Website: cmhc.org/location/gray-family-health-center/

Phone: (207) 657-3308

Gray Family Health Center is your local health care provider offering a diverse range of services.

American Cancer Society

Website: cancer.org **Phone:** 1(800) 227-2345

The American Cancer Society promotes healthy lifestyles to prevent cancer and provides everything from emotional support to the latest cancer information.

Bureau of Rehabilitation Services

150 State House Station,
Augusta, ME 04333-0150

Website: maine.gov/rehab/index.shtml

Phone: (207) 623-6799 **Fax:** (207) 287-5292

Bureau of Rehabilitation services works to bring about full access to employment, independence, and community integration for people with disabilities.

Dental Lifeline Network

Website: dentallifeline.org/maine

Phone: (303) 534-5360 **Fax:** (303) 534-5290

The Donated Dental Services program provides free dental treatment to vulnerable people with disabilities or who are elderly or medically fragile.

Division of Licensing and Certification

109 Capitol Street,
Augusta, ME 04333

Website: gateway.maine.gov/dhhs-apps/aspen/index.asp

Phone: (207) 287-3707 **Fax:** (207) 287-3005

Find licensed Providers in your county and city for a variety of services including Ambulatory Surgical Centers, Home Health Care, and Behavioral Health.

GoodRx

Website: goodrx.com/

Compare prices, find coupons, and save up to 80% on your prescriptions.

Guiding Eyes for the Blind

Website: guidingeyes.org

Phone: (800) 942-0149, ext. 2222

Email: admissions@guidingeyes.org

Guiding Eyes for the Blind provides guide dogs to people with vision loss.

The Iris Network

189 Park Avenue,
Portland, ME 04102

Website: theiris.org/ **Phone:** (207) 774-6273

Email: info@theiris.org

The Iris Network's vision is to build a world where no person is limited by visual impairment or blindness.

Leukemia & Lymphoma Society

Website: lls.org/ **Phone:** (800) 955-4572

Leukemia & Lymphoma Society helps patients navigate their cancer treatment and ensures they have access to quality, affordable and coordinated care.

Lupus Foundation of America, Inc.

Website: lupus.org/

Phone: 1(202) 349-1155 **Fax:** 1(202) 349-1156

Email: info@lupus.org

The Lupus Foundation works to improve the quality of life for all people affected by lupus through programs of research, education, support, and advocacy.

Maine Center for Disease Control and Prevention

286 Water Street,
State House Station 11,
Augusta, ME 04333-0011

Website: maine.gov/dhhs/mecdc

Phone: (207) 287-8016

The Maine Department of Health and Human Services is dedicated to promoting health, safety, resilience, and opportunity for Maine people.

Maine Family Planning

P.O. Box 587,
Augusta, ME 04332-0587

Website: mainefamilyplanning.org/

Admin services: (207) 622-7524

Clinical services: (207) 922-3222

Fax: (207) 622-0836

Maine Family Planning staff provide compassionate, confidential health services, regardless of your gender identity or expression.

Maine General Health

35 Medical Center Parkway,
Augusta, ME 04330

Website: mainegeneral.org/medical-services/senior-care/

Phone: 1(855) 4MGH-INFO, 1(855) 464-4463

Maine General Health is a non-profit system with the mission of enhancing, every day, the health of our patients, our families, and our communities.

Age in Place & Housing

Maine Hospice Council

295 Water Street, Suite 303,
Augusta, ME 04330

Website: mainehospicecouncil.org

Phone: (207) 626-0651

Email: info@mainehospicecouncil.org

The Maine Hospice Council exists to promote universal access to quality end-of-life care.

The Parkinson's Foundation

Website: parkinson.org/

Phone: 1(800) 4PD-INFO, 1(800) 473-4636

Email: helpline@parkinson.org

The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure.

A Place to Start for Dementia

41 Main Street, Unit 2,
Kennebunk, ME 04043

Website: aplacetostartfordementia.org/

Phone: (207) 502-7238

Email: info@aplacetostartfordementia.org

A Place to Start for Dementia's mission is to provide hope, help and guidance to those families who are navigating a diagnosis of Alzheimer's or dementia.

