



# Bowdoinham Advisory Committee on Aging (COA)

## Activity and Resource List

### ~ October 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>FMI</b> about any of the Advisory Committee on Aging sponsored activities or to register for one of our programs, contact Patricia Oh, Coordinator of Older Adult Services (phone: 207-666-5531, ext. 110 or email: <a href="mailto:poh@bowdoinham.com">poh@bowdoinham.com</a> ).  <b>Note:</b> Activities followed by a <sup>R</sup> require registration. Activities with an <sup>R1</sup> only require registration the first time you attend (to make sure you are "in the know" about any changes in the schedule. Activities with nothing after them do not require registration.				<b>1</b> 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  <b>Shipmates: 10AM-1:00PM</b> 10:00: <u>Coffee and Cribbage</u> 11:00: <u>Movie: And So It Goes</u>	<b>2</b> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<b>3</b>
<b>4</b>	<b>5</b> 9:00 <u>Bridge</u> <sup>R1</sup>	<b>6</b> Fryeburg Fair—Senior Day (Free)  10:15: Shipmates Trip <sup>R</sup> Bryant Stove Works (cost \$3.00). Lunch at the Cast Iron Grill. Meet at Maily Waterfront Park to carpool.	<b>7</b> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<b>8</b> 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  <b>Shipmates: 10AM-1:00PM</b> 10:00: <u>Coffee and Cribbage</u> 10:00: <u>Crafting Group</u> 12:00: <u>Lunch</u> , Bowdoinham Estates (cost: \$4.00)	<b>9</b> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<b>10</b>
<b>11</b>	<b>12</b> No Bridge  	<b>13</b> 9:00: <u>Hiking Group: Morse Mountain Trip</u> <sup>R</sup> . Meet at Maily Waterfront Park to carpool. Rain date will be October 20 <sup>th</sup> .	<b>14</b> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<b>15</b> 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  <b>Shipmates: 10AM-1:00PM</b> 10:00: <u>Coffee and Cribbage</u> 10:00: <u>Blood Pressure Checks</u> by Nancy Curtis 11:00: <u>Let's Talk about Aging</u>	<b>16</b> 10:00-11:00 <u>Shipmates planning meeting</u> at Bowdoinham Estates. <i>All are welcome!</i> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<b>17</b>
<b>18</b>	<b>19</b> 9:00 <u>Bridge</u> <sup>R1</sup>	<b>20</b> 9:30: <u>Visual Storytelling with Photography</u> <sup>R</sup> . Cost for 4-session class is \$35.00. Scholarships available. Classes meet Tuesdays, 10/20—11/10. Meets: Graduate Room, Coombs Building	<b>21</b> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>  12:00: <u>Lunch with Lynn</u> (cost: \$5.00 from special menu). Lunch is followed by Trivia.	<b>22</b> 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  <b>Shipmates: 10AM-1:00PM</b> 10:00: <u>Coffee and Cribbage</u> 11:45: <u>Village Elders Lunch</u> Activity to follow: Senior Feud	<b>23</b> 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<b>24</b>
<b>25</b>	<b>26</b> 9:00 <u>Bridge</u> <sup>R1</sup>  3:00-4:50: Advisory Committee on Aging Meeting <i>Public is welcome!</i>	<b>27</b> 9:30: <u>Visual Storytelling with Photography</u> <sup>R</sup> . Graduate Room, Coombs Municipal Building	<b>28</b> 10:00-10:50: <u>Exercise with Kathy: Video Exercise Program</u> <sup>R</sup>	<b>29</b> 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  <b>Shipmates: 10AM-1:00PM</b> 10:00: <u>Coffee and Cribbage</u> 10:00: <u>Fifth Thursday Cooking—Applesauce!</u> <sup>R</sup> 12:00: <u>Lunch at Rocky Ridge</u>	<b>30</b>	<b>31</b> Halloween  

## Bowdoinham Advisory Committee on Aging (ACOA) Activity and Resource List: October 2015

Thank you for helping us to Celebrate Bowdoinham and for joining us at the Aging Well Fair.

**Celebrate Bowdoinham!** The Advisory Committee on Aging tent was a busy place all day long. Our day was shared by world-famous fortune teller **Madam B.** People of all ages came to get their fortunes told and were impressed with how “spot-on” she was when she told their fortune! Helen Read called BINGO for three hours. Players from 6 to 82 joined the game. Everyone was a winner!



