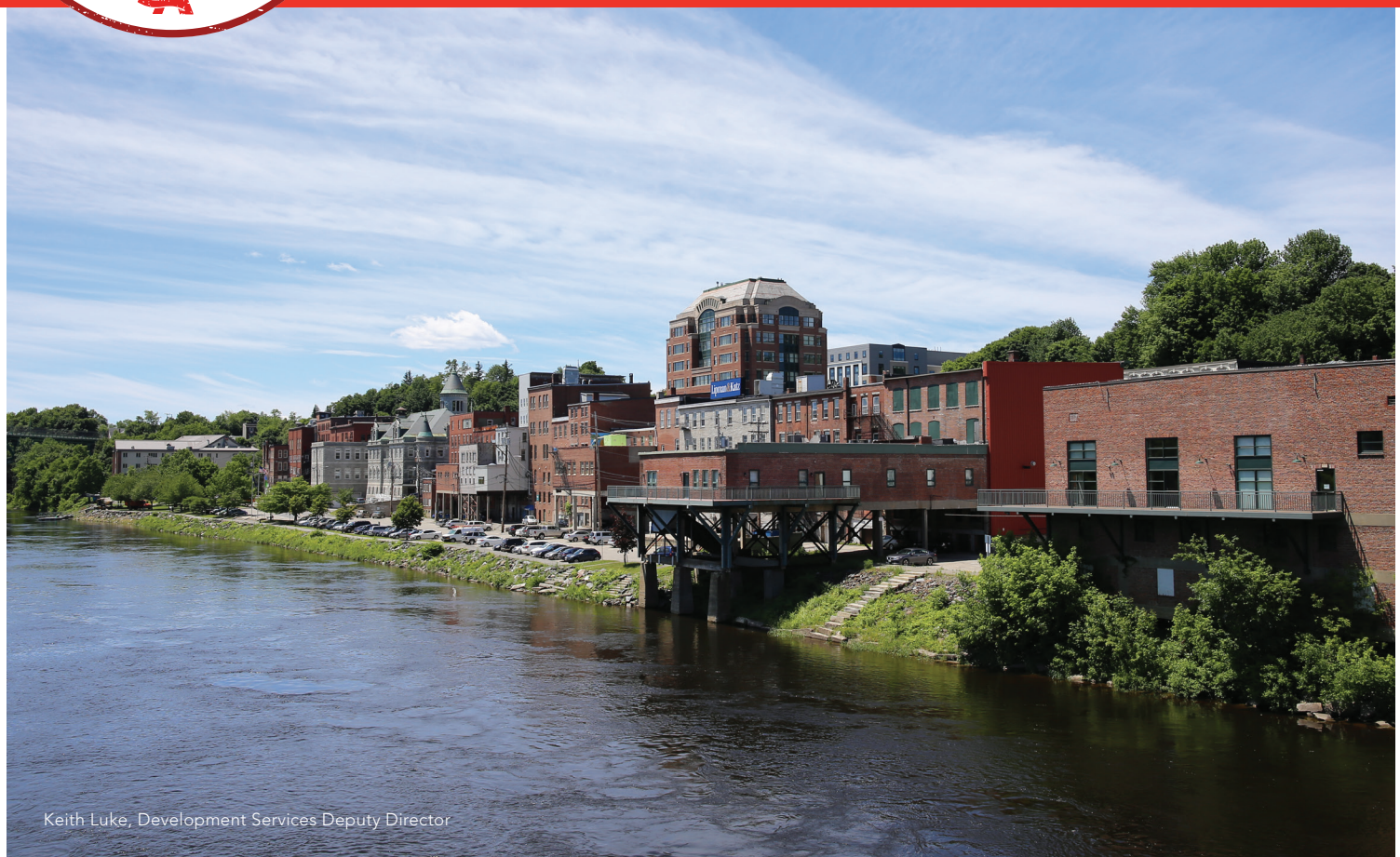
DISCOVER THE REAL POSSIBILITIES IN MAINE

AARP IN YOUR COMMUNITY

AUGUSTA, MAINE

AGE-FRIENDLY RESOURCE GUIDE



Keith Luke, Development Services Deputy Director

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AUGUSTA, MAINE

AGE-FRIENDLY RESOURCE GUIDE

Supporting the desire of older adults to remain in their communities as they age is a foundational goal of the AARP Network of Age-Friendly Communities. An "age-friendly" community is a livable community, one that provides the services and supports that make the town, city or neighborhood a great place for people of all ages.

This resource guide was developed to support Age-Friendly communities in providing their residents with access to important resources. The guide is organized according to the "8 Domains of Livability" that have been found to be aspects of community life that are essential to the health and well-being of older adults.

We hope you will find this guide to be a useful and helpful tool that allows you to more easily connect to supports and services that will assist you in aging well in your community.

COMMUNITY SUPPORT AND HEALTH SERVICES

CITY OF AUGUSTA RESOURCES

PUBLIC SAFETY

IN AN EMERGENCY, CALL 911

Augusta Police Department
Programs of Note: Coffee with a Cop; Prescription Drop Box; Fraud and scam prevention/awareness; Volunteers in Police Service Program
33 Union Street
Augusta, ME 04330
207-626-2370
TDD 207-626-3003
Anonymous Tip Line:
207-620-8009
www.augustamaine.gov

Augusta Fire Department
369 Water Street
Augusta, ME 04330
207-626-2421
www.augustamaine.gov

HEALTH CARE (LOCAL CARE PROVIDERS)

MaineGeneral Medical Center Alfond Center for Health
35 Medical Center Parkway
Augusta, ME 04330
207-626-1000 to reach the switchboard
www.mainegeneral.org/Pages/Care-and-Services-A-Z.aspx

MaineGeneral Express Care
15 Enterprise Drive
Augusta ME 04330
207-621-8880
www.mainegeneral.org/pages/Care-and-Services-A-Z/Family-Medicine/MGMC-Express-Care.aspx

Concentra Urgent Care
219 Capitol Street #2
Augusta, ME 04330
207-629-5005
www.concentra.com/urgent-care-centers/maine/augusta-urgent-care

REHABILITATION SERVICES (PT, OT, & CHIROPRACTIC SERVICES)

MaineGeneral Medical Center Occupational & Physical Therapy
15 Enterprise Drive
Augusta, ME 04330
207-621-7500
www.mainegeneral.org/Pages/Care-and-Services-A-Z.aspx

Capitol City Chiropractor
66 Eastern Avenue
Augusta, ME
207-620-8291
capitalcitychiro.net

Southier Chiropractic Associates
46 Bangor Street
Augusta, ME
207-622-0131
www.southierechiropractic.com

Nadeau Chiropractic & Wellness Center
3 Health Drive
(Located off Route 3)
Augusta, ME 04330
207-623-0720
www.nadeauchiropractic.com