Insurance

Consumers for Affordable Health Care

PO Box 2490,
Augusta, ME 04338-2490

Website: mainecahc.org/ **Phone:** 1(800) 965-7476

Advocating the right to quality, affordable health care for every person in Maine.

Maine Senior Insurance

19 Buckthorn Circle,
Saco, ME 04072

Website: maineseniorensurance.com/

Phone: (800) 430-1302

Maine Senior Insurance can help you make the right choice with insurance, giving you recommendations on products and plans that fit your needs.

Memory Care Facilities

Website: memorycarefacilities.net/assisted-living/maine/cumberland-county.html

Phone: (888) 595-9951

Memory Care Facilities is a service for caregivers of older adults with dementia or Alzheimer's disease to find memory care homes.

Carelistings.com

Website: carelistings.com

Carelistings brings families, caregivers, and facilities to one place to eliminate the care shortages in senior living.

Maine State Housing Authority

26 Edison Drive,
Augusta, ME 04330

Website: mainehousing.org **Phone:** (207) 626-4600

Toll Free: (800) 452-4668 **Fax:** (207) 626-4678

The Maine State Housing Authority was created to address problems of unsafe, unsuitable, overcrowded, and unaffordable housing.

The Maine Move

Website: themainemove.com/ **Phone:** (207) 313-3797

The Maine Move helps seniors and their family evaluate their living situation, and can help you downsize, find assisted living, or modify your current home.

Maine Veterans' Homes Central Office

460 Civic Center Drive,
Augusta, ME 04330

Website: maineveteranshomes.org/

Phone: 1(800) 278-9494 **Email:** info@mainevets.org

Maine Veterans' Homes provides care at their six homes in Maine. They offer rehabilitative and therapy services, long, short term and skilled nursing care.

SeniorCare.com

Website: seniorcare.com/directory/me/#local-guides

SeniorCare.com provides directories for senior care, such as assisted living, home care, skilled nursing and adult day care.

Home Modifications

Habitat for Humanity

659 Warren Avenue,
Portland, ME 04103

Website: habitatportlandme.org/criticalhomerepair/

Office Phone: (207) 772-2151

ReStore Phone: (207) 221-0047

Habitat for Humanity Critical Home Repair program partners with low-income Maine homeowners whose homes require safety and structural repairs.

Maine Cite

46 University Drive,
Augusta, ME 04330

Website: mainecite.org

Phone: (207) 621-3195 **Email:** info@mainecite.org

The Maine CITE Program is designed to help make assistive technology available to Maine children, adults and seniors.

In-Home Care

Amanda Senior Care

142 High St.,
Portland, ME 04101

Website: amadaseniorcare.com/southern-maine-senior-care/gray/

Phone: (207) 305-2233

Amanda Senior Care provides comprehensive, non-medical, in-home care to seniors in Southern Maine.

Care.com

Website: care.com/senior-care

Find great senior care that fits your needs.

Catholic Charities Maine

P.O. Box 10660,
Portland, ME 04104-6060

Website: ccmaine.org/independent-support-services

Phone: (207) 781-8550 **Email:** info@CCMaine.org

Catholic Charities connects isolated seniors and physically disabled adults with a team of dedicated para-professionals who help with a variety of tasks.

Friends In-Home Care

765 Rt. 1,
Yarmouth, ME 04096

Website: friendsinhomecare.com/

Phone: (207) 846-5525

Email: info@friendsinhomecare.com

Friends In-Home Care has been providing compassionate, quality care to seniors while maintaining their independence and dignity.

Neighbors Inc.

P.O. Box 147,
Phippsburg, ME 04562

Website: neighborsinc.com/ **Phone:** (207) 725-9444

Email: neighbors@neighborsinc.com

Neighbors Inc. provides non-medical senior care including transportation, in-home care, pet sitting and more.

Housing Facilities

Meadowview Housing

16 Hancock Street,
Gray, ME 04039

Website: meadowview.avestahousing.org/

Phone: (800) 339-6516 (Voice/TTY)

Meadowview serves senior residents 62 and older and adults with disabilities. Three buildings of garden-style apartments include a mix of studio, one-bedroom, and two-bedrooms, with porches that look out onto wooded scenery.

