

Senior Expo Exhibitors

1. Maine Senior Guide

Deborah McLean P.O. Box 48 Freeport, ME 04032 207-232-7847
dmclean@maineseniorguide.com www.maineseniorguide.com

Maine Senior Guide is a **free** on-line resource of services and information for Maine seniors and their families. MSG allows you to search geographically for senior communities, home care, geriatric assistance, estate management services and much more! We add constantly to a rich library of articles, making Maine Senior Guide an excellent information source. Find the information you need about senior care and services at www.MaineSeniorGuide.com

2. Avita of Stroudwater

Lea Rust 320 Spring Street Westbrook, ME 04092 207-857-9007
lea@avitaofstroudwater.com www.avitaofstroudwater.com

This 60-unit state-of-the-art community focuses on memory care. It is a safe and fulfilling environment where nurturing caregivers recognize each resident as a special and unique individual. Our goal is simple – to make a positive difference in people’s lives by creating a special place where residents can thrive and families can have peace of mind.

3. Stroudwater Lodge

Mary Willson 116 Landing Rd. Westbrook, ME 04092 207-854-8333
mary@stroudwaterlodge.com www.stroudwaterlodge.com

Nestled in beautiful coastal Westbrook, Maine, Stroudwater Lodge is a brand new senior living community offering independent living and assisted living in a beautiful woodland setting. Stroudwater Lodge is proud to combine both privacy and convenience in a full service community. Opening Fall 2016

4. Beach Glass Transitions

Brittany Tanguay 72 Ocean St. #104 South Portland, ME 04106 207-210-6498
brittany@beachglasstransitions.com www.beachglasstransitions.com

We are a team of eldercare experts. We evaluate your medical, financial, and social needs to match you with customized eldercare solutions. We create a qualified plan for you and guide you step-by-step through the process. It’s not just about quality of care; it’s about quality of life.

5. Coastal Rehab

Theresa Taplin/Nathalie Descheneaux 2 Davis Point Lane, Suite 1A Cape Elizabeth, ME 04107
207-767-9773 TT@coastalrehab.me www.coastalrehab.me

Our primary goal is to assist our patients in living their lives to the fullest. We provide one-on-one occupational, physical and speech therapy services in clients’ homes, retirement communities or at our outpatient facilities in Cape Elizabeth, Scarborough, Falmouth and Kennebunk.

6. Scarborough Terrace Assisted Living

Elizabeth Simonds 600 Commerce Drive Scarborough, ME 04074 207-885-5568
esimonds@terracecommunities.com www.scarboroughterrace.com

Scarborough Terrace has over 20 years of management experience to help you transition into

the wonderful life that assisted living offers. No cooking, no laundry, no worries! We offer medication management, 24-hour assistance from our highly trained staff, transportation, delicious menu options, plus housekeeping and laundry services. Memory care apartments are also available.

7. Ainsworth, Thelin and Raftice, P.A.

Mary Jensen 7 Ocean Street South Portland, ME 04106 207-767-4824

mjensen@atrlaw.pro www.atrlaw.pro

Ainsworth, Thelin and Raftice, P.A., home of the SOUTHERN MAINE ELDER LAW CENTER, offers personalized and comprehensive estate planning, probate and elder law services. This includes initial consultations, discussions and analysis, document preparation and plan execution, and any form of litigation that results from Probate, Wills, Family Matters and Trusts.

8. Maine Veterans' Home

Bonnie Stewart 290 US Route 1 Scarborough, Me 04074 207-289-3403

bstewart@mainevets.org www.maineveteranshomes.org

Skilled Nursing & Rehab • Physical Therapy-Occupational Therapy-Speech Language Therapy • Long Term Care • Residential Dementia Care • Dementia Long Term Care • End of Life Care • Eligible Veterans could receive a VA stipend of \$102.38 per day. For more information call 1-888-684-4666

9. Beltone

Marissa Anderson 456 Payne Road Scarborough, ME 04074 207-883-7874

manderson@beltoneNE.com www.beltoneNE.com

Beltone proudly continues its long history as they most trusted brand in the hearing care industry among adults 50 years or older.

