

1. Avita of Stroudwater

320 Spring Street Westbrook, ME 04105
207-857-9007 www.avitaofstroudwater.com
Lea Rust lea@avitaofstroudwater.com

At Avita of Stroudwater We believe it is time for the next generation of senior dementia living. Seniors want more services, more amenities, and more thoughtfully designed environments that work with their age, not against it. We keep those ideas firmly in mind in every decision we make. We believe that in everything we do, our emphasis needs to be on living well and loving life.

2. Take a Moment/Make a Memory

Maine Alzheimer's Advocates will host its First Annual Black, White and Purple Gala on Thursday, November 12th, 2015 at the Holiday Inn By the Bay in Portland, benefiting the Alzheimer's Association. You can buy tickets at this booth, or contact Lea Rust for ticket information and accommodations at 207-844-0899. Tickets are also available online at www.eventbrite.com/e/take-a-moment-make-a-memory-tickets-17967582523.

3. Beach Glass Transitions

72 Ocean St. #104 South Portland, ME 04106
207-210-6498 www.beachglasstransitions.com
Lynn Peel lpeel@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.

4. Wellness Connection of Maine

685 Congress Street Portland Me 04102
1-855-848-6740 www.mainewellness.org
Becky Dekeuster bdekeuster@mainewellness.org

The Wellness Connection of Maine operates four state-licensed medical cannabis dispensaries, serving about 8,000 qualifying patients around the state. Meet our knowledgeable staff and learn more about how cannabis therapy can help with a variety of conditions, from rheumatoid arthritis to cancer and beyond.

5. Coastal Landing Retirement Community

142 Neptune Drive Brunswick, ME 04011
207-837-6560 www.CoastalLanding.com
Susan Cary cladmin@RMImaine.com

Brunswick's newest retirement community offers many amenities to help you live a happy, healthy lifestyle, independently or with assistance.

6. New York Life Insurance Company

500 Southborough Drive Suite 300
South Portland, ME 04106
207.871.7474 www.maine.nyloffices.com

George Yackulie gsyackulie@ft.newyorklife.com

Helping people with retirement strategies to assist them with their financial well being, overall quality of life and long term security.

7. Central Maine Imaging Center

287 Main St. Lewiston, ME 04240

207.650.3649 www.myCDI.com/ME

Lisa Perachio lperachio@insighthealth.com

Central Maine Imaging Center is an independent diagnostic imaging provider in Lewiston, Maine. We provide MRI, mammography, ultrasound and x-ray imaging at prices 30-50% lower than other area providers all without sacrificing the quality you deserve.

8. Seaside Skilled Rehabilitation Center

850 Baxter Blvd, Portland, ME 04103

207-774-7878 www.seaside-healthcare.com

Courtney Bougie cnliaisonseaside@firstatlantic.com

Seaside, located on beautiful Back Cove in Portland, offers over 70 private rooms to give you the best environment for your rehab stay. Skilled nursing services include IV treatments, dressing changes and monitoring from a wound-certified nurse and individual physical occupation and speech therapy in our newly renovated rehab center.

9. Liberty Mutual Insurance

600 Sable Oaks Drive Suite 120

South Portland, ME 04106

207-871-9000 www.libertymutual.com

Sheri Corcoran sheri.corcoran@libertymutual.com

We deliver our customers peace of mind every day by helping them protect what they value most.

10. CaptionCall®

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

801-293-6572 www.captioncall.com

Heide Kraus hkraus@captioncall.com

CaptionCall® is a revolutionary new telephone for anyone who has trouble hearing on the phone. CaptionCall offers smooth scrolling captions of what callers say on a large, easy-to-read screen along with exceptional audio quality. To learn more about the CaptionCall phone and free red-carpet services, call 1-877-557-2227 or visit captioncall.com.

11. Maine Veterans' Home

290 US Route 1 Scarborough, Me 04074

207-289-3403 www.maineveteranshomes.org

Julie Caswell jcaswell@mainevets.org

Bonnie Stewart bstewart@mainevets.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 1.88.684.4666

12. Goudreau's Waterfront Retirement Community

93 Halifax St. Winslow, ME 04901

207-873-1950 www.goudreasretirement.com

Lorna Hunter LornafromGoudreas@yahoo.com

With monthly rents starting at \$2,500, Goudreau's Waterfront Retirement Community located along the Sebasticook River in Winslow, Maine is a beautiful place to call home. Spacious one-bedroom apartments feature fully applianced kitchens and gorgeous views. Our amenities include chef prepared dinners, wireless internet, cable television, weekly housekeeping, and all utilities. Our beautiful 20X40 heated indoor pool can be enjoyed year round!

13. Hawthorne House & Freeport Place

6 Old County Road Freeport ME 04032

207-865-4782

Nancy Keegan admissionshawthornehouse@firstatlantic.com

Hawthorne House & Freeport Place Assisted living and Nursing Care community in Freeport. At Hawthorne House, our services are designed to help patients/residents who require a short term rehabilitative services, skilled care, hospice care and Alzheimer's disease and related dementia care. Freeport Place offers personalized assisted living services to 30 residents in a warm, home-like setting.

14. My Generation/Current Publishing

840 Main St., Westbrook, ME 04098

207-854-2577 www.MyGenerationMaine.com

Lee Hews, publisher leehews@maine.rr.com

My Generation is a publication for Boomers inserted monthly 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!

15. Sedgewood Commons

22 Northbrook Drive Falmouth, ME 04105

207.781.5775 www.genesishcc.com/sedgewoodcommons

Joel Rogers joel.rogers@genesishcc.com

Sedgewood Commons was built in 1994 with the specific mission to care for individuals living with Alzheimer's Disease and Dementia. Our 20 plus years of experiences enables Sedgewood to maintain its leading edge in care for our residents. That is why families and loved ones trust our guidance and care.

