



HANCOCK COUNTY CANCER RESOURCE GUIDE FEBRUARY 2020

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Beth C. Wright Resource Center Volunteer: Vanessa Williams,*

Healthy Acadia and Beth C. Wright Resource Center

Phone:

Beth C. Wright Resource Center
1-207-664-0339

Healthy Acadia,
Hancock County: 1-207 667-7171

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140 State Street, Suite 1,
Ellsworth, Maine 04605

TEL 207 667-7171 •
FAX 207 667-7173
Website: www.healthyacadia.org

Website: www.healthyacadia.org:
www.bethwrightcancercenter.org
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:
info@bethwrightcancercenter.org

Beth C. Wright Resource Center
23 Commerce Park / P.O. Box 322
Ellsworth, ME 04605

Telephone: 1-207-664-0339
Website:

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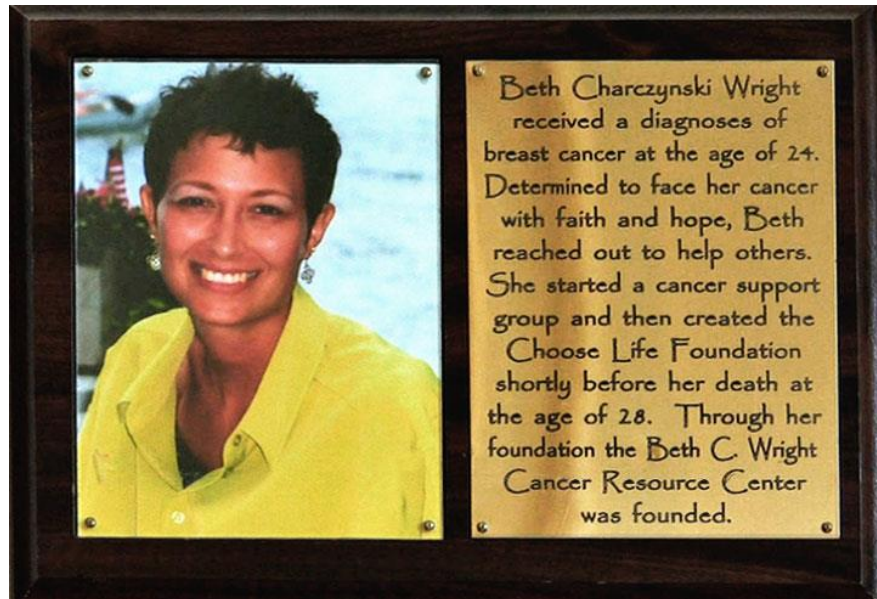
About Beth C. Wright

Our Mission:

To offer hope, knowledge and support to cancer patients, their families, caregivers, and friends by providing a source of information, social services and compassion through all stages of the cancer journey.

Our Focus is to provide:

- A compassionate, confidential environment.
- Knowledge, education, resources, support, advocacy.
- Wellness and quality-of-life support.
- Connection to medical resources, social support and educational programs. Assistance and guidance for financial resources.



The Center's namesake, Beth C. Wright, was diagnosed with breast cancer at 24. Following surgery and chemotherapy, she became determined to help others battling cancer and started a support group at the Down East Community Hospital in Machias. Shortly after the birth of their second son, Beth and Wayne learned that her cancer had spread to her liver and bones. She faced this disease with strength and faith and created the Choose Life Foundation a short time before her death in August 2000. Through funding from the Choose Life Foundation, Beth C. Wright Cancer Resource Center was founded in June 2004.

Adult Day Programs

Don and Beth Straus Center Adult Day Program

(a program of Birch Bay Retirement Village)

288-8014 X 5211 Bar Harbor

Friendship Cottage

375-5612 Blue Hill

Island Nursing Home

348-2351 Deer Isle

Robert and Mary's Place

667-5449 Ellsworth

Adult Family Homes

Golden Acres

565-2352 Franklin

Lakewood Adult Family Care Home

667-4301 Ellsworth

Mountain Vista

565-3804 Franklin

Alzheimer's Care Facilities

Birch Bay Retirement Village

25 Village Inn Rd, Bar Harbor
288-8014

Courtland Rehab and Living Center

42 Bucksport Rd, Ellsworth
667-9036

Island Nursing Home

587 N Deer Isle Rd, Deer Isle
348-2351

Seaport Village

19 General Moore Way, Ellsworth
667-9336

Alzheimer's 24 hr. hotline

Maine Alzheimer's Association 1-800-660-2871

Alzheimer's local support

Eastern Area Agency on Aging 1-800-432-7812

Assisted Living Communities

Birch Bay Retirement Village

25 Village Inn Rd, Bar Harbor
288-8014

Courtland Rehab and Living Center

42 Bucksport Rd, Ellsworth
667-9036

Golden Acres

80 Main St, Franklin
565-2352

Parker Ridge Assisted Living

63 Parker Ridge, Blue Hill
374-2913

Cancer Resource Centers

2-1-1 Maine:

Connection to resources throughout Maine – support, home Dial 2-1-1 and health care, legal, financial assistance, disability services, DHHS, aging agencies
<http://211maine.org/>

American Cancer Society:

National Cancer Information Center
1-800-227-2345
1-866-228-4327 TTY
<http://www.cancer.org/aboutus/howwehelpyou/contactus/index>

American Cancer Society Northern New England Chapter:

1 Bowdoin Mill Island , Suite 300, Topsham, ME 04086
207-373-3700
<http://www.cancer.org/myacs/index>

Beth C. Wright Cancer Resource Center:

23 Commerce Park/PO Box 322
Ellsworth, ME 04605
207-664-0339

Support, Education, Wellness Programs
Throughout Washington/Hancock Counties
*Transportation funding/rides to treatment
<http://www.bethwrightcancercenter.org/about-us/>

Barbara Sosman Support Center

Primary Contact: Lisa Spencer
lisa@sosmancenter.com
<https://www.sosmancenter.com/>
(207) 990-2025

Calais Regional Hospital Cancer Lending Library:

24 Hospital Lane, Calais 04619
207-454-7608

CancerCare:

Online and telephone support groups/financial assistance/education
1-800-813-4673
<http://www.cancer.org/>

Cancer Support Center of Maine:

147 Main Street, Bucksport
Barbara Vittum, Director
207-469-6363

Support/Education with Eastport Health Center
<http://www.cancersupportcenterofmaine.org/>

Cancer Resources Center of Western Maine

www.crcofwm.org
Barbara Deschenes
Barbara.deschenes@gmail.com
207-890-0329

Caring Connections

The Bangor Region YMCA
17 Second Street
Bangor, ME 04401
207-941-2808

Chemocare:

On-line information about Chemotherapy drugs and managing side effects partner
with Cleveland Clinic
www.chemocare.com

Christine B. Foundation

21 North St, Bangor, ME 04401

(207) 517-0256

<http://www.chrisbfund.org/>**Livestrong:**

Support/resources/financial/legal information

1-866-235-7205

www.livestrong.org**Maine Breast Cancer Coalition:**

499 Broadway, Bangor

1-800-928-2644 or 207-945-9008

Service, Advocacy, Education

<https://www.mainebreastcancer.org/>**Maine Cancer Consortium:**

Maine Cancer Plan and links to state-wide and regional resources

1-207-239-4734

<http://www.mainecancerconsortium.org/>**Maine Cancer Foundation:**

170 U.S. Route 1, Falmouth

207-773-2533

<http://mainecancer.org/>**Maine Cancer Resource Connection:**

Karen Page, LSW

1-866-446-4865

Click on logos on right side of page FMI

Mainecancer.org**Maine Coalition to Fight Prostate Cancer:**

60 Western Avenue, Ste. 254

Augusta, ME 04330

1-855-552-7200 x 800

<http://www.mcfpc.org/>info@mcfpc.org

MaineHealth Cancer Resource Center:

Information and resources throughout State of Maine
100 Campus Drive, Scarborough
1-866-206-9959
<http://mainehealthcancer.org/>

National Cancer Institute:

Education, information on clinical trials, treatment, financial/insurance/homecare
1-800-422-6237
www.cancer.gov

National Coalition for Cancer Survivorship:

Cancer Survival Toolbox and links to cancer-specific organizations
1-877-622-7937
www.canceradvocacy.org

The Patrick Dempsey Center for Cancer Hope and Healing:

29 Lowell Street, Lewiston 04240
207-795-8250
1-877-336-7287

Resources/Support/Wellness
<http://www.dempseycenter.org/>

Susan G. Komen for the Cure:

Breast Cancer Resources
1-877-465-6636
<http://ww5.komen.org/>

Susan G. Komen Maine Affiliate:

12 Acme Road, Brewer-922-3303
victoria@komenmaine.org
<http://www.komenmaine.org/>

Patient Information for Cancer Binders:

<https://www.oncolink.org/>

Cancer Treatment Centers

Cancer Care of Maine:

33 Whiting Hill Rd., Brewer 04412
At Lafayette Family Cancer Center
7:30 am to 5:00 pm
973-7478 or 1-800-987-3005

<https://www.emmc.org/Cancer-Care>

*Miller Drug/Whiting Hill Pharmacy located at CCOM

Downeast Community Hospital*

11 Hospital Drive
Machias, ME 04654
255-0276

*Does not provide chemotherapy services

Dana Farber Cancer Institute:

450 Brookline Avenue
Boston, Massachusetts 02215
1-866-408-3324

<http://www.dana-farber.org/About-Us.aspx>

Harold Alfond Center for Cancer Care:

361 Old Belgrade Road
Augusta, ME 04330
621-6100

<https://www.maine-general.org/medical-services/cancer-care/>

Maine Medical Center Cancer Institute:

100 Campus Drive
Scarborough, ME 04074
1-844-504-9680

<http://www.mmc.org/cancer-institute>

MDI Hospital: The Island Infusion Center

10 Wayman Lane
Bar Harbor, ME 04609
207 288-5082 ext. 1390

Northern Light Cancer Care, Mary Dow Center:

50 Union Street, Ellsworth 04605

At Northern Light Maine Coast Hospital

8:00 am to 4:30 pm

207-664-5430

<https://northernlighthealth.org/Services/Cancer-Care>

Northern Light Radiation Oncology

33 Whiting Hill Road,

Lafayette Family Cancer Institute, Suite 1,

Brewer, Maine 04412

Phone: 207-973-4280 | Fax: 207-973-9154

Clothing

2nd to None

142 Main St Suite B, Ellsworth
(207) 412-0018

Blue Buoy

200 Harbor Rd, Swans Island

Clothes Encounter

34 Water St, Ellsworth
(207) 664-8455

Community Closet

25 Eastward Ln suite #12, Ellsworth
(207) 266-7242

Dollar General:

Dollar General, 1748 US-1, Sullivan
(207) 352-0388

Dollar Tree:

Dollar Tree, 461 High St, Ellsworth
(207) 412-7008

Goodwill Store: Ellsworth

15 Downeast Highway, Ellsworth
(207) 669-6321

Hancock County Habitat for Humanity

21 School House Rd, Orland
(207) 702-9457

Label Shopper

Maine Coast Mall
225 High St, Ellsworth
(207) 664-0513

L.L. Bean, Ellsworth Outlet

150 High Street, Ellsworth
207-667-7753

Marden's Surplus & Salvage:

33 Mardens Way Suite A, Ellsworth
(207) 669-6035

Nice Twice

1269 Bangor Rd, Ellsworth
(207) 667-2656

Reny's Department Store

175 High St, Ellsworth
(207) 667-5166

T.J. Maxx

Maine Coast Mall
225 High St, Ellsworth
(207) 667-9894

Tractor Supply:

33 Mardens Way Ste B, Ellsworth
(207) 664-2203

Walmart:

17 Myrick St, Ellsworth
(207) 667-6780

24 Walton Dr, Brewer
(207) 989-5068

**Area food pantries may have gently worn clothing available for pantry clients*

Counseling Services

Acadia Family Center

1 Fernald Point Rd, Southwest Harbor, ME 04679
(207) 244-4012

AMHC (Atlantic Mental Health Center)

Mental health service in Ellsworth, Maine
Address: 710 Bucksport Rd, Ellsworth, ME 04605
Phone: (207) 667-6890

Bucksport Regional Health Center

110 Broadway, Bucksport, ME 04416
Phone: (207) 469-7371

Center for Studying Mindfulness

Address: 541 Morgan Bay Rd, Surry, ME 04684
Phone: (207) 400-0494

Coastal Counseling Services

198 Main St #1, Ellsworth
(207) 667-1153

Community Health & Counseling Services

52 Christian Ridge Rd, Ellsworth
(207) 667-5357

Dirigo Counseling Clinic LLC

270 High St, Ellsworth
(207) 973-0505

Ellsworth Counseling Service

130 Oak St, Ellsworth
(207) 479-4106

Ellsworth Counseling

5 School St, Ellsworth
(207) 667-8594

MDI Behavioral Health Services

322 Main St., 3rd Floor
Bar Harbor, ME 04609
207 288-8604

The Counseling Collaborative

1489 ME-102, Bar Harbor, ME 04609
(207) 288-3388

The Whole Health Center

162 Gilbert Farm Rd, Bar Harbor, ME 04609
(207) 288-4128

Dentures

Central Maine Denture: Patrick Allen, LD

Bangor, ME
(207) 941-9000

Classic Dentures of Maine

61 Hersey Ave, Bangor, ME 04401, us
(207) 942-1743

Downeast Denture Center

Surry
664-7444

Mid Coast Denture

Brewer, ME
(207) 667-6222

New England Denture Centers

Ellsworth
667-8263

Developmentally Disabled Persons

Downeast Horizons

77 Union St, Ellsworth, ME 04605
(207) 667-7464

Downeast Maine Transition Network

963-5973
Gouldsboro

Eastern Area Agency on Aging ADRC

1-800-432-7812

Yesterday's Children Office

Developmentally Disabled Persons
664-0575
Ellsworth

Disabilities: Vocational & Job Resources

American Cancer Society:

1-800-227-2345

<http://www.cancer.org/treatment/findingandpayingfortreatment/understandingfinancialandlegalmatters/americans-with-disabilities-act>**Family Medical Leave Act**U.S. Department of Labor:

1-866-487-9243

<http://www.dol.gov/whd/fmla/>**Disability Rights/ Legal Resources**

Cancer Legal Resource Center

Tel: (866) THE-CLRC (843-2572)

Fax: (213) 487-2106

CLRC@drlcenter.org<https://thedrlc.org/cancer/>**Disability Rights Center of Maine:**

1-800-452-1948

<http://drme.org/>**Disability Rights Legal Center**

213-736-1031

213-736-1030

DRLC@drlcenter.org<https://thedrlc.org/>**Legal Aid at Work**<https://legalaidatwork.org/our-programs/disability-access-rights/>**United States Department of Labor**

Disability Resources Laws & Regulations

<https://www.dol.gov/general/topic/disability/laws>

Durable Medical Goods

Black Bear Medical:

1113 Stillwater Avenue, Bangor
207-992-2337

Coastal Med Tech:

25 Douglas Highway, Ellsworth
1-800-544-1113

Hospice Volunteers of Hancock County

14 Mc Kenzie Ave, Ellsworth
(207) 667-2531

Miller Drug:

210 State Street, Bangor (Near EMMC)
207-947-8369

Prime Care/Calais Home Care Inc.:

209 High Street, Ellsworth
207-667-9100

Elderlaw Attorneys

Jeffrey Jones

664-0002 Ellsworth

Legal Services for the Elderly

1-800-750-5353

Lawyer Referral and Information Service

1-800-860-1460

Melissa Hale Hale and Hamlin

667-2561 Ellsworth

Volunteer Lawyers Project

1-800-442-4293

Emergency Response Systems

Maine Coast Lifeline

664-0990 Ellsworth

Phillips Lifeline

1-800-714-5217

(Also check with your local hospital)

Energy Heating Assistance

Citizen's Energy Corporation:

Joe-4-Oil: 1-877-563-4645

<http://www.citizensenergy.com/assistance-programs>

Maine Housing Authority Energy Assistance LIHEAP:

353 Water Street, Augusta

207-626-4600 or 1-800-452-4668

Maine Seacoast Mission:

Downeast Campus

6 Weald Bethel Lane, Cherryfield;

207-546-4466,

Main Number-207-288-5097

127 West St, Bar Harbor, ME 04609, USA

Emergency Assistance, Clothing, crisis relief

Beth C. Wright Cancer Resource Center:

23 Commerce Park

Ellsworth, ME 04605

207-664-0339

Support, Education, Wellness Programs throughout Washington/Hancock Counties

*Transportation funding, rides to treatment, and other financial resources

<http://www.bethwrightcancercenter.org/about-us/>

Exercise and Wellness Programs

Call Beth C. Wright Cancer Resource Center at 664-0339

EXERCISE CLASS

Active Older Adult:

To optimize your body's comfort, function, and vital energy, this fun and friendly class uses weights for strength and toning, cardio workouts for heart health, and core work to maintain and improve your mobility and flexibility. The group also practices falling and getting up, simple self-defense, and doing everyday tasks safely to prevent injury. Music and fun with a mid-class break. Can be modified for all senior fitness levels and limitations. 1 hour.