10. Atria Kennebunk

Colleen Levesque One Penny Lane Kennebunk, ME 04043 207-985-5866

colleen.levesque@atriaseniorliving.com

www.atriakennebunk.com

Atria Kennebunk is a vibrant senior living community for active older adults. Here, residents enjoy all the comforts of home plus convenient amenities, well-rounded events and outings, the company of interesting people, and all the independence they want – with just the right amount of discreet support if needed.

11. Humana

James Lopez 1 New Hampshire Avenue Suite 125 Portsmouth, NH 03801 603-766-4958

jlopez@humana.com www.humana.com

Humana's diverse lines of business work to serve all types of consumers. From families to seniors to military members to self-employed individuals, there is a plan to meet every unique need.

12. Bay Square at Yarmouth

Thomas Jones 27 Forest Falls Drive Yarmouth, ME 04096 207-846-0044

tjones2@benchmarkquality.com www.baysquareatyarmouth.com

Bay Square of Yarmouth, a Benchmark Community, has been serving Southern Maine since 1999. With a reputation of being the finest Assisted Living community in the area and having the most comprehensive memory care available, Bay Square continually reaches and achieves the highest quality of senior care. Please come and take a tour and see this comfortable caring community for yourself!

13. Maine Relay

Elaine Williams 68 Bishop St. Unit 3 Portland, Maine 04103 207-797-7656
ewilliams@drme.org www.merelay.com

Hamilton Relay provides traditional relay services for the state of Maine including CapTel, a service that provides word-for-word access to all telephone communications.

14. Current Publishing

Lee Hews 840 Main St. Westbrook, ME 04098 207-854-2577
info@keepmecurrent.com www.keepmecurrent.com

Current Publishing's newspapers cover more than 30 communities in southern Maine, and its specialty publications cater to a wide variety of people and interests.

15. US Cellular

Jeff Herrman 300 Gallery Blvd. Scarborough, ME 04074 207-699-9880
Jefferson.Herrman@uscellular.com www.uscellular.com

US Cellular provides national network coverage and industry leading innovations designed to elevate customer experience. We offer prepaid services for anyone interested in enjoying the benefits of full wireless service without a bill, credit, check or contract. We also have internet and home phone services.

16. Brentwood Health and Rehabilitation

Jennifer Rancourt 370 Portland Street Yarmouth, Maine 04096 207-846-9021
JRancourt@nathealthcare.com www.brentwoodcenterrehab.com

Brentwood Center for Health and Rehabilitation has been an exceptional community healthcare resource for many years. We exceed expectations in meeting the needs of individuals who require short-term rehabilitative care following hospitalization, or are in need of long-term skilled nursing care.

17. Town of Scarborough 55+ Programs

Cynthia Dibiase 259 US Route 1, PO Box 360 Scarborough, ME 04070 207-730-4173
cdibiase@ci.scarboroughme.us www.Scarboroughmaine.org

Visit our booth and see what the Scarborough Community Services 55+ Programs have to offer. The mission of the 55+ Programs is to give all seniors an opportunity to maintain dignity, enrich their quality of living, and actively promote participation in all aspects of community life.

18. Gentiva Home Health

Cathy Graham 881 Forest Ave. Portland, ME 04103 207-772-0954

Gentiva Home Health Care is an affiliate of Kindred at Home with locations in Portland, Sanford, and Bangor. Offering Skilled Nursing, Physical Therapy, Occupational Therapy, Speech

Therapy, Medical Social Work and Home Health Aides. Specialty programs: Safe Strides for Balance Dysfunction, Low Vision, and Orthopedics, where great Healthcare has come home.

19. Fallbrook Woods

Susan Kezal 60 Merrymeeting Drive Portland, ME 04103 207-878-0788

susan.kezal@fallbrookwoods.com www.fallbrookwoods.com

Fallbrook Woods, a Maine owned company, has been helping families navigate the journey for more than 20 years. Our staff at Fallbrook Woods strives to see the world through the eyes and senses of the person with memory loss. We believe that a person's unique qualities, preferences and spirit should be celebrated.

