

### **1. Maine Senior Guide**

PO Box 48 Freeport, Maine 04032

(207) 232-7847 [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com)

Deborah McLean [dmclean@MaineSeniorGuide.com](mailto:dmclean@MaineSeniorGuide.com)

Maine Senior Guide is your free on-line resource of services and information for Maine seniors and their families, and the host of five senior expos this year throughout the state. Find us on-line at [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com), where you can search geographically for services ranging from senior living to estate management. This year, Maine Senior Guide is also co-hosting Your Second Act Maine, a conference for Boomers on October 14 at the University of New England. Get more info on line at [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com).

### **2. ClearCaptions**

599 Menlo Drive. Ste. 200, Rocklin, CA 95765

(916) 663-6869 [www.ClearCaptions.com](http://www.ClearCaptions.com)

Brianna Fried [Brianna.fried@clearcaptions.com](mailto:Brianna.fried@clearcaptions.com)

Words matter. ClearCaptions is a federally certified provider of captioned telephones, at no cost, for people with hearing loss. For more information, contact Becky Bushey at [becky.bushey@clearcaptions.com](mailto:becky.bushey@clearcaptions.com) or call her at (207)650-2492.

### **3. Daniel Buck Auctions and Appraisals**

Auctions, Appraisals and Estate Sales

501 Lisbon St., Lisbon Falls, ME 04252

207-407-1444 [www.DanielBuckAppraisals.com](http://www.DanielBuckAppraisals.com)

Daniel Buck [Daniel@DanielBuckAppraisals.com](mailto:Daniel@DanielBuckAppraisals.com)

Daniel Buck has been assisting clients with right sizing of their antiques, fine art, estate and household belongings for more than 40 years. Since 1999 you may have seen Daniel as an independent appraiser on the PBS television show Antiques Roadshow. Integrity, knowledge and discretion make the difference to his clients. Bring your small antiques to Booth #3 for an appraisal. \$5 donation benefits Alzheimer's Association.

### **4. Maine Grocery Delivery**

3 Lucky Lane Scarborough, ME 04074

207-730-3722 [info@mainegrocerydelivery.com](mailto:info@mainegrocerydelivery.com)

[www.mainegrocerydelivery.com](http://www.mainegrocerydelivery.com)

Affordable grocery delivery for Southern Maine. Choose from over 7,000 popular items on our website from fresh meats and produce to toiletries. Select a delivery date and time and we deliver directly to your kitchen. Locally owned and operated.

### **5. Gorham House**

50 New Portland Road Gorham, ME 04038

Sarah Adams [sarah.Adams@continuummaine.com](mailto:sarah.Adams@continuummaine.com)

207-351-5973 [www.gorhamhouse.com](http://www.gorhamhouse.com)

People of all ages have learned 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.

#### **6. Ainsworth, Thelin & Raftice, PA**

PO Box 2412, 7 Ocean St., South Portland, ME 04116

(207) 767-4824      [www.atrlaw.pro](http://www.atrlaw.pro)

Mary Jensen      [mjensen@atrlaw.pro](mailto:mjensen@atrlaw.pro)

Ainsworth, Thelin & Raftice is the premier law firm for issues related to seniors. It's the force behind the Southern Maine Elder Law Center, where the attorneys help clients with Estate Planning, Wills & Trusts, Powers of Attorney, Probate Estates and Guardian/Conservatorship, and also MaineCare planning.

#### **7. Maine Veterans' Home Scarborough**

290 US Route One, Scarborough, ME 04074

(207) 883-7184      [www.mainevets.org](http://www.mainevets.org)

Bonnie Stewart      [bstewart@MaineVets.org](mailto:bstewart@MaineVets.org)

Caring for Those Who Served – Maine Veterans' Homes is an independent nonprofit organization that operates six quality-award winning long-term care and assisted living communities throughout the state, including skilled nursing, rehabilitation, long-term and secure memory care for Maine's veterans, their spouses, and Gold Star parents. For more information visit [www.MaineVets.org](http://www.MaineVets.org).

#### **8. AAA Northern New England**

63 Marginal Way, Portland, ME 04103

(207) 780-6800      [www.aaa.com](http://www.aaa.com)

Enjoy savings on auto, home and life insurance with AAA. With many discounts to help you save while enjoying the peace of mind of being with a company that provides legendary service for over 100 years.