NorthEast Residential Services

51 W. Gray RD,
Gray, ME 04039

Website: northeastme.org/ **Phone:** (207) 657-1387

At NorthEast Residential Services, the vision is to ensure that every individual served is afforded the opportunity for self-directed services that maximize community resources and build relationships.

Gray Manor

9 Lewiston Rd,
Gray, ME 04039

Phone: (207) 657-4949

Gray Manor is an all-male assisted living facility, their dedicated and trained staff can provide 24-hour assistance to you or a loved one.

Pratt Foster Home

4 Breezy Meadows,
Gray, ME 04039

Phone: (207) 657-4744

Pratt Foster Home's caring Assisted Living approach starts from the heart and is dedicated to serve and care for each resident as a family member.

Gold Standard Senior Care

31 Main Street,
Gray, ME 04039

Phone: (207) 618-5055

Country Charm Lane,

15 Country Charm Lane,
New Gloucester, ME
04260

Phone: (207) 926-6081

Trusted Souls Adult Daycare

1019 Lewiston Rd,
New Gloucester, ME 04260

Phone: (207) 926-8037

Trusted Souls Adult Daycare that provides care and companionship for older adults who need assistance or supervision.

Tall Pines CLA

30 Tall Pines Drive,
New Gloucester, ME
04260

Phone: (207) 777-1107

Whittier House Inc.

184 Ricker Road,
New Gloucester, ME
04260

Phone: (207) 926-5583

Ocean View

20 Blueberry Lane,
Falmouth, ME 04105

Website: oceanviewrc.com/ **Phone:** (207) 781-4460

The Ocean View campus is located minutes from Portland on acres of wooded and landscaped property that overlooks Casco Bay and the Presumpscot River.

Sedgewood Commons Adult Day Care

22 Northbrook Drive,
Falmouth, ME 04260

Phone: (207) 781-5775

Sedgewood Commons is a memory care facility for those living with Alzheimer's or dementia.

15 Billabong Way,

Windham, ME

Phone: (207) 893-2460

Billabong II

5 Billabong Way,

Windham, ME

Phone: (207) 893-0204

Carol's Residential Care Facility

478 River Road,
Windham, ME

Phone: (207) 893-0730

Casa V

4 Quail Drive,
Windham, ME

Phone: (207) 893-0302

Casa VII

15 Quail Drive,
Windham, ME

Phone: (207) 893-0302

Forbes Lane

109 Forbes Lane,
Windham, ME

Phone: (207) 926-6081

Timberhill House

17 Timberhill Road,
Windham, ME

Phone: (207) 772-0825

Windham Pines

20 Bishop Drive,
Windham, ME

Phone: (207) 892-9433

Chom Housing

One City Center, 4th Floor,
Portland, ME 04101

Website: chomhousing.org/our-properties

Phone: (207) 879-0347 **Fax:** (207) 879-0348

Email: mara@chomhousing.org

Chom houses older Mainers, people who can't afford to live near their work, & people with low or very low incomes.

Transportation

Concord Coach Lines

Website: concordcoachlines.com/stop/portland-maine/

Phone: 1(800) 639-3317

Concord Coach Lines provides a safe, reliable, and convenient transportation alternative.

Go Maine

254 Commercial Street, Suite 245,
Portland, ME 04101

Website: gomaine.org/

Phone: 1(800) 280-RIDE, 1(800) 280-7433

Email: rides@gomaine.org

GO MAINE provides ride matching for carpoolers.

Go Mermaid

Website: gomermaid.com/disability.html

Phone: (207) 885-5630

Offers a variety of transportation services, from airport transportation to assisted services locally or out of state for any reason.

ITN Portland

Website: itnportland.org/ **Phone:** (207) 854-0505

Provides transportation for seniors and the visually impaired in a 15-mile radius from Portland.

Northern New England Passenger Rail Authority (NNEPRA)

75 West Commercial Street, Suite 104,
Portland, ME 04101

Website: amtrakdowneaster.com/

Phone: 1(800) USA-RAIL, 1(800) 872-7245

Email: info@nnepra.com

The Downeaster provides daily round-trips between Brunswick, Maine and Boston, Massachusetts.

