

www.alz.org/maine **Maine Chapter**
 383 US Route One 207 772 0115 **phone**
 Suite 2C 800 272 3900 **toll free**
 Scarborough, ME 04074 207 289 3705 **facsimile**



**ALZHEIMER'S/DEMENTIA SUPPORT SERVICES
 PENOBSOT 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:*

- Maine Medical Partners Neurology
49 Spring Street, Scarborough (207) 883-1414
- Memory Clinic, Cary Medical Center, Caribou
(207) 498-3111 ext. 1394
- Gardiner Evaluation Unit, Gardiner
(207) 626-1773 or 1-800-939-3333
- MMC Geriatric Center, 66 Bramhall Street, Portland
(207) 662-2847
- 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.*

Thomas Hayward, MD	492 Main St	East Corinth	285-3312
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Geriatric Psychiatrists, Neuropsychologists and Mental Health Professionals: *Psychiatrists and other professionals specializing in the care of the elderly and others with mental disorders.*

Community Care	40 Summer St	Bangor	945-4240
Polly Madison Cox, LCSW	319 Union St	Bangor	942-0558

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

Karen Bontia, MD	498 Essex St	Bangor	947-0558
Branimir Brozman, MD	498 Essex St	Bangor	947-0558
Enrique Feoli, MD	498 Essex St	Bangor	947-0558
James Iannazzi, MD	268 Stillwater Ave	Bangor	973-6100
Sally Kirkpatrick, MD	498 Essex St	Bangor	947-0558
Stephanie Lash, MD	498 Essex St	Bangor	947-0558
Adenike Opaleke, MD	498 Essex St	Bangor	947-0558
James Sears, MD	498 Essex St	Bangor	947-0558

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Neurologists (Continued) :

Michal Vytopil, MD	498 Essex St	Bangor	947-0558
George Wright, MD	498 Essex St	Bangor	947-0558
Edward David, MD	498 Essex St	Bangor	947-0558
Francis Kittredge, MD	498 Essex St	Bangor	947-0558
Scott Shulman, MD	498 Essex St	Bangor	947-0558

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.*

Ray Bradford	50 Columbia St	Bangor	947-0173
Lawyer Referral and Information Service			1-800-860-1460
Legal Services for the Elderly			1-800-750-5353
Edith Richardson, Rudman & Winchell	84 Harlow St	Bangor	947-4501
Jane Skelton	33 Mildred Ave	Bangor	947-6500
Volunteer Lawyers Project			1-800-442-4293
Wendy Brown	84 Harlow St #4	Bangor	947-4501
Jay H. Otis	146 Parkway South, Ste 210	Brewer	989-6600
Pine Tree Legal	115 Main St, 2 nd Floor	Bangor	942-8241
Nale Law Offices			
John Nale, Mark Nale	58 Elm St	Waterville	660-9191
Ombudsman Project			1-800-499-0229

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:*

Eastern Agency on Aging	450 Essex St	Bangor	1-800-432-7812
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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.*

	Mountain Heights Adult Day Services	83 Houlton St	Patten	528-2200
	My Friends Place	703 Essex St	Bangor	945-0122
Alz S/L	Westgate Manor	750 Union St	Bangor	942-7336
	Care Ridge Adult Day Care Program	Ridge Rd	Lee	738-4663
	Charlotte White Center	572 Bangor Rd	Dover-Foxcroft	564-2499

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

A Loving Touch	149 Cedar St	Bangor	990-1995
Aging Excellence	189B State St	Bangor	947-0999
Arcadia Home Health	46 Betton St	Brewer	989-5155
Assistance Plus	1604 Benton Ave	Benton	1-800-781-0070
Care and Comfort	24 Springer Place, Ste 202	Bangor	1-877-784-6993
Home Care for ME	PO Box 358	Gardiner	1-800-639-3084
Maxim Healthcare Services	233 Oxford St, Ste 32	Portland	822-4010

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Companions and Personal Care Assistance:

Family Provider Service Option

Bangor 1-866-456-2322

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

Amedisys Home Health Care	23 Water St, Suite 208	Bangor	990-0029
Bangor Visiting Nurses	885 Union St, Ste 220	Bangor	973-6550
Beacon Hospice	304 Hancock St, Ste 3A	Bangor	942-2920
Community Health & Counseling	42 Cedar St	Bangor	947-0366
Community Health & Counseling	313 Enfield Rd	Lincoln	794-2001
Gentiva Health Services	1 Cumberland Pl, Ste 108	Bangor	1-800-564-8511
Hospice of Eastern Maine	885 Union St, Ste 220	Bangor	973-8269
Acclaim Home Care	13 Stillwater Ave	Bangor	949-7663

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 the 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).*

* Cummings Health Care Facility	5 Crocker St	Howland	732-4121
* Dexter Boarding Home	45 Main St	Dexter	924-6211
Alz S/L Dirigo Pines	9 Alumni Dr	Orono	866-3400
* Lakeview Adult Family Care Home	10E Broadway	Lincoln	794-2896
Alz S/L* Orono Commons	117 Bennoch Rd	Orono	866-4914
Alz S/L* Ross Manor	758 Broadway	Bangor	941-8400
* Siesta Haven	340 State St	Bangor	942-1204
Alz S/L* Westgate Manor	750 Union St	Bangor	942-7336
Alz S/L* The Woodlands	53 Colonial Cir	Brewer	989-7577
* The Burr Home	108 State St	Brewer	989-3663

Nursing Facilities: *Nursing facilities serve people with Alzheimer's and other dementias who have medical needs that require nursing care. "Alz" next to the 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).*

	Bangor Nursing & Rehabilitation	103 Texas Ave	Bangor	947-4557
Alz S/L	Brewer Rehab & Living Center	74 Parkway South	Brewer	989-7300
	Colonial Healthcare	36 Workman Trl	Lincoln	794-6534
	Cummings Health Care Facility	5 Crocker St	Howland	732-4121
	Dexter Health Care	64 Park St	Dexter	924-5516
	Eastside Rehab & Living Center	516 Mt. Hope Ave	Bangor	947-6131
Alz S/L	Katahdin Nursing Home	22 Walnut St	Millinocket	723-4711
Alz S/L	Maine Veterans' Home	44 Hogan Rd	Bangor	942-2333
	Mountain Heights Health Care	83 Houlton Rd	Patten	528-2200
Alz S/L	Orono Commons	117 Bennoch Rd	Orono	866-4914
Alz S/L	Ross Manor	758 Broadway	Bangor	941-8400
	Stillwater Health Care	335 Stillwater Ave	Bangor	947-1111
Alz S/L	Westgate Manor	750 Union St	Bangor	942-7336

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Nursing Facilities (Continued) :

Alz S/L The Woodlands 53 Colonial Cir Brewer 989-7577

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

Colonial Health Care	36 Workman Trl	Lincoln	794-6534 Ext 3
St. Ann's Parish Center	60 Free St	Dexter	924-5546
Westgate Manor	750 Union St	Bangor	942-7336
Orono Commons	117 Bennoch Rd	Orono	866-4914 Ext 753

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.*

Bangor Library ©	947-8336	Katahdin Valley Health Ctr.	528-2285
Brewer Library	989-7943	Lincoln Memorial Library	794-2765
Corinna Library	278-2454	Mattawamkeag Library	736-7013
Corinth Library	285-7226	Millinocket Library ©	723-7020
Dexter Library	924-7292	Newport Library	368-5074
Eastern AAA ©	1-800-432-7812	Old Town Library	827-3972
E. Millinocket Library	746-3554	Patten Library	528-2164
Eastern Maine Med. Lib.	973-8228	Rural Outreach Lincoln	794-6700
Hampden Library	862-3550		

© = 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
Eastern Area Agency on Aging	1-800-432-7812

FOR MORE INFORMATION CALL:

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

This list does not constitute an endorsement or a recommendation.

Updated: 1/9/12