

www.alz.org/maine **Maine Chapter**

170 US Route 1

207 772 0115 **phone**

Suite 250

800 272 3900 **toll free**

Falmouth, ME 04105

207 781 3312 **facsimile**



## ALZHEIMER'S/DEMENTIA SUPPORT SERVICES YORK 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.*

Stephen Doane, MD

30 West Cole Rd

Biddeford

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

Bruce Blackman, DO

22 West Cole Rd

Biddeford

283-1118

Denise Fuhrmann, CNS

Kennebunkport

985-1743

Philip Morse, Ph.D.

72 Main St

Kennebunk

467-6900

Bennett Slotnick, Ph.D

72 Main St, SMMC at Park Sq.

Kennebunk

467-6900

Counseling Services

2 Springbrook Dr, Thatcher Brook

Biddeford

282-1500

Counseling Services

25 June St, Goodall Hospital

Sanford

324-1500

Counseling Services

474 Main St

Springvale

324-1500

Counseling Services

453 US Route 1

Kittery

439-8391

Sandeep Sobti

27 June St

Sanford

490-0900

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

Jeffrey Fecko, MD

26A West Cole Rd

Biddeford

282-5509

John Dolon

26A West Cole Rd

Biddeford

282-5509

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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.*

|   |                         |           |                |
|---|-------------------------|-----------|----------------|
| Wayne Adams                             | 62 Portland Rd          | Kennebunk | 985-7000       |
| Christian Barner                        | 62 Portland Rd          | Kennebunk | 985-7000       |
| Milda Castner                           | 62 Portland Rd          | Kennebunk | 985-7000       |
| 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 |
| Martin C. Womer                         | 57 Portland Rd, Suite 4 | Kennebunk | 467-3301       |

**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:*

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

**Respite Care:** *Funds are available through the **Partners in Caring Program** to pay for in-home respite and overnight respite at home or in a facility to give caregivers some time off. 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

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

|                                |                        |             |                |
|--------------------------------|------------------------|-------------|----------------|
| Atria Kennebunk                |                        | Kennebunk   | 985-5866       |
| Bonny Eagle High School        | *temporarily suspended | Bonny Eagle | 1-800-660-2871 |
| First Free Will Baptist Church |                        | Buxton      | 727-3718       |

**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 | Monarch Adult Day    | 392 Main St            | Saco           | 284-0900       |
| Alz | The Pavilion ADC     | 35 July St             | Sanford        | 490-7650       |
| Alz | Sentry Hill          | 2 Victoria Ct          | York           | 363-5116       |
|     | The Gathering Place  | 518 US Route One       | Kittery        | 439-6111       |
| Alz | Truslow ADC Facility | 333 Lincoln St         | Saco           | 283-0166       |
| S/L | Compass Care         | 127 Parrott Ave, Ste 1 | Portsmouth, NH | (603) 430-0070 |

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

|                              |                       |                |                |
|------------------------------|-----------------------|----------------|----------------|
| Aging Excellence             | 326 Main St           | Saco           | 283-0991       |
| Aging Excellence             | 9 Western Ave         | Kennebunk      | 967-5400       |
| Arcadia Health Care          | 455 Main St           | Springvale     | 1-866-324-3401 |
| Anytime Services for Seniors | PO Box 568            | West Buxton    | 1-800-782-1474 |
| Home Care for ME             |                       |                | 1-800-639-3084 |
| Home Instead Senior Care     | 85 Main St            | Kennebunk      | 985-8550       |
| Interim Health Care          | 57 Portland Rd        | Kennebunk      | 985-8586       |
| Maxim Healthcare Services    | 233 Oxford St, Ste 32 | Portland       | 822-4010       |
| New England Family Health    | 584 Main St           | South Portland | 1-800-295-3599 |
| Saco River Senior Services   |                       | Waterboro      | 247-9000       |