#### **9. CaptionCall**

4215 S. Riverboat Rd., Salt Lake City, UT 84123

(801) 293-6572      [www.captioncall.com](http://www.captioncall.com)

Heide Kraus      [hkraus@captioncall.com](mailto:hkraus@captioncall.com)

CaptionCall is the "Gold Standard" in captioned telephone service. With its sleek phone design, red carpet home installation and superior captioning service – all at no cost – CaptionCall raises the bar. Call 877-557-2227 or log onto [www.captioncall.com](http://www.captioncall.com) to learn how to request a phone today.

#### **10. Maine Medical Center Joint Replacement Center**

22 Bramhall St., Joint Replacement Center Room #2003, Portland, ME 04102

(207) 662-6054      [www.mmc.org/joint-replacement-center](http://www.mmc.org/joint-replacement-center)

Janet Dyroff      [jdyroff@mmc.org](mailto:jdyroff@mmc.org)

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 2,000 joint

replacements procedures each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's specific needs.

### **11. Scarborough Terrace Assisted Living & Memory Care**

600 Commerce Dr. Scarborough, ME 04074  
(207) 885-5568 [www.ScarboroughTerrace.com](http://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.

### **12. Disability Rights Maine & Maine Relay**

68 Bishop St., Unit 3, Portland, ME 04103  
(207)797-7656 [www.drme.org](http://www.drme.org)  
Elaine Williams [ewilliams@drme.org](mailto:ewilliams@drme.org)

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. Disability Rights Maine provides Information and Referral, Individual Advocacy, Legal Representation, Education and Training and Assistance with Self-Advocacy.

### **13. Sedgewood Commons**

22 Northbrook Drive Falmouth, ME 04105  
Meghan Jodrie [Meghan.jodrie@genesishcc.com](mailto:Meghan.jodrie@genesishcc.com)  
207-781-5775 [www.genesishcc.com/sedgewoodcommons](http://www.genesishcc.com/sedgewoodcommons)

As the nation's leading provider of healthcare services from short-term to long-term and a wide variety of living options and professional clinical services, Genesis focuses on the vitality of the person. How and where we can make a difference in the overall well-being and healthy outlook of everyone we serve is our daily mission.

### **14. PACES (Portland Area Coalition for Elder Services)**

550 Forest Ave. Suite 206, Portland, Me 04101  
(207)699-2570 [www.pacesseniors.com](http://www.pacesseniors.com)  
Rich Blumenthal [rblumenthal@advantagehomecaremaine.com](mailto:rblumenthal@advantagehomecaremaine.com)

PACES (Portland Area Coalition for Elder Services) is a group of goods and service providers focused on meeting the needs of seniors in the greater Portland area. Our members provide services such as home care, relocation, senior living options and case management.

### **15. Bay Square at Yarmouth**

27 Forest Falls Dr., Yarmouth, ME 04096  
(207) 846-0044 [www.benchmarkseniorliving.com](http://www.benchmarkseniorliving.com)  
Samantha Nelson [snelson1@benchmarkquality.com](mailto:snelson1@benchmarkquality.com)

Bay Square at Yarmouth is a place where the joy of family, fond memories and proud traditions come together in a nurturing, supportive environment.

### **16. Scarborough Community Services 55+ Program**

PO Box 360 Scarborough, ME 04070

(207) 730-4173 [www.scarboroughmaine.org](http://www.scarboroughmaine.org)

Cindy DiBiase [cdibiase@ci.scarborough.me.us](mailto:cdibiase@ci.scarborough.me.us)

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.

### **17. Catholic Foundation of Maine**

PO Box 799 Portland, ME 041204

(207) 321-7820 [www.catholicfoundationmaine.org](http://www.catholicfoundationmaine.org)

Elizabeth Badger [Elizabeth.badger@portlanddiocese.org](mailto:Elizabeth.badger@portlanddiocese.org)

The Foundation manages over 114 endowments that benefit Catholic institutions, ministries and needs in the state of Maine. Gifts of cash, stock, real estate, insurance and through wills and trusts are accepted and processed in confidence. CFM is a 501 (c) 3 religious charity with an independent Board of Trustees and charter.

