

Age Friendly Biddeford

Contact: Last Updated: 11/15/2023 9:38:10AM Last Reviewed: 11/15/2023 Phones: (207) 571-0700 [Business]*, (207) 391-5912 [Business]

Web Site: www.agefriendlysaco.org/

Address: [Service Area Placeholder]*

Web Site: www.heartofbiddeford.org/agefriendlybiddeford/

Biddeford, ME 04005 (York county), [Business]

Biddeford, ME 04005 (York county)

Eligibility: Age 55 or older

Notes: Age Friendly Biddeford is launching a transportation program for Biddeford residents needing a ride to their medic appointments. If you are 60+ years old you may be eligible to benefit from this free service.? Rides are provided l volunteers who are screened, trained and required to maintain confidentiality. Because all rides depend on volunteer availability a 7 day notice is required. There is no charge for this service but donations are always welcome.

If you, or someone you know needs this service please call 207-391-9512 to register and request a ride.

Phones:

Age Friendly Saco

Contact: Last Updated: 11/15/2023 9:33:47AM Last Reviewed: 11/15/2023

Address: [Business]* 75 Franklin St, Room 204 Saco, ME 04072 (York county), [Mailing] 75 Franklin St, Room 204 Saco, ME 04072 (York county)

Eligibility:



Age Friendly Saco

Notes: Age Friendly Saco's mission, "A Community for a Lifetime", is to promote active aging by optimizing opportunities for health, engagement, and safety while removing barriers that prevent our citizens from remaining in their home as they age. This will be accomplished by supporting our older residents through a variety of services to stay in their homes as they age. Transportation program provides rides to medical appointments for Saco residents over the age of 65, Monday thru Friday, must call 5 days in advance of the medical appointment, rides from Portland to Kennebunk.

In partnership with Habitat for Humanity and Efficiency Maine, we are able to offer free window inserts for weatherization projects and details for available cost-saving rebates for our residents. All Saco residents are eligible to receive buckets of a sand/salt mixture from Saco Public Works Department. The Age Friendly Saco (AF) volunteers in collaboration with the Saco Public Works Department will pick up buckets of the sand/salt mixture fc any home-bound resident older than 50 who needs it, and deliver it to their home in a bucket provided by AFS. To have it delivered, call 207-710-5029 and leave a message with your names, address, and phone number.

Age Friendly Saco has launched its new SACO MOBILITY SHUTTLE! We are now providing door-to-door transportation to Saco Residents aged 60 years of age or older for groceries, daily living needs, library, and other locations. The Shuttle provides regularly scheduled stops to Walmart, Market Basket, Target, Hannaford and Shav . We can also provide transportation to: Saco Main Street businesses; Saco; Transportation Center; Dyer Library; Saco Community Center; Saco Sport & Fitness; YMCA; Saco Food Pantry; Election Polls. Currently, the Shuttle run Monday, Wednesday and Friday from 8 AM to 1 PM. As ridership gains, we plan to expand our days and hours. During the rollout phase, Shuttle services are free. 48-hour notice is required to schedule a seat on our 9-passen r Shuttle. Shuttle riders must be independently mobile and must be able to embark and disembark without assistance into a passenger van with steps. For more information or to schedule a ride, call the Age Friendly Saco Mobility Shuttle at (207) 710-8527.

For the HandyNeighbor Program, an AFS volunteer provides simple free services, such as installing grab bars, moving seasonal equipment such as air conditioners, changing light bulbs, or cleaning gutters to name some of th possibilities. These would be repairs which do not require a licensed contractor. Should you need a contractor, we have some listed whom we could recommend. Handy Neighbors IT component: Need help with your cell phone, Alexa, installing Blue-Tooth in your car? We have a small group of IT-capable volunteers who can help with these issues. Call the AFS office at 710-5029 if you need a Handy Neighbor. As well as, assistance navigating the world Medicare.

Free monthly community luncheons for older residents, organized by Age Friendly Saco, the third Thursday of the month. This program is available to Biddeford and Old Orchard Beach residents as well.

This resource information is provided as a service of the So. Maine Agency on Aging, 30 Barra Road, Biddeford, ME 04005, 1-800-427-7 411. SMAA does not licence, endorse or recommend any specific provider, nor can we guarantee the quality of service from providers. Rev.20240305



Airport Car Express

-	ted: 05/31/2022 10:02:11AM	Phones:	(207) 893-8294 [Business]*
Address:	[Mailing] 20 Mitchell St, #1 Westbrook, ME 04092 (Cumberland county), [Business]	Web Site:	
Eligibility	Biddeford, ME 04005 (York county), [Business]* 20 Mitchell St, #1 Westbrook, ME 04092 (Cumberland county) Other - See Notes		
Notes:	Airport Car Express provides transportation throu transportation to medical providers out of state.	0	and out of State as well. We can provide le: 24/7; Fees: By flat rate, call for more informatic

Please call for more information.

; Language: Somali, English, Afrikaans.



American Cancer Society

Contact: Last Updated: 08/25/2022 2:14:21PM Last Reviewed: 08/01/2022

Address: [Business]

Phones: (800) 227-2345 [Toll-Free]*, (207) 373-3700 [Business], (207) 729-0635 [Fax]

Web Site: www.cancer.org

Kennebunk, ME 04043 (York county), [Business]

Portland, ME (Cumberland county), [Business]* 1 Bowdoin Mill Island, Suite 300 Topsham, ME 04086 (Sagadahoc county)

Eligibility:

Notes: NOTE: The office to contact is located in Topsham but service is provided in York and Cumberland county as well. The New England Division of the American Cancer Society offers information and support for persons affected wit cancer. Find support groups, programs, and services in your area. Programs include transportation to appointmen , peer support from cancer survivors, and a variety of wellness, support, and informational programs. Please call FMI about programs in your area.