BEHAVIORAL HEALTH & COUNSELING SERVICES

Riverview Psychiatric Center
Maine DHHS
250 Arsenal Street
Augusta, ME
Available Programs: Clinical evaluation, intensive residential treatment for significant mental health issues; follow-up treatment and recovery supports for patients and family members
207-624-4600
www.maine.gov/dhhs/riverview

MaineGeneral Outpatient Counseling
Augusta, ME 04330
Services: Clinical assessment/evaluation; outpatient services; referral as needed to other MG programs, including in-patient detoxification and long term residential treatment, as needed
1-877-777-9393
www.mainegeneral.org/Pages/Care-and-Services-A-Z/Mental-Health-and-Substance-Abuse/Outpatient-Treatment/MaineGeneral-Counseling.aspx

Capitol Clubhouse
37 Stone Street
Augusta, ME 04330
Services: A local community center, linked to Kennebec Behavioral Health, offering people who have mental illness hope and opportunities to achieve their full potential
207-629-9080
www.capitol-clubhouse.org

Crisis and Counseling, Inc.
10 Caldwell Road
Augusta, ME 04330
Services: Crisis assessment, detox services, outpatient services, including the Later Life Counseling program provides senior-focused

behavioral health services to adults aged 65 and older
207-626-3448
Crisis Phone Line: 1-888-568-1112
crisisandcounseling.org

Kennebec Behavioral Health
66 Stone Street
Augusta, ME 04330
Services: Includes outpatient services; community integration services; independent, transitional, and supported housing
207-626-3455
www.kbhmaine.org

Motivational Services, Inc.
71 Hospital Street
Augusta, ME 04330
Services: Includes mental health care, residential living, supported living, case management and employment programs. Includes the LINC Wellness and Recovery Center at 38 Memorial Drive.
207-626-3456
mocomaine.com

HOME CARE & HOSPICE

Beacon Hospice
Commerce Drive
Augusta, ME
1-800-467-7423
www.beaconhospice.com

Bridges Home Care
Spectrum Generations
One Weston Court
Augusta, ME 04330
1-888-865-2903
Fax: 207-623-0815
www.homehealthcareagencies.com/directory/me/augusta/bridges-home-care/55941

Kennebec Pharmacy & Home Care
43 Leighton Road
Augusta, ME 04330
11 Medical Center Parkway
Augusta, ME 04330
207-626-2726
www.mainegeneral.org/Pages/Care-and-Services-A-Z/HomeCare-and-Hospice/Kennebec-Pharmacy-and-Home-Care.aspx

MaineGeneral HomeCare & Hospice
10 Water Street, Waterville
1-800-670-6959
www.mainegeneral.org/Pages/Care-and-Services-A-Z/HomeCare-and-Hospice.aspx

Aging Excellence
183 State Street
Augusta ME 04330
207-512-8894
www.seniorsonthego.com

Goold Health Systems, Inc.
(Transitioning to Change Healthcare)
45 Commerce Drive, Suite 5
PO Box 1090
Augusta, ME 04330
1-800-609-7893
changehealthcare.com/ghs

Day Health & Respite Program Alzheimer's Care Center
Services: Overnight respite and/or adult day services for individuals with Alzheimer's disease and their families, regardless of income level. Transportation to adult day services is provided.
207-626-1770
www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Alzheimers-Care.aspx

DENTISTRY

Aspen Dental
102 Western Avenue
Augusta, ME 04330
1-866-350-2474
www.aspendental.com

Bryant Dental Care
59 Davenport Street
Augusta, ME 04330
207-621-111
www.bryantdentalcare.com

Capitol Dental Care
278 State Street
Augusta, ME 04330
207-622-9215
capitoldentalme.com

Dunn Dental Arts
221 Eastern Avenue #1
Augusta, ME 04330
207-622-3144

Evergreen Dental Associates
281 Western Avenue
Augusta, ME 04330
207-622-0861
www.evergreendental.net

David Grody Dental
2689 North Belfast Avenue
Augusta, ME 04330
207-494-5229
www.davegrodydental.com

Kennebec Valley Dental Center
269 Water Street #1
Augusta, ME 04330
207-623-3400

New England Denture Centers
12 Shuman Avenue, Suite 1
Augusta, ME 04330
207-621-2904
nedenturecenter.com/offices/augusta

EYE CARE

Smart EyeCare Center
255 Western Avenue
Augusta, ME 04330
207-622-5800
www.smarteyecare.com

Atlee Gleaton Eye Care
227 Eastern Avenue
Augusta, ME 04330
207-622-3185
atleegleaton.com

Rodrigue EyeCare Center
58 State Street
Augusta, ME 04330
207-623-5099
www.rodrigueeyecare.com

PHARMACY

Kennebec Pharmacy & Home Care
43 Leighton Road
Augusta ME 04330
11 Medical Center Parkway
Augusta, Maine 04330
1(888) 463-8083 or 207-626-2726
kennebecpharmacy.com

Shaw's Pharmacy
150 Western Avenue
Augusta, ME 04330
207-623-4520
www.shaws.com/pharmacy/?gclid=CO_rwZKYmtMCFRW2wAodi5UNJA&dclid=CMaY2ZKYmtMCFRdIAQodPYMJFg

Wal-Mart Pharmacy
201 Civic Center Drive,
Augusta, ME 04330
207-623-5144
www.walmart.com

CVS Pharmacy – 3 Locations
1. Target – 119 Crossing Way
   Augusta, ME 04330
   207-622-8001
2. 165 Capitol Street,
   Augusta, ME 04330
   207-623-1170
3. 2 Stone Street
   Augusta, ME 04330
   207-623-4181

www.cvs.com

Rite Aid – 2 Locations
1. 83 Hospital Street
   Augusta, ME 04330
   207-623-1414
2. 2007 North Belfast Avenue
   Augusta, ME 04330
   207-622-2626

www.riteaid.com

Hannaford Pharmacy – 2 Locations
1. 29 Whitten Road
   Augusta, ME 04330
   207-622-3148
2. 118 Cony Street
   Augusta, ME 04330
   207-621-2574

www.hannaford.com

FOOD ASSISTANCE

Augusta Food Bank
9 Sumner Street
Augusta, ME 04330
Services: Food pantry, available for a portion of the day, four days a week
207-622-5225
www.augustafoodbank.org

Apostolic Church Food Bank
500 Western Avenue
Augusta, ME 04330
Services: Limited food provided, upon request, when available at the church
207-622-1414

RiverRock Christian Fellowship Food Bank
65 River Road
Chelsea, ME 04330
Services: Food bank available part of the day on Monday and Wednesday
207-622-7031
riverrockfellowship.net

Salvation Army Food Bank
36 Eastern Avenue
Augusta, ME 04330
Services: Food bank available once a month. Initial referral is through local General Assistance office.
207-623-3752
nne.salvationarmy.org/Capital-Region