### **18. Fallbrook Woods Residential Care**

60 Merrymeeting Drive, Portland, ME 04103

(207) 878-0788 [www.FallbrookWoods.com](http://www.FallbrookWoods.com)

Susan Kezal [Susan.Kezal@fallbrookwoods.com](mailto:Susan.Kezal@fallbrookwoods.com)

The staff of Fallbrook Woods strives to see the world through the eyes and senses of the person with memory loss. Fallbrook Woods is a secure and lovely community designed to meet individual needs in the least restrictive manner possible.

### **19. Beach Glass Transitions**

306 US Route One Suite C2, Scarborough, ME 04074

Hope M. Hussey [Hope@beachglasstransitions.com](mailto:Hope@beachglasstransitions.com)

207-210-6498 [www.beachglasstransitions.com](http://www.beachglasstransitions.com)

At Beach Glass Transitions, we are professional Senior Care Advisors. We support families in search of senior care service in the home or in a senior care community. We provide families with the one-on-one attention, advice, guidance and care management that they need during this overwhelming and emotional time.

### **20. In-Home Senior Services**

23 Bridgeton Rd., Westbrook, ME 04092

(207)229-7728 [www.inhomeseniorservices.com](http://www.inhomeseniorservices.com)

Cathy Candage [ihss@inhomeseniorservices.com](mailto:ihss@inhomeseniorservices.com)

Sometimes all you need is a little extra help at home....and we are here to offer that help. Established in 1994, we offer compassionate care and help with activities of daily living by well-trained Personal Support Specialists. See us at [www.inhomeseniorservices.com](http://www.inhomeseniorservices.com). We are independently owned and operated.

### **21. Avita of Stroudwater**

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

## **22. Stroudwater Lodge**

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

Beautifully situated on a 65-acre wooded campus, Stroudwater Lodge is an independent and assisted living community located just minutes from I-95 and downtown Portland. Enjoy the natural surrounding with easy access to fabulous dining, arts and entertainment, shopping and outdoor activities. Stroudwater Lodge offers you the privacy of your own apartment will all the benefits of a full service community, all for one monthly fee. The community is just a stone’s throw from the highly respected Avita of Stroudwater, which focuses on memory care.

## **23. Bellavita@Scarborough**

18 Black Point Rd., Scarborough, ME 04074  
(207)883-3889           www.Brookdale.com  
Dani Swenson           dswenson@brookdale.com

The Bellavita @ 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.

## **24. Humana MarketPOINT Inc.**

1 New Hampshire Ave. Ste. 1235, Portsmouth, NH 03801  
(207) 951-5747           www.Humana.com  
Bob Stocker           rstocker@humana.com

Medicare health insurance and Prescription Drug Plans, dental & vision and more.

## **25. Maine Center for Elder Law LLC**

3 Webhannet Place, Suite 1 Kennebunk, ME 04043  
(207) 467-3301           www.mainecenterforelderlaw.com  
Joyce Brown           jbrown@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, Portland, and York, 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 and navigate crisis situations.

## **26. The Park Danforth**

777 Stevens Ave. Portland, ME 04103

207-797-7710            [www.parkdanforth.com](http://www.parkdanforth.com)

Judith Miller            [millerj@parkdanforth.com](mailto:millerj@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. We recently unveiled 58 new market rate apartments in our new Main Street. Come visit today!

## **27. Merrill Lynch**

One Monument Square, Portland, ME 04104

(207) 871-1995            [www.ml.com](http://www.ml.com)

Marty Madden            [martin.j.madden@ml.com](mailto:martin.j.madden@ml.com)

Marty Madden and his team at Merrill Lynch manage the assets of individuals, families, and small businesses. Focusing on the specific financial goals of the clients, Marty creates customized portfolios with an emphasis on cost management, diversifications, suitability, and long-term results.

## **28. United Healthcare Medicare Solutions**

PO Box 1148 Wells, ME 04090

(603)231-1688

Kevin Ouellette            [kouellette@uhc.com](mailto:kouellette@uhc.com)

United Healthcare offers Medicare plan options.