Rides in Sight

90 Bridge St., Suite 210,
Westbrook, ME 04092

Website: ridesinsight.org/ **Phone:** 1(855) 607-4337

Rides In Sight provides information about senior transportation options in local communities throughout the United States.

Regional Transport Program (RTP) Rides

Website: rtprides.org/ **Phone:** (207) 774-2666

RTP provides rides anywhere in Cumberland County.

RTP provides a bus line that runs from Bridgton to Portland along Route 302 known as Regional Lakes explorer.

Legal Aid

Aging in Maine

82 Morgan Hill Lane, Ste 1,
Hermon, ME 04401

Website: aginginmaine.com/ **Phone:** (207) 848-5600

Email: info@weatherbeelawoffice.com

Aging in Maine focuses on Mainecare Long-term Care, Trusts & Wills, Powers of Attorney, Special Needs Trusts & HIPAA, and more!

Consumer Law Guide

Maine Attorney General

6 State House Station,
Augusta, ME 04333

Website: maine.gov/ag/consumer/consumer_law_guide.shtml

Phone: (207) 626-8800

A comprehensive guide to your rights as a consumer.

Disability Rights Maine

160 Capitol Street, Suite 4,
Augusta, ME 04330

Website: drme.org/ **Phone:** (800) 452-1948

Disability Rights Maine provides information about legal rights for people with disabilities

Elder Abuse Institute of Maine

135 Maine Street, Suite A #152
Brunswick, ME 04011

Website: eaima.org **Phone:** (207) 805-3708

Email: info@eaima.org

The Elder Abuse institute of Maine's mission is to ensure that every older person affected by abuse has access to the help to live the life they choose.

Maine Human Rights Commission

#51 State House Station,
Augusta, ME 04333

Website: maine.gov/mhrc/ **Phone:** (207) 624-6290

Fax: (207) 624-8729 **Email:** info@mhrc.maine.gov

The Maine Human Rights Commission is Maine's anti-discrimination law. It prohibits discrimination on the basis of protected class in employment, housing, places of public accommodation, education, and extension of credit.

Immigrant Legal Advocacy Project

Website: ilapmaine.org/

Immigrant Legal Advocacy Project is Maine's only state-wide immigration legal service organization, advancing justice and equity for immigrants and their families through direct legal services, community education, and systemic advocacy.

Legal Services for the Elderly

Website: mainelse.org/ **Phone:** 1(800) 750-5353

Legal Services for the Elderly provides free, high quality legal services to Maine's socially and economically needy elderly age 60 and over.

Maine Long-Term Care Ombudsman Program

61 Winthrop St.,
Augusta, ME 04330

Website: maineombudsman.org

Phone: (207) 621-1079 **Toll Free:** (800) 499-0229

Fax: (207) 621-0509

Email: MLTCOP@MaineOmbudsman.org

The Maine Long-Term Care Ombudsman Program's mission is to advocate for quality of life and care for long-term care consumers.

Pine Tree Legal Agency

88 Federal Street
PO Box 547
Portland, ME 04112

Website: ptla.org/

Phone: (207) 774-8211 **Fax:** (207) 828-2300

Pine Tree Legal agency provides free civil legal assistance in cases where it can make a difference in one's ability to meet one's basic human needs or in enforcing one's basic human rights.

Financial Aid

Consumer Credit Protection

76 Northern Ave,
Gardiner, ME 04345

Website: maine.gov/pfr/consumercredit/index.shtml

Phone: (207) 624-8527 **Toll-Free:** 1(800) 332-8529

Fax: (207) 582-7699

The Bureau of Consumer Credit Protection provides consumer information and services such as free credit checks and homeowner assistance.

Consumer Library

Website: maine.gov/pfr/financialinstitutions/consumer/library.htm

Phone: (207) 624-8570 **Toll Free:** (800) 965-5235

Fax: 207-624-8590 **Email:** bfi.info@maine.gov

The Consumer Library serves as a resource for consumers that are looking for more information related to banking.

Equifax

Website: equifax.com/personal/credit-report-services/free-credit-reports/

Equifax strives to create economically healthy individuals and communities everywhere they do business.