Spectrum Generations William S. Cohen Community Center Food Services
22 Town Farm Road
Hallowell, ME 04347
Food Services:

- Home delivered meals (Meals on Wheels; Maine-ly Delivered Meals)
- AniMeals (food for pets)
- Commodities Supplemental Food Program (once a month)
- Community Dining (available weekdays from 11 a.m. – 12:30 p.m. at the Cohen Center)

207-626-7777
www.spectrumgenerations.org/meals-wheels

Bread of Life Soup Kitchen
157 Water Street
Augusta, ME 04330
Services: Provides lunch, 6 days a week to low-income people
207-621-2541
www.mainebreadoflife.org/bolms-services/soup-kitchen/

KENNEBEC COUNTY RESOURCES

PUBLIC SAFETY

Kennebec County Sheriff's Office
125 State Street,
Augusta, Maine 04330

Available Programs: Drug Take Back Program with AARP; Fraud and scam prevention/awareness;
207-623-3614
www.kennebecso.com

AGING AND DISABILITY SERVICES

MaineGeneral HomeCare & Hospice
10 Water Street
Waterville, ME 04901
1-800-670-6959
www.mainegeneral.org/Pages/Care-and-Services-A-Z/HomeCare-and-Hospice.aspx

Spectrum Generations Cohen Center (Local Agency on Aging)
22 Town Farm Road
Hallowell, ME 04347
Services Summary: Provides a single, coordinated system of information and access for all persons seeking long-term supports and services. Includes information about the complete spectrum of private and public long-term care options that can help aging adults make informed choices about living safely at home.
An overview of ADRC information topics provided to seniors, adults with disabilities, and caregivers:

- Nutrition services
- Dementia services
- Caregiver services and supports
- Legal and protective services
- Medicare counseling
- Money management

Of special interest: Spectrum provides training and consultation to people transitioning from Marketplace insurance to Medicare.
207-626-7777
www.spectrumgenerations.org/service-map/kennebec

STATE OF MAINE RESOURCES

PUBLIC SAFETY

Maine State Police
45 Commerce Drive
Augusta, ME 04330
207-626-3800
Emergency Contacts: 207-624-7076 or 1-800-452-4664
www.maine.gov/dps/msp

HEALTH CARE

Get Better Maine
Services: A program of the Maine Health Management Coalition (MHMC), which provides public information on Maine doctors and hospitals in order to allow people to make informed decisions about the care they receive. Their website offers comparative ratings on providers and hospitals in your area as well as health resources for consumers and caregivers.
207-844-8106
www.getbettermaine.org

Maine Alzheimer's Association
383 US Route One, Suite 2C
Scarborough, ME 04074
Services: The Maine chapter of the Alzheimer's Association. Provides information and support for people with Alzheimer's disease and their caregivers. Operates a 24/7 toll-free help line.
207-772-0115
24/7 toll-free: 1-800-272-3900
www.alz.org/maine

Maine Center for Disease Control and Prevention (CDC)
286 Water Street
Key Plaza | 8th Floor
Augusta, ME 04333
Services: Provides information on a wide range of health issues as well as resources for further assistance.
207-287-4397
www.maine.gov/dhhs/mecdc

DENTISTRY

University of New England Dental Clinic
1 College Street
Portland, ME 04103
207-221-4747

Maine Dental Association – "Senior-Dent" Reduced Dental
Contact Spectrum Generations to apply
1-800-639-1553

Maine Donated Dental Services
PO Box 2282
Augusta, ME 04338-2282
Applications currently not being accepted due to lengthy waitlists
1(800) 205-5615 or 207-620-8276
dentallifeline.org/maine

EYE SERVICES

Iris Network
189 Park Avenue
Portland, ME 04102
Services: Low vision clinic; rehabilitation services; educational and training services for visually impaired people; employment opportunities; assistance finding other needed supports
1-800-715-0097 or 207-774-6273
www.theiris.org

Guiding Eyes for the Blind (Guide Dog Program)
611 Granite Springs Road
Yorktown Heights, NY 10598
1-800-942-0149 ext. 2222
www.guidingeyes.org/about-us/contact-us

Maine Division for the Blind and Visually Impaired (DBVI)
21 Enterprise Drive, Suite 2
Augusta, ME 04333-0073
1(800) 760-1573 or 624-5120
Maine Relay for TTY Users: 711
www.maine.gov/rehab/dbvi

ZenniOptical
Services: Affordable Eyeglasses
www.zennioptical.com

HELP WITH HEALTH INSURANCE

enroll207
Maine Health Access Foundation
150 Capitol Street, Suite 4
Augusta, ME 04330
Services: A project of Maine Health Access Foundation that connects Mainers to certified assisters who can help review new options for health insurance through the Maine Health Insurance Marketplace.
207-620-8266
www.enroll207.com

MaineCare
Services: MaineCare (Medicaid) is a joint federal and state health care program for people with low income and limited resources to pay for health care. Through the Medicaid Waiver program, older adults who are eligible for nursing home payments can receive medical and support services that enable them to continue living at home.
207-287-3707
www.maine.gov/dhhs/mainecare.shtml

State Health Insurance Program (SHIP)
Services: The Maine SHIP is a health insurance assistance program funded by the Centers for Medicare and Medicaid Services (CMS). SHIP offers free health insurance counseling to those in Maine who have Medicare services, including:

- Additional information on Medicare
- How to enroll in the Medicare Savings Program
- How to detect and report errors
- Obtaining insurance

1-877-353-3771 (local office)
1-800-262-2232 (state office)
www.maine.gov/dhhs/oads/community-support/ship.html

BEHAVIORAL HEALTH RECOVERY SUPPORT SERVICES

State Level Links to Individual Recovery Support Groups Across Maine:

Alcoholics Anonymous (AA)
Central Service Office
47 Portland Street
Portland, ME 04101
207-774-3034
csoaamaine.org

AL-ANON
Support services for families and teens
www.maineafg.org

Narcotics Anonymous (NA)
Support services and groups
www.namaine.org

Maine Alliance for Addiction Recovery (MAAR)
295 Water Street, Suite 108
Augusta, ME 04330
Services include: Online and phone-based recovery supports; training, education, and program development support opportunities
207-621-4111
mainealliance foraddictionrecovery.org

National Alliance on Mental Illness (NAMI-Maine)
1 Bangor Street
Augusta, ME 04330
Services: Toll-Free Help Line, mental health related training and educational programs; individual and family member support groups; respite services; other services.
1-800-464-5767
www.namimaine.org

