

AGE IN PLACE

Town of Union Resource Guide

EMERGENCY ASSISTANCE 911

- Knox County Sheriff's Office
- Union EMS Ambulance

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ELDER ABUSE 911

- Emergency: Knox County & Union
- Legal Services for the Elderly
800-750-5353
mainelse.org

EMERGENCY MEDICAL TRANSPORT 911

- Union EMS Ambulance

INFORMATION 24 hours 7 days a week 211

Directory of Health & Human Services

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Supplies you should have on hand for a power outage:

Flashlight with extra batteries, Water for drinking and flushing, Shelf Stable Food, Non Electric can opener, Pet Food. Know where your medications are. When you hear of windy or stormy weather approaching, charge your phone!

Non-Emergency Resources

FOOD

- **Come Spring Food Pantry** (207) 785-6063
2nd & 4th Wednesday each month
- Meals on Wheels (207) 594-2740
mchinc.org
- AIO Food Pantry – Rockland (207) 596-1043
- Food Stamps (207) 596-4200
Maine DHHS, Rockland

HOME HEALTHCARE & ASSISTANCE

- Maine Health / Home Care (800) 660-4867
mainehealth.org/penbay-medical-center/services
- ASK (207) 354-7077
askforhomecare.com
- Rockland District Nursing (207) 594-5805
(RDNA)
- Knox County Health/Dental Clinic (207)301-6996
knoxclinic.org
- MaineCare (207) 624-4168
Rockland Health & Human Services
maine.gov/dhhs
- Comfort Keepers (207) 563-2273
- Senior Services (207) 563-1363
Area Agency on Aging
Spectrumgenerations.org
- Clearbrook Senior Care (207) 230-8111

HOUSING

- Maine Housing (207) 626-4600
mainehousing.org
- MCH (207) 594-2743
mchinc.org
- Penquis Senior Housing (207) 866-4634
Penquis.org
- PALS (207)594-4805
Palsforliving.com

LEGAL SERVICES

- Legal Services for the Elderly (800) 750-5353
mainelse.org
(Elder Rights, Medicare, Medicaid,
Elder Abuse, Social Security,
Financial Scams)

MONITORING AT HOME – Electronic

- Full Circle America (888) 873-8817
(some fees covered by MaineCare)
fullcircleamerica.com
- Seacoast Security (207) 236-4876
(Some fees covered by MaineCare)
seacoastsecurity.com

TOWN OF UNION Office: (207-785-3658)

Website: union.maine.gov 567 Common Road 04862

NON-EMERGENCY MEDICAL SERVICES

- Union EMS Paramedics (207) 785-3803
(at home paramedic service)
union.maine.gov/ems

RIDES & TRANSPORTATION - NON-EMERGENCY

- Sterling Elite in Union (207) 785-3100
sterlingelite.net
- * Non-emergency Medical Rides*
- Schooner Bay Taxi (207) 594-5000
schoonerbaytaxi.me
- * Non-emergency Medical Rides & Taxi*
- Mid-Coast Public Transportation (800) 439-7865
waldocap.org
- * Bus Service in Waldo and Knox County*
- MaineCare Financed Transportation (855) 930-7900
(coverage for fees charged for non-emergency medical rides)
midcoastconnector.org

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Call 911 for Emergency Assistance !

Knox Co. Sherriff

Union Fire Dept. or Ambulance

Community Services

HOME REPAIRS & SERVICES

- Penquis HEAP & Heating Assistance
- Home Repair & Replacement (207) 596-0361
penquis.org
- Mid Coast Habitat (207) 236-6123
Energy efficiency projects
midcoasthabitat.org
- PALS (207) 594-4805
palsforliving.com

RELIGIOUS ORGANIZATIONS

- Church of the Nazarene (207) 785-5600
- For His Glory Bible Baptist Church
forhisglorybiblebaptistchurch.com
- People's United Methodist Church (207) 785-4114
- South Hope Community Church (207) 785-4426
- The New Testament Church (770) 883-8251
of Union

SOCIAL ACTIVITIES & EXERCISE

- **Vose Library** (207) 785-4733
voselibrary.org
 - > Book Club > Book Delivery
 - > Movies > Talks & Discussions

- **People's United Methodist Church** (207) 785-4114
 - > Movers & Shakers / Exercise
 - > Creative Stitches
 - > Lunch for Seniors (2nd & 4th Thursday)
 - > Alcoholics Anonymous

- **Thompson Community Center** (207) 975-0352
 - > Volunteer Opportunities
 - > Walking in the Gym
 - > Exercise Class
 - > Monthly Flea Market
 - > Thrift Shop
 - > Thanksgiving Dinner

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Helpful Organizations

211 Maine is a statewide directory of over 8,000 health and human services available in Maine. The **toll-free 2-1-1 hotline** connects callers to specialists who can help 24 hours a day, 7 days a week.