Experian

Website: experian.com/

Get your credit report, FICO® Score*, and credit card offers and tools to help you save money.

Grants for Seniors

Website: grantsforseniors.org/grants-for-seniors-in-maine/

Email: info@grantsforseniors.org

Grants for Seniors is a volunteer run website dedicated to guiding seniors and retirees who need financial help.

Investor Education

Department of Professional & Financial Regulation Office of Securities

121 State House Station,
Augusta, ME 04333

Website: maine.gov/pfr/securities/investor_ed/Investor1.html

Phone: (207) 624-8551 **Toll Free:** 1(877) 624-8551

Fax: (207) 624-8404

Find information on investing, resources for investors, and how to avoid scams.

Lifeline Program

Website: fcc.gov/general/lifeline-program-low-income-consumers

Phone: 1(888) 225-5322 **Fax:** 1(866) 418-0232

ASL Video Call: 1(844) 432-2275

The Lifeline Program provides a discount on phone service for qualifying low-income consumers.

MyMoney.gov

Website: mymoney.gov/

Phone: 1(800) FED-INFO, 1(800) 333-4636

Email: OFE@treasury.gov

MyMoney.gov is a collaboration to strengthen financial capability and increase access to financial services for all Americans.

Social Security

Website: ssa.gov/

Phone: 1(800) 772-1213 **TTY:** 1(800) 325-0778

Social Security has provided financial protection for our nation's people for over 80 years. You can find various online services and commonly asked questions.

Paying For Senior Care

Website: payingforseniorcare.com/

Phone: (206) 462-5728

Paying for Senior Care strives to be the most complete, up-to-date, and reliable source of simple and easy-to-access information about financial resource.

Spectrum Internet Assist

Website: spectrum.com/internet/spectrum-internet-assist

Get affordable Internet with Spectrum Internet Assist.

Tax Relief Credits and Programs

Website: maine.gov/revenue/taxes/tax-relief-credits-programs

Maine Revenue Services administers several programs aimed at providing Maine taxpayers with tax relief.

USA Gov Housing Help

Website: usa.gov/housing-help-audiences#item-36852

Phone: 1(844) USA-GOV1, 1(844) 872-4681

Here you can find various government housing programs for seniors or people with disabilities.

USA Gov Retirement

Website: usa.gov/retirement

Phone: 1(844) USA-GOV1, 1(844) 872-4681

Get the basics on retirement planning and pension benefits, such as how Social Security works, retiring from the civil service, and managing a private pension.

Communities

Gray American Legion Post 86

15 Lewiston Rd,
Gray, ME 04039

Phone: (207) 657-4884

Email: Post86Commander@gmail.com

The Gray American Legion Post 86 supports veterans and the community.

Alcoholics Anonymous

Website: csoaamaine.org

Hotline: (207) 774-4335 **Toll free:** (800) 737-6237

Main Office: (207) 774-3034

Office Manager: cso@csoaamaine.org

Webmaster: webmaster@csoaamaine.org

Alcoholics Anonymous is a fellowship of individuals who share their experience, strength and hope with each other that they may recover from alcoholism.

Alliance for addiction and Mental Health Services

295 Water Street, Suite 307,
Augusta, ME 04330

Website: thealliancemaine.org/

Phone: (207) 621-8118 **Fax:** (207) 621-8362

Alliance for Addiction and Mental Health Services is a statewide membership association for community behavioral health organizations.

Bureau Of Veterans' Services

194 Winthrop Street (Camp Keyes),
Augusta, ME

Mailing Address:

Bureau of Veterans' Services

117 State House Station

Augusta, ME 04333-0117

Website: maine.gov/dvem/bvs/

Phone: (207) 287-7020 **Email:** mainebvs@maine.gov

Find benefits, services, and programs available to you whether you're a veteran, family member, or currently serving and transitioning from the military

Equity Maine Network for Older Adults

511 Congress Street, Suite 107,

Equality Community Center,

Portland, ME 04101

Website: <https://equalitymaine.org/NOA>

Phone: (207) 761-3732

Email: info@equalitymaine.org

Network for Older Adults is an advocacy organization for older LGBTQ+ adults.