238 State St, Ellsworth in the James Russell Wiggins Center YMCA
With Robin, Thursdays & Tuesdays 10:00am - 11:00am

Cardiac Phase III & Pulmonary Rehabilitation

If you or your significant other have had a heart event and want to start on a path to cardiac health and recovery, this is the program for you! Meeting three days each week, the leader-based program focuses on cardiovascular health, light weight training, balance, and flexibility. During each session, participants utilize cardio machines including treadmills, rowers, recumbent bikes, elliptical machines, crank cycles, and Nu Steps. There is a registered nurse on site to monitor our class and take participant's blood pressure.

In addition to cardiac patients, we welcome cancer recovery patients as well as those diagnosed with Parkinson's Disease.

238 State St, Ellsworth in the James Russell Wiggins Center YMCA
Monday, Wednesday, Friday 10:00 am-11:00 am

Core Circuit / Balance Training (Level 4)

This class will include 30 minutes of core conditioning (stretching and strengthening muscles of the abdomen, pelvic area and lower back region). You will be using your core throughout the whole 30 minutes. This is followed by 15 minutes of balance training and sequencing for building core, hip, leg stability and strength.

\$7 drop in fee or free with Fitness Pass.

125 State St, Ellsworth in the Moore Community Center
Tuesday and Thursday, 10:00 am – 11:00 am.

CTC:

This class focuses on strength and fat burn through a variation of circuits each week. Each workout includes several exercises that you work through at your own pace for multiple rounds. These exercises target specific muscle groups and can always be modified to suit specific fitness levels. 30 minutes.

238 State St, Ellsworth in the James Russell Wiggins Center YMCA

With Emily, Fridays 8:30am - 9:00am

With Robin, Fridays 12:10pm - 12:50pm

Low-Impact Exercise

With Melanie Zador

Meadowview Apartments, Ellsworth

Wednesdays 5:00 pm -6:00 pm

Fitness Boot Camp

with Europa Hagerman.

This class includes dance and boot camp style strengthening. Plenty of variety and a lot of fun.

\$8.00 drop in fee or free with Fitness Pass.

125 State St, Ellsworth in the Moore Community Center

Tuesday and Thursday 6:00 pm-7:00 pm

Friends in Motion

Indoor and outdoor walking group. No charge.

125 State St, Ellsworth in the Moore Community Center

Tuesday 9:00 am –10:00 am

Personal Training for Post Physical Therapy Patients*

*This is available by appointment only, for those who are recovering from a stroke or other injury or who need individual guidance. \$30 per half hour.

207-664-6016

125 State St, Ellsworth, ME

Pickle Ball

Open Court: Monday, Tuesday, Wednesday, Thursday 1:00–3:00

This game uses a whiffle type ball, lower net, and a smaller court similar to tennis and is becoming popular around the country. Come learn with how to play with the rest of us! Instructors available to teach first timers. Non-marking shoes required. This game is addicting!

No Charge. By donations (\$2.00 suggested).

125 State St, Ellsworth in the Moore Community Center

Tuesday, 9:00 am–11:00am

RSVP Center on Aging “Bone Builders”

Gentle strength and balance training, to prevent and reverse osteoporosis. This is open to participants of varying fitness levels who are concerned about osteoporosis and balance. Best results are achieved by regular attendance. It features resistance training with weights or bands and various balance exercises.

125 State St, Ellsworth in the Moore Community Center

Mondays, Wednesdays & Fridays 9:00 am–10:00 am

Senior Open Gym

Play ping-pong or shoot a few hoops in the gymnasium.

No charge.

125 State St, Ellsworth in the Moore Community Center

Thursday 9:00 am–11:00 am

Senior Strength & Cardio

With Melanie Zador

Strength Building for seniors,

No charge for this class.

125 State St, Ellsworth in the Moore Community Center

Tuesday and Thursday 5:00 p.–6:00 pm

Small Group Fitness Classes

Call 207-664-6016 to reserve your space.

Small group training, 2-4 people per group, \$15.00 per person per session, or a 6 week, 2 sessions a week for \$150.00, a savings of \$30.00. Preregistration is required.

125 State St, Ellsworth in the Moore Community Center

Available slots:

Tuesday 11:30 am-12:00pm

Wednesday 9:00–9:30am, and 1:00-1:30pm

Friday 1:00 to 1:30 pm

Basic Easy Strength Training (“BEST”!) (Level 1)

This class is perfect for beginners. BEST will help you maintain bone mass and prevent age-related muscle loss. This style of strength training will gently and effectively work the muscles, tendon, tissue and ligaments in a way that it will allow you to perform everyday activities with greater ease, and with less risk of falling. Freedom of movement can have a considerable impact on your quality of life. \$7.00 drop-in or free with Fitness Pass.

125 State St, Ellsworth in the Moore Community Center

Mondays, Wednesdays & Fridays, 12:00-12:45 pm

STRENGTH & BALANCE (Level 2)

This class will be for those who have advanced beyond the Level 1 “Basic Easy Strength Training” (“BEST”). Systemic overall body workout that combines strength and cardio training with a variety of exercises. \$7.00 drop-in fee or free with Fitness Pass.

125 State St, Ellsworth in the Moore Community Center
Tuesday, Thursday , 9:00 – 10:00 am.

STRENGTH & BALANCE Intermediate (Level 3)

Systemic overall body workout that combines strength and cardio training with a variety of exercises; you can get more fit and strong no matter what your age or limitations. \$7 drop in fee or free with Fitness Pass.

5 General Moore Way, Ellsworth in the Moore Community Center
Mondays, 11:00 am – 12:00 pm;
Wednesdays 10:00 am-11:00 am;
Fridays, 11:00 am—12:00 pm.

Walking Club

238 State St, Ellsworth in the James Russell Wiggins Center YMCA
Tuesdays & Thursdays 11:00am - 12:00pm

Yoga:

Build strength and flexibility through postures and breathing. Relax your body and mind, gain peace and balance. Yoga helps build your immune system, keeping you healthy and bringing more focus and energy. Yoga poses can be modified to all fitness levels.

238 State St, Ellsworth in the James Russell Wiggins Center YMCA
With Britt, Mondays 9:00am - 10:00am
With Ellen, Fridays 9:00am - 10:00am
With Ellen, Sundays 10:30am - 11:30am

Zumba® Fitness:

This class is based on the principle that a workout should be fun and easy to do. The routines feature aerobic fitness interval training mixed with fast and slow rhythms that tone and sculpt the body. The room is dark, and the music is pumping! 1 hour.

238 State St, Ellsworth in the James Russell Wiggins Center YMCA
With Robin, Mondays 5:30pm - 6:30pm
With Beth, Wednesdays 5:30pm - 6:30pm
With Maegan, Thursdays 12:30-1:00 pm
With Zumba Crew, Saturdays 8:00am - 9:00am

Zumba Gold

with Europa Hagerman. Low impact dance exercise that combines many exercises in a fun way. \$6.00 drop-in or free with pass.

125 State St, Ellsworth in the Moore Community Center
Monday and Friday 10:00 am-11:00 am

Mount Desert Island Hospital Wellness Program

Mount Desert Island Hospital's Wellness Program is designed to provide support and guidance for people who want to lead a vigorous, healthy life. The program's signature activity is the award-winning spring and fall Walks in the Park Series, a schedule of fitness walks for all levels, in and around scenic Acadia National Park. As the distance of walks gradually expands each week, so does participant fitness and the social bonds made during these fun, invigorating outings.

10 Wayman Lane, Bar Harbor, ME 04609
288-5081, ext 7805

COMPLEMENTARY THERAPIES**Chi Gong**

With Nancye Files

Beth C. Wright Cancer Resource Center, Ellsworth
Mondays 1:00 pm

Meditation

With Susan Sassaman

Malvern-Belmont Estates, 80 Mount Desert St., Bar Harbor
Wednesdays 10:00 am – 10:30 am

Fridays 10:00 am – 10:30 am

Mindfulness Practice: Tools For Well Being

With Jen Harry

Beth C. Wright Cancer Resource Center, Ellsworth
3rd Friday of each month 10:30 am – 12:00 noon

Walking Your Way to Mindfulness

with Jen Harry

Beth C. Wright Cancer Resource Center
3rd Friday of each month 9:15 am – 10:00 am

Reiki Healing Circle

Beth C. Wright Cancer Resource Center, Ellsworth
Mondays 3:00 pm – 4:00 pm

Gentle Yoga

With Melissa Buchner
Beth C Wright Cancer Resource Center, Ellsworth
Tuesdays and Thursdays 1:00 pm – 2:00 pm

Gentle Yoga

With David Walker
David Walker Studio, Blue Hill
Mondays 3:00 pm – 4:00 pm

Gentle Yoga

With Naomi Graychase
Bucksport Regional Health Center, Bucksport
Wednesdays 3:30 pm – 4:30 pm

Gentle Yoga

\$6.00 drop in fee or free with pass.
125 State St, Ellsworth in the Moore Community Center
Wednesdays, 1:00 pm–2:00 pm.