AGING AND DISABILITY SERVICES

Adult Protective Services
Office of Aging and Disability Services | SHS #11
41 Anthony Avenue
Augusta, ME 04333
Services: Provides education about and investigates allegations of elder abuse and neglect, including physical and sexual abuse, financial exploitation and emotional and verbal abuse. All reports are confidential.
207-287-9200
24-hour toll-free: 1-800-624-8404
www.maine.gov/dhhs/oads/apsguardianship

Elder Independence of Maine
730 Center Street
Auburn, ME 04210
Services: Connects people throughout Maine with home care services, provided by a network of 150 home care providers
1-888-234-3920
www.seniorsplus.org/eim-care-coordination

Home Care for Maine
347 Maine Avenue
Farmingdale, ME 04344
Services: Personal care services, homemaking services (e.g., non-medical assistance with routine household tasks like dishes, making beds, laundry, dusting, shopping and transportation).
www.homecareforme.org

Maine Council on Aging
Patti Marsh
c/o Seniors Plus
8 Falcon Road
Lewiston, ME 04240
207-513-3738
mainecouncilonaging.org

Maine Veterans' Homes
40 Civic Center Drive
Augusta, ME 04330
Services: Offers a complete range of long-term care and rehabilitative programs and services for veterans and their families.
1-800-278-9494
www.maineveteranshomes.org

HELP WITH PRESCRIPTION MEDICATIONS

Maine Department of Health and Human Services
Services: Low-cost drug program for older adults and people with disabilities. For an application, contact the Maine Department of Human Services prescription drug information line:
1-866-796-2463 or
207-287-3707
www.maine.gov/dhhs/prescription_drugs.shtml

HOME CARE AND HOSPICE

Maine Hospice Council
293 Water Street, Suite 303
Augusta, ME 04330
Services: Provides a list of hospice and home health services throughout Maine.
207-626-0651
www.mainehospicecouncil.org

LONG-TERM CARE

Maine Health Care Association
317 State Street
Augusta, ME 04330
Services: Provides a description of long-term care facilities, as well as the option to enter your ZIP Code to find a facility near you.
207-623-1146
www.mehca.org/find-facility

Nursing Home Compare
Services: Provides detailed information about every Medicare- and Medicaid-certified nursing home in the country. Enter your ZIP Code to get comparative information on nursing homes in your area. Also provides information on other long-term care options.
www.medicare.gov/NursingHomeCompare/search.html

Maine Long-Term Care Ombudsman
61 Winthrop Street
Augusta, Maine 04330
Services: This program is a nonprofit agency whose mission is to advocate for quality of life and quality of care for long-term care consumers. Federal law and Maine law authorize staff to investigate complaints made by or on behalf of long-term care consumers and to assist consumers in exercising their rights that are guaranteed by law. It is here to help with information, guidance and advocacy. Our services are free and confidential.
1-800-499-0229 or 207-621-1079
www.maineombudsman.org

NUTRITION SERVICES

Maine Hunger Initiative
Services: A food program offering daily soup kitchens and food pantries to all ages with low-income needs. There are 80 food pantries and 3 soup kitchens in York & Cumberland counties.
207-775-0026
www.preblestreet.org/what-wedo/advocacy-programs/mainehunger-initiative

Maine Senior FarmShare
Services: Program participants are qualified to receive a free share ($50 worth) of first-quality, fresh, local produce from a Maine farm for 8 weeks during the growing season. Produce variety and deliver/pickup method will vary depending on farm of choice. To take part in this program, you must:

1. Be a Maine resident, 60 years or older (55, if Native American)
2. Not be an immediate family member or live in the same household as the farmer
3. Meet income guidelines (updated annually)

For more information contact your local Area Agency on Aging/ADRC: Spectrum Generations, Inc.
1-877-353-3 771 or 207-287-7526
www.getrealmaine.com

Supplemental Nutrition Assistance Program (SNAP)
Office for Family Independence
11 State House Station
19 Union Street
Augusta, ME 04333
Services: Offers monthly nutritional financial assistance for people with low income, as well as nutritional education. Formerly known as Food Stamps program.
207-624-4168
www.benefits.gov/benefits/benefit-details/1272

LGBT RESOURCE

Open Door Transgender Health Care Maine Family Planning
PO Box 587
Augusta, ME 04332-0587
207-622-7524
www.mainefamilyplanning.org/page/958-881/transgender-health-care

TRANSPORTATION

CITY OF AUGUSTA RESOURCES

TAXI SERVICES

Al's Cab
162 Mount Vernon Avenue
Augusta, ME 04330
207-622-5846

Wicked Good Taxi
Augusta, ME
207-623-2222
www.wickedgoodtaxi.com

KENNEBEC COUNTY RESOURCES

Central Maine Private Transportation
657 Maine Avenue
Farmingdale, ME 04344-1549
Services: Family-based transportation company that assists seniors and veterans to get to medical appointments and other related events.
207-213-6547 or 207-215-7089
centralmainept.com/index.html

Kennebec Valley Community Action Program
22 Armory Street
Augusta, ME 04330
Available programs include:
1. Kennebec/Somerset Explorer, a fixed route general public bus service
2. KV Van, a door-to-door paratransit van and volunteer driver program

207-622-4761
www.kvcap.org/index.php?id=449

STATE OF MAINE RESOURCES

TRANSPORTATION

Penquis Brokerage Transportation Services
262 Harlow Street
Bangor, ME 04402
Services: Links MaineCare recipients, across four counties, including Kennebec County, with local transportation service providers to get people to service appointments
1-844-736-7847
www.penquis.org/index.php?&id=488&sub_id=3145

Non-Emergency Transportation (NET)
Services: This is a MaineCare program that provides contact information for rides to covered services. For more information, contact MaineCare Member Services.
1-800-977-6740
www.maine.gov/dhhs/oms/member/member_transportation.html

Rides in Sight
Services: This program provides information about senior transportation options in local communities throughout the U.S. Information is available through the program's website, as well as a hotline that is available Monday-Friday, 8:00 a.m. to 8:00 p.m. Eastern time.
Hotline: 1-855-60-RIDES
www.ridesinsight.org/Home/About

HOUSING

CITY OF AUGUSTA RESOURCES

LOCAL SENIOR HOUSING

Affordable Options:

Arch Beta
3 Gray Birch Drive
Augusta, ME 04330
Service Notes: Rents to: Elders 62+. Serves people with disabilities. Income-based rent.
Barkan Management Company
207-622-4908
www.barkanco.com

Capital Village
Leighton Road
Augusta, ME 04330
Service Notes: Rents to: Families/all ages. Rent-restricted unit
C&C Realty Management
207-621-7700
1-866-621-7705
www.ccrealtymanagement.com

Cony Flatiron
110 Cony Street
Augusta, ME 04330
Service Notes: Rents to: 55+ Seniors. Rent-restricted Units
Stewart Property Management
207-622-2666
www.conyflatironapartments.com