**ACOA photography contest winners!** Thank you to all of you who entered the “Bowdoinham: A Great Place to Be” photo contest and to all of you who visited us at Celebrate and took the time to vote! The voting was close but these are the winners you chose:

**First Place:**  
Naomi Wallace



**Second Place:**  
Georgianna Cote



**Third Place:**  
Bob Cree



Bowdoinham’s roads are safer thanks to the 21 people who participated in the **AARP safe driving class** on September 23<sup>rd</sup>! Participants were reminded of some safe driving habits, learned ways to adjust their cars and shared hints and tips to make them safer drivers. We would like to give a special thank you to Joe Hahn for volunteering his time to offer the class!!







Kathy Pszczolkowski did it again! The **2<sup>nd</sup> Annual Aging Well(ness) Fair** was a success! Without Kathy, the health fair would not have been possible. She recruited and organized volunteers, coordinated publicity and snacks, and contacted service providers. If you see her around town—and you enjoyed the Health Fair—please thank her!

Kathy and I would also like to extend a special thank you to all of the volunteers who donated their time and talent putting the fair together: Linda Barker, Janice Booty, Nan and Bob Curtis, Kate and Phil Frank, Ruby Hussey, Linda Jariz, Laurie and Randy Look, Betty Monto, Jim Pszczolkowski, and Joanne and Paul Savoie, Theresa Turgeon, and Gracia Woodward. Your creativity, patience, and hard work was essential to every aspect of the fair. All Kathy and I had to do was say we needed help with something and you were there to help. Thank you!!!!



*Setting up & taking their orders...*

We had 68 visitors this year—an increase of 27% over the number who attended last year. In the belief that a picture is worth a thousand words, here are a few glimpses of the fair.



*Silver Sneakers*



*Electronic Petting Zoo*



*Fortune Teller*



*Zumba*



*Emergency  
Services  
Questionnaire*



*Food Pantry*



*Stress & Eating*



*Healthy Eating*



*How to get up  
after a fall*



*Tool Table*

## Advisory Committee on Aging Sponsored Activities

For a description of all activities sponsored by ACOA during October, see below. If there is a fee, it is noted in the description. FMI about any of the activities, or to register, please contact Patricia Oh, Coordinator of Older Adult Services (tel: 666-5531, ext. 110; email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com)).

**Aging Discussion Group.** Join the Shipmates for a discussion about aging. Are there benefits and challenges to aging that you didn't expect? This month the focus will be on stress management. One writer refers to stress management as finding the true fountain of youth. Join us to learn some ways to cope with stress and to share your hints and tips. Meets October 15<sup>th</sup> at 11:00 in the basement of the Second Baptist Church, at the Shipmates Senior Center. *Registration is not required.*

**Weekly Bridge.** The Bridge group meets on Mondays at 9:00AM in the Graduate Room at the Town Office. If you haven't played for years and want to get back into the game, this is a perfect opportunity. If you play and want to know what to do after your first bid or to answer your partner, this is for you. *Weekly registration is not required. However, it is a good idea to let us know you are coming the first time so that we can add you to the contact list and let you know if there is a last-minute change of plan.*

**Community Luncheons.** Join your friends and neighbors for a delicious meal.

- **Bowdoinham Estates. 2<sup>nd</sup> Thursday** (October 8<sup>th</sup>) at Bowdoinham Estates at 12:00 noon. Cost: \$4.00. BINGO follows the meal. *Registration is not required.*
- **Lunch with Lynn (and trivia games).** 3<sup>rd</sup> Wednesday of the month at 12PM (October 21<sup>st</sup>) at the Town Landing, \$5.00. *Registration is not required.*

### Medicare Advantage Plans

Open enrollment for Medicare Parts C & D will start October 15<sup>th</sup>! This is the time of year to make sure that your Medicare Advantage Plan meets your needs. There are four types of plans:

**Health Maintenance Organizations:** Members receive all of their care from a network provider or facility. In emergencies, members are covered by the nearest ER. Many (but not all) HMO plans include Medicare D prescription drug coverage.

**Preferred Provider Organizations:** Similar to an HMO plan but you have the option to pay a higher co-pay if you want to see a provider outside of the network. Many (but not all!) include Medicare D prescription drug coverage.