Yoga for Cancer

With Susan Sassaman
Bar Harbor YWCA, Bar Harbor
Wednesdays 11:00 am – 12:30 pm

Chair Yoga

With Susan Sassaman
Malvern-Belmont Estates, 80 Mount Desert St., Bar Harbor
Wednesdays 9:00 am – 10:00 am

Chair Yoga

With Susan Sassaman
Harbor House, Southwest Harbor
Fridays 9:00 am – 10:00 am

Chair Yoga

\$6.00 drop in fee or free with Fitness Pass.

125 State St, Ellsworth in the Moore Community Center

Tuesday, 1:00 pm–2:00 pm.

COMPLEMENTARY THERAPIES BY APPOINTMENT***Healing Touch**

With Jean McKillop and Cathy Shaver.

*For an appointment call: 664-0339

Beth C. Wright Cancer Resource Center, Ellsworth

1st & 3rd Fridays of each month 3:00 pm – 5:00 pm

Massage

With Faith Perkins.

*For an appointment call: 664-0339.

Beth C. Wright Cancer Resource Center, Ellsworth

2nd Friday of each month 1:00 pm – 3:00 pm

Reflexology

With Michael McDonald.

*For an appointment call: 664-0339

Beth C. Wright Cancer Resource Center, Ellsworth

2nd & 3rd Tuesdays of each month 1:00 pm – 4:00 pm

Reflexology

With June Atherton.

*For an appointment call: 664-0339

Blue Hill Memorial Hospital, Blue Hill

2nd Wednesday of each month 12:00 noon – 3:00 pm

CRAFT GROUPS**Sewing & Knitting Group**

Please call ahead: 664-0339

Beth C. Wright Cancer Resource Center, Ellsworth

Fridays 1:00 pm – 3:00 pm

Free Writing Group

This group welcomes new participants. You may share your writing, or not, as you prefer. Some prompts are provided to inspire!

There is no charge.

125 State St, Ellsworth in the Moore Community Center

Tuesday, 10:00 – 11:30

Pastels on Velour

with Jill Donovan, call 664-6016 to register

125 State St, Ellsworth in the Moore Community Center

Monday, 1:00 pm – 3:00 pm

Cost is \$5.00 per calendar month.

Wednesday 3/15/2020 - 5/3/2020. 4:00 pm-7:00 pm

8 classes \$40.00.

Wednesday Painters

A painting group that welcomes new senior participants.

Bring your own materials. no charge for participation.

5 General Moore Way, Ellsworth in the Moore Community Center

Wednesdays, 9:00 – 12:00

TAI CHI * **Tai Chi for Health Classes provided by Healthy Acadia*

For more info call 667-7171

Tai Chi

with Susan Sassaman - Seated Tai Chi

Malvern-Belmont Estates,

80 Mount Desert St, Bar Harbor

Mondays 9:00 am – 10:00 am

Tai Chi For Health and Fall Prevention

with Susan Sassaman

Malvern-Belmont Estates,

80 Mount Desert St, Bar Harbor

Harbor House, Southwest Harbor

Tuesdays 1:00 pm – 2:00 pm

Fridays 11:00 am – 12 pm

Tai Chi For Health

with Mia Kanazawa

Call 326-9065 or email: mk2forge@yahoo.com

Brooksville Public Library

1 Townhouse Rd, Brooksville

Thursday Beginners: 9:00 am -10:00 am

Intermediate: 10:00 am - 11:00 am

Tai Chi For Health

with Mia Kanazawa - Seated Tai Chi

Call 326-9065 Deer Isle Nursing Home

587 N. Deer Isle Rd, Deer Isle

Wednesdays 10:15 am – 10:45 am

Tai Chi For Health

with Mia Kanazawa - Standing Tai Chi

Call 326-9065

St. Brendan the Navigator Church

627 N. Deer Isle Rd, Deer Isle

Wednesdays 11:00 am – 12:00 pm

Tai Chi for Health

with Nina Zeldin – Intermediate.

Call 667-7171 Moore Community Center

125 State St., Ellsworth

Wednesdays 10:30 am – 11:30 am

Tai Chi for Health

with Machele,

\$6.00 drop-in or free with Fitness Pass.

125 State St, Ellsworth Moore Community Center

Tuesday, 11:00 am– 12:00 pm

Financial Assistance Programs

Many medical providers may have financial assistance programs for persons who are uninsured or underinsured. Please check with your provider before receiving services.

Affordable Care Act (Obamacare):

Medical/Dental Insurance For Individuals and Families
1-800-318-2596

<https://www.healthcare.gov/>

Affordable Care Act Navigator:

- **Northern Light Maine Coast Hospital**
Ellsworth, ME 04605
(207) 664 - 5311 (Main)
(888) 645 - 8829 (Toll-free)
<https://northernlighthealth.org/Maine-Coast-Hospital>
50 Union Street
- **Downeast Community Partners**
18 Avery Lane, PO Box 648, Ellsworth, ME 04605
207-664-2424

Beth C. Wright Cancer Resource Center:

23 Commerce Park/PO Box 322
Ellsworth, ME 04605
207-664-0339

Throughout Washington/Hancock Counties Support, Education, Wellness Programs

*Transportation funding/rides to treatment/Other financial resources

<http://www.bethwrightcancercenter.org/about-us/>

Breast and Cervical Cancer Treatment Act

1-800-350-5178

Provides MaineCare coverage to low income, uninsured women under 65 and are in need of breast or cervical cancer treatment

Breast Clinic- Northern Light Maine Coast Hospital:

50 Union Street, Ellsworth

You may be able to receive a mammogram at no cost.

207-664-5492

CancerCare:

Online and telephone support Groups/financial assistance/ education

1-800-813-4673

<http://www.cancer.org/>

Community Caring Collaborative Hope Fund:

One Time Financial Assistance for families working with a C.C.C. partner agency

Families with children Ages 8 and under *Specific Application Procedure

<https://www.cccmaine.org/services-programs/hope-fund/>

Dept. of Health and Human Services (DHHS):

*Call to schedule appointment and bring necessary, supporting documents to appointment

MaineCare, Alternative Aid, Emergency Assistance, SNAP, TANF, Prescription Resources Enroll at DHHS office in:

Ellsworth – 667-1600

APS emergency intake: 1-800-624-8404

www.maine.gov/dhhs

Ellsworth Free Medical Clinic

248 State St # 16 (Mill Mall)

Ellsworth, ME

ellsworthfreemedicalclinic@yahoo.com

(207) 667-7953 Fax:(207) 664-0802

General Assistance:

Low income families – Contact your local town Office FMI and apply.

Joe Andruzzi Foundation:

200 Chauncy Street, Ste. 208
Mansfield, MA 02048
1-508-261-0630
grants@JoeAndruzziFoundation.org
<https://joeandruzziFoundation.org/how-we-help/>

Katie Beckett Program for Children with Serious Health Issues:

Contact local DHHS office listed directly above.
<http://www.maine.gov/dhhs/ocfs/cbhs/eligibility/katiebeckett.html>

Linking A.R.M.S (Assistance & Resource Made Simple):

Financial Assistance, education, and support services to low-income, under-or uninsured women across the country through a partnership between CANCERcare and the Susan G. Komen Breast Cancer Foundation.
<http://ww5.komen.org/uploadedFiles/Content/BreastCancer/Treatment/LinkingARMS.pdf>
1-800-813-4673

Livestrong:

Survivorcare: Support/resources/Financial/legal information/support
1-855-220-7777
[Www.livestrong.org](http://www.livestrong.org)

Maine Breast Cancer Coalition Service Fund (MBCC)

www.mainebreastcancer.org
1-800-928-2644
Provides uninsured and underinsured maine residents with financial assistance for breast health or breast cancer items or services.
499 Boadway, Bangor, ME 04401

Maine Cancer Resource Network

1-866-446-4865
Strives to assist cancer patients and caregivers from all areas of Maine with their questions about financial resources, available support services, and all other cancer-related concerns.

Maine CDC Cervical and Breast Health Program:

You may be eligible for free services.
1-800-287-8068 or 350-5180 – press 1

Maine Seacoast Mission:

Downeast Campus

Emergency Assistance, Clothing, crisis relief

207-546-4466

207-288-5097(Main Number)

207-546-5870 (Downeast Campus)

127 West St,

Bar Harbor, ME 04609, USA

Medicare:

Federal Insurance Program for persons age 65 and over

1-800-633-4227

www.medicare.gov

Medicare Savings Programs:

QMB, SLMB, QI, QDWI Help paying for Medicare premiums

1-800-633-4227

<https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html>

Medicare/Special Conditions:

May be eligible under age 65 if collecting SSDI benefits for 24 months.

