

Maine Chapter

www.alz.org/maine

170 US Route One
Suite 250
Falmouth, ME 04105

207 772 0115 **phone**
800 272-3900 **toll free**
207 781-3312 **facsimile**



ALZHEIMER'S/DEMENTIA SUPPORT SERVICES CUMBERLAND COUNTY

Alzheimer's Diagnosis and Evaluation: *Through a comprehensive assessment, a team consisting of a geriatrician, nurse, social worker and specialized staff determine the type of memory disorder or dementia. Information about the disease and assistance in obtaining the necessary resources to provide the most appropriate care are provided. Maine's evaluation centers are listed below.*

- Memory Clinic, Cary Medical Center, Caribou
(207) 498-3111 ext. 1394
- The Center for Senior Medicine, 100 Campus Avenue, Ste. 102, Lewiston
(207) 755-3360
- Gardiner Evaluation Unit, Gardiner
(207) 626-1773 or 1-800-939-3333
- MMC Geriatric Center, 66 Bramhall Street, Portland
(207) 662-2847
- RossCare's Center for Healthy Aging, Bangor
(207) 973-7094
- Memory Clinic, Northern Maine Medical Center, Fort Kent
(207) 834-3101
- Geriatric Evaluation and Management, Veteran's Administration Medical Center Togus
1-877-421-8263, ext. 5452
- Memory Clinic, Southern Maine Medical Center, 3 Webhannet Place, Kennebunk
(207) 467-8215

Geriatricians: *Physicians specializing in the care of the elderly.*

Mark Braun, MD	153 US Route 1, #5	Scarborough	883-0888
Scott Chase, DO	438 US Route 1	Scarborough	883-4124
James Donahue, DO	491 US Route 1	Freeport	865-2225
Jabbar Fazeli, MD	P.O. Box 3805	Portland	780-6565
Richard Marino, MD	272 Congress St	Portland	874-2466
William Schirmer, MD	331 Veranda St.	Portland	828-2402
Carl Schuler, DO	744 Roosevelt Tr	Windham	892-7006

Geriatric Psychiatrists, Neuropsychologists and Mental Health Professionals: *Psychiatrists and other professionals specializing in the care of the elderly and others with mental disorders.*

Ronald Bailyn, M.D.	Maine Medical Center	Portland	662-2847
Maureen Callnan, Clinical Nurse Specialist	49 Deering St	Portland	773-1966
Mary Fogg, Ph.D.	Maine Medical Center	Portland	662-4389
Denise Fuhrmann, Geropsychiatric and Geriatric Clinical Nurse Specialist			985-1743
Howard Kessler, Ph.D.	500 Route 1, Ste 26	Yarmouth	846-3023
Christine Ramsey, Ph.D.	500 Route 1, Ste 26	Yarmouth	846-3023
Glenn Prentice, M.D.	Maine Medical Center	Portland	662-3101
Mitchell Pulver, MD	153 Park Row, Ste B	Brunswick	729-8391
Matthew Tiffany, LCPC-C	31 Main St	Gorham	523-0700
Counseling Services, Inc	12 Westbrook Common	Westbrook	856-1500
Tri-County Mental Health Services			888-304-4673

Roberta Zuckerman, LCSW

131 Ocean Street

South Portland

799-9709

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Neurologists: *A referral from a primary care physician is usually required for a neurologist, who specializes in brain diseases and disorders.*

John Belden, MD	49 Spring St	Scarborough	883-1414
John Boothby, MD	222 Auburn St, Ste 204	Portland	874-0100
Peter Bridgman, MD	51 Harpswell Rd, Ste 100	Brunswick	729-7800
Edward Collins, DO	5 Bucknam Rd	Falmouth	781-1888
Eric Dinnerstein	5 Bucknam Rd	Falmouth	781-1888
Leonard Kaminow, MD	49 Spring St	Scarborough	883-1414
Seth Kolkin, MD	4 Fundy Rd	Falmouth	781-8888
Stephen Rioux, MD	49 Spring St	Scarborough	882-1414
Kathryn Seasholtz	11 Medical Center Dr	Brunswick	729-0181
John Sullivan, MD	49 Spring St	Scarborough	883-1414
Richard Sullivan, MD	49 Spring St	Scarborough	883-1414