Chateau Cushnoc
36 Townsend Road
Augusta, ME 04330
Service Notes: Rents to: Elders 62+ and people with disabilities. Income-based rent
Elderly Hsg. Development and Operations (EHDOC)
207-622-4936
www.ehdoc.org

Elm Street Group Home
14 Elm Street
Service Notes: Rents to: Elders 62+ and people with disabilities. Income-based rent
Motivational Services
207-626-3465
www.mocomaine.org

Glenridge Gardens
82 Glenridge Drive
Augusta, ME 04330
Service Notes: Rents to: Families/ all ages. Income-based rent. Rent-restricted unit
Housing Management Resources, Inc.
207-622-5569
www.hmrproperties.com

Greentree Apts.
New England Road
Augusta, ME 04330
Service Notes: Rents to: Elders 62+; people with disabilities; families/ all ages. Income-based rent
Weston Associates Management Co., Inc.
207-622-4261
www.waboston.com

Hodgkins School Apartments
17 Malta Street
Augusta, ME 04330
Service Notes: Rents to: 55+ Seniors Rent-restricted Units
207-621-7700
C & C Realty Management
www.ccrealtymanagement.com

John Marvin Tower
38 Townsend Street
Augusta, ME 04330
Service Notes: Rents to: Elders 62+ and people with disabilities. Income-based rent.
Elderly Hsg. Development & Operations (EHDOC)
207-622-4936
www.ehdoc.org

Kennebec Plaza
Willow Street
Augusta, ME 04330
Service Notes: Rents to: Elders 62+ and people with disabilities. Income-based rent
Stewart Property Management, Inc.
603-641-2163
www.stewartproperty.net

Margaret Chase Smith House
7 Ridge Road
Augusta, ME 04330
Service Notes: Rents to: Elders 62+ and people with disabilities. Income-based rent
VOA Northern New England
207-373-1140 or 207-622-8870
www.voanne.org

Orchard Hill
25 Ridge Road
Augusta, ME 04330
Service Notes: Rents to: Families/all ages. Income-based rent
Weston Associates Management Co., Inc.
207-622-4261
www.waboston.com

Pine View Estates
301 Capitol Street Extension
Augusta, ME 04330
Service Notes: Rents to: Families/all ages. Rent-restricted unit
C&C Realty Management
207-621-7700 or 1-866-621-7705
www.ccrealtymanagement.com

Roncalli Apts.
144 State Street
Augusta, ME 04330
Service Notes: Rents to: Elders 62+. Income-based rent
Diocesan Bureau of Housing
207-512-4248
www.roncalliapartments.com

Water Street Apts.
98 Water Street
Augusta, ME 04330
Service Notes: Rents to: Families/All ages. Rent-restricted unit
Realty Resources
1-800-338-8538
www.realtyresourcesmanagement.com

Additional Senior Housing

Granite Hill Estates Independent Living
60 Balsam Drive
Hallowell, ME 04347
1-888-321-1119
granitehillestates.com/independent-living

LOCAL ASSISTED LIVING FACILITIES

Granite Hill Estates Assisted Living
60 Balsam Drive
Hallowell, ME 04347
1-888-321-1119
granitehillestates.com/assisted-living/

Inn at City Hall
1 Cony Street
Augusta, ME 04330
Service Notes: Rents to: Elders 62+ and people with disabilities. Income-based rent
Stewart Property Management, Inc.
603-641-2163
www.stewartproperty.net

MaineGeneral Rehabilitation and Long Term Care
The Residence at Gray Birch
37 Gray Birch Drive
Augusta, ME 04330
207-621-7000
www.mainegeneral.org/Pages/Care-and-Services-A-Z/Seniors/Long-Term-Care-Options/MaineGeneral-Rehabilitation-and-Long-Term-Care-at-Gray-Birch.aspx

KENNEBEC COUNTY RESOURCES

Kennebec Valley Community Action Program
97 Water Street
Waterville, ME 04901-6339
Services: Assistance with a variety of programs including housing, fuel assistance, transportation, weatherization, and other basic needs. This includes:

- Electric bill assistance
- Heat assistance (emergency and other)
- Energy and housing services home page
- Foreclosure prevention
- Heating system repairs
- Home buyer education
- Home repair program

207-859-1500
www.kvcap.org/index.php?id=446&sub_id=304

STATE OF MAINE RESOURCES

HOUSING ASSISTANCE

Catholic Charities of Maine: Independent Support Services
307 Congress Street
PO Box 10660
Portland, ME 04104-6060
Services include: Homemaking services to assist elders and persons with disability to live in their own homes.
1-888-477-2263
www.ccmaine.org

Low Income Home Energy Assistance Program
MaineHousing
353 Water Street
Augusta, ME 04333
Services: Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available.
1-800-452-4668 or 207-626-4600
www.mainehousing.org

MaineHousing
353 Water Street
Augusta, ME 04333
Services: Provides grants or low-cost home improvement loans for health and safety related repairs and improvements. The program consists of a Home Repair Grant, Elderly Hardship grant and Septic Repair/Replacement loans.
1-800-452-4668 or 207-626-4600
www.mainehousing.org

Rural Repair and Rehabilitation Loans and Grants
USDA Rural
Development State Office
967 Illinois Avenue
Bangor ME 04401
Services: The USDA's Very Low-Income Housing Repair program provides loans and grants to very low income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.
207-990-9160
www.payingforseniorcare.com/home-modifications/usdaruralrepair-grant.html

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CHOOSING A SENIOR LIVING COMMUNITY

Assisted Living Directory
Services: Provides a list of Maine's assisted living facilities and services.
1-866-333-6550
www.assisted-living-directory.com/content/maine.htm

SOCIAL PARTICIPATION AND EDUCATION

CITY OF AUGUSTA RESOURCES

Augusta Adult and Community Education

33 Union Street
Augusta, ME 04330

Services: Adult education programs offer courses in 5 major categories:

- Business & Skills Training
- College Transitions
- GED & High School Completion
- Literacy
- Personal Enrichment

In any economy, adult education courses are great choices because they are local, affordable, and are designed to fit within your schedule.

207-626-2470
augusta.maineadulted.org

Kaplan University

14 Marketplace Drive
Augusta, ME 04330

Programs: Kaplan University is an institution of higher learning dedicated to providing innovative undergraduate, graduate, and continuing professional education. Our programs foster student learning with opportunities to launch, enhance, or change careers in today's diverse global society. The university is committed to general education, a student-centered service and support approach, and applied scholarship in a practical environment.