Maine Al-Anon Family Groups

Website: maineafg.org

Phone: (207) 284-1844 **Toll Free:** (800) 498-1844

Email: ais@maineafg.org

Maine Al-Anon and Alateen are resources for anyone impacted by a relative or friend's alcohol dependency, either currently or in the past.

Maine Narcotics Anonymous

Website: namaine.org **Phone:** 1(833) 436-6166

Maine Narcotics Anonymous is a fellowship of recovering drug addicts who have come together to solve their common problem of addiction.

Maine Veterans of Foreign Wars

Website: mainevfw.org/

The Veterans of Foreign Wars is an organization that was founded by veterans, and are here to support and improve the lives of our veterans.

Maine Seniors

PO Box 1076,

Camden, ME 04843-1076

Website: meseniors.com/ **Phone:** (207) 706-7000

Email: agoslin@meseniors.com

A uniquely Maine guide and resource for living a happy, healthy, fulfilling, and invigorating senior.

National Alliance on Mental Illness

52 Water Street,
Hallowell, ME 04347

Website: namimaine.org **Phone:** (800) 464-5767

Email: info@namimaine.org

National Alliance on Mental Illness provides a variety of support for those living with mental illness.

Veterans Association

Website: va.gov/ **Phone:** (800) 698-2411

The VA's vision is to provide veterans the world-class benefits and services they have earned.

Vet to Vet Maine

P.O. Box 1205,
Biddeford, ME 04005

Website: vet2vetmaine.org/about-vet-2-vet-maine/

Phone: (207) 579-4024

Email: director@vet2vetmaine.org

Vet to Vet Maine matches veteran volunteers with other veterans who need a friend and/or mentor.

Employment

Disability Employment Policy

Website: dol.gov/agencies/odep/topics

Phone: 1(866) 4-USA-DOL, 1(866) 487-2365

Find Government programs and policies for employers and employment support.

Goodwill's Workforce Services

34 Hutcherson Drive,
Gorham, ME 04038

Website: goodwillnne.org/workforce/

Phone: (207) 774-6323

Through Goodwill NNE's Job Connection model, each participant is paired with a career advisor and a life navigator who helps them work through each barrier to success.

Maine Career Centers

55 State House Station,
Augusta, ME 04333-0055

Website: mainecareercenter.gov/

Phone: (207) 623-7967 **Email:** JobLink@maine.gov

Maine CareerCenters provides a variety of employment and training services at no charge for Maine workers and businesses.

USAJOBS

Website: usajobs.gov/

USAJOBS connects job seekers with federal employment opportunities across the United States and around the world.

Recreation

Gray Parks & Recreation

Henry Pennell Municipal Complex
24 Main Street,
Gray, ME 04039

Website: grayme.myrec.com/info/default.aspx

Phone: (207) 657-2323 **Fax:** (207) 657-2852

Child Care Services: (207) 657-6762

Director: adahms@graymaine.org

Childcare services: nlevier@graymaine.org

Find and register for recreation activities run by the Gray and New Gloucester recreation departments.

Gray Public Library

5 Hancock Street,
Gray, ME 04039

Website: graypubliclibrary.com/

Phone: (207) 657-4110

Email: graylib@graymaine.org

Tuesday-Wednesday: 9:30am-7:00pm

Thursday: 9:30am-6:00pm

Friday: 9:30am-5:00pm

Saturday: 9:30am-3:00pm

The Gray Public Library's offers an information center that provides a balanced collection of books, access to technology, and well-trained staff.

Libby Hill Forest

Website: libbyhill.org/

Libby Hill Forest consists of over eleven miles of recreational trails adjacent to the Gray-New Gloucester Middle and High Schools.

Maine Wildlife Park

56 Game Farm Road,
Gray, ME 04039

Website: maine.gov/ifw/wildlife-park/index.html

Phone: (207) 822-6460

Email: mainewildlifepark@maine.gov

At the Maine Wildlife Park you can see more animals in a day than you could ever spot in the wild!

Meetup.com

Website: [meetup.com/find/us--me--gray/](https://www.meetup.com/find/us--me--gray/)

Meet new people who share your interests through online and in-person events.