Elder Law Attorneys: *Specifically knowledgeable about the laws and regulations that affect the elderly, including powers of attorney, guardianship, transfer of assets and Medicaid and Medicare.*

Roger Asch	97A Exchange St, Suite 102	Portland	761-5630
Patricia Nelson-Reade	813 Washington Ave	Portland	828-1597
Kate Geoffroy	813 Washington Ave	Portland	828-1597
Jennifer Frank	813 Washington Ave	Portland	828-1597
Toole, Powers, & Carlen	178 Middle St, Ste 402	Portland	775-2882
Perkins, Thompson Attorneys	1 Canal Plaza, PO Box 426	Portland	774-2635
Mary Toole	178 Middle St, Suite 402	Portland	879-6054
Vogel & Dubois	550 Forest Ave, Ste 205	Portland	761-7796
Barbara Wheaton	1 Monument Sq	Portland	791-1100
James Young	Two Canal Plaza	Portland	772-2800
James Hopkinson	511 Congress St	Portland	772-5845
Powers & French	209 Main St	Freeport	865-3135
Stoddard L. Smith	49 Pleasant St	Brunswick	721-0622
Benet Pols	56B Maine St	Brunswick	721-1010
Robert Raftice, Jr	7 Ocean St	South Portland	767-9130
Allan E. Tracy	360 Route 1	Yarmouth	846-1151
Lawyer Referral and Information Service			1-800-860-1460
Legal Services for the Elderly			1-800-750-5353
Volunteer Lawyers Project			1-800-442-4293
Pine Tree Legal	88 Federal St.	Portland	774-8211

In-Home Respite: *Funds are available through the **Partners in Caring** Program to pay for adult day services, companions, personal care assistance, or a short term stay in a facility. With temporary relief, families may be able to care for the person with dementia at home much longer than would otherwise be possible. For more information contact:*

Southern Maine Agency on Aging 1-800-427-7411 or 396-6500

Adult Day Services: *Structured day programs provide a safe setting, which can help to maintain functioning as long as possible. "Alz" next to community name denotes that they describe themselves as having a secure dementia care unit. S/L denotes that the community has a separate and locked unit.*

Alz Barron Center	1145 Brighton Ave	Portland	774-2623
Alz Coastal Manor	20 West Main St	Yarmouth	846-5013
Alz Harbor Adult Day	27 Forest Falls Dr	Yarmouth	846-0044
Island Commons ADC	RR1, Box 84	Chebeague Isl.	846-4456
Respite Care	PO Box 402	Brunswick/Bath	729-8571
Alz Sedgewood Commons	22 Northbrook Dr	Falmouth	781-5775
Alz Springbrook	300 Spring St	Westbrook	856-1230
St. Joseph's Manor	1133 Washington Ave	Portland	797-0600

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Companions and Personal Care Assistance: Agencies that can provide a companion, personal care assistant, and light housekeeping.

