

2-1-1 Maine

2-1-1 Maine is a comprehensive statewide directory of over 8,000 health and human services available in Maine. The toll free 2-1-1 hotline connects callers to trained call specialists who can help 24 hours a day, 7 days a week. Finding the answers to health and human services questions and local resources is a quick as dialing 2-1-1 or visit the website 211 Maine Website.

AARP Maine

AARP Maine is in communities across the state working with residents and elected officials to make our state a great place for people of all ages to call home. They are advocates for legislative issues that impact families such as caregiving, financial security, healthcare, utilities and prescription prices. They provide valuable educational resources and information to help people live their best life now and in the future. They provide educational workshops and activities ranging from tax or ID theft to improving balance or safety for pedestrians.

Contact: aarp.org/me or 1-866-554-5380

Heating Assistance

Low Income Home Energy Assistance Program – LIHEAP Maine State Housing Authority

LIHEAP provides money to help low income homeowners and renters pay for heating costs. There are income guidelines for eligibility. Applications are accepted from August 1 through April 30 each year.

Contact: 207-523-5049

People aged 62+ can contact local Windham officials for their application. Contact Rene Daniel at 892-1906

Windham Neighbors Helping Neighbors – The mission of Windham Neighbors Helping Neighbors is to provide one-time emergency assistance to Windham residents experiencing a critical need for heating fuel, to help direct individuals to appropriate long-term resources and to promote a culture of neighbors helping neighbors.

Contact: Linda Morrell 892-3507 or Judy Vance 892-1900 windhamneighbors.com

Lake Region Senior Center

At Little Falls Activity Center, 40 Acorn Street, Gorham. Welcomes seniors 50 plus for a variety of activities such as card games, memoir writing and a walking program in the gym. Crafters are also welcome and can come and work on their projects. There is an annual \$10 membership fee. Activities are offered different days of the week so check the Windham Eagle Calendar for activity dates.

Contact: Blanche Alexander 892-5604

Legal Services for the Elderly LSE

LSE provides free high quality legal services to low-income adults 60 and over. They provide free legal advice regarding health care, health insurance, Medicare, MaineCare, Social Security and other public benefits, pension and retirement benefits, power of attorney, guardianship and other issues.

Contact: 1-800-750-5353

Local Churches Food and Fellowship- Monday Meals

The Monday Meal program is a free meal prepared and served on Mondays at 5:30 pm by local churches and service groups at 5 meal sites. Churches: September -May, 1st Monday – North Windham Union Church, 2nd Our Lady of Perpetual Help, 3rd and 4th Windham Hill United Church of Christ, 5th Standish Congregational Church. June-August – 1st four Mondays – St. Ann's Episcopal Church. Location is listed in Windham Eagle Calendar each week.

All of the churches help putting on a picnic and a community Thanksgiving meal.

Contact: Call- 892-9212 e-mail – MondayMealME@gmail.com

St. Ann's Essentials Pantry serves families by providing personal and household items that EBT cards and the food pantries in the area do not cover. In normal non-COVID times, the Pantry is open the last Saturday of every month from 8:30 a.m. to 9:30 a.m. at the church on the corner of Windham Center Road and River Road. Currently, they are bagging items and it is a drive-thru pick up at the church's parking lot until further notice (still the last Saturday of the month). For more information, contact Deacon Wendy Rozene at 207-232-0841.

Opportunity Alliance Foster Grandparent Program

This is a Senior Corps Volunteer program for people age 55 and older who donate their time to mentor/tutor children in schools, daycare centers, after school /summer programs and in Head Start. Volunteers serve 15-40 hours per week providing support to struggling students.

Contact: Opportunity Alliance 773-0202. fgp@opportunityalliance.org
222 St. John Street. Suite 302B, Portland, Maine 04102

Opportunity Alliance

The Opportunity Alliance works with people to help them build better lives and stronger communities. There are 46 integrated programs and services such as help for fuel and housing assistance, employment and financial counseling, a senior companion program, and mental health crisis intervention services.

Contact: www.opportunityalliance.org Tel 1-800-698-4959

RSU 14 Windham Raymond Schools Athletic events

The Windham/Raymond schools offer \$1.00 admission at the door or gate to athletic events for seniors for all football, soccer, basketball and hockey games. All other sporting events are free to the public.

Contact: Rich Drummond, Athletic Director 892-1810 #5.

www.rsu14.org Department – Athletics

RTP – Regional Transportation Program

Aside from operating the Lakes Region Explorer bus, RTP provides demand/response services for those who can't drive themselves or who need rides to medical appointments. It has services with buses, vans and volunteer drivers for senior, disabled and low-income residents of Cumberland County. They also offer a shopper shuttle for seniors each Friday morning on a small 8 passenger van that travels from Bridgton to Windham, stopping at places such as Walmart, Reny's and grocery stores.

Contact: Belinda Hutchinson. bhutchinson@rtrides.org Tel. 615-0391

Saint Joseph's College Institute For Integrative Aging

The Institute for Integrative Aging provides a creative age-friendly, intergenerational learning environment aimed at combating social isolation and loneliness for older adults. They are creating a student body and workforce that is well-equipped to support a rapidly growing aging population. Through education, social and spiritual enrichment, rural connectivity, fitness and wellness and a planned residential community, they are building a community focused on a holistic approach to aging through community partnership, wellness and lifelong learning. The program is planning a Healthier Aging Conference on July 22,2020- see website for upcoming details.

Contact www.sjcme.edu/aging 893-7641

The Silver Sneakers Program is focused on health and fitness for older adults. Classes for stability and balance, muscle conditioning, flexibility and water exercises are available. Some insurance plans cover the cost of courses. You can check the above website to see if you qualify.