16. Catholic Foundation of Maine

PO Box 799 Portland, ME 04104

(207) 321-7820 www.catholicfoundationmaine.org

Elizabeth Badger elizabeth.badger@portlanddiocese.org

Serena Chessey serena.chessey@portlanddiocese.org

The Catholic Foundation of Maine provides opportunities to financially support the vitality of parishes and other Catholic organizations, institutions and ministries within the state of Maine now and in the future, through endowments, charitable gift annuities, bequests, insurance, real estate and trusts.

17. Bay Square at Yarmouth

27 Forest Falls Drive Yarmouth, ME 04096

207.846.0044 www.baysquareatyarmouth.com

Mary Wilson mwillson@benchmarkquality.com

Splendidly located just beyond the beautiful Royal River and near to everything practical, Bay Square offers a simple lifestyle based on independence in a nurturing, supportive environment. You will enjoy the privacy of your own spacious apartment and benefit from the many amenities found at this full-service assisted living community.

18. Advantage Home Care

550 Forest Avenue Suite 206 Portland, ME 04101

207-699-2570 www.advantagehomecaremaine.com

Rich Blumenthal rblumenthal@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.

19. Salvation Army Planned Giving

PO Box 3647 Portland, ME 04104

207-774-6304 www.salvationarmynne.org/planned-giving

Stephanie Sukeforth 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.

20. Bellavita @ Scarborough

18 Black Point Road Scarborough, ME 04074

207-883-1145 www.brookdale.com

Dani Swenson dswenson@brookdale.com

We provide customized care solutions to meet resident's unique needs and help them experience Daily Moments of Success in a supportive, homelike environment. From our trained staff to our wide variety of amenities and activities, we strive to offer personalized care and exceptional service at competitive and affordable rates. Fees for care and services are based on each resident's needs and preferences, as determined by the Living Accommodation selected and their Personal Service Plan.

21. Maine Medical Center Joint Replacement Center

Bean 2 22 Bramhall Street Portland, ME 04102

207-662-6054 www.mmc.org/jrc

Janet Dryoff jdryoff@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 1,800 joint replacement each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's specific needs.

22. Schooner Estates

200 Stetson Rd. Auburn, ME 04101

207-784-2900 www.schoonerestates.com

David Cassidy dcassidy@schoonerestates.com

Linda Hildonen LHildonen@schoonerestates.com

Schooner Estates Senior Living Community in Auburn, Maine provides the ideal setting for older adults to live and thrive, whether they are fully independent or require some daily assistance. We offer independent apartments, assisted living and memory care studios, and residential care. Come for a tour and feel the difference!

23. Maine Senior Guide

P.O. Box 48 Freeport, ME 04032

207-232-7847 www.maineseniorguide.com

Deborah McLean dmclean@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 MSG an excellent information source.

24. Legacy Memory Care at Oceanview

4 School House Drive Falmouth, ME 04105

207-781-4621 www.oceanview.com

Elaine DuMais elaine@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.

25. Home Instead Senior Care

502 Main Street Gorham, ME

207-839-0441 www.homeinsteadmaine.com

Catherine Studley info@homeinsteadmaine.com

Home Instead Senior Care is a non-medical company serving Cumberland County seniors. Our services range from simple companion care to 24/7 end of life care. Our CAREgivers are carefully selected, thoroughly screened and well trained. "To us it's personal"

26. WinshipGreen and Brentwood Centers for Health and Rehab

Bath and Yarmouth, Maine

207-443-9772 207-272-7722

www.winshipgreencenter.com www.brentwoodcenterrehab.com

Julie Kalloch jkalloch@nathealthcare.com

Jennifer Rancourt jrancourt@nathealthcare.com

Both WinshipGreen and Brentwood Center are committed to provide excellent quality of care to those needing nursing services, physical, occupational and/or speech therapy. We also specialize in memory care and have a gated community.

27. Anthem Blue Cross Blue Shield

2 Gannett Drive South Portland, ME 04106

207-838-7444 www.anthem.com

James (Jay) Ball James.Ball@anthem.com

28. The Vicarage by the Sea

9 Vicarage Lane Harpswell, ME 04079

207-883-5480 www.thevicaragebythesea.com

Johanna Wigg jwigg@thevicaragebythesea.com

Since 1998, The Vicarage by the Sea has provided long-term, specialized dementia care in a safe, homelike setting overlooking beautiful Casco Bay! Our staff to resident ration of one to four provides personalized care for loved ones. Our philosophy believes that every human being deserves the opportunity to grow regardless of age or ailment.

29. Beltone New England

275 Bath Rd. Brunswick, ME 04011

207-504-5505 www.BeltoneNE.com

Maeissa Anderson manderson@beltoneNE.com

Beltone has been helping the world hear better for the 75 years and is the most trusted brand in the hearing care industry. Our offices are equipped with the latest equipment to ensure the best care and our team of specialists is continually trained in new technology and service techniques.

30. St. Joseph's Rehabilitation and Residence

1133 Washington Ave. Portland, ME 04103

207-797-0600 www.sjr-me.com

Peggy Farrington pfarrington@sjm-me.org

For over three decades we have offered a community of caring for body as well as spirit. At St. Joseph's we provide compassionate memory care, long term care, and rehabilitation. We offer on-site rehabilitation seven days a week. We stress the importance of preserving the dignity, nurturing the spirit and encouraging the independence of our residents.