## **29. Southern Maine Agency on Aging**

136 US Rt. 1, Scarborough, ME 04074

(207) 396-6529            [www.smaaa.org](http://www.smaaa.org)

Anna Guest                [aguest@smaaa.org](mailto:aguest@smaaa.org)

For more than four decades Southern Maine Agency on Aging (SMAA) has provided the resources, programs and people to ensure that older adults and adults living with disabilities in Cumberland and York counties maintain their vitality well past the age of sixty. Balance Screenings will be offered at the Expo.

## **30. Woodlands Senior Living – Cape Memory Care**

126 Scott Dyer Rd., Cape Elizabeth, ME 04107

(207) 553-9616            [www.woodlandsalf.com](http://www.woodlandsalf.com)

Kristen Gilley            [kgilley@woodlandsalf.com](mailto:kgilley@woodlandsalf.com)

Cape Memory Care is a specialized community serving individuals with Alzheimer's Disease and related memory impairments. We are dedicated to making each day the best day possible for each resident we serve, while bringing peace of mind to those who love them.

## **31. Anthem BC/BS Medicare**

2 Gannett Drive, So. Portland, ME 04106

(207)219-0824      www.Anthem.com

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.

### **32. My Generation/Current Publishing**

5 Fundy Drive, Falmouth, ME 04105

Lee Hews, publisher    leehews@maine.rr.com

207-854-2577      www.MyGenerationMaine.com

My Generation is a publication for Boomers inserted in all the Current Publications offerings. Bimonthly, a different theme presents useful articles on related topics to help Boomers and their families enjoy life more! Check out our new format and look!

### **33/34. Back in Motion Physical Therapy**

94 Maine St., Gorham, ME 04038

(207) 839-5860      www.mainephysicaltherapy.com

Kelly LaBrecque      klabrecque@mainephysicaltherapy.com

Back in Motion Physical Therapy is an orthopedic outpatient physical therapy clinic located in Gorham, South Portland and Portland. Our focus is to change people's lives by providing pain relief and improving quality of life. We offer free pain consultations (come see us at our booth today!) and can always help you within 24 hours. (207) 839-5860.

### **35. Legacy Memory Care at OceanView**

4 School House Drive Falmouth, ME 04105

Elaine DuMais      elaine@oceanview.com

207-781-4621      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 enriches the quality of life of our residents.

### **36. U.S. Cellular**

300 Gallery Blvd. Unit A, Scarborough, ME 04074

(207) 883-4080      www.uscellular.com

Jeff Herrman

Knock out hidden fees with total plans and unlimited data!

### **37. MedCor Professionals**

152 US Rt. 1, Unit 7, Scarborough, ME 04074

(207) 222-2828      www.medcorpro.com

Kelly Hassett      khassett@medcorpro.com

MedCor provides high quality home medical products including compression garments, back braces, non-narcotic pain solutions and more! MedCor is a family owned business located in

Scarborough. We bill many insurances on your behalf for covered medical items and we promise to provide personal, respectful services to you and your loved ones.

**38. Beltone Hearing Aid Centers**

456 Payne Road, Scarborough, ME 04074

(207) 883-7874      [www.Beltone.com](http://www.Beltone.com)

Marissa Anderson      [manderson@BeltoneNe.com](mailto:manderson@BeltoneNe.com)

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

**39. Life Care Funding**

47 Portland St. 3rd Flr. Portland, ME 04101

888-670-7773      [www.lifecarefunding.com](http://www.lifecarefunding.com)

Chris Orestis      [info@lifecarefunding.com](mailto:info@lifecarefunding.com)

Convert a life insurance policy into a monthly benefit for Senior Care in as little time as 30 days. If you have an existing Term, Universal, Whole or Group life insurance policy, you may be eligible to set up a Long Term Care Benefit Plan. Ask us how!

**40. The Salvation Army**

PO Box 3647 Portland, ME 04104

(207) 774-6304      [www.salvationarmynne.org/plannedgiving](http://www.salvationarmynne.org/plannedgiving)

Stephanie Sukeforth      [Stephanie.sukeforth@use.salvationarmy.org](mailto:Stephanie.sukeforth@use.salvationarmy.org)

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.