

LOCAL & STATE RESOURCES CONT'D

Southern Maine Agency on Aging (SMAA)

(207) 396-6500

SMAA is a nonprofit serving adults 60 & older in Cumberland County. They provide resources and support in a variety of areas, such as Balance Classes, Medicare Counseling, Family Caregiving, and Meals on Wheels. SMAA Resource Specialists are available to answer questions or guide you to resources in the area.

211 Maine

Dial 2-1-1

211 Maine connects people to a variety of resources available in Maine, such as assistance with transportation, food, clothing, and other basic needs. The 211 Keep Me Warm Fund provides emergency heating assistance through a statewide partnership of Maine's United Ways and Community Action Agencies.

MaineHousing Home Energy Assistance Program

(207) 553-5900

This program provides heating assistance to qualified low-income Mainers. *Moved to waitlist only March 2025.*

Independent Transportation Network (ITN)

(207) 857-0505

ITN is a nonprofit, membership-based organization that provides transportation in the Portland area to people over 65, or any adult with a disability. Rides are provided by trained volunteer drivers and scheduled in advance or as needed. There is a membership fee to participate and fares are based on mileage.

Regional Transportation Program (RTP)

(207) 774-2666

RTP is an agency that provides low-cost transportation to doctor appointments or pharmacy visits throughout Cumberland County to the elderly, social service agency clients, the economically disadvantaged, and persons with disabilities. A yearly application with income verification is required. Some low-income riders may receive fee waivers. Rides must be scheduled for appointments between 10am-2pm and requested at least two days in advance.

VOLUNTEER

Scarborough Public Library

(207) 883-4723

Volunteer opportunities at the library may include caring for the gardens, delivering books to the home-bound and nursing homes, helping with bulk mailings, assisting with cleaning DVDs, and keeping shelves clean and orderly. For more information, contact Volunteer Coordinator Kathie Rauth at (207) 396-6272 or by email at krauth@scarboroughlibrary.org.

Scarborough Police Department VIPS

(207) 730-4244

Scarborough Police Department Volunteers in Police Service (VIPS) members assist and support officers in non-hazardous duties, such as helping with management of community events, or assisting with clerical duties, so that sworn officers are freed up for higher-priority tasks.

Independent Transportation Network

(207) 857-0505

ITN relies on volunteer drivers to use their vehicles to drive riders to various destinations such as grocery stores, the library, or medical appointments. Volunteers earn a free annual membership for themselves and one for a friend, and earn credits to use for future transportation needs.

Southern Maine Agency on Aging

(207) 396-6500

Volunteer opportunities with SMAA include delivering meals for Meals on Wheels program, becoming a Tai Chi or A Matter of Balance instructor, helping older Mainers pay bills and balance checkbooks, or having weekly phone calls with individuals through the Phone Pals program.

While we strive to ensure the accuracy of information presented, we cannot guarantee that it is error-free or up-to-date. Please verify the details with the respective agencies and organizations.

Age Friendly Scarborough • Town of Scarborough

LOCAL RESOURCES FOR OLDER ADULTS



The Town of Scarborough is committed to supporting an Age-Friendly Initiative with a goal of **promoting active, healthy, and engaged living by residents of all ages**—especially older people.

We encourage you to explore the services, programs and initiatives **available in Scarborough and the State of Maine** aimed at supporting older adults. This information is provided for resource purposes only. Please note that the Town of Scarborough does not endorse or guarantee the quality of service provided by any third-party organizations listed here.



Town of Scarborough, Maine | www.scarboroughmaine.org

TOWN OF SCARBOROUGH RESOURCES

Scarborough Community Services

(207) 730-4150

Scarborough Community Services offers a variety of trips, activities, programs, and social events for older adults, catering to different interests and activity levels. Scarborough residents ages 60 & older can enjoy free access and parking at Higgins Beach, Ferry Beach or Pine Point Beach with a Senior Pass. Passes are limited to one per household, and does not include parking at Scarborough Beach State Park, which is privately-owned. To obtain your Senior Pass, visit the Town Clerk's office in person with your vehicle registration (May-August).

