



Connecting Neighbors, Enriching Lives
Freeport Community Services



2022

Age-Friendly Freeport & Pownal **RESOURCE GUIDE**

A PROGRAM OF
FREEPORT COMMUNITY SERVICES
53 DEPOT ST, FREEPORT, ME

(207) 865-3985

EMERGENCY NUMBERS

Emergency 911

Information 211, 211maine.org

For those deaf or hard of hearing, dial 711 for the Maine Relay Service

Freeport Police (207) 865-4800

Cumberland County Sheriff (Pownal) (207) 893-2810

Freeport Fire Dept. (207) 865-3421

Pownal Fire Dept. (207) 688-2211

Elder/Dependent Abuse

24-hour Hotline (800) 624-8404

Maine Crisis Line

(888) 568-1112 (call, text, chat)

Poison Control (800) 222-1222

Suicide Prevention

(800) 273-TALK (8255)

HEALTH & WELLNESS SERVICES

AARP Prescription Discounts
aarp.org/benefits-discounts/all/aarp-prescription-discounts-provided-by-optumrx-10187

Adult Protective Services & Guardianship
(800) 624-8404
maine.gov/dhhs/oads/get-support/aps
24-hour hotline

Bureau of Veterans Services
(207) 430-6035
117 State House Station, Augusta
maine.gov/veterans

Community Health and Nursing Services (CHANS) Home Health & Hospice
(207) 729-6782
60 Baribeau Dr, Brunswick
chanshomehealth.com

Department of Health & Human Services
(207) 287-3707
109 Capitol St, Augusta
maine.gov/dhhs

Office of Aging & Disability Svcs
maine.gov/dhhs/oads

Freeport Community Services Medical Loan Closet
(207) 865-3985 x202
53 Depot St, Freeport
Free durable medical equipment for loan

General Assistance Program for Freeport, Freeport Community Services
(207) 865-3985 x205
freeportmaine.com/general-assistance
Assists eligible Freeport residents with necessities & emergent needs

General Assistance Program for Pownal
(207) 688-4611
pownalmaine.org/generalassistance
Assists eligible Pownal residents with necessities & emergent needs

GoodRx
goodrx.com
Discount prescription service

Jessie Albert Dental & Orthodontic Center
(207) 443-9721
171 Congress Ave, Bath
ccmaine.org/jessie-albert-dental.com

Affordable dental clinic accepting MaineCare and a sliding scale for uninsured patients

MaineCare Services
(207) 287-2674
Office for Family Independence
114 Corn Shop Lane,
Farmington
maine.gov/dhhs/ofi/programs-services/health-care-assistance

Maine Medical Center
(207) 662-0111
22 Bramhall St, Portland
mainehealth.org/Maine-Medical-Center

Maine Urgent Care
(207) 798-6333
105 Topsham Fair Mall Rd,
Topsham
maineurgentcare.com

Medicare
(800) 633-4227
medicare.gov

MidCoast Hospital
(207) 373-6000
123 Medical Center Dr,
Brunswick
midcoasthealth.com

Northern Light Mercy Hospital
(207) 553-6105
175 Fore River Pkwy, Portland
northernlighthealth.org/mercy-hospital

Oasis Free Clinic
(207) 721-9277
66 Baribeau Dr, Suite 5B,
Brunswick
oasisfreeclinics.org
Free medical and dental services to qualifying individuals

Opportunity Alliance
(207) 523-5049 (access & intake)
opportunityalliance.org
Support for individuals, families and communities includes fuel assistance, case management, mental health needs, home weatherization, senior companion and foster grandparent programs

People Plus

(207) 729-0757

35 Union St, Brunswick

peopleplusmaine.org

Offers activities and events for older adults

SAGE Maine

(207) 761-3732

511 Congress St, Suite 107,
Portland

sagemaine.org

Services and advocacy for LGBTQ older adults

Social Security Administration

(877) 319-3076

1355 Congress St, Fl 2, Portland
ssa.gov

Sweetser

(800) 434-3000

Locations in Brunswick,
Lewiston, and Saco

sweetser.org

Community mental health provider

FOOD SERVICES

Bow Street Market

shopbow2go.com/shop/home

Free home delivery for ages 65+

Freeport Community

Services Food Pantry

(207) 865-3985 x214

53 Depot St, Freeport

fcsmaine.org/services-and-programs/food

*Mondays 11am-3pm, Tuesdays
9:30-11:30am, Wednesdays
11am-1:30pm*

Hannaford To Go

hannaford.com/hannaford-to-go

North Pownal Community Outreach

(207) 688-4938

851 Lawrence Rd, Pownal
Wednesdays 8:30-11am

Shaw's

local.shaws.com/me/freeport/200-lower-main-st/grocery-delivery-pickup.html

TRANSPORTATION

Age-Friendly Freeport & Pownal (AFFP) at FCS

(207) 865-3985 x222

fcsmaine.org/transportation

Free rides for medical appointments and groceries, as well as quality of life outings

Amtrak

(800) 872-7245
23 Depot St, Freeport
[amtrakdowneaster.com/
stations/freeport](http://amtrakdowneaster.com/stations/freeport)

MetroBreez

(207) 774-0351
[gpmetro.org/313/METRO-
BREEZ](http://gpmetro.org/313/METRO-BREEZ)
*Bus service Monday-Saturday
between Portland, Yarmouth,
Freeport and Brunswick*