**Special Needs Plans:** Only open to people with chronic conditions that qualify them for the plan. All Special Needs Plans include prescription drug coverage.

**Private Fee-for-Service Plans** allows you to select any primary care provider or specialist who takes Medicare payment. Some offer prescription drug coverage but many do not.

A single provider, such as *Generations Advantage*, may offer different types of plans. Be sure to review your medical care needs to determine the best plan for you.

If you have questions or concerns about coverage, call *Spectrum Generations Consumer Helpline* at 1-800-639-1553.



Photo by Nate Skolfield

**Village Seniors Luncheon.** Rodney Chute and his kitchen crew promise a treat for your taste-buds on October 22<sup>nd</sup>. Socialization starts around 11:30. The meal will be served between 11:45 and 12:00. All are welcome! Everyone who comes is eligible for one of the many door prizes! After the meal, we will enjoy a game of

*Senior Feud! Registration is not required.*

**Crafting Group.** Join your friends and neighbors in Bowdoinham for a crafting circle at 10:00 on the second Thursday of each month at the Shipmates Senior Club. Bring a craft project to work on while sharing ideas and tips with other crafters. This is your opportunity to get advice from a community of experts and to share your latest project! If you don't have a project to share, come to get inspired or just to relax and enjoy the company of other crafters. *Registration is not required.*

**Cribbage.** Meets Thursdays at 10:00AM at the Shipmates Club (in the basement of the 2<sup>nd</sup> Baptist Church, on Main Street). Dick St. Cyr and George Hardin are the very popular (and patient!) leaders of this open group for beginners and experienced Cribbage players. *Registration is not required.*

### **Rides, INC.**

Rides, INC (Rides In Neighbor's Cars) is a new volunteer door-to-door driver service that provides rides to older Bowdoinham and Bowdoin residents who have chosen to stop driving or who are living with a disability that prevents them from driving.

*If you are interested in getting a ride or want more information, call Barbara Cree, Coordinator of Rides, INC at 666-3873.*

**Fifth Thursday Cooking: Applesauce with Diana.** Join Diana Mosher and celebrate the Fifth

### **Registration**

Registration is **required** for many activities sponsored by ACOA. Registration helps us to plan for the number of people coming and allows us to notify you if there is a change in the schedule. To avoid disappointment, please register early!

Thursday in October with a hands-on canning experience! Learn how to make awesome applesauce with local apples. Learn the basics of canning at the same time! This cooking demonstrations promises to be fun and tasty! Your reservation gets you the knowledge, skill, and confidence to can at home for your family and friends! Not to mention what your lesson will produce—a pint of local Applesauce! There is limited space in the kitchen so reserve your spot now! **Registration is required.** *Only people who are registered will be notified if there is a change in schedule.*

**Golf.** Dick Rose and other enthusiastic golfers meet on Thursdays at 10:00AM at Country Fareways on Route 201 in Bowdoin for a round of golf. The group is open to all—newbies, people who need a refresher to bring their





Photo by Dale Mosher

back to par, and those who have played for decades. The fee for people age 55 or more is \$12.00 for one round; \$16.00 for two. *Weekly registration is not required. However, it is a good idea to let us know you are coming the first time so that we can add you to the contact list and let you know if there is a last-minute change of plan.*

**Hiking Group:** Fall is a wonderful time for hiking in Maine. The weather is cooler and the trees are gorgeous! Hikers will walk about two miles *each way* on a well maintained path that includes a modest 177 foot incline up Morse “Mountain” to Seawall Beach in Phippsburg. The group, led by Dick Rose, will meet at 9:00AM, weather permitting, at Maily Waterfront Park on October 13<sup>th</sup>. Bring water or juice to keep hydrated and granola or a piece of fruit to stay energized. Although this is a mowed trail, ticks and insects can show up. Bring insect repellent if you use it. **Registration is required** so that we can reach you if we reschedule for weather.