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

|  |                              |           |                |
|--|------------------------------|-----------|----------------|
| Beacon Hospice                           | 42 Birckyard Crt             | York      | 351-3020       |
| Gentiva Health Services                  | 881 Forest Ave               | Portland  | 772-0354       |
| Home Health Visiting Nurse Services      | 15 Industrial Park Rd, Ste 3 | Saco      | 775-7231       |
| Interim Health Care                      | 62 Portland Rd               | Kennebunk | 985-8586       |
| Maxim Healthcare Services                | 233 Oxford St, Ste 32        | Portland  | 822-4010       |
| SMMC Visiting Nurses                     | 235 Main St                  | Biddeford | 283-7680       |
| SMMC Visiting Nurses                     | 72 Main St                   | Kennebunk | 985-1000       |
| Home Health Visiting Nurses of So. Maine | 15 Industrial Park Rd        | Saco      | 1-800-660-4867 |
| York Hospital Home Health                | 15 Hospital Dr               | York      | 351-2194       |

**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  | Atria Kennebunk                    | 1 Penny Lane             | Kennebunk   | 985-5866 |
|      | Angels Retreat Assisted Living     | 50 Marshall Lane         | Buxton      | 929-4693 |
| *    | Countryside Adult Family Care Home | 1334 Long Plains Rd      | Buxton      | 929-5787 |
| Alz  | Bradford on the Common             | 1 Huntington Common Dr.  | Kennebunk   | 985-2810 |
| *    | Lodges Care Center                 | 51 Main St               | Springvale  | 594-4990 |
| Alz  | The Reminiscence Neighborhood      | 3 Bradford on the Common | Kennebunk   | 985-2810 |
| Alz  | The Monarch Center                 | 392 Main St              | Saco        | 284-0900 |
| Alz* | The Pavilion at Goodall            | 35 July St               | Sanford     | 324-4310 |
| Alz* | Sentry Hill at York Harbor         | 2 Victoria Crt           | York Harbor | 363-5116 |
| S/L* | York Manor Residential Care        | 2 Dartmouth St           | Biddeford   | 283-0111 |

**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).*

|     |                        |                    |               |          |
|-----|------------------------|--------------------|---------------|----------|
|     | Evergreen Manor        | 328 North St       | Saco          | 282-5161 |
|     | Greenwood              | 1142 Main St       | Sanford       | 324-2273 |
| Alz | Harbor Home            | 6 Norwood Farms Rd | York          | 363-2422 |
|     | Kennebunk Nursing Home | 158 Ross Rd        | Kennebunk     | 985-7141 |
| Alz | Newton Center          | 35 July St         | Sanford       | 324-4310 |
| S/L | St. Andre Health Care  | 407 Pool St        | Biddeford     | 282-5171 |
| Alz | Seal Rock Health Care  | 88 Harbor Dr       | Saco          | 283-3646 |
| S/L | Varney Crossing        | 47 Elm St          | North Berwick | 676-2242 |

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

|                                       |           |          |
|---------------------------------------|-----------|----------|
| Atria Kennebunk                       | Kennebunk | 985-5866 |
| Pavilion Alzheimer's Residential Care | Sanford   | 490-7653 |
| Sentry Hill at York Harbor            | York      | 332-9123 |

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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.*

|                       |          |                                |          |
|-----------------------|----------|--------------------------------|----------|
| Alfred Library        | 324-2001 | North Berwick Library          | 676-2215 |
| Biddeford Library     | 284-4181 | Saco (Dyer) Library            | 283-3861 |
| Cornish Library       | 625-8083 | Sacopee Valley Health Center © | 625-8126 |
| Eliot Library         | 439-9437 | Sanford/Springvale Library ©   | 324-4624 |
| Hollis Center Library | 929-3990 | South Berwick Library          | 384-3308 |
| Kennebunk Library     | 985-2173 | Wells Library                  | 646-8181 |
| Kennebunkport Library | 967-2778 | North Berwick Library          | 676-2215 |
| Kittery Library       | 439-1553 | York Library                   | 363-2818 |

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

**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