

**ALZHEIMER'S/DEMENTIA SUPPORT SERVICES  
KENNEBEC 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
- The Memory Clinic at Southern Maine Medical Center, 3 Webhannet Place, Kennebunk  
(207) 467-8215

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

Richard Dubocq, MD	209 Unity Rd	Albion	437-5500
Karen Gershman, MD	15 E. Chestnut St	Augusta	626-1561
Roland Knausenberger, MD	180 KMD	Waterville	872-2900
Daniel Onion, MD	15 E. Chestnut St	Augusta	626-1561
Cheryl Seymore, MD	15 E. Chestnut St	Augusta	626-1561

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

Janice Petzel, MD	116 Second St, Suite 1	Hallowell	242-4007
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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.*

Julius Ciembroniewicz, MD	76 Eastern Ave	Augusta	622-6271
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**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.*

Lawyer Referral and Information Service			1-800-860-1460
William A. Lee, III	PO Box 559	Waterville	872-0112
Legal Services for the Elderly	5 Wabon St	Augusta	1-800-750-5353
John Nale	PO Box 2611	Waterville	873-4304
Sally Wagley	161 Main St, Ste 1-A	Winthrop	377-6966
David Bernier	44 Elm St	Waterville	873-0186
Volunteer Lawyers Project			1-800-442-4293
Pine Tree Legal	39 Green St, Box 2429	Augusta	622-4731

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## KENNEBEC COUNTY

### Page 2

**In-Home Respite:** Funds may be 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:

Spectrum Generations	1 Weston Court	Augusta	1-800-639-1553
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**Adult Day Services:** Day care centers provide a safe, structured 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	Alzheimer Care Center	154 Dresden Ave	Gardiner	626-1770
Alz	Captain Lewis Adult Day Services	270 Maine Ave	Farmingdale	582-6674
	Heritage Rehab	457 Old Lewiston Rd	Winthrop	377-8453
Alz	Muskie Center Adult Day Program	38 Gold St	Waterville	873-4745
	Spectrum Generations Adult Day	61 Pleasant St	Waterville	623-0764
	William S. Cohen Community Center	22 Town Farm Rd	Hallowell	626-7777

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

Assistance Plus	1604 Benton Avenue	Benton	1-800-781-0070
Bridges	320 Water St	Augusta	1-800-876-9212
Care and Comfort	180 Main St, Ste 4	Waterville	1-800-366-5302
Healthreach Network	165 North Ave	Skowhegan	1-800-670-6959
Helping Hands	RR 3, Box 7230, China Rd.	Winslow	873-0011
Home Care for ME	PO Box 358	Gardiner	1-800-639-3084
Maxim Healthcare Services	233 Oxford St, Ste 32	Portland	822-4010
Renaissance Quality Home Care	75 River Rd	Gardiner	582-1424

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

Beacon Hospice	45 Commerce Dr	Augusta	621-1212
Care and Comfort	105 Kennedy Memorial Dr	Waterville	872-5300
CHANS Home Health Care	50 Baribeau Dr	Brunswick	729-6782
Helping Hands	410 China Rd	Winslow	873-0011
Maxim Healthcare Services	233 Oxford St, Ste 32	Portland	822-4010

**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).

Alz*	Alzheimer Care Center	154 Dresden Ave	Gardiner	626-1770
*	Capitol City Manor	313 State St	Augusta	622-6823
*	DBA The Captain Lewis Residence	270 Maine Ave.	Farmingdale	582-6674
*	Gilbert Manor	11-13 Plaisted St	Gardiner	582-1878
Alz	Granite Hill Estates	60 Balsam Dr	Hallowell	626-7786
*	Heritage Rehab & Living Center	457 Old Lewiston Rd	Winthrop	377-9965
Alz*	Maine Veterans Home	310 Cony Rd	Augusta	622-2454
Alz*	Mt. St. Joseph	7 Highwood St	Waterville	873-0705
Alz*	The Woodlands at Hallowell	152 Winthrop St	Hallowell	623-3396
Alz*	The Woodlands	147 West River Rd	Waterville	861-5685

**ALZHEIMER'S/DEMENTIA SUPPORT SERVICES  
KENNEBEC COUNTY**

**Page 3**

**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. All Nursing Facilities accept MaineCare (Medicaid).*

S/L	Glenridge	40 Glenridge Dr	Augusta	626-2600
	Graybirch	37 Graybirch Dr	Augusta	622-6226
	Heritage Rehab & Living Ctr	457 Old Lewiston Rd	Winthrop	377-9965
Alz	Lakewood	220 Kennedy Memorial Dr.	Waterville	873-5125
Alz	Maine Veterans' Home	RR7, Box 901 Cony Rd	Augusta	622-2454
Alz	Mt. St. Joseph's	7 Highwood St	Waterville	873-0705
Alz	Winthrop Manor LTC & Rehab	96 Route 133	Winthrop	377-8184

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

Granite Hill	Hallowell	626-1770
Muskie Center	Waterville	873-4745

**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.*

Augusta Library	626-2415	Oakland Library	465-7533
Belgrade Regional Health	495-3323	Senior Spectrum ©	1-800-639-1553
Hallowell Library	622-6582	Waterville Library	872-5433
Lovejoy Health Center	437-9388	Winslow Library	872-1978
Maine General Health	626-1769	Winthrop Library	377-8673
Monmouth Library	933-4788		

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

<b><u>Statewide Resource Numbers:</u></b>	
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 an endorsement or a recommendation.*

Updated: 05/21/2009