207-213-2500
www.kaplanuniversity.edu/

Kennebec Valley YMCA

31 Union Street
Augusta, ME 04330

Services: Offers a wide range of workout equipment, and classes, in studios and pools for active older adults

207-622-9622
kvymca.org

Lithgow Public Library

45 Winthrop Street
Augusta, ME 04330

Available Programs: includes educational opportunities offered through the Capital Read program

207-626-2415
www.lithgow.lib.me.us

University of Maine at Augusta Senior College

Office Address: UMA Campus, Farmhouse Building
Community Drive
Augusta, ME 04330

Services: Includes college courses, Granite Hill lecture series, Brown Bag lunches, Concerts at Jewett Hall, Forum on the Future, and other opportunities

207-621-3551
www.umasc.org

University of Maine at Augusta (all ages)

Community Drive
Augusta, ME 04330

Programs: UMA offers a wide range of associate degree, baccalaureate, post-baccalaureate programs and certificate programs. If you are returning to college after many years, returning home from military service, seeking professional development required for a promotion, or transitioning to a new career, UMA is also the premiere university for all types of learners in Maine and beyond and has the lowest tuition rate in the state for a bachelor's degree.

207-621-3551
www.uma.edu

KENNEBEC COUNTY RESOURCES

Spectrum Generations Cohen Center

22 Town Farm Road
Hallowell, ME 04347

Social Participation Services: Health education classes and workshops; fitness enhancement classes; and more

207-626-7777
www.spectrumgenerations.org/service-map/kennebec

STATE OF MAINE RESOURCES

Maine Senior Guide

Services: Provides an online resource offering information on all things seniors, including a variety of social opportunities. Search by region or town to find entertainment events, social groups, senior education, and travel or recreational opportunities.

maineseniorguide.com

OUTDOOR SPACES AND BUILDINGS

CITY OF AUGUSTA RESOURCES

AUGUSTA AREA PARKS

City of Augusta Parks Include:

Bicentennial Nature Park
3300 North Belfast Avenue
Features include: Picnic area, swimming, boating, fishing, hiking
More information at: www.augustamaine.gov/index.asp?Type=GALLERY&SEC=%7B71835D1C-BF76-4258-86E5-78D14563E2AB%7D

Calumet Playground
179 Northern Avenue, near the top of Sand Hill
Features include: Pool, tennis courts, basketball court

Capital Park
Union Street
Features include: Ball fields, track, playground

Cunningham Park
Corner of North Street and Bridge Street
Features include: Playground, sprinkler, basketball court, benches

East Side Boat Landing
Howard Street
Features include: Boat launching area, boat dock, playground. Linked to the Greenway trail, on the East side of the Kennebec River, from Ft. Western to the south.

Front Street Park
Behind 295 Water St, Post Office building
Features include: Picnic areas and gazebo

Gage Street Park
48 Gage Street
Features include: Playground

McCall's Playground
74 Eastern Avenue
Features include: Playground, pool, basketball court

Mill Park
32 Northern Avenue
Features include: Places to walk, petanque courts, kayak launch. Periodic public events on-site. Includes Augusta Dog Park.
More information at: millparkataugusta.weebly.com/about.html

Mount Vernon Playground
120 Mt. Vernon Avenue
Features include: Playground, ball field

Savage Park
270 Riverside Drive
Features include: Wooded area with trails, picnic tables, log amphitheater, large grass area

Williams Playground
Parking at 7 Quimby Street
Features include: Playground, pool, basketball court, winter sliding, skate park

Youth Memorial Park
Behind the Buker Center
22 Armory Street
Features include: Tennis courts, playground, picnic area

Other Parks in Augusta

Capitol Park, State of Maine
1-55 Capitol Street
Augusta, ME 04330
Features include: Walking areas, picnic tables, view of the Capitol Building; state-owned property

AUGUSTA WALKING TRAILS

City of Augusta Parks Include:

Augusta Nature Center Trails
Entrance with parking lot at Hodgkin's Middle School
Malta Lane
Features include: Trails along Whitney Brook, including walking, running, hiking, and (seasonal) skiing.
More information at: www.augustanaturecenter.com

Bond Brook Recreation Area
Enter from: Tall Pines Way or Mount Hope Cemetery
Features include: Hiking trails, mountain biking trails, skiing trails (in season)
More information at: treadfest.org/about-bond-brook

Greenway Trail
Next to Fort Western, Cony Street
Features include: Walking trail from Fort Western, along the east side of the Kennebec River to the Arsenal historic building

Pleasant Hill Park
Entrance and limited parking at the far end of the Pleasant Hill Road
Features include: Hiking trails

Kennebec River Rail Trail
MSHA Parking Lot
353 Water Street,
Augusta, ME 04330
(northern entry point)
Features include: Paved trail that follows the Kennebec River south to Gardiner, ME. Can be entered at many points along the path.
More information at:
kennebecriverrailtrail.org

Viles Arboretum
153 Hospital Street
Augusta, ME 04330
Features include: Botanical garden and arboretum. 5+ miles of trails.
207-626-7989
More information at:
www.vilesarboretum.org/index.php/home

University of Maine at Augusta
Community Drive
Augusta, ME 04330
Features include: Wide range of walking/hiking trails
More information at: www.uma.edu/assets/docs/studentlife/hikingtrails.pdf

AUGUSTA HISTORIC SITES

Old Fort Western
16 Cony Street
Augusta, ME 04330
Features include: Protecting, preserving and interpreting the 1754 National Historic Landmark fort, store and house on the Kennebec River in Augusta, Maine
207-626-2385
More information at:
www.oldfortwestern.org

AUGUSTA GOLF COURSES

Western View Golf Club
130 Bolton Hill Road
Augusta, ME 04330
207-622-5309
www.golflink.com/golfcourses/course.aspx?course=507445

Quarry Run Disc Golf
225 Hospital Street
Augusta, ME 04330
207-623-0859
www.augustagolfpark.com

KENNEBEC COUNTY RESOURCES

GOLF COURSES

Augusta Country Club
19 Hammonds Street
Manchester, ME 04351
207-623-0321
www.augustacountryclub.org

Natanis Golf Course
735 Webber Pond Road
Vassalboro, ME 04989
207-622-3561
www.natanisgc.com

STATE OF MAINE RESOURCES

MaineGolf.com
Online directory of golf courses across the State of Maine
www.mainegolf.com

Maine Trail Finder
Services: Offers a free online recreational resource for finding trails in Maine that can be located by county. Includes a variety of 4-season trail activities with a range of difficulty levels.
www.mainetrailfinder.com

Bureau of Parks and Lands Department of Agriculture, Conservation and Forestry (DACF)
22 State House Station
18 Elkins Lane
Augusta, ME 04333
Services: Provides information on Maine's parks and recreational opportunities for all ages.
207-287-3200
www.maine.gov/dacf/parks/

CIVIC PARTICIPATION & EMPLOYMENT

AUGUSTA AGE-FRIENDLY COMMITTEE

VOLUNTEERING

Augusta Age-Friendly Committee
Meets the 1st Tuesday of every month.
5:30 p.m. to 7:30 p.m.
City Center Plaza
16 Cony Street
Augusta, ME 04330

Facebook:
www.facebook.com/augusta.age.friendly2016

Tri-State Learning Collaborative on Aging:
agefriendly.community/community/age-friendly-augusta/

United Way Volunteer:
uwkv.galaxydigital.com/agency/detail/?agency_id=66596

Augusta Public Schools
Opportunities: The Augusta Schools, from time to time, can benefit from volunteer services. Community members with special skills and/or interest in supporting our educational system are encouraged to connect with one or more local school principals.