Bradbury Mt. State Park

528 Hallowell Road,
Pownal, ME 04069

Website: [bradburymountain.com/](https://www.bradburymountain.com/)

Phone: (207) 688-4712

Enjoy a variety of trails and picnic areas.

Gilsland Farm

20 Gilsland Farm Road,
Falmouth, ME 04105

Website: maineaudubon.org/visit/gilsland-farm/

Phone: (207) 781-2330

Email: info@maineaudubon.org

Glisland Farm features an environmental education center and a 65-acre sanctuary with more than two miles of trails.

Pineland Farms

15 Farm View Drive,
New Gloucester, ME 04260

Website: pinelandfarms.org/ **Phone:** (207) 688-4539

Pineland Farms is a 5,000-acre working farm, business campus and educational and recreational venue.

Royal River Conservation Trust

PO Box 90,
52 North Road,
Yarmouth, ME 04096

Website: rrct.org/preserves-trails/intervale-preserve/

Phone: (207) 847-9399 **Email:** info@rrct.org

The Preserve is popular for its loop trails, interurban rail trail segment, rich ecology & habitat, iconic historic village context, Royal River access, and access for snowmobile trails and hunting.

Ten Apple Farm

241 Yarmouth Road,
Gray, ME 04039

Website: tenapplefarm.com/wordpress/

Email: info@tenapplefarm.com

Ten Apple Farm is a homestead on eighteen acres of land, with a small herd of dairy Alpine goats, poultry, and a large kitchen garden.

YMCA of Southern Maine

Website: ymcaofsouthernmaine.org/

Portland Branch

70 Forest Avenue,
Portland, ME 04101

Phone: (207) 874-1111

Email: lfarina@ymcaofsouthernmaine.org

Casco Bay Branch

14 Old South Freeport Road,
Freeport, ME 04032

Phone: (207) 865-9600

Email: rbosse@ymcaofsouthernmaine.org

The YMCA's mission is to build strong kids, individuals, families, elders and communities through programs and services.

Citizen Science Portal

Website: ifw.citizenscience.maine.gov/

Phone: (207) 287-8000

Fax: (207) 287-8094 or (207) 287-6395

Help identify and catalogue Maine's wildlife through a variety of programs.

Maine Bureau of Parks and Lands

18 Elkins Lane, Harlow Building
Augusta, ME 04333-0022

Website: maine.gov/dacf/parks/

Phone: (207) 287-3200 **Fax:** (207) 287-2400

Email: dacf@maine.gov

The mission of the Maine Bureau of Parks and Lands is to protect and manage the natural and cultural resources under their care.

Maine Department of Inland Fisheries and Wildlife

Website: maine.gov/ifw/ **Phone:** (207) 287-8000

Find information about hunting, fishing, various programs, and more!

Maine Trail Finder

Website: mainetrailfinder.com/

Maine Trail Finder is a free, interactive mapping site designed to help Maine residents and visitors find trails across the state.

Pine Tree Society

Website: pinetreesociety.org

Auburn

589 Minot Avenue,
Auburn, ME 04210

Phone: (207) 443-3341 **Fax:** (207) 777-1205

Pine Tree Society has been committed to transforming the lives of Maine people with disabilities and their families.

Portland Press Herald

Website: <https://www.pressherald.com/things-to-do/>

The Portland Press Herald features various events around the state.

Visit Maine!

59 State House Station,
Augusta, ME 04330

Website: visitmaine.com/

Phone: 1(888) 624-6345 **TTY:** 1(877) 624-6331

Find some of the best Maine day trips and explore local shopping, dining, and lodging.

Adult Education

Gray Adult Ed

10 Libby Road,
Gray, ME 04039

Website: gray.maineadulted.org/

Phone: (207) 657-9612

Email: gngadulter@sad15.org

Gray Adult Education in Maine is a statewide system of more than 100 connected learning programs.

Adult Education Providers

Website: maine.gov/doe/learning/adulterd/providers

Phone: (207) 624-6600 **Fax:** (207) 624-6700

Find adult education facilities in your area!