Contact Jenna Chase 893-6627. jchase@sjcme.edu

[Sebago Lakes Region Fuller Center for Housing](#)

Established in 2019, this organization is a local partner of the national Fuller Center for Housing, a non-profit, ecumenical Christian housing ministry dedicated to eliminating substandard and unsafe housing worldwide. The Sebago Lakes Region chapter repairs and rehabilitates homes and provides yard work for low-income homeowners who are 65 and older. They currently serve Raymond, Windham and Standish with plans to expand their service area as their organization grows. The founding partners include [Faith Lutheran Church](#), [North Windham Union Church](#), [Raymond Village Community Church United Church of Christ](#), [Saint Joseph's College](#), [Unity Center for Spiritual Growth](#) and [Windham Hill United Church of Christ](#).

For more information, to volunteer or to inquire about assistance, contact the local Fuller Center by phone at 207-387-0855, by email at Sebagofullerhousinginfo@gmail.com or through their website at <https://www.sebagofullerhousing.org>

Senior Property Tax Assistance

[Homestead exemption](#) – The exemption allows homeowners whose principle residence is in Maine a reduction in valuation (adjusted by the town's certified assessment ratio). The reduction in Windham this year is \$20,000 off the assessed valuation of your property. Maine homeowners have to have resided at the property for at least 12 months prior to April 1 in order to be considered. Applications must be filed with the Assessor's office by April 1.

Contact – Elisa Trepanier, Windham Assessor's office 207-894-5960. Ext 3

Town website - windhammaine.us – Departments- Assessor- Homestead Exemption

[Senior Property Tax Assistance](#)- Town of Windham- must be 65 years old, have a home in Windham that you have lived in for the whole year prior to application, been a Windham resident for at least 10 years, have paid property taxes in Windham Oct.1 and April 1 and have an annual household income Less than \$46,500. The maximum benefit is \$500 but could be less depending on your actual property taxes and your annual income.

Contact – Tammy Hodgman, Town Managers Office. 207-892-1907

Town website – windhammaine.us – How Do I -Apply for - Senior Property Tax Assistance

[Southern Maine Agency on Aging](#)

SMAA provides residents of Cumberland county with resources and assistance to address issues and concerns of aging. Programs are designed to foster independence, reduce burden on families and caregivers and promote an active and healthy lifestyle for individuals as they age. Programs such as insurance counseling, managing caregiving including respite care, the Maine Senior Games, Meals on Wheels, dementia care and therapeutic activities and the monthly Community Café at Unity Gardens on the third Thursday of the month.

Contact – Liz Thompson, SMAA office Scarborough Maine lthompson@smaaa.org

Phone 396-6591 or 1-800-427-7411

[TIP – The Trauma Intervention Program](#)

The TIP program is a group of highly trained volunteers who provide emotional and practical support to survivors of traumatic events and their families within the immediate aftermath of a traumatic event.

Contact: TIP of Greater Portland, Maine 207-619-1175

Town of Windham Social Services

Located at 377 Gray Road

Clothes Closet – open to Windham residents and non-residents in need of clothing. Open Monday and Tuesday 10-12 p.m. Phone 892-1906

The Windham Food Pantry is open to Windham residents with proof of residency. Residents are provided with food on a monthly basis. Please call for an appointment. Food and non-food donations are accepted Monday- Thursday 8am-4:30 pm Phone 892-1931

Medical Loan Closet – located on Windham Center Road next to the library
Tel. 894-5900 ext.1111

The Loan closet provides residents with wheelchairs and other equipment for medical and physical needs. The closet is staffed by volunteers and open by appointment only.

TRIAD- Gorham, Windham, Westbrook

TRIAD is an organization where senior citizens work together with healthcare business partners and law enforcement to enhance the quality of life for our seniors. They have offered programs such as Safe Driving, Safety at home, and fraud prevention. One program, Rise and Shine, is a free program that is designed to assist older adults who are living alone in our communities. Upon completion of an application, a trained and vetted volunteer will contact the older adult daily for a check in. If you can't be reached, a police officer will conduct a wellness check at the home.

Contact: Buffy Houpp Tel. 229-9050

Windham Public Library

The Windham Public Library is the municipal library for the Town of Windham, ME. The library offers books, magazines, and graphic novels in print and digital format as well as music CD's, audiobooks, and DVDs/Blu-Rays. The library hosts a variety of programs for all ages. Tech Help is available on Mondays from 4:30- 5:30 and Thursday from 10:30 – 11:30. Knitters and More meet on Tuesdays from 1-3 pm.

Contact: Jennifer Alvino, Library Director 892-1908

www.windham.lib.me.us

Windham Parks and Recreation

The mission of the Parks and Recreation Department is to create a sense of community through people, parks and programs. The department offers senior outings and adult-friendly programs. There is financial assistance for seniors over 55+ with partial subsidy vouchers for programs and classes. There is also a free opportunity offered in conjunction with Social Services for shopping in North Windham on Thursday mornings. There is a senior newsletter that is put out 3 times a year- if you'd like to be added to the mailing list there is a cut-out on the back of every newsletter that you can mail in or you can call the office. For more information, visit our website at www.windhamrecreation.com.

Contact: Adult and Senior Program Coordinator – Lynn Bucknell Tel. 892-1905

email: Parks&Recreation@windhammaine.us

Windham Raymond Adult Education

The Adult education program provides affordable, high quality opportunities that encourages life-long learning. Offerings include academic, career and personal enrichment. Seniors can receive a 20% discount on selected classes.

Contact: 892-1819 windham.maineadulted.org. Tom Nash Director

406 Gray Road, Windham Maine 04062. White portable in back of the high school gym- separate parking and entrance