1-800-633-4227

<https://www.medicare.gov/sign-up-change-plans/get-parts-a-and-b/special-conditions/special-conditions.html#collapse-3179>

Northern Light Maine Coast Hospital:**Northern Light Cancer Care, Mary Dow Center**

50 Union Street, Ellsworth

Free Care/Sliding Scale based on Income and FPL guidelines.

207-664-5330

Main Number-664-5311

Toll-Free: 1-888-645-8829

Northern Light Cancer Institute

Free Care/Sliding Scale for Uninsured/Underinsured Based on income and FPL guidelines.

207 -973-5000 or 1-877-366-3662 x 5000

<https://www.emmc.org/Billing/Financial-Assistance-Program.aspx>

Northern Light Health

Financial Assistance available for services at Northern Light facilities, with application,

Contact Billing.: 664-5311

<https://northernlighthouse.org/billing-help>

<https://northernlighthouse.org/getattachment/billing-help/Document-Submenu/Application-and-Instructions-for-Financial-Assista/Application-for-Financial-Assistance-English-2019-v2.pdf.aspx?lang=en-US>

Supplemental Security Income and Social Security Disability Insurance:

Social Security Administration
Local Office: Federal Building
202 Harlow St. - Room 208
Bangor, ME 04401
1-877-405-1448

<http://www.ssa.gov/disabilityssi/>

If you have already filed for SSDI Benefits:

Disability Determination Services: Department of Health and Human Services
State House Station #11
Augusta, ME 04333
207-377-9500 or 1-800-452-8718

TRICARE:

Healthcare program for Uniformed/retired service Members, National Guard/Reservists, and their beneficiaries, those registered in DEERS.

1-877-874-2273

<http://www.tricare.mil/Welcome.aspx>

Food Assistance Programs

Beth Wright Cancer Resource Center

23 Commerce Park, Ellsworth, ME 04605
207-664-0339

Eastern Area Agency on Aging

240 State St., Brewer, ME 04412

1-800-432-7812

First Congregational Church

2 Church St., Ellsworth

Wed, 3-6p.m.

(207) 667-8321

Friends in Action

5 General Moore Way

Ellsworth, ME

207-664-6016

info@friendsinactionellsworth.org

Healthy Acadia:

121 Court Street, Suite A Machias

207-255-3741

140 State Street, Suite 1 Ellsworth

207-667-1717

Nutrition education and food resources for Children and adults.

www.healthyacadia.org

SNAP – Supplemental Nutrition Assistance:

Call to schedule appointment and bring necessary, supporting documents

Enroll at DHHS office in:

Ellsworth 17 Eastward Lane, Ellsworth

P:207-664-1400

F:207-667-5364

www.maine.gov/dhhs

St. Dunstan's Episcopal Church

134 State St., Ellsworth
Mon, 3-6 p.m,
(207) 667-5495

University of Maine Cooperative Extension Service:

63 Boggy Brook Road, Ellsworth
207 667 8212

Nutrition, cooking classes, shopping on a budget, Recipes.

UMaine Coop Extension gives local residents access to the resources and expertise of the University of Maine. Through educational programs and resources, UMaine Extension delivers unbiased, research-based information to Hancock County citizens.

<https://extension.umaine.edu/hancock/>

WIC/Women, Infants, and Children:

Food vouchers for pregnant women and Children under age 5. Call to schedule appointment and bring necessary, supporting documents

Ellsworth - 248 State Street (Mill Mall), Suite 3A, Ellsworth
207-667-5304

<https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-location-hancock.shtml>

Women's Health Resource Library

24 School St,
Milbridge, ME 04658
Phone: (207) 546-7677

Food Pantries

**Call Ahead to Confirm Hours*

Bar Harbor Food Pantry 288-3375 /

YWCA Food Pantry 288-5008

36 Mt Desert St, Bar Harbor

Bucksport Community Concerns 469-2400

31 Elm Street, Bucksport

Emmaus Center Food Pantry 667-3962

51 Main St, Ellsworth, ME 04605

H.O.M.E 469-7961

90 School House Rd, Orland

Life Line Food Pantry 963-2321

769 S Gouldsboro Rd,

Loaves and Fishes 667-4363

119 Bucksport Rd, Ellsworth, ME 04605

Island Pantry 348-6181

6 Memorial Lane, Deer Isle, ME

Sister Barbara Hance House Shelter

469-7961 Surry

Tree of Life Food Pantry 374-2900

23 South St, Blue Hill

What's For Suppa 460-1266

1268 Otis Road, Otis

Health Centers

Blue Hill Family Medicine

57 Water St, (in-community health care) Blue Hill
374-2311

Blue Hill Woman's Health Center

65 Water St, Blue Hill
374-3940

Bucksport Family Medicine

58 Main St, Bucksport
469-6880

Castine Community Health Center (Northern Light Primary Care)

102 Court St, Castine
326-4348

Cooper-Gilmore Health Center

17 Hancock St, Bar Harbor
288-5024

Community Health Center

16 Community Lane, Southwest Harbor
244-5630

Eleanor Widener Dixon Memorial Clinic

37 Clinic Road, Gouldsboro, ME 04607
207-963-4066

Ellsworth Family Planning & Primary Care

248 State St #3a, Ellsworth, ME 04605
(207) 812-7030

Family Health Center

9 Hancock St, Bar Harbor
288-5606

Island Family Medicine (Northern Light Primary Care)

354 Airport Rd, Stonington
367-2311

Lisa Stewart Woman's Health Center

330 Main St, Bar Harbor
288-8100

MDI Behavioral Health Center

322 Main St, Bar Harbor
288-8604

MDI Physical Therapy

16 Community Lane, Southwest Harbor
244-9716

Medical Clinic

Swans Island
526-4264

Northeast Harbor Clinic

9 Kimball Rd, Northeast Harbor
276-3331

Trenton Health Center

394 Bar Harbor Rd, Trenton
(207) 667-5899

Health Services

Bagaduce Area Health Resources

102 Court St, Castine
326-8005

Castine Community Health Services

102 Court Street, Castine
326-4348

Coastal Hancock Healthy Communities

667-5352
Ellsworth

Northern Light: Maine Coast Hospital

50 Union St, Ellsworth
667-5311

MDI Hospital

10 Wayman Ln, Bar Harbor
288-5081

Northern Light Blue Hill Hospital

57 Water St, Blue Hill
374-2836

Occupational Medicine at Trenton Health

394 Bar Harbor Rd, Trenton
667-5841

Raven Hill Integrated Therapies

185 State St # C, Ellsworth
664-6116

U Maine Center on Aging RSVP

330 Camden Hall, 25 Texas Ave, Bangor
207-262-7926

Home Health Care Providers & Services

Aging Excellence

private case management
947-0999 Bangor

Brennan-Alley and Associates

private case management
469-1022 Bucksport

Care and Comfort

companionship/personal care
1-800-784-6993

Community Health and Counseling

skilled care (Dr ordered/Medicare)
667-3626 Ellsworth

Eastern Area Agency on Aging

240 State St, Brewer
Dylan Walsh, Executive Director, dwalsh@eaaa.org
Tabatha Caso, Chief Program Officer, tcaso@eaaa.org
(207) 941-2865

Friendship Cottage

118 Ellsworth Rd, Blue Hill
Anne Ossanna, LSW Director of Adult Day Service Programs,
Anne.Ossanna@DowneastCommunityPartners.org
(207) 374-5612

Hancock County Homecare and Hospice

skilled care (Dr ordered/Medicare)
374-5510 Blue Hill
288-5584 Bar Harbor

Heartworks Home Referrals

both skilled/personal care/companionship
667-4835 Trenton

Homecare for Me

companionship/personal care
1-800-639-3084

Living Innovations:

89 Main Street, Machias
207-255-3355
Senior Services

MAS Home Care:

60 Main Street, Machias
Statewide Telephone Number–1-877-668-8678
207-259-1645

23 Washington Street, Calais
207-561-9533

Northern Light Homecare and Hospice

skilled care (Dr ordered/Medicare)
374-5510 Blue Hill
288-5584 Bar Harbor

One Step Homecare

companionship/personal care
667-7926 Ellsworth

Sunrise County Homecare Services:

Home health care, visiting nurses, physical therapy
1-800-595-4444
207-255-3344

Homemaking only

Catholic Charites

Homemaking only
1-800-477-2263

Faith in Action

light housekeeping/errands
664-6016

Hospice and Palliative Care

Down East Hospice Volunteers:

Contact: Barbara Barnett
Down East Community Hospital respite, light chores
207-255-3356 x 324

Calais Regional Hospital
207-454-7521 x 126

Hancock County Homecare and Hospice

374-5510
Blue Hill

Healthcare Hospitality Network

<https://www.hhnetwork.org/>
800-542-9730

Hospice Volunteers of Hancock County

14 Mc Kenzie Ave, Ellsworth
(207) 667-2531

Hospitality Homes

1-888-595-4678
Hosp.org

MDI Hospital: Palliative Care Program

10 Wayman Lane
Bar Harbor, ME 04609
contact Megan Tibbetts at 288-5082. ext. 7808.

National Hospice and Palliative Care Organization

<https://www.nhpco.org/>
800-658-8898

National Association for Home Care and Hospice

202-547-7424

<https://www.nahc.org/>**Northern Light Home Care and Hospice: Palliative Care**

For information on how you can receive help for yourself or a loved one call 800-757-3326.

