ALZHEIMER’S/DEMENTIA SUPPORT SERVICES
PENOBSCOT 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.

- Family Medical Institute (geriatric assessment services)
  15 East Chestnut Street, Augusta     (207) 626-1561
- Geriatric Evaluation and Management Veteran’s Administration Medical Center Togus
  1 VA Center, Augusta     1-877-421-8263, ext. 5452
- Maine Medical Center Geriatric Center
  66 Bramhall Street, Portland     (207) 662-2847
- Mid Coast Geriatric Assessment Clinic
  58 Baribeau Drive, Brunswick     (207)373-3681
- Older Adult Mood & Memory Clinic, Geriatric Neuropsychiatry Program, Acadia Hospital
  268 Stillwater Avenue, Bangor     (207) 973-6100
- Outpatient Geriatric Clinic, Central Maine Medical Center
  77 Bates Street, Trolley Building Ste 201, Lewiston     (207)795-2800
- The Memory Clinic at CCS Psychiatry an affiliate of St. Mary’s Health System
  100 Campus Ave. Ste 101, Lewiston     (207) 755-3785

Geriatricians: Geriatricians and physicians specializing in the care of older adults.

<table>
<thead>
<tr>
<th>Geriatric Care and Geriatrics</th>
<th>Bangor</th>
<th>992-2601</th>
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<tbody>
<tr>
<td>Community Care and Geriatrics</td>
<td>Bangor</td>
<td>992-2601</td>
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<tr>
<td>Lesley Fernow, MD</td>
<td>897 West Main St     Dover-Foxcroft</td>
<td>564-8401</td>
</tr>
<tr>
<td>Meghan Mamula, DO</td>
<td>735 Wilson St        Brewer</td>
<td>989-1567</td>
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Geriatric Psychiatrists, Neuropsychologists and Mental Health Professionals: Psychiatrists and other mental health agencies/professionals specializing in the care of older adults.

| Clifford Singer, MD                    | 268 Stillwater Ave     Bangor | 973-6100 |
| Community Care                         | 40 Summer St            Bangor | 945-4240 |
| Community Care & Geriatrics           | Bangor                  | 992-2601 |
| Neuropsychology EMMC                   | 417 State St, Ste 209   Bangor | 973-5831 |
| Penobscot Community Health            | 1012 Union St           Bangor | 404-8100 |
| 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.

| Neurology Associates of Eastern ME     | 498 Essex St, Ste 105   Bangor | 947-0558 |

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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.

Legal Services for the Elderly 1-800-750-5353
Lawyer Referral & Information Service 1-800-860-1460
Maine Elder Law Firm 33 Mildred Ave Bangor 947-6500
Pine Tree Legal 115 Main St, 2nd Floor Bangor 942-8241
Volunteer Lawyers Project 1-800-442-4293

Geriatric Care Managers: Professionals, who assist in finding resources, planning and making decisions around care. Geriatric care managers often charge a private fee for services but in some cases may be insurance reimbursable.

Pro-Elder Consulting, LLC Bangor 944-2523

In-Home Respite: Funds may be available through the Caregiver Respite 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 941-2865

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 specialized dementia care program. S/L denotes that the community has a separate and locked unit.

Charlotte White Center 572 Bangor Rd Dover-Foxcroft 564-2464
My Friends Place 703 Essex St Bangor 945-0122

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

Loving Touch in-home care 263 State St, Ste 35 Bangor 990-1995
Aging Excellence 189B State St Bangor 947-0999
Arcadia Home Health 12 Acme Rd, Ste 103 Brewer 989-5155
Care and Comfort 24 Springer Rd, Ste 202 Bangor 992-2535
Family Provider Service Option Bangor 1-800-427-1241
Home Care for ME P.O.Box 358 Gardiner 1-800-639-3084
Home Instead Senior Care 442 Pleasant St Blue Hill 517-9359
Living Innovations Home Care 444 Stillwater Ave Bangor 992-2700
Maxim Healthcare Services 778 Main St, Ste 11 S. Portland 822-4010
New England Home Health Care 28 Gilman Plz Bangor 945-3374
Visiting Angels 61 Main St, Ste 53 Bangor 573-1861

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 & Hospice Care 289 State St, Ste B Bangor 942-2920
Bangor Area Visiting Nurses 885 Union St, Ste 220 Bangor 973-6550
Community Health & Counseling 42 Cedar St Bangor 947-0366
Community Health & Counseling 313 Enfield Rd Lincoln 794-2001
Kindred at Home 175 Exchange St, Ste 100 Bangor 990-9000
St. Josephs Homecare & Hospice 900 Broadway Bangor 907-1810

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**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
- Dirigo Pines
  - 9 Alumni Dr Orono 1-866-344-3400
- Engel Place at Ross Manor
  - 758 Broadway Bangor 941-8400
- Lakeview Terrace Boarding Home
  - 74 Taylor St Lincoln 794-6086
- Maine Veterans’ Home
  - 44 Hogan Rd Bangor 942-2333
  * Orono Commons
  - 117 Bennoch Rd Orono 866-4914
  * Siesta Haven
  - 340 State St Bangor 944-6328
  * The Burr Home
  - 108 State St Brewer 944-6328
- Westgate Center for Health & Rehabilitation
  - 750 Union St Bangor 942-7336
- Winterberry Heights
  - 932 Ohio St Bangor 1-800-358-2613
- The Woodlands
  - 53 Colonial Cir Brewer 989-7577

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

**Hospice Agencies:** Hospice is specialized care designed to provide comfort and support to people with life-limiting illnesses and their families. The following organizations provide this service in at least part of the county noted.

- Beacon Hospice
  - 289 State St, Ste B Bangor 942-2920
- Community Health & Counseling Services
  - 42 Cedar St Bangor 1-800-924-0366
- Bangor Area Visiting Nurses/Hospice of Eastern ME
  - 885 Union St Bangor 973-6550
- New Hope Hospice, Inc.
  - 1344 Main Rd Eddington 1-877-346-4337
- St. Joseph HomeCare & Hospice
  - 900 Broadway Bangor 1-800-646-5000

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Support Groups: Led by an experienced facilitator, caregivers have the opportunity to share experiences and get support and emotional encouragement from others.  
*Please call Alzheimer’s Association 24/7 Helpline for groups in your community 1-800-272-3900

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.

<table>
<thead>
<tr>
<th>Library Name</th>
<th>Phone Number</th>
<th>Address</th>
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<tbody>
<tr>
<td>Bangor Library</td>
<td>947-8336</td>
<td>Katahdin Valley Health Ctr. 528-2285</td>
</tr>
<tr>
<td>Brewer Library</td>
<td>989-7943</td>
<td>Lincoln Memorial Library 794-2765</td>
</tr>
<tr>
<td>Corinna Library</td>
<td>278-2454</td>
<td>Mattawamkeag Library 736-7013</td>
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<tr>
<td>Corinth Library</td>
<td>285-7226</td>
<td>Millinocket Library 723-7020</td>
</tr>
<tr>
<td>Dexter Library</td>
<td>924-7292</td>
<td>Newport Library 368-5074</td>
</tr>
<tr>
<td>Eastern A.A.A.</td>
<td>1-800-432-7812</td>
<td>Old Town Library 827-3972</td>
</tr>
<tr>
<td>E. Millinocket Library</td>
<td>746-3554</td>
<td>Patten Library 443-5141</td>
</tr>
<tr>
<td>Eastern Maine Med. Lib.</td>
<td>973-8228</td>
<td>Rural Outreach Lincoln 262-7922</td>
</tr>
<tr>
<td>Hampden Library</td>
<td>862-3550</td>
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Statewide Resource Numbers:
- Office of Aging & Disability 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
- Catholic Charities 1-888-477-2263

FOR MORE INFORMATION CALL:

ALZHEIMER’S ASSOCIATION, MAINE CHAPTER
SCARBOROUGH, ME
1-800-272-3900

*This list does not constitute an endorsement or a recommendation.*