20. Black Bear Medical

John Bell 275 Marginal Way Portland, ME 04101 207-400-8050

jbelle@myphm.com www.blackbearmedical.com

Black Bear Medical provides Maine and the surrounding region with specialty mobility products and home medical equipment products, including canes, crutches, walkers, rollators, commodes, hospital beds, mobility scooters and lift chair recliners. Our home accessibility products include stair lifts, vertical wheelchair lifts, modular ramps and other vehicle lifts and ramps.

21. In Home Senior Services

Helen Harvie 23 Bridgton Road #8 Westbrook, ME 04092 207-856-1212

ihss@inhomeseniorservices.com www.inhomeseniorservices.com

We are a privately owned and operated Home Care agency, established in 1994. Located in Westbrook, we service Cumberland and York Counties. Contact us at 207-856-1212 for help with personal care or activities of daily living for yourself or your loved one.

22. Martin's Point Health Care/Generations Advantage

Krista Mora 321 Veranda St. Portland, ME 04102 207-808-9660

krista.mora@martinspoint.org www.martinspoint.org

Martin's Point Health Care is a local Maine company that has been taking care of fellow Mainers for over 30 years. We offer high-quality Medicare Advantage plans to individuals in Maine and in Hillsborough and Strafford Counties in New Hampshire. To learn more about Martin's Point Health Care and find out how to join Generations Advantage call 1-800-603-0652 or go to www.Martinspoint.org/Medicare

23. Seaside Nursing and Rehab

Courtney Bougie 850 Baxter Blvd Portland, ME 04103 207-774-7878

adminseaside@firstatlantic.com www.seaside-healthcare.com

Seaside offers almost 60 beautiful private rooms for your rehabilitation needs. Seaside finished a three year renovation project in the Fall of 2015 with a beautiful rehab center and private rooms.

24. Bellavita at Scarborough

Dani Swenson 18 Black Point Road, Scarborough, ME 04074 207-209-4604

Dani.swenson@brookdale.com www.brookdale.com

The Bellavita at Scarborough is an Assisted Living and Memory Care community located just seven miles south of Portland. As a resident at our community, you'll have two different levels of care available to you: Assisted Living and Memory Care. One of the great benefits to offering two levels of care is that we can continue to serve you if your needs change.

25. Advantage Home Care

Rich Blumenthal 550 Forest Avenue Suite 206 Portland, ME 04101 207-699-2570
rblumenthal@advantagehomecaremaine.com www.advantagehomecaremaine.com

Advantage Home Care is a state registered personal services agency that provides high quality, in-home non-medical care for seniors to insure their safety and wellbeing to help them remain in their homes as long as possible.

26. Maine Center for Elder Law, LLC

Joyce Brown 3 Webhannet Place Suite 1 Kennebunk, ME 04043 207-467-3301
jbrown@mainecenterforelderlaw.com www.mainecenterforelderlaw.com

The Maine Center for Elder Law, LLC assists clients with Medicaid (MaineCare) Planning and Eligibility, Planning for VA Aid and Attendance Eligibility, Special Needs Planning, Estate Planning and Probate, Guardianship and Conservatorship, and Estate and Trust Administration matters. With offices in Kennebunk and Portland, the firm serves clients across York, Cumberland and neighboring counties. Attorneys Martin C. Womer, Barbara S. Schlichtman and Britton Ryan Garon are available to help their clients plan ahead or navigate crisis situations.

27. Park Danforth

Judith Miller 777 Stevens Ave. Portland, ME 04103 207-797-7710
millerj@parkdanforth.com www.parkdanforth.com

The Park Danforth is a warm and welcoming community located in a residential section of Portland. We offer apartment living and assisted living, including market rate and HUD-subsidized apartments, and MaineCare assisted living suites. Coming December 2016, we will be offering 58 new market rate apartments and unveiling our new Main Street.

28. CaptionCall

Heide Krause 4215 Riverboat Road Salt Lake City, UT 84123 801-293-6572
hkraus@captioncall.com www.captioncall.com

Caption Call's revolutionary captioning telephone, iPad, app and red carpet services is free for the hard of hearing.

29. United Healthcare

Kevin Ouellette 475 Culvert St., STE 310 Warwick, RI 02886 603-231-1688
kouellette@uhc.com

United Healthcare offers Medicare plan options.