Hospitals Providing Infusion Services (Local)

Down East Community Hospital Infusion Clinic:

11 Hospital Drive, Machias 04654
(Off Court Street)
255-3356-main hospital number
255-0276-Infusion Clinic Appts.

<https://www.dech.org/Our-Services/Healthcare-Services/Infusion-Clinic>

MDI Hospital: The Island Infusion Center

10 Wayman Lane
Bar Harbor, ME 04609
207 288-5082 ext. 1390

Northern Light Maine Coast Hospital:**Northern Light Cancer Care Mary Dow Center**

50 Union Street, Ellsworth, ME 04605
664-5311 (Main Number)

<https://northernlighthealth.org/Maine-Coast-Hospital>

Northern Light Radiation Oncology

33 Whiting Hill Road,
Lafayette Family Cancer Institute, Suite 1,
Brewer, Maine 04412
Phone: 207-973-4280 | Fax: 207-973-9154

<https://northernlighthealth.org/Locations/Eastern-Maine-Medical-Center/Locations/Radiation-Oncology>

Housing Fixed-Income

Maine State Housing Authority

Housing-fixed income
1-800-452-4668

Mount Desert Island & Ellsworth Housing Authorities

80 Mount Desert street, Bar Harbor
Mailing: PO Box 28, Bar Harbor, ME 04609
288-4770, FAX: 207-288-4559
Continually accepting applications for:

The Public Housing Program

(Bar Harbor, Ellsworth, Mount Desert, Southwest Harbor, Tremont Housing Authorities)
www.emdiha.org

The Maine Centralized Section 8 Housing Choice Voucher Waiting List

http://mainesection8centralwaitlist.org/dup/?page_id=122

Rural Development Program

Beechliff Apartments, Southwest Harbor Maine; accepting Section 8 Vouchers
www.emdiha.org

*Preference for placement is given to: the elderly, the disabled, veterans, families, and Hancock Country Residents, but all are welcome to apply.

Information and Referral/ All Services

Eastern Area Agency On Aging

Seniors, Adults w/ Disabilities+ Caregivers
1-800-432-7812

In-Home Care Assessment

Goold Health Services

In-home care assessment
1-800-609-7893

Language Resources

Spanish Language Resources:

Harrington Family Health Center:

50 East Main Street, Harrington
207-483-4502

Mano en Mano:

2 Maple Street, Milbridge
207-546-3006

Maine Migrant Health Program:

Healthcare Services-Mobile Services in Washington County
Contact in Augusta: 207-622-9252 or 1-888-351-9634

Migrant & Seasonal Farmworker Directory:

Washington County Resources

[http://www.maine.gov/labor/labor_laws/publications/Migrant and Seasonal Farmworker Resource Directory_2014_edition.pdf](http://www.maine.gov/labor/labor_laws/publications/Migrant_and_Seasonal_Farmworker_Resource_Directory_2014_edition.pdf)

Legal Services

Low/No Cost Legal Services

Cancer Legal Resource Center

Tel: (866) THE-CLRC (843-2572)

Fax: (213) 487-2106

CLRC@drlcenter.org

<https://thedrlc.org/cancer/>

Disability Rights Center of Maine:

1-800-452-1948

<http://drme.org/>

Eastern Area Agency on Aging ADRC

1-800-432-7812

Immigrant Legal Advocacy Project:

309 Cumberland Ave. Ste. 201

Portland, ME 04112

207-780-1593 or 1-800-497-8505

<http://www.ilapmaine.org/>

Legal Services for the Elderly:

450 Essex Street, Bangor

207-941-2880

1-800-750-5353 (Help Line)

<http://www.mainelse.org/>

Maine Equal Justice Partners:

126 Sewall Street, Augusta 04330

207-626-7058

<http://www.mejp.org/>

Pine Tree Legal Association:

13 Cooper Street, Machias
207-255-8656

Native American Unit

1-877-213-5630

<http://ptla.org/welcome>

Stateside Legal - Military Members,
Affiliated with Pine Tree Legal
Veterans, their Families

<http://statesidelegal.org/statesidemap>

Volunteer Lawyers Project:

1-800-442-4293

<http://www.vlp.org/our-programs>

Libraries

May have caregiver resources

Blue Hill Public Library

Blue Hill 374-5515

Buck Memorial Library

Bucksport 469-2650

Ellsworth Public Library

Ellsworth 667-6363

Jesup Memorial Library

Bar Harbor 288-4245

Northeast Harbor Library

Northeast Harbor 276-3333

Southwest Harbor Public Library

Southwest Harbor 244-7065

Lodging and Accommodations

Brackett House, Portland:

Maine Medical Center Campus
207-662-2848
Low Income - \$25.00 per night

Comfort Inn:

130 High Street, Ellsworth
207-667-1345

Gary's House, Portland:

97 State Street, Portland
207-879-3086 or 207-535-1320
Open to anyone receiving medical treatment in Portland hospitals

Hope Lodge, Boston (ACS-AstraZeneca):

125 South Huntington Avenue Boston
1-617-396-5511/1-617-396-5500
<http://www.cancer.org/treatment/supportprogramsservices/hopelodge/boston/index>

Ramada:

215 High Street, Ellsworth
207-667-9341

Riverside Inn at EMMC:

495 State Street, Bangor
207-973-4100

Ronald McDonald House, Bangor:

654 State Street, Bangor
207-942-9003
<http://rmhcmaine.org/about-us/contact-us/>

Ronald McDonald House, Boston/Brookline:

229 Kent Street, Brookline, MA

1-617-734-3333

<https://rmhbostonharbor.org/>

Ronald McDonald House, Portland:

250 Brackett Street, Portland

207-780-6282

<http://rmhcmaine.org/about-us/contact-us/>

Sarah's House of Maine:

346 Main Road, Holden 04429

207-989-1683

Overnight Accommodation for clients

Receiving services at CCOM-Brewer

\$15 suggested donation per night;

If someone does not have ability to pay - Sarah's House resources available to assist

***Must have supportive other/caregiver with you**

www.sarahshouseofmaine.org

Vacationland Inn:

453 Wilson Street, Brewer

1-800-990-1325 or 207-989-5450

Medicare

Eastern Area Agency on Aging

Insurance Counseling/Med D

1-800-432-7812

Maine Medicare Education Partnership

Education

1-800-432-7812

Northeast Health Quality Control Foundation

1-800-772-0151

Northeast Health Care Quality Foundation, the Medicare Quality Improvement Organization (QIO) for Maine, New Hampshire and Vermont reviews cases to make sure Medicare patients get quality medical care, all the tests and services they need and are not discharged from the hospital before services are in place. Call their toll free hotline you think the hospital is making a patient leave before they are ready to go.

Mental Health Services

Acadia Hospital

1-800-640-1211 Bangor

Allies Inc.

667-0029 Ellsworth

Atlantic Mental Health Center (AMHC)

667-7640 Ellsworth

Community Health and Counseling Services

667-5357 Ellsworth

Dept of Behavioral and Developmental Services

1-800-693-9491

Families United

667-3239 Ellsworth

Maine Crisis Hotline

1-888-568-1112

MDI Behavioral Health

288-8604 Bar Harbor

Mentally and Developmentally Challenged

Downeast Horizons

667-2444 Ellsworth

Minor Home Repair

Alpha One

941-6553

Downeast Community Partners

(207) 664-2424

Eastern Area Agency on AgingMinor Home Repair
1-800-432-7812**Healthy Peninsula**10 Parker Point Rd,
Blue Hill, ME 04614
(207) 374-3257**Oxygen Therapy**

Coastal Med Tech

667-2508 Ellsworth

Online Resources

AARP of Maine Age Friendly Communities

53 Baxter Boulevard, Suite 202
Portland, ME 04101
207-776-6306
www.aarp.org/maine

American Cancer Society

www.cancer.org

CancerCare (NYC)

www.cancercare.org
[1-800-321-2343](tel:18003212343)

Cancer Legal Resource Center

<https://thedrlc.org/cancer>

Disability Rights Legal Center

<https://thedrlc.org/>

Livestrong

www.Livestrong.org

MaineHealth Cancer Care Network

<https://mainehealth.org/cancer>

National Cancer Institute

www.Cancer.gov
800-422-6237

National Coalition for Cancer Survivorship

<https://www.canceradvocacy.org/>

National Institute of Health

www.nih.gov

State of Maine: Frequently Asked Questions about Health Insurance
<https://www.maine.gov/pfr/insurance/faq/health.html>

Susan G. Komen
<https://ww5.komen.org/>

RESOURCES BY CANCER TYPE

➤ ***Bladder Cancer***
The Bladder Cancer Advocacy Network
Bcan.org
888-901-2226
info@bcan.org

➤ ***Breast Cancer***

Advanced Breast Cancer Community
www.advancedbreastcancercommunity.org

HER2positive
www.her2support.org

Inflammatory Breast Cancer
www.ibcsupport.org
www.ibcresearch.org

Living Beyond Breast Cancer
www.lbbc.org
1-800-753-5222

My Breast Cancer Support
Mybreastcancersupport.org
603-759-5640

Share (Breast and Ovarian Cancer)
<https://www.sharecancersupport.org/>

Sisters Network, Inc.