Photo by Pam Fortin

**Matter of Balance** is an 8-session class to reduce the risk of falling. Matter of Balance includes exercises designed specifically to decrease the risk of falling. Class members will learn how to change their environment and their attitude to reduce fall risk factors and will participate in exercises to increase flexibility. There is not cost for the class but registration is required. Patricia Oh and Linda Jariz will be your guides. The class meets on Wednesdays and Fridays from 10:00 to 11:30 at the Bowdoinham Fire Station. Class dates are September 30, October 2, 7, 9, 14, 16, 21 and 23. **Registration is required.**

**Visual Storytelling with Photography** is a four session class, led by Jane Page-Conway. Participants will learn how to take pictures with a “Wow!!” factor and will explore how the pictures we take are a documentary of our lives. Class will meet on Tuesdays at 9:30 in the Graduate Room at the Town Office, from 10/20—11/10. *The fee for the class will be \$35.00 for all four sessions. Scholarships are available so that everyone has a chance to explore their inner photographer.* Minimum class size is four. **Registration is required.** Bring your camera or cell phone—whatever you use to take pictures—to the first class.

### **Emergency Services Questionnaire**

Bowdoinham EMS is creating a list of residents who may need special support in case of individual emergencies or in times of natural or man-made emergencies.

You can pick up a form at the Town Office or can call EMS to get one. A form can also be found at the end of

**Video Exercise Class:** Have you tried using an exercise DVD at home but either lacked the motivation to keep up with it or worried that you may not be doing

the exercises correctly? This is your opportunity to try a video class with a trained instructor in the room. Join Kathy Pszczolkowski, starting Wednesday October 28<sup>th</sup>, for a DVD exercise class. Kathy plans to use each video for a few weeks and then try another DVD. At the end of the class, you should have a good idea about what kind of video will work for you. **Registration is required.** *Minimum class size will be five. Only people who register for the class will be notified if we have to change the schedule.*

**October Trip, Bryant Stove Works:** On October 6<sup>th</sup>, the Shipmates will go to Bryant Stove and



Music in Thorndike, ME (admission: \$5.00). The stoves are a sight to see but they are only the beginning of the interesting things at Bryant Stove Works. Have you ever wanted to see a miniature performing circus? The Circus



room contains animated miniatures designed and built by Joe Bryant.

With a flip of a switch the whole room comes to life—even Gram and Gramp get their toes tapping. Lunch will be at the Cast Iron Grill in Unity. **Registration is required.**

**Well-Made Writing.** Just as houses are built from blueprints, stories are built from outlines, whether they are fiction or non-fiction, memoir, personal essay, or novel. Come with an idea that you have started to develop and David Compton will help you fill in the outline. David has published 30+ books so understands the struggles of writing first-hand. For more information, contact Patricia Oh (phone: 666-5531, ext.110 or email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com))

### **Bowdoinham Shipmates (the Bowdoinham Senior Center)**

The Bowdoinham Shipmates meet on Thursdays from 10:00AM to 1:00PM in the basement of the Bowdoinham Second Baptist Church. Each day opens with coffee (decaf and high test), newspapers, and catch up! Theresa Turgeon leads the group.



Photo by Rachel Skofield,  
4<sup>th</sup> Place in ACOA photo contest

### **October 1<sup>st</sup>**

10:00: Coffee and Cribbage

11:00: **Movie:** There are a million reasons not to like realtor Oren Little (Michael Douglas), and that's just the way he likes it. Willfully obnoxious to anyone who might cross his path, he wants nothing more than to sell one last house and retire in peace and quiet -- until his estranged son suddenly drops off a granddaughter (Sterling Jerins) he never knew existed and turns his life upside-down. Free Popcorn!

### October 8<sup>th</sup>

- 10:00: Coffee and Cribbage
- 10:00: Craft Group
- 12:00: Lunch at Bowdoinham Estates, 29 Preble Road (cost \$4.00)

### October 15<sup>th</sup>

- 10:00: Coffee and Cribbage
- 10:00: **Blood Pressure Clinic.** Do you need to monitor your blood pressure? Nancy Curtis is available every third Thursday at 10:00 to take your blood pressure. Midcoast Hospital donated cards that you can use to record your blood pressure so that you can share the information with your health care provider.

11:00: Let's Talk about Aging, discussion group. *Focus: Stress Management*

### October 22<sup>nd</sup>

- 10:00: Coffee and Cribbage
- 11:30: The Village Elders meal will be followed by Senior Feud, ACOAs very own version of Family Feud. Come and enjoy a good meal followed by some friendly competition and a few laughs.

### October 29<sup>th</sup>

- 10:00: Coffee and Cribbage
- 10:00: Fifth Thursday Cooking—Make Applesauce with Diana Mosher
- 1:00: Lunch at Rocky Ridge Apple Orchard in Bowdoin, ME.