Cony High School and Middle School
60 Pierce Drive
207-626-2460

Farrington Elementary School
249 Eastern Avenue
207-626-2480

Gilbert Elementary School
16 Sunset Avenue
207-626-2491

Hussey Elementary School
12 Gedney Street
207-626-2461

Lincoln Elementary School
30 Lincoln Street
207-626-2483
www.augustaschools.org

Big Brothers Big Sisters MidMaine
Kennebec Valley Office
2351 North Belfast Avenue
Augusta, ME 04430
Services: Volunteer opportunities through school- and community-based programs that change kids' lives for the better, forever!
207-592-4616
www.bbbsmidmaine.org/cbm/

Literacy Volunteers Of Greater Augusta
12 Spruce Street, Suite 4
Augusta, ME 04330
Services: Volunteer opportunities include providing basic education; one-on-one tutor support for adults to achieve and improve basic reading skills; and English as a Second Language (ESL)
207-626-3440
lva-augusta.org

MaineGeneral Volunteer Services
35 Medical Center Parkway
Augusta, ME 04330
Services Include: Alzheimer's Care Center, Glenridge program, Gray Birch program, Hospice volunteers, Spiritual Care services
207-248-5290
www.mainegeneral.org/Pages/Volunteering.aspx

Retired & Senior Volunteer Program (RSVP)
Services Include: Engaging people age 55 and older in meaningful volunteer services that meet critical community needs and enrich the lives of volunteers.
1-800-427-1127
www.mainegeneral.org/Pages/Volunteer/Retired-and-Senior-Volunteer-Program.aspx

KENNEBEC COUNTY RESOURCES

Spectrum Generations Cohen Center
22 Town Farm Road
Hallowell, ME 04347
Services: Opportunities include support for the transportation services, Meals on Wheels program, the Legacy Corps, supporting and delivering educational sessions, and others
207-626-7777
www.spectrumgenerations.org/join-our-team/volunteer

STATE OF MAINE RESOURCES

VOLUNTEER SERVICES

Volunteer Maine
Services: Provides information on volunteer opportunities throughout Maine. Search can be narrowed to specifics such as to interest, age, and location.
www.volunteermaine.org

Maine Department of Labor
54 State House Station
Augusta, Maine 04333
Services: Provides information on volunteer opportunities throughout Maine.
207-623-7900
Career Center Hotline:
1-888-457-8883
www.maine.gov/labor

Secretary of State's Office Bureau of Corporations, Elections & Commissions
101 State House Station
Augusta, Maine 04333-0101
Services: Provides information on volunteer opportunities throughout Maine.
207-624-7736
www.maine.gov/sos/cec/index.html

Score Maine
100 Middle Street, 2nd Floor
Portland, Maine 04101
Services: A nonprofit organization that provides mentoring and assistance, including free and low-cost workshops and advice, to emerging and existing small businesses in Maine.
207-536-1143
www.scoremaine.org/us

CITY OF AUGUSTA RESOURCES

FAITH COMMUNITIES

Apostolic Church
500 Western Avenue
Augusta, ME 04330
207-622-1414

Augusta Baptist Church
2567 North Belfast Avenue
Augusta, ME 04330
207-622-5039
augustabaptist.org

Augusta First Church of the Nazarene
30 Nazarene Drive
Augusta, ME 04330
207-622-7529
www.augustafirstchurch.org

Augusta Spiritualist Church
113 Townsend Road
Augusta, ME 04330
207-622-8980
www.augustaspiritualistchurch.org

Augusta Seventh Day Adventist Church
235 Eastern Avenue
Augusta, ME 04330
207-622-3215

Baha'i
80-1 Willow Street
Augusta, ME 04330
207-622-2406
Church at 209

209 Eastern Avenue
Augusta, ME 04330
Service Notes: Christian Church developed by Prince of Peace Lutheran Church and Street Mark's Episcopal Church.
207-623-9486
twoonine.org

Church Hill Baptist Church
258 Church Hill Road
Augusta, ME 04330
207-622-4248
www.churchhillbaptist.com

CityReach Church
5 Glenridge Drive
Augusta, ME 04330
207-485-1018
augusta.cityreachnetwork.org

Eastern Avenue Church of Christ
91 Eastern Avenue
Augusta, ME 04330
207-622-4031
www.churches-of-christ.net

Family Worship Center
2580 North Belfast Avenue
Augusta, ME 04330
207-622-6561
www.afamily.us/

Fellowship Baptist Church
237 Eastern Avenue
Augusta, ME 04330
207-622-4817
fellowshipbaptist-me.org

First Church of Christian Science
6 Williams Street
Augusta, ME 04330
207-622-7710

First United Pentecostal Church of Augusta
15 Wilson Street
Augusta, ME 04330
207-622-1721
augustapentecostals.com

Green Street United Methodist Church
13 Green Street
Augusta, ME 04330
207-622-0843
www.greenstreetumc.net

Kennebec Community Church
20 Mission Avenue
Augusta, ME 04330
207-623-0911
www.kennebecchurch.org

Kennebec Valley Assembly of God
44 Hallowell Road
Chelsea, ME 04330
207-622-1572
kvag.org

Messiah's Congregation
The Buker Center
22 Armory Street
Augusta, ME 04330
Service Notes: Meets Sundays, 9 AM-12 PM

Peaceful Heart Sangha
c/o UU Community Church, 69 Winthrop Street, Augusta, ME 04330
Service Notes: Buudhist group; Thich Nhat Hahn tradition. Weekly meetings in Augusta and Hallowell
207-685-9270
peacefulheartsangha.blogspot.com

Penny Memorial United Baptist Church
393 Water Street
Augusta, ME207-622-6401
pmubc.org

RiverRock Christian Fellowship
65 River Road
Chelsea, ME 04330
207-622-7031
riverrockfellowship.net

St. Augustine
75 Northern Avenue
Augusta, ME 04330
Service Notes: Linked with 5 other southern Kennebec churches and the Catholic school through Saint Michael Parish, 24 Washington Street Augusta, ME 04330
207-623-8823
www.stmichaelmaine.org

Saint Mary
41 Western Avenue
Augusta, ME 04330
Service Notes: Linked with 5 other southern Kennebec churches and the Catholic school through Saint Michael Parish, 24 Washington Street Augusta, ME 04330
207-623-8823
www.stmichaelmaine.org

Saint Barnabas Church
60 Bangor Street
Augusta, ME 04330
Service Notes: Currently worshiping with Street Matthew's, Hallowell
207-248-2687
www.episcopalchurch.org/parish/st-barnabas-episcopal-church-augusta-me

Salvation Army
36 Eastern Avenue, Augusta, ME 04330
207-623-3752
nne.salvationarmy.org/Capital-Region

South Parish Congregational Church
9 Church Street
207-622-0552
southparish.net

Temple Beth El
3 Woodlawn Street
Augusta, ME 04330
207-622-7405
bethelaugusta.org

Unitarian Universalist Community
6 Sumner Street
Augusta, ME 04330
207-623-3663
www.augustauu.org

Winthrop Center Friends
219 Winthrop Center Road (Rt. 135), Winthrop, ME 04364
Service Notes: Quaker group closest to Augusta
207-685-4797
www.quakercloud.org/cloud/winthrop-friends-meeting

STATE OF MAINE RESOURCES

Senior Corps
Services: Connects adults 55-plus with community organizations that need them most. Contribute life skills and experience or learn new ones in your role as a foster grandparent, senior companion, or other volunteer activity.
www.nationalservice.gov/programs/senior-corps

LGBT RESOURCES

Equality Maine
511 Congress Street
Portland, ME 04101
207-761-3732
equalitymaine.org

OUT Maine
63 Park Street
Rockland, ME 04841
outmaine.org

Sage Maine
P.O. Box 466
Hancock, ME 04640
207-809-7015
www.sagemaine.org

COMMUNICATION & INFORMATION

CITY OF AUGUSTA RESOURCES

City of Augusta
Main Office:
City Center Plaza
16 Cony Street
Augusta, ME 04330
207-626-2300
www.augustamaine.gov/

Augusta Age-Friendly Committee
City Center Plaza
16 Cony Street
Augusta, ME 04330
Meets the 1st Tuesday of every month.
5:30 pm to 7:30 pm

Facebook:
www.facebook.com/augusta.age.friendly2016

Tri-State Learning Collaborative on Aging:
agefriendly.community/community/age-friendly-augusta/

United Way Volunteer:
uwkv.galaxydigital.com/agency/detail/?agency_id=66596

LOCAL BANKS

Bangor Savings Bank
5 Senator Way
Augusta, ME 04330
207-620-9300
www.bangor.com

Camden National Bank
3 Locations:
1. **96 State Street**
   Augusta, ME 04330
   207-626-3555
2. **66 Eastern Ave:**
   Augusta, ME 04330
   207-621-9700
3. **130 Commerce Drive**
   Augusta, ME 04330
   207-622-3804

www.camdennational.com

Kennebec Savings Bank
150 State Street
Augusta, ME 04330
207-622-5801
www.kennebecsavings.bank

KeyBank
2 Locations:
1. **286 Water Street**
   Augusta, ME 04330
   207-623-5580
2. **23 Whitten Road**
   Augusta, ME 04330
   207-622-3156

locations.key.com/me/augusta/286-water-st.html

Northeast Bank - Augusta
235 Western Avenue
Augusta, ME 04330
207-623-0603
www.northeastbank.com

TD Bank
101 Western Avenue
Augusta, ME 04330
207-622-1790
www.tdbank.com/net/absearch/LocationDetails.aspx?branchID=10069

Skowhegan Savings Bank
450 Civic Center Drive
Augusta, ME 04330
207-623-2300
www.skowhegansavings.com

LOCAL CREDIT UNIONS

Capital Area FCU
2010 North Belfast Avenue
Augusta, ME 04330
207-622-3442
www.capitalareafcu.org

Connected Credit Union
2 locations:
1. **40 Pierce Drive**
   Augusta, ME 04330
   207-430-0788
2. **85 Civic Center Drive**
   Augusta, ME 04330
   207-623-3857

www.connectedcreditunion.org

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cPort Credit Union
399 Western Avenue
Augusta, ME 04330
207-623-1001
www.cportcu.org

Five County Credit Union
201 Civic Center Drive
Augusta, ME 04330
1-800-750-0959
www.fivecounty.com/home.asp

KV Federal Credit Union
316 West River Road
Augusta, ME 04330
207-623-5171
www.kvfcu.org

Maine State Credit Union
2 locations:
1. **162 Hospital Street**
   Augusta, ME 04330
   207-621-6060
2. **200 Capitol Street**
   Augusta, ME 04330
   207-623-1851

www.mainestatecu.org

New Dimensions FCU
72 Cony Street
Augusta, ME 04330
207-430-0779
newdimensionsfcu.com

Trademark Federal Credit Union
44 Edison Drive
Augusta, ME 04330
207-623-1134
www.trademarkfcu.org

LOCAL GROCERY STORES

Hannaford Supermarket
2 locations:
1. **118 Cony Street**
   Augusta, ME 04330
   207-621-2570
2. **20 Whitten Road**
   Augusta, ME 04330
   207-622-3137

www.hannaford.com/custserv/locate_store.cmd

Harvest Time Natural Foods
171 Capitol Street
Augusta, ME 04330
207-623-8700
www.mofga.net/MyProfile/tabid/88/asuid/1661/Default.aspx

Mainly Groceries
92 Northern Avenue
Augusta, ME 04330
207-213-6366

Shaw's Capitol Shopping Center
Augusta, ME 04330
207-623-4520
www.shaws.com/pd/stores/ME/Augusta/Shaws-Augusta-ME-(150-Western-Ave)/F84478868
Walmart Supercenter

Marketplace at Augusta
201 Civic Center Drive
Augusta, ME 04330
207-623-8223
www.walmart.com/store/2046

KENNEBEC COUNTY RESOURCES

Kennebec Valley Chamber of Commerce
269 Western Avenue
Augusta, ME 04330
207-623-4559
kennebecvalleychamber.com

STATE OF MAINE RESOURCES

LEGAL SERVICES

Legal Services for the Elderly (LSE)
5 Wabon Street
Augusta, ME 04330
Services: Provides free legal services statewide to people aged 60 and over. Priority is given to those who are socially or economically needy. LSE has offices in Augusta, Bangor, Lewiston, Presque Isle, and Scarborough. Staff attorneys provide representation in matters concerning access to long-term care, physical abuse or financial exploitation, public benefits, evictions, foreclosure and other issues. LSE provides free legal information and brief services from Helpline attorneys over the phone on a wide variety of issues. For clients who need extended assistance, LSE may make a referral to one of its regional offices.
The Legal Helpline is available statewide.
1-800-750-5353 or 207-621-0087
mainelse.org

AARP® Real Possibilities

Maine

53 Baxter Boulevard, Suite 202
Portland, ME 04101
1-866-554-5380
www.aarp.org/me

facebook.com/aarpmaine

twitter.com/aarpmaine