

# **Community Support and Health**

## **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](http://aarp.org/me) or 1-866-554-5380

## **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, 1<sup>st</sup> Monday – North Windham Union Church, 2<sup>nd</sup> Our Lady of Perpetual Help, 3<sup>rd</sup> and 4<sup>th</sup> Windham Hill United Church of Christ, 5<sup>th</sup> Standish Congregational Church. June-August – 1<sup>st</sup> 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](mailto:MondayMealME@gmail.com)

## **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](http://www.opportunityalliance.org) Tel 1-800-698-4959

### [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](http://www.sjcme.edu/aging) 893-7641

### [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](mailto: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

### [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

### [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.

### **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](http://www.windhamrecreation.com).

Contact: Adult and Senior Program Coordinator – Lynn Bucknell Tel. 892-1905  
email: [Parks&Recreation@windhammaine.us](mailto:Parks&Recreation@windhammaine.us)