30. Southern Maine Agency on Aging

Ann Guest 136 US Route 1 Scarborough, ME 04074 207-396-6529
aguest@smaaa.org www.smaaa.org

The southern Maine Agency on Aging's (SMAA) mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them. SMAA will be offering free balance and strength screenings at the Spring Senior Expo.

31. Sedgewood Commons

Meghan Jodrie 22 Northbrook Drive Falmouth, ME 04105 207-781-5775

Meghan.jodrie@genesishcc.com www.genesishcc.com/sedgewoodcommons

Sedgewood Commons a specialized Alzheimer's homestead community offers individualized assisted living and nursing care for those living with Alzheimer's and other forms of dementia. Each member of our dedicated team has specialized training and education. Our goal is to enhance interactions and support meaningful connections to promote an optimal quality of life for each one of our residents.

32. Anthem Blue Cross Blue Shield

Jay Ball/Nicole Farnsworth 2 Gannett Dr. South Portland, ME 04106 207-838-7444

Anthem is dedicated to delivering better care to our members, providing greater value to our customers and helping improve the health of our communities. Learn more and find the right plan for you based on factors like lifestyle, income situation and medical needs, including prescriptions.

33. Catholic Foundation of Maine

Elizabeth Badger PO Box 799 Portland, ME 04104 207-321-7820

elizabeth.badger@portlanddiocese.org www.portlanddiocese.org

The Catholic Foundation supports all the Catholic Ministries in Maine and provides opportunities for planned gifts through endowments, charitable gift annuities and trusts/estate gifts.

34. Cape Memory Care

Paula Banks 126 Scott Dyer Rd. Cape Elizabeth, ME 04107 207-553-9616

pbanks@woodlandsalf.com www.capememorycare.com

Cape Memory is part of a family company operating since 1980. We take pride in the intrinsic value of caring for memory care residents and setting the standard for senior living. Our Person Centered Care utilizes one's life story to assist in transitioning and thriving at Cape Memory Care.

35. VNA Home Health and Hospice and Life Stages

Michael Brewster 50 Foden Road South Portland, ME 04106 207-210-5233

BrewsterM@EMHS.org www.VNAhomehealth.org

VNA Home Health and Hospice and Life Stages providing trusted home care to Maine families since 1921.

36. Legacy Memory Care at OceanView

Elaine DuMais 4 School House Drive Falmouth, ME 04105 207-781-4621

elaine@oceanview.com www.oceanview.com

Legacy Memory Care at OceanView provides state of the art, uniquely designed, secure community for those individuals with memory loss and dementia. Committed to excellence, our team of caregivers is fully trained in the person-centered, Habilitation Therapy model of care which enriched the quality of life of our residents.

37. Maine Medical Center Joint Replacement Center

Janet Dyroff 22 Bramhall Street Portland, ME 04102 207-662-6054

jdyroff@mmc.org www.mmc.org/jrc

The Joint Replacement Center at Maine Medical Center is nationally recognized as a leader in advanced hip, knee and shoulder surgeries. Our team performs more than 1,800 joint replacements each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's specific needs.

38. MedCOR Professionals

Kelly Hassett US Route One, Unit 7 Scarborough, ME 04074 207-222-2828

khassett@medcorpro.com www.medcorpro.com

MedCOR specializes in home medical equipment and rehabilitation services. We offer compression garments, ortho soft goods, manual mobility, aids to daily living and more.

39. Gorham House

Sarah Adams 50 New Portland Road Gorham, ME 04038 207-351-5973

sarah.Adams@continuummaine.com www.gorhamhouse.com

People of all ages have learn to rely on Gorham House for providing one of the widest spectrums of innovative quality healthcare services available in the greater Portland area. Once you have selected Gorham House, rest assured you will not have to move again due to lack of services.

40. Salvation Army Planned Giving

Stephanie Sukeforth PO Box 3647 Portland, ME 04104 207-774-6304

stephanie.sukeforth@use.salvationarmy.org www.salvationarmynne.org/plannedgiving

The Salvation Army's Planned Giving staff is available to help you with your gift planning needs. Some people's legacies are written on monuments, but yours can be written on lives. We can help with a variety of opportunities including making a gift through your will or a charitable gift annuity. Pick up your free 2-minute Estate check Up & Estate Organizer at our booth when you first come in.