## Other Activities

**Bowdoinham Public Library** (Open Tues. 10-12, 2-5, 7-8; Wed. 2-6; Fri. 2-5; Sat. 10-3).

**Loose Ladies Book Club:** Meets: 3<sup>rd</sup> Thursday of month; 1:00 pm at the Library. Contact: Joanne Savoie 373-8253 email at [jopasav@icloud.com](mailto:jopasav@icloud.com) or Kate Cutko, Librarian, 666-8405.

### **Bowdoinham Historical Society**

Lancaster Bishop Archive and Research Room: 3rd floor of Coombs Municipal Building. Tuesdays 10-12 & 2-5 (BPL hours) other times by appointment.

### **Exercise Equipment Loans**

Exercise equipment is available to borrow through the Bowdoinham Recreation Dept. FMI, call the Town Office: (207)-666-5531.

### **Bowdoinham Durable Medical Equipment**

The Town is accepting donations of medical equipment such as canes, walkers, wheelchairs, shower chairs, and commodes in good condition for town residents to use. There will be donation and loan forms to be filled out when equipment is donated or borrowed. For more information, to donate used equipment, or to borrow equipment, contact Ann Davis (phone: 798-1830 or email: [adavis@bowdoinham.com](mailto:adavis@bowdoinham.com) or [adavis0624@yahoo.com](mailto:adavis0624@yahoo.com))



Exercise Opportunities, not sponsored by the Town of Bowdoinham or by ACOA

- **Silver Sneakers:** All of the Silver Sneaker classes at Cathance Fitness Center, 1201 Main Street in Bowdoin, are free to participants whose Medicare Supplemental insurance includes the Silver Sneakers benefit. Contact your insurance company if you have questions about whether your policy includes Silver Sneakers. The cost is \$2.00/class for all others. Call 1-207-666-3463 for more information.
- **Zumba Gold and Zumba Gold Toning.** Join Stephanie at the Second Baptist Church for a workout that will melt away the pounds, increase flexibility, and improve balance. Zumba Gold meets Saturdays at 9:00AM. Zumba Gold Toning meets Mondays at 5:00. Cost of either class is \$5.00. FMI, contact Stephanie (email: [rdustin1@comcast.net](mailto:rdustin1@comcast.net) or phone: 666-8333 or Facebook *Zumba with Stephanie*).

## Town Resources

**Food Pantry:** The Food Pantry is open on Friday from 3 to 6PM. It is located in the old FHC building near the Merrymeeting Arts Center. FMI call Kathy Tome (207-751-0080).

**Merrymeeting Arts Center:** MAC is open on Saturdays from 10:00AM to 1:00PM and on Sundays from 1:00-4:00PM or by appointment. FMI call 370-5002.

All of the Photos entered into the Photo contest were winners! Here are a few more:

Charlene Cote



Barbara Cree



Blaine Fortin



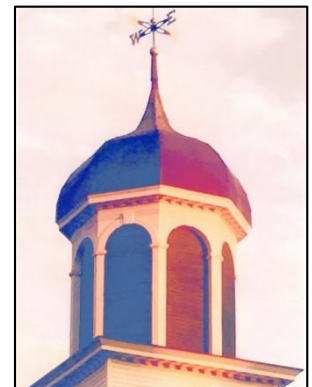
Betty Monto



Diane Mosher



Theresa Turgeon



## Advisory Committee on Aging in Bowdoinham Resource List

If you are looking for a resource that is not listed below, call 2-1-1. The operator will connect you to information about a full range of health and human services. If you have a question, the 2-1-1 operator will have an answer.

For an extensive list of resources, request *Maine's Aging and Disability Services Resource Guide* from the office of Aging and Disability Services (phone: 207-287-9200 or 1-800 262-2232). Copies will be available at the ACOA tent during Celebrate Bowdoinham and at the Wellness Fair.