Adult Protective Services (1-800-624-8404) provides or arranges for services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect or exploitation.

Alzheimer's Association (1-800-272-3900) provides programs and services statewide to assist persons with Alzheimer's disease or related dementia, their families and caregivers.

Catholic Charities of Maine and Immigration Services

Portland (207) 871-7437 or Lewiston (207) 344-6615 provides primary refugees with initial resettlement and limited ongoing case management and employment services.

Catholic Charities of Maine Independent Support Services

(1-888-477-2263) provides statewide Homemaker Services. Catholic Charities connects isolated older adults and physically disabled adults with a professionally-supervised team of dedicated paraprofessionals who help with a variety of tasks, from routine housekeeping to grocery shopping and laundry.

Crisis Hotline / Suicide Prevention (1-888-568-1112) If you are concerned about yourself or somebody else, call the crisis hotline. This will connect you to your closest crisis center.

Disability Rights Maine (DRM) (1-800-452-1948) provides protection and advocacy services for eligible people of all ages with developmental disabilities or mental illness. DRM offers direct advocacy assistance, information and referral, and training.

Legal Services for the Elderly (1-800-750-5353) provides legal information, advice and brief services on many legal problems and questions that often come up for older adults. Advises them about consumer problems, like debt collection and home repair contracts, MaineCare, Medicare, long term care, housing, public benefits, advance health care directives, financial powers of attorney, and other civil (non-criminal) matters.

Long Term Care Ombudsman (1-800-499-0229) Specially trained advocates investigate and resolve complaints made by, or on behalf of, a consumer of home care, hospice and adult day services as well as residents of adult family care homes, nursing homes, assisted living facilities, and residential care facilities. Any contact with an advocate is confidential.

Maine CITE call (207) 621-1395 OR Maine Relay 777 offers activities and services that help get assistive and universally designed technology (AT) into the hands of Maine people with disabilities, senior citizens, and their families.

Maine DHHS Division of Licensing and Certification (DLC) (1-800-791-4080) provides resources and information on nursing homes and residential care facilities. To report a nursing facility, assisted living or residential care resident rights violations, sentinel events, or complaints.

National Alliance on Mental Illness (NAMI) (1-800-464-5767) is our State's and the nation's largest grassroots support, education and advocacy organization committed to the issue of mental illness. With seven affiliates and hundreds of members, NAMI Maine is an active voice for families, individuals, and professionals whose daily lives are impacted by mental illness.

Pine Tree Legal for Knox & Lincoln Counties (207) 622-4731 provides free legal services to low-income Maine people.

Social Security Administration can assist with Medicare, Social Security Income, and Social Security Disability applications.

Offices located across the State:

Toll Free Nationwide 1-800-772-1213

TTY Nationwide 1-800-325-0778

Augusta 1-866-882-5422

Rockland 1-855-269-9179

ssa.gov

State Division of Veterans Services (207 430-6035) provides assistance with employment, housing, claims, applications, financial assistance and loans, counseling, education benefits, and tax and various other exemptions.

Substance Abuse and Mental Health Services (SAHMS) (1-877-726-4727) provides information on services for mental health services, crisis and substance abuse.

U.S. CDC Guidance for Older Adults offers up-to-date information and guidance to older adults about how to reduce their risk, what to consider when venturing out into a public setting, and what to consider when planning in-person visits with family and friends.

<https://www.cdc.gov/coronavirus/2019-ncov/need-estraprecautions/older-adults.html>

Veterans Administration (1-800-827-1000) for veterans to find out if you are eligible for certain health and counseling services through the Veterans Administration at Togus.

Other Important Phone Numbers:

Doctor:

Neighbor:

Family: