

Communications

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 as 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

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

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

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 Houp Tel. 229-9050

Windham Parks and Recreation

Senior Newsletter - Newsletters are published three times/year (January, May and September) with information about programs sponsored by Windham Parks and Recreation as well as other entities (including the Windham Age Friendly Community Committee, the Lakes Region Senior Center and St. Joseph's College.)

If you would like to be added to our mailing list for this Senior newsletter, please contact the office at 892-1905 to provide us with your information.