Adult Learner Scholarship

50 Monument Square, 6th Floor,
Portland, ME 04101

Website: mainecf.org/find-a-scholarship/available-scholarships/for-adult-learners/

Phone: (207) 667-9735

The Adult Learner Scholarship is intended to help relieve some of the financial burden of pursuing your education goals.

AgingME: Geriatrics Workforce Enhancement Program

Website: sites.une.edu/gwep/for-older-adults-care-partners/

The Geriatrics Workforce Enhancement Program promotes development of the health care workforce and quality care for older adults through community-based programs.

Maine Adult Education Association

Website: maineadulted.org/

Email: info@maineadulted.org

The Maine Adult Education Association is committed to meeting the educational, training and personal needs of Maine's adults by offering academic, training and enrichment classes.

Maine Senior College Network

University of Southern Maine

PO Box 9300,

Portland, ME 04104-9300

Website: maineseniorecollege.org/

Phone: (207) 780 4128

Director: acardale@maine.edu

The Maine Senior Colleges offers intellectually stimulating non-credit courses and provides a range of learning opportunities for adults over the age of 50.

Southern Maine Community College

Website: smccme.edu/

South Portland campus

2 Fort Road,
South Portland, ME 04106

Phone: (207) 741-5500

Midcoast Campus

29 Sewall Street,
Brunswick, ME 04011

Phone: (207) 844-2102

Southern Maine Community College is Maine's largest community college, they offer a large variety of classes, trainings, and degree programs.

Talking Books Program

Outreach Services

Maine State Library

64 State House Station,

Augusta, ME 04333

Website: maine.gov/msl/outreach/lbph/talkingbooks

Phone: (207) 287-5600 **Fax:** (207) 287-5624

Talking Books is a program which provides recorded books and special players free to persons who are blind, visually impaired, physically handicapped or who have a doctor-certified reading disability.

UMaine Senior Tuition Waiver

DLL Advising Center,
122 Chadbourne Hall,
Orono, ME 04469

Website: umaine.edu/dlladvising/senior-citizen-tuition-waiver/

Phone: (207) 581-3143 **Fax:** (207) 581-3141

Email: dlladvising@maine.edu

The University of Maine System has a tuition waiver for Maine residents who are 65 years or older, are seeking to take university courses for personal enrichment and/or, to attain their first degree.

Road Scholar

Website: elderhostel.org/ **Phone:** 1(800) 454-5768

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities.

SeniorNet

Website: seniornet.org/

Email: corporate@seniornet.org

SeniorNet is a nonprofit group dedicated to bridging the divide between older adults and technology.

Volunteering

Volunteer for the Town!

Website: graymaine.org/volunteer

Boards and Committees are the core of our town, help to serve your town and community and join one today!

AmeriCorps

Website: americorps.gov/serve/americorps-seniors

Phone: 1(800) 942-2677

Email: help@americorps.gov

Get involved and make a positive difference in your community.

Letters Against Depression

Website: lettersagainst.org/

Email: Robert@LettersAgainst.org

Letters Against Depression is an organization that provides hope and support to those battling mental illness through the power of handwritten letters.

Letters Against Isolation

Website: lettersagainstisolation.com/

Email: lettersagainstisolation@gmail.com

Letters Against Isolation fights senior loneliness one letter at a time.

Senior Companion Program

Website: mainecenteronaging.umaine.edu/service/senior-companion-program/

Phone: (207) 262-7929

Email: michael.morang@maine.edu

The Senior Companion Program is a volunteer program for adults 55 and older who are interested in helping homebound, isolated seniors or disabled adults.

Volunteer Maine

19 Elkins Lane, Room 105,
105 State House Station,
Augusta, ME 04333-0105

Website: <http://volunteermaine.gov/>

Phone: (207) 624-7792

Volunteer Maine builds capacity and sustainability in Maine's volunteer and service communities.

Disclaimer: The Town of Gray Older Adult Resource Guide is provided for informational purposes only. While every effort has been made to ensure the accuracy and relevance of the information contained therein, the Town of Gray does not endorse, guarantee, or warrant the products, services, or entities listed in the guide. The inclusion of any specific entity or organization does not constitute an endorsement or recommendation by the Town of Gray.