### Abuse /Assault

- Adult Protective 24 hour hotline: 1-800-624-8404
- Suicide Prevention: 1-800-273-8255

No matter what problems you are dealing with, we want to help you find a reason to keep living. When you call, you will be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

### Adaptive Equipment

- Alpha I: 1-800-640-7200 or on the web: <http://www.alphaonenow.com/>  
Alpha One annually assists more than 6,000 people of all ages with a range of disabilities: mobility impairments, traumatic brain injury, deafness, blindness, other vision and hearing impairments, developmental disabilities, mental illness, and AIDS. Call if you need help with accessible design, finding equipment to make life easier at home or in the car, or finding funding for needed changes—like a ramp or home modification.
- Maine CITE: 621-3195 or on the web: [www.maineCITE.org](http://www.maineCITE.org)  
The mission of Maine CITE is to improve access and acquisition of assistive technology by people of all ages and all abilities in the areas of education, employment, community living, information technology, and telecommunications. If you are looking for information about assistive devices, call Maine CITE (or look through their website) and they will help you find the equipment you need.
- Disability Rights Maine: 1-800-452-1948  
Call if you are looking for free or low-cost equipment for a person with hearing or vision loss.

### Advocacy

- Alzheimer's Association: 1-800-272-3900  
Trained counsellors can answer questions about Alzheimer's or a related dementia. 24/7 service is available to offer support, information, and referrals to people living with a disease that includes dementia as well as their families, friends, and neighbors. The counsellors can provide information about locating and paying for services.

- Attorney General (Consumer Assistance): Call 1-800-436-2131 if you have a consumer problem or complaint. Look at their consumer protection information on the web: <http://www.maine.gov/ag/consumer/index.shtml>.
- Consumers for Affordable Healthcare: 1-800-965-7476.  
Trained counsellors can answer any of your insurance-related questions.
- Legal Services for the Elderly: 1-800- 750-5353
- Long Term Care Ombudsman Program: 1-800-499-0229  
Call if you or a loved one is a resident of a long-term care facility or is receiving paid in-home care and you have concerns about the quality of care.
- Mediation: trained volunteer mediators help resolve tenant/landlord issues, problems with housing, neighbors, service providers, etc. FMI, call Volunteers of America Northern New England at 373-1140 (services are free or low cost).
- Midcoast Veterans Council: 1-207-406-4103  
MCVC's goal is to help connect veterans and their families with needed help from local, state, and national programs. FMI: <http://mid-coastveteranscouncil.org/>
- National Do-Not-Call List: 1-888-382-1222  
The National Do-Not-Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. Register online: <http://www.donotcall.gov>.
- National Direct Marketing Association opt-out (<https://www.dmachoice.org/>). Allows you to opt out of direct marketing mailing, telemarketing or e-mail lists. Register on-line for free. If you do not have a computer at home, the Bowdoinham Public Library has a public computer that can be used to register. Postal mail registration requires payment.

## **Dental and Vision**

- EyeCare America 1-800-222-3937 or on the web: [www.eyecareamerica.org](http://www.eyecareamerica.org)  
EyeCare America, a service of the American Academy of Ophthalmology, provides free eye care services for US residents age 65 and older who have not seen an ophthalmologist in at least three years and who do not have insurance that covers the cost of eye care. If you are eligible for the program, you can schedule a free comprehensive eye exam with a participating local ophthalmologist. If chronic eye problems such as cataracts, diabetic retinopathy, or glaucoma are found, you will receive free eye care for the condition for up to one year. The program does not cover the cost of eyeglasses, prescription drugs or hospital services or fees from other medical professionals. Volunteer ophthalmologists will accept Medicare or other insurance as full payment, with no additional payment from you. If you don't have any insurance, the eye care is free.
- Maine Donated Dental: 207-620-8276  
Provides free comprehensive for older adults and people living with disabilities.
- New Eyes for the Needy provides prescription eye glasses for people who meet income requirements and who do not have insurance that covers the cost of prescription glasses. For more information: <http://www.new-eyes.org/> or call: 973-376-4903.  
Applications must be filled in by a social service agency. If you believe you are qualified,



contact Spectrum Generations (1-800-639-1553) or Bowdoinham's Coordinator of Older Adult Services (666-5531, ext. 110) to file the application.

- University of New England Dental Clinic- 221-4900 Preventive services in Westbrook \$30 fee for services

### **Emergency Response/Emergency Medical Information**

- DNR (Do Not Resuscitate) State EMS To request a form, call 626-3860 or download on the web at: <http://www.maine.gov/ems/documents/EMSDNRDirective.pdf>

- Poison Control 1-800-222-1222.

If you have questions about your medications after your pharmacy or primary care office is closed, call poison control. Trained nurses and pharmacists can help you with questions about pill identification or what to do if you think you took a double dose or forgot to take your medications. They can also answer questions about food safety and general poison control questions.