Sistersnetworkinc.org
866-781-1808
813-781-0255

Susan G. Komen

<https://ww5.komen.org/>

Triple-Negative Breast Cancer

www.tnbcfoundation.org

Young Survival Coalition (YSC)

www.youngsurvival.org

- ***Colorectal Cancer***
The Colon Care Alliance
Ccalliance.org
877-42-2030

Fight Colorectal Cancer

Fightcolorectalcancer.org
703-548-1225

- ***Esophageal Cancer***
The Esophageal Cancer Awareness Association
Ecaware.org
1-800-601-0613

Support for People with Oral and Head and Neck Cancer (SPOHNC)

Spohnc.org
800-377-0928

- ***Kidney/ Blood Cancer***
The Kidney Cancer Association
Kidneycancer.org
800-955-4572

The Leukemia and Lymphoma Society

www.lls.org

800-955-4572

The Multiple Myeloma Research Foundation

Myeloma.org

203-972-1250

The National Marrow Donor Program

Bethematch.org

800-627-7692

➤ ***Lung Cancer***
It's Time to Focus on Lung Cancer

Lungcancer.org

877-646-5864

GO₂ Foundation for Lung Cancer

Go2foundation.org

1-202-463-2080

The Lung Cancer Support Community

LUNGevity.org

➤ ***Mesothelioma***
Mesothelioma Help Now
www.mesotheliomahelpnow.com

➤ ***Ovarian Cancer***
Share (Breast and Ovarian Cancer)
<https://www.sharecancersupport.org/>

The Ovarian Cancer Research Alliance

Ovarhope.org

202-331-1332

➤ ***Pancreatic Cancer***

The Pancreatic Cancer Action Network

Pancan.org

877-272-6226

➤ ***Prostate Cancer***

The Maine Coalition to Fight Prostate Cancer

Mcfpc.org

Zero The End of Prostate Cancer

Zerocancer.org

US Too Prostate Cancer

Ustoo.org

YANA- You are Not Alone Now Prostate Cancer Support Site

Yananow.org

The “New” Prostate Cancer InfoLink

Prostatecancerinfolink.net

His Prostate Cancer

Hisprostatecancer.com

The Prostate Cancer Research Institute

Pcri.org

1-800-641-PCRI

➤ ***Sarcoma***

The Sarcoma Alliance

Sarcomalliance.org

415-381-7236

The Sarcoma Foundation of America

Curesarcoma.org

301-520-7648

➤ ***Skin Cancer***

The Melanoma Foundation of New England

Melanomaactioncoalition.org

800-557-6352

The Melanoma International Foundation

888-463-6663

The Skin Cancer Foundation

Skincancer.org

800-754-6490

The Shade Foundation

Shadefoundation.org

202-750-1242

➤ ***Thyroid Cancer*****ThyCa: Thyroid Cancer Survivors' Association**

Thyca.org

877-588-7904

➤ ***Tumor*****The American Brain Tumor Association**

Abta.org

The National Brain Tumor Society

Braintumor.org

800-934-2873

ONLINE PATIENT RESOURCES**National Center for Complementary and Integrative Health**

Nccih.nih.gov

888-644-6226

Patient Advocate Foundation

Patientadvocate.org

800-532-5274

Ulman Cancer Fund for Young Adults

Ulmanfoundation.org
888-393-3863

MD Anderson Cancer Center

Mdanderson.org
800-392-1611

Planet Cancer (via Livestrong)

Livestrong.com/we-can-help/young-adults

Cancer and Careers

Cancerandcareers.org

Know Cancer

Knowcancer.com

Cancer Research UK

cancerresearchUK.org

Fertile Hope (via Livestrong)

Fertilehope.org
855-844-7777

Memorial Sloan Kettering

Mskcc.org
800-525-2225

American Institute of Cancer Research

Aicr.org

ONLINE RESOURCES FOR CAREGIVERS**The American Cancer Society**

Cancer.org

Caregiver Support Services at CancerCare

CancerCare.org/tagged/caregiving

Caring Bridge

Caringbridge.org

651-452-7940

Dana Farber Cancer Institute

<https://www.dana-farber.org/>

Healthy.net

Healthy.net

National Cancer Institute's Caring for the Caregiver

[Cancer.gov/publications/patient-education/caring-for-the-caregiver](https://www.cancer.gov/publications/patient-education/caring-for-the-caregiver)

National Cancer Institute's When Someone You Love is being Treated for Cancer

<https://www.cancer.gov/publications/patient-education/when-someone-you-love-is-being-treated>

Patient Navigators, Down East Cancer

Down East Cancer Patient Navigators would be happy to speak with you and guide you, your family and care giver through every step of your cancer journey. Please feel free to call and speak to one of our Cancer Patient Navigators at your convenience.



Angela Fochesato

Healthy Acadia

Down East Cancer Patient Navigator

207-255-3741, ext. 103

Fax 207-255-3000

angela@healthyacadia.org



Heather Sinclair, LSW

MDI Hospital

Cancer Patient Navigator

207-288-5082, ext. 1305.



Julie Pelletier, RN

MDI Hospital

Cancer Patient Navigator

207-288-5082, ext. 1305.



Katherine Perkins

Caring Connections

The Bangor Region YMCA

Patient Navigator & Community Outreach Worker

207-941-2808

Pharmacies

Accredo:

1-888-608-9010

Carroll Drug Store

3 Village Green Way, Southwest Harbor
(207) 244-5588

Community Pharmacy

Tradewinds Marketplace
15 South St, Blue Hill
(207) 374-3707

75 Main St, Bucksport
(207) 469-7030

Express Scripts:

1-800-282-2881

Hannaford Pharmacy

86 Cottage St, Bar Harbor
(207) 288-0421

225 High St Suite 1, Ellsworth
(207) 667-3732

icare:

(888) 422-7319

Millbridge Pharmacy

11 Main St, Milbridge
(207) 546-2304

**Northern Light Pharmacy - Whiting Hill
(Miller Drug at Lafayette Cancer Center)**

33 Whiting Hill Rd Suite 4, Brewer
(207) 973-9444

Rite Aid

34 Cottage St, Bar Harbor
(207) 288-2222

Seaside Pharmacy

9 School St, Stonington
(207) 367-2575

Shaw's Pharmacy

175 High St, Ellsworth
(207) 669-3005

Walgreens

17 South St, Blue Hill
(207) 374-3565

220 US-1 St 1, Bucksport, ME 04416
(207) 469-2201

226 High St, Ellsworth
(207) 664-0952

Walmart Pharmacy

24 Walton Dr, Brewer
(207) 989-6174

17 Myrick St, Ellsworth
(207) 667-2644

Physical Disabilities

Alpha One

loans, grants, adaptability and assistive tech

941-6553

Bangor

Podiatrist

Nicholas Vachon

667-2523

Ellsworth

Prescription Assistance Programs

Many pharmaceuticals have patient assistance programs that provide free or reduced cost medications. Please check with pharmaceutical companies or Partnership for Prescription Alliance and NeedyMeds (listed below).

Dept. of Health and Human Services (DHHS):

*Call to schedule appointment and bring necessary, supporting documents to appointment

MaineCare, Alternative Aid, Emergency Assistance, SNAP, TANF, Prescription Resources

Enroll at DHHS office in:
Ellsworth - 17 Eastward Ln,
(207) 664-1400
www.maine.gov/dhhs

State of Maine Pharmacy Unit of DHHS:

Members-1-866-796-2463
<http://www.mainearepdl.org>

Maine Rx Plus:

*Contact pharmacy to see if they honor Maine Rx cards before filling prescription
Savings up to 15% on name brands and up to 60% on generic. All
Mainers with income under 350% of FPL may be eligible

1-866-796-2463 or at local DHHS office.
<http://www.maine.gov/dhhs/mainerx/benefits.htm>

Maine Rx Plus Elderly and Disabled Benefit:

*Contact pharmacy to see if they honor Maine Rx cards before filling prescription
Age 62 or older/ Age 19 or older and medically qualified for SSDI Additional Maine Rx
Benefits: Under 150% of FPL

1-866-796-2463 or at local DHHS office.