ModivCare

(855) 608-5178
modivcare.com/book-now
*Non-emergency transportation
to medical care*

Southern Maine Mobility Guide

[gpcog.org/183/Southern-
Maine-Mobility-Guide](http://gpcog.org/183/Southern-Maine-Mobility-Guide)
Transportation resource guide

**HOUSING &
HOME SAFETY**

**Age-Friendly Freeport &
Pownal (AFFP) at FCS**

(207) 865-3985 x222
[fcsmaine.org/community/age-
friendly](http://fcsmaine.org/community/age-friendly)
Safety and home repair programs

Comfortably Home

(207) 443-3116
80 Congress Ave, Bath
[bathhousing.org/comfortably-
home](http://bathhousing.org/comfortably-home)
*Specializing in one-time, minimally
disruptive, high-impact minor
home improvements*

Freeport Housing Trust

(207) 865-1652
24 South St, Suite A, Freeport
freeporthousingtrust.org
*Decent and affordable housing
opportunities for lower and
moderate-income households*

**General Assistance Program
for Freeport, Freeport
Community Services**

(207) 865-3985 x205
[freeportmaine.com/general-
assistance](http://freeportmaine.com/general-assistance)
*Assists eligible Freeport
residents with basic necessities
& emergent needs*

**General Assistance Program
for Pownal**

(207) 688-4611
[pownalmaine.org/
generalassistance](http://pownalmaine.org/generalassistance)
*Assists eligible Pownal residents
with basic necessities & emergent
needs*

**Habitat for Humanity
Critical Home Repair**

(207) 221-0047

659 Warren Ave, Portland
[habitatportlandme.org/
criticalhomerepair](http://habitatportlandme.org/criticalhomerepair)

*Keeping people safe at home
with critical housing repairs*

Living to L.A.S.T.

livingtolast.org

*Building a brotherhood
through training for and
responding to the physical
needs of the overlooked*

**Maine State Housing
Authority**

(800) 452-4668

26 Edison Dr, Augusta
mainehousing.org

Opportunity Alliance

(207) 523-5049 (access &
intake)

opportunityalliance.org

*Help with access to safe,
stable shelter and utilities*

**SOCIAL
OPPORTUNITIES**

**Age-Friendly Freeport &
Pownal (AFFP) at FCS**

(207) 865-3985 x222
fcsmaine.org/calendar

*Events catered to older
adults, including socials on
3rd Tuesday of the month*

Casco Bay Branch YMCA

(207) 865-9600

14 Old South Freeport Rd,
Freeport

[ymcaofsouthernmaine.org/
locations/branch/casco-bay-
branch](http://ymcaofsouthernmaine.org/locations/branch/casco-bay-branch)

Freeport Community Library

(207) 865-3307

10 Library Dr, Freeport
freeportlibrary.com

Freeport Elders Association

(207) 865-3985, x209

freeportelders.com

Freeport Friends

(774) 212-0269

freeportfriends.org

*Helping Freeport families in
crisis and supporting seniors
aging in place*

**Freeport Harraseeket
Grange #9**
13 Elm St, Freeport
on Facebook
[@FreeportHarraseeketGrange](#)

People Plus
(207) 729-0757
35 Union St, Brunswick
[peopleplusmaine.org](#)
*Offers activities and events for
older adults*

Pineland Branch YMCA
(207) 688-2255
25 Campus Dr, Suite 100,
New Gloucester
[ymcaofsouthernmaine.org/
locations/branches/pineland-
branch](#)

RSU5 Community Programs
(207) 865-6171
17 West St, Freeport
[rsu5cp.myrec.com/info/
default.aspx](#)
*Adult and youth community
programs for Freeport,
Pownal and Durham residents*

LEGAL SERVICES

Disability Rights Maine
(800) 452-1948
[drme.org](#)

**Office of the Maine
Attorney General**
(207) 626-8800
[maine.gov/ag](#)

**Maine Legal Services for the
Elderly**
(800) 750-5353
[mainelse.org](#)
*Free legal help to Maine's
socially and economically
needy elderly age 60 and
over*

**Maine Long-Term Care
Ombudsman Program**
(800) 499-0229
[maineombudsman.org](#)
*Advocates for long-term care
consumers*

Pine Tree Legal Assistance
(207) 400-3212
[ptla.org](#)
*Provides free civic legal aid in
Maine*

Volunteer Lawyers Project
(800) 442-4293
[vlp.org](#)
*Free legal assistance to low-
income Mainers*



Connecting Neighbors, Enriching Lives

Freeport Community Services



ADDITIONAL RESOURCES

AARP Portland Chapter

(866) 554-5380

local.aarp.org/portland-me

Freeport Town Hall

(207) 865-4743

30 Main St, Freeport

freeportmaine.com

Maine Council on Aging

(207) 592-9972

mainecouncilonaging.org

Maine Senior Guide

(207) 232-7847

maineseniorguide.com

Pownal Town Hall

(207) 688-4611

429 Hallowell Rd, Pownal

pownalmaine.org

Southern Maine Agency on Aging

(207) 396-6500

smaaa.org

UMaine Center on Aging

(207) 262-7920

mainecenteronaging.umaine.edu

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