### **Financial**

- Fairpoint Lifeline program allows substantial discounts for telephone service in households where at least one member receives help from federally or state funded programs including MaineCare, Supplemental Security Income, Emergency Assistance Program, or LIHEAP. For more information call Fairpoint at: 1-866-984-2001
- Income Tax Aids: Call AARP at 1-888-227-7669.
- The LIHEAP Heating Assistance Program is administered by KVCAP. For an appointment, call 207-859-1500 or 1-800-542-8337. For program guidelines see: [http://www.kvcap.org/index.php?id=451&sub\\_id=306](http://www.kvcap.org/index.php?id=451&sub_id=306)

### **Home Maintenance and Repair**

- Habitat for Humanity 7 Rivers Maine: 504-9333  
Two programs are designed to help older people stay in their homes as they age. The weatherization program makes basic repairs and installs energy-saving materials. The Stay in Your Home program makes improvements, especially accessibility and safety changes to help homeowners stay in their homes.

### **Nutrition**

- The Bowdoinham Food Pantry is open on Fridays from 3:00—6:00PM. The pantry is located beside Merrymeeting Arts Center, at 9 Main Street. For more information, call Kathy Tome (207-751-0080).

### **Respite Care/Adult Day Service**

- Brunswick Respite Care (729-8571) provides adult day services to seniors in order to give caregivers time off from continual supervision of a family member or friend. Charges an hourly fee. Limited sponsorship money is available on request.

### **Transportation**

- Rides, INC (Rides in Neighbors Cars). For more information or to request a ride contact Barbara Cree, Rides Coordinator at 666-3873.

## **Bowdoinham Emergency Services Questionnaire**

The Bowdoinham EMS team is collecting information about residents in the event they are called upon in an emergency situation. Filling out this questionnaire and sharing the information with EMS is voluntary. The information will help EMS to create a list of residents who may need special support in case of individual emergencies or in times of natural or man-made emergencies.

Please fill out this form and drop it off at the Town Office or return it by mail: Bowdoinham Town Office, ATTN: EMS Director, 13 School Street, Bowdoinham, ME 04008.

**Any medical information which you choose to provide to us will be kept confidential.**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Where is your house number located? \_\_\_\_\_

Can it be seen from all directions? \_\_\_\_\_

OTHER MEMBERS OF HOUSEHOLD \_\_\_\_\_

PHONE NUMBER (HOME): \_\_\_\_\_ PHONE NUMBER (OTHER): \_\_\_\_\_

EMERGENCY CONTACT NAME (optional): \_\_\_\_\_

EMERGENCY CONTACT PHONE NUMBER: \_\_\_\_\_

FILE OF LIFE/MEDICAL INFORMATION IS LOCATED: \_\_\_\_\_

### **In case of individual emergencies or in times of natural or man-made emergencies:**

1. Do you or someone in your household have a medical condition or disability which we should know about in case you are unable to communicate with us: i.e., diabetes, implanted defibrillator or pacemaker, cardiac problems, etc.? List (if additional space is needed, use back):  
\_\_\_\_\_

2. Do you or someone in your household have medical equipment which is dependent on electricity to run such as oxygen compressor, in-home dialysis, in-home IV pump, etc.? List (if additional space is needed, use back): \_\_\_\_\_

Do you have a generator: Yes \_\_\_\_\_ No \_\_\_\_\_

3. Do you or someone in your household have mobility or communications impairments: i.e., wheelchair, blindness, very hard of hearing, unable to speak, etc.? List (if additional space is needed, use back):  
\_\_\_\_\_

4. If you have the choice, what hospital would you prefer to be transported to by ambulance?  
\_\_\_\_\_

### **When do you want someone to check on you?**

5. Would you like us to check on you during an emergency such as a hurricane or extended power outage?

Yes \_\_\_\_\_ No \_\_\_\_\_ Do you live alone? Yes \_\_\_\_\_ No \_\_\_\_\_

How would you like us to check on you: Phone (if working) \_\_\_\_\_ Home Visit: \_\_\_\_\_

### **Facts about your home environment**

6. Please describe the location of the room where you are most likely to sleep.  
\_\_\_\_\_

7. Is there anything you would like us to know that we have not asked? If more space is needed, use back.  
\_\_\_\_\_