Maine Health MedAccess Program:

Free program/Maine Health to Find ways to pay for prescriptions
1-877-275-1787
<http://www.mmc.org/MedAccessProgram>

Partnership for Prescription Assistance:

Free service sponsored by ACS To help people who do not have
Prescription coverage to help find Assistance programs
1-888-477-2669
www.pparx.org

NeedyMeds:

Non-profit helping people locate Resources and local assistance
Programs to help afford Medications and healthcare costs.
1-800-503-6897
<http://www.needymeds.org/>
info@needymeds.org

Consumers for Affordable Healthcare:

Links to resources/Prescription Assistance
Augusta – 1-800-965-7476
<http://mainecahc.org/guide-to-maine-health-care/other-helpful-programs/help-paying-for-prescriptions/>

Medicare Savings Program:

Call Consumer Assistance Hotline: 1-800-633-4227
<https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html>

Patient Advocate Foundation Co-Pay Relief:

Help with prescription co-pays 1-866-512-3861

<https://www.copays.org/>

TRICARE:

Healthcare program including Prescription assistance for Uniformed/retired service Members, National Guard/ Reservists, their beneficiaries, those registered in DEERS.

1-877-874-2273

<http://www.tricare.mil/Welcome.aspx>

Maine AIDS Drug Assistance Program (ADAP):

1-207-287-3747

www.positiveme.org/resources/ADAP.php

Northern Light: Maine Coast Hospital Prescription Assistance Program

207-664-5631

Physical Therapy and Rehab Services

Hughes PT

Private practice

667-4800

Ellsworth

MDI Hospital Physical Therapy

10 Wayman Lane

Bar Harbor

207 288-5082, Ext. 1354

Community Health Center

16 Community Lane

Southwest Harbor

207 244-9716

Trenton Health Center

394 Bar Harbor Road

Trenton, ME 04605

207 667-5899, Ext. 6120

Northern Light Rehabilitation

58 Main Street,

207-469-3107

Bucksport

65 Church Street,

207-664-5472

Ellsworth

1049 Main Street, Kittredge Building,

Mount Desert, ME

207-244-7161

57 Water Street,

Blue Hill, ME,

207-374-3454

Respite

Eastern Area Agency on Aging

Respite (dementia)
1-800-432-7812

Goold programs

(other)
1-800-609-7893

Senior Companion Program

UMaine Cooperative Extension

1-800-287-0274

UMaine Coop Extension gives local residents access to the resources and expertise of the University of Maine. Through educational programs and resources, UMaine Extension delivers unbiased, research-based information to Hancock County citizens.

Social Security Offices

SSA Main: 1-800-772-1213

Bangor Social Security Office

202 Harlow St, Room 10307
Bangor, ME 04401
1-877-405-1448

Social Workers

Cancer Care Advocate

Anne Marie Miller
973-4601 pager: 471-0230

Devon Oleksyk
doleksyk@emhs.org

Dana Farber, Boston

Susan Harper
617-632-3303

Hana Kitzmiller
617-632-2228

Dempsey Center

Maureen Higgins, LCSW
29 Lowell Street, 5th floor
Lewiston, ME
mhiggins@dempseycenter.org
207-795-8252

Eastern Maine Medical Center

Diana Banks
207-973-4601

MDI Hospital

288-5081, ext. 1385

Waldo County Hospital

Claudia Hill
213-7944

Substance Abuse Hotline

Maine Statewide Crisis Hotline

1-888-568-1112

Support Groups (Hancock County)

Through the Beth C. Wright Cancer Resource Center
Contact Michael Reisman at 207-664-0339

Breast Cancer Survivors

Support Group: Open Arms

2:00 pm – 3:00 pm

1st Sunday of each month

Facilitated by Cora Fahy and Brooke Ismail

Beth C. Wright Cancer Resource Center, Ellsworth

Cancer Support Group

12:00 noon – 1:30 pm

2nd Monday of each month

Facilitated by Barb Vittum

Bucksport Regional Health Center, Bucksport

Cancer Support Group: Safe Harbor

11:00 am – 12:30 pm

3rd Thursday of each month

facilitated by Janice Ronco

Beth C. Wright Cancer Resource Center

Prostate Cancer Support Group

1:00 pm – 2:30 pm

4th Friday of each month

Facilitated by Cadie Saucier

Beth C. Wright Cancer Resource Center

Transportation

Please call ahead as some require advanced notice.

American Cancer Society Downeaster Discount Fare:

Partnership with Amtrak to offer discount travel to patient and caregiver to Woburn or Boston.

Must originate in Maine; Monday Through Friday; \$10 one way/\$20

Round trip per person

1-800-227-2345

Angel Flight Northeast:

1-800-549-9980/1-979-794-6868

<http://www.angelflightne.org/patients-passengers/patients.html>

American Cancer Society Road to Recovery:

Rides to treatment with ACS volunteer drivers

1-800-227-2345

Beth C. Wright Cancer Resource Center

23 Commerce Park/PO Box 322

Ellsworth, ME 04605

207-664-0339

Support, Education, Wellness Programs throughout Washington/Hancock Counties

*Transportation funding/rides to treatment

<http://www.bethwrightcancercenter.org/about-us/>

Corporate Angel Network:

Travel for cancer patients using empty seats on corporate jets.

1-914-328-1313

<http://www.corpangelnetwork.org/about/index.html>

County Ambulance

180b Abram Way, Ellsworth, ME 04605
667-3200

Downeast Community Partners

248 Bucksport Road, Ellsworth (WHCA)

*If a MaineCare covered appointment:

Call Logisticare at 1-855-608-5176

*If a non-MaineCare covered appointment:

Call WHCA at 1-877-374-8396 (or a non-medical appointment)
207-664-0012 or 207-546-7547

downeastcommunitypartners.org

Downeast Transportation:

Cherryfield/Milbridge to Ellsworth/Bar Harbor

207-667-5796

Commuter/Single Ride Fares

<http://www.downeastrans.org/information.htm>

Faith in Action

115 State St, Ellsworth, ME 04605

664-6016

Island Connections

93 Cottage Street, Suite 101, Bar Harbor, ME 04609

288-4457

Patient Airlift Services (PALS):

1-888-818-1231

<http://www.palservices.org/for-patients/>

Ride to Wellness Program

Penobscot & Piscataquis counties, 973-3695

Road to Recovery

1-800-277-2345

Free Transportation to treatments, through the American Cancer Society.

Veteran's Assistance

Bureau of Maine Veterans Services

1-800-345-0116

Togus Patient Advocate

Veterans Administration Center and Hospital
Augusta, ME 04330 207- 623-8411 (Extension 5300)
1-877-754-2862

Vision

Iris Network

in-home modifications for low vision
774-6273

Weatherization

Downeast Community Partners

610-5917 or email housing@downeastcommunitypartners.org

Maine Seacoast Mission

Wendy Harrington
wharrington@seacoastmission.org
www.seacoastmission.org

Downeast Campus, Service Programs Director
PO Box 428
Cherryfield, ME 04622
Phone: 207-546-4466 or 1-866-207-4010
Fax: 207-546-7452

Wigs and Prosthetics

Barbara Ford

“Image Project” (Wigs)
Lafayette Center
478-5104

Charlene Boggins

Wig Fitting
249-5458
Charlene@nourishmaine.com
Nourish Salon & Spa
1282 Chase Rd., Veazie
922-2080

Lou Ann Lebel, CMF

Certified Mastectomy Fitter
Breast and Osteoporosis Imaging
Eastern Maine Medical Center
489 State Street, Bangor
207-973-8108 F: 207-973-8104
llebele@northernlight.org

Appt: 207-973-8500

“tlc”

American Cancer Society
ACS Products, Inc.
250 Williams Street, 6th floor
Atlanta, GA 30303-1002
<https://www.tlcdirect.org/>

The Wig Company

P.O. Box 12950
Pittsburgh, PA 15241-0950
www.thewigcompany.com

Company Information

Healthy Acadia and Beth C. Wright Resource Center

Healthy Acadia
140 State Street, Suite 1,
Ellsworth, Maine 04605
Telephone: 207 667-7171
FAX: 207 667-7173
Website: www.healthyacadia.org

Beth C. Wright Cancer Resource Center
23 Commerce Park / P.O. Box 322
Ellsworth, ME 04605
Telephone: 207-664-0339
Website: www.bethwrightcancercenter.org