Scarborough Public Library

(207) 883-4723

Library services include free delivery of library materials to homebound residents, passes to museums and attractions, free WiFi hotspot, and public computers. Printing and faxing is available for a small fee.

Town of Scarborough Tax Relief Programs

(207) 730-4060

The State of Maine and the Town of Scarborough offer a variety of tax relief and assistance programs for property owners. For information on municipal tax programs contact the Town of Scarborough Assessing Office. For questions on State tax programs, contact Maine Revenue Services, Property Tax Division, (207) 624-5600.

Town of Scarborough General Assistance

(207) 450-5621

Town General Assistance staff work closely with various units of the Maine Department of Health and Human Services (DHHS) and with social service agencies to assist families in financial crisis. Appointment required.

Hours of Operation: Tuesday afternoons, 12:00-4:00pm, and Wednesdays, 8:00am-4:00pm. For after hours assistance, or if you are experiencing a life-threatening emergency after hours, please call Scarborough Dispatch at (207) 883-6361.

Town of Scarborough Fire and Rescue

Administrative Office(207) 883-4542

Emergency: 9-1-1

Contact the Fire Department administrative office for questions about best placement for smoke detectors or need assistance with changing batteries.

Contact the administrative office for assistance with financial information about emergency medical care and/or transport by the Scarborough Fire Department. Health insurance provides financial protection from health care costs by covering some or all of the expenses of routine and emergency medical care.

Town of Scarborough Police Department

(207) 883-6361 (Administrative Office)

Emergency: 9-1-1

Scarborough Police hosts Drug Take Back events in the Fall and Spring, and there is also a green dispenser in the lobby of the Public Safety Building located at 275 US Route 1, with 24-hour access. SPD also provides free sand bucket delivery to Scarborough seniors during the winter months (contact Officer Jake Murphy, 730-4334).

A Special Needs Form is available to provide SPD with specific information that could be helpful in the event that they have to locate, assist, or communicate with an individual of any age that may have special needs. Contact Lauren Dembski-Martin, 730-4397 or Eric Greenleaf, 730-4314.

CodeRED Emergency Notification System

Sign up at www.scarboroughmaine.org/stay-connected

CodeRED is a high-speed telephone communication service used to quickly notify residents and businesses of potential hazardous situations, missing or endangered persons, evacuation notices and other important public safety information. This is an opt-in service; sign-up is required to receive notifications. Visit the website above to create an account. *If your number is already registered, you will not receive duplicate calls.*

LOCAL & STATE RESOURCES

AARP Foundation Tax-Aide Income Tax Help

AARP Maine State Office (866) 554-5380

During tax season, AARP Tax-Aide provides income tax reporting assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. AARP membership not required to use the service.

Legal Services for Maine Elders

Helpline: 1-800-750-5353

Legal Services for Maine Elders provides free, high quality legal services to people who are 60 and older when their basic human needs are at stake and advocate for people facing challenges accessing Medicare benefits.

Scarborough Food Pantry

(207) 883-2342

The Scarborough Food Pantry is an all-volunteer community group dedicated to helping hungry people in Scarborough. The Pantry is sponsored by First Congregational Church, located at 167 Black Point Road (in the parish hall, behind the church). Open weekly on Tuesdays and Thursdays from 1:30-4:00pm.

Scarborough Lions Medical Loan Closet

(207) 883-9309

Scarborough Lions Club is a volunteer run organization that provides eyeglasses and/or hearing aids to those who can not afford them. They accept donations of glasses, hearing aids, and medical supplies, and also loan out items such as walkers, wheel chairs, crutches, and commodes at no cost.

Maine State Housing

(207) 816-3550

Maine Housing's Home Accessibility and Repair Program provides help to low-income homeowners who cannot afford necessary home repairs in the form of a grant.