Admiral Home Care Services	798 Main St	South Portland	828-1591
Advantage Home Care	415 Congress St, Ste 202	Portland	699-2570
Aging Excellence	115 Pleasant St	Brunswick	729-0991
Aging Excellence	251 Congress St	Portland	771-0991
Arcadia Home Care	17 Stanwood St	Brunswick	729-6900
Catholic Charities	52 Congress St	Portland	871-1161
Casco Bay Home Care	298 Main St	Yarmouth	846-6886
Comfort Keepers	152 US Route 1, Box 5	Scarborough	885-9600
Gentiva Home Health	881 Forest Ave	Portland	772-0954
Home Care for ME	PO Box 358	Gardiner	1-800-639-3084
Home Instead Senior Care	502 Main St	Gorham	839-0441
Home Partners, LLC	136 US Route One, Ste. 4	Scarborough	883-0095
Home Support Services	110 Tandberg Trl	Windham	892-1454
In Home Senior Services	658 Main St	Gorham	856-1212
Interim Health Care	275 Bath Rd	Brunswick	775-3366
Interim Health Care		South Portland	775-3366
Just Friends	2 Railroad Sq.	Yarmouth	846-5525
Living Innovations Home Care	238 North St	Saco	282-3311
Maxim Healthcare Services	233 Oxford St, Ste 32	Portland	822-4010
Neighbors	PO Box	Brunswick	725-9444
New England Family Health	584 Main St	South Portland	767-7339
Visiting Angels	461 Capisic St	Portland	773-3397

Home Health Agencies: Skilled nursing agencies that provide visiting nurses, home health aides, physical therapy, and occupational therapies through Medicare or other health insurances.

Admiral Home Care Svcs	798 Main St	South Portland	828-1591
Beacon Hospice	Foden Rd	South Portland	772-0929
Gentiva Health Services	881 Forest Ave	Portland	772-0954
Home Health Visiting Nurses of So. Maine	901 Washington Ave, Ste 104	Portland	1-800-660-4867
Interim	275 Bath Rd	Brunswick	775-3366
Interim		South Portland	775-3366
Maxim Healthcare Services	233 Oxford St, Ste 32	Portland	822-4010
VNA Network	50 Foden Road	South Portland	1-800-757-3326

Residential Care Communities/Assisted Living Communities: Residential care/assisted living communities serve individuals who need supervision around the clock, but do not yet meet the criteria for nursing home level of care. "Alz" next to community name denotes that they describe themselves as having a dementia care unit. S/L denotes that the community has a separate and locked unit. * Indicates that they accept MaineCare (Medicaid).

	Atrium at Cedars	640 Ocean Ave	Portland	775-4111
Alz*	Bridgton Residential Care	186 Portland Rd	Bridgton	647-8821
Alz	Bay Square at Yarmouth	27 Forest Falls Dr	Yarmouth	846-0044
*	Casco Inn Residential Care	434 Roosevelt Trl	Windham	627-7199
*	Cedars Nursing Care Center	PO Box 466	Portland	772-5456
*	Coastal Manor	PO Box 429	Yarmouth	846-5013
*	Country Village Assisted Living	906 Meadow Rd	Casco	627-7111
*	Dionne Commons	24 Maurice Dr	Brunswick	725-4379
*	Elr Care of Maine	511 Bridge St	Westbrook	854-2973
Alz	Fallbrook Woods	418 Ray St	Portland	878-0788
	Falmouth House at OceanView	32 Blueberry Lane	Falmouth	781-4621
	Foreside Harbor	191 Foreside Rd	Falmouth	781-8201
Alz*	Gorham House	50 New Portland Rd	Gorham	839-5757

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Residential Care Communities/Assisted Living Communities (Continued):

	Ledgeview Assisted Living	92 US Route 1	Cumberland Foreside	781-2408
Alz★	Maine Veterans Home	290 US Route 1	Scarborough	883-7184
★	Park Danforth	777 Stevens Ave	Portland	797-7710
S/L	Piper Shores	15 Piper Rd	Scarborough	883-8700
Alz★	Portland Ctr for Assisted Living	68 Devonshire St	Portland	772-2893
Alz★	Scarborough Terrace	600 Commerce Dr	Scarborough	885-5568
	Seaside Nursing and Retirement Ctr.	850 Baxter Blvd	Portland	774-7878
Alz★	Sedgewood Commons	22 Northbrook Dr	Falmouth	781-5775
★	Seventy Five State Street	75 State St	Portland	772-2675
★	Skofield House	26 Cumberland St	Brunswick	725-5801
Alz★	Springbrook Health Center	300 Spring St	Westbrook	856-1230
Alz	The Garden	56 Baribeau Dr	Brunswick	373-3690
Alz	The Highlands (AL)	30 Governor's Way	Topsham	725-2650
	Thornton Oaks	25 Thornton Way	Brunswick	729-8033
	Village Crossings at Cape Elizabeth	78 Scott Dyer Road	Cape Elizabeth	799-7332
Alz	Vicarage by the Sea	9 Vicarage Lane	Harpswell	833-5480
Alz★	Webster Commons (Hawthorne House)	6 Old Country Road	Freeport	865-4782

Nursing Facilities: *Nursing facilities serve people with Alzheimer's and other dementias who have medical needs that require nursing care. "Alz" next to facility name denotes that they describe themselves as having a dementia care unit. S/L denotes that the facility has a separate and locked unit. Most Nursing Facilities accept MaineCare, see "★."*

Alz★	Barron Center	1145 Brighton Ave	Portland	774-2623
Alz★	Brentwood Rehabilitation	370 Portland St	Yarmouth	846-9021
★	Falmouth by the Sea	191 Foreside Rd	Falmouth	781-4714
★	Freeport Nursing Home	3 East St	Freeport	865-4713
Alz★	Gorham House	50 New Portland Rd	Gorham	839-5757
Alz★	Hawthorne House	6 Old Country Rd	Freeport	865-4782
Alz★	Ledgewood Manor	200 Route 115	Windham	892-2261
Alz★	Maine Veterans' Home	290 US Route 1	Scarborough	883-7184
Alz	Piper Shores	15 Piper Rd	Scarborough	883-8700
Alz★	Sedgewood Commons	22 Northbrook Dr	Falmouth	781-5775
★	Seaside Nursing	850 Baxter Blvd	Portland	774-7878
Alz★	South Portland Nursing Home	42 Anthoine St	South Portland	799-8561
Alz★	Springbrook Health Center	300 Spring St	Westbrook	856-1230

Support Groups: *Led by an experienced facilitator, caregivers have the opportunity to share experiences and get support and emotional encouragement from others.*

Barron Center II	Portland	883-8636
Bridgton Community Center	Bridgton	647-8095
St. Bartholomew's Episcopal Church	Yarmouth	1-800-272-3900
Gorham House	Gorham	839-5757
Maine Medical Center, Geriatric Center	Portland	1-800-272-3900
United Methodist Church	Brunswick	729-8571
Mid-Coast Senior Health	Brunswick	373-3691
1 st Congregational Church	South Portland	1-800-272-3900

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Places to Borrow books and other materials: *Lending centers with a special collection of materials about caring for a person with dementia. All of the libraries listed are public libraries.*

Area Agency on Aging ©	1-800-427-7411	Gray Library	657-4110
Bridgton Library	647-2472	Harrison Library	583-2970
Cape Elizabeth Library	799-1720	New Gloucester Library	926-4840
Casco Library	627-4541	Portland Library & Branches ©	871-1700
Cumberland (Prince) Library	829-2215	Raymond Library	655-4283
Curtis Memorial Brunswick	725-5242	Scarborough Library ©	883-4723
Falmouth Library	781-2351	South Portland Library	767-7660
Freeport Library	865-3307	Westbrook Library ©	854-0630
Gorham (Baxter) Library	839-5031	Yarmouth Library	846-4763

© = sites that have a copy of *Complaints of a Dutiful Daughter*

Statewide Resource Numbers:

Office of Elder Services	1-800-262-2232
Goold Health Systems	1-800-609-7893
Elder Independence of Maine	1-888-234-3920
Long Term Care Ombudsman	1-800-499-0229
Adult Protective Services	1-800-624-8404

FOR MORE INFORMATION CALL:

**THE ALZHEIMER'S ASSOCIATION
MAINE CHAPTER
FALMOUTH, ME
1-800-272-3900**

This list does not constitute and endorsement or a recommendation.

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