Road to Recovery is an American Cancer Society service that provides free transportation for cancer patients to their treatments and home again. Transportation is provided according to the needs and available resources in the community, and is available for cancer patients that cannot drive themselves to treatment, that do not have insurance to cover transportation services or that do not have family members or friends that can help with a ride Some exceptions can be made is special situations. Road to Recovery transportation is provided by trained volunteers who use their own vehicles to give this service. Patients must be ambulatory. Please call at least a we before ride is needed (the more advance notice the better). For more information www.cancer.org/support-progr ms-and-services/road-to-recovery.html.

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American Cancer Society: Discount Train Fare					
	nted: 08/01/2022 10:39:43AM ewed: 08/01/2022	Phones:	(800) 227-2345 [Toll-Free]*		
Address:	[Business] Portland, ME (Cumberland county), [Business]	Web Site:	www.cancer.org/treatment/supportprogramsservi ces/road-to-recovery		
	Kennebunk, ME 04043 (York county), [Business]* 1 Bowdoin Mill Island, Suite 300 Topsham, ME 04086 (Sagadahoc county)				
Eligibility					

02/04/2020 - American Cancer Society and confirmed the program still exists. Cancer Society would give them a Notes: discount coupon and they would need to take that to the Portland station to buy a ticket.

> NOTE: The office to contact is located in Topsham but service is provided in York and Cumberland county as well. The Amtrak Downeaster has partnered with the American Cancer Society to offer a significant discount to cancer patients for medical travel to Boston. The offer is valid on all trains Monday-Friday. Travel must originate in Main and terminate in Woburn or Boston ONLY. To access this service patients or medical providers MUST contact the American Cancer Society. Patient (and one companion if desired) can travel for \$12 one-way, \$24 round trip per person.

Contact the Topsham office of the American Cancer Society; discount NOT available by calling AMTRAK directly.

Phones:

Front-Line Taxi

Contact: Last Updated: 08/25/2022 2:13:14PM Last Reviewed: 08/17/2022

(207) 490-1214 [Business]*

[Business]* Address: 228 Cottage St Sanford, ME 04073 (York county) Web Site:

Eligibility:

Front-Line Taxi offers local transportation for shopping and running errands. It also offers door-to-door Notes: transportation to and from all major airports, train stations and bus terminals in the New England area, and provides personalized hand-carried delivery of pharmaceuticals, confidential documents and other important pape , even take-out food. As a special courtesy to senior citizens, Front-Line drivers are happy to help with carrying packages. Discounts are offered to senior citizens and the company will negotiate "package deals" for those who need their services on a regular basis.

Seniors will receive \$1 off the rate for an average 2 mile trip - serves 20 mile radius of the Sanford/Springvale are

Please call to confirm rate and arrange ride; they are willing to negotiate group package and/or frequent user rate



Modivcare Solutions LLC

Contact: Last Updated: 08/03/2022 8:52:47AM Last Reviewed: 08/03/2022 Phones: (855) 608-5178 [Toll free in state], (877) 659-1302 [Toll-Free]*

Address: [Business]

Web Site: www.modivcare.com

Kennebunk, ME 04043 (York county), [Business]*

South Portland, ME 04106 (Cumberland county)

- Eligibility: Accepts Mainecare/Medicaid
- **Notes:** Modivcare (formerly know as Logisticare) is the broker or booking agent in York and Cumberland Counties for MaineCare rides to medical appointments. They are open Monday through Friday from 8am - 5pm and require 2 business-day notice for scheduling rides. The type of ride/service will depend on client needs and if they qualify. Please call to schedule ride or if you have any questions.

Cumberland County (except Brunswick and Harpswell) call 855-608-5178 York County call 877-659-1302

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Senior Center at Lower Village

Contact: Last Updated: 10/26/2023 1:34:39PM Last Reviewed: 10/26/2023 **Phones:** (207) 967-8514 [Business]*

Address: [Business]* 175 Port Road Kennebunk, ME 04043 (York county)

Web Site: https://www.seniorcenterkennebunk.org

Eligibility:

Notes: Senior Center at Lower Village provides a variety of social and educational opportunities. A monthly newsletter list current activities and programs and is available online or call and ask for one to be mailed. Offers exercise classes tech support, yoga, art classes, Bridge, Bingo, craft group, etc. *Please note that due to the health crisis ALL in-pe on programs require advance registration!

There are a number of Volunteer opportunities including Elder Elves who prepare and deliver holiday gift baskets area residents referred by local social service agencies. The Senior Center at Lower Village provides wrapped Christmas gifts for elderly home bound Kennebunk residents. FMI, contact the Kennebunk Town Office at (207) 9-2102 ext. 1342.

Ages 55 and older - residents from all towns are welcome. Please call for more information about the annual membership fee. Membership is not required either to volunteer or benefit from Elder Elves.

FISH, staffed by volunteer drivers, provides transportation for medical appointments for residents of their covered service area ONLY when no other means of transportation is available. We cannot handle repetitive appointments for life-sustaining procedures or clients in wheelchairs as our volunteers are not trained to handle that type of transport. Generally the Kennebunk, Kennebunkport, Arundel. Please call at least 24 hours in advance between 9a and 1pm; driver will contact you to make trip arrangements; potential volunteers, please call for more information

The Senior Center at Lower Village have trained volunteers making daily calls to people who are isolated, living alone or lacking a support system. The purpose of these calls is three-fold: 1. to check on well being; 2. provide a friendly social contact; 3. provide crime prevention tips and other useful information. Please call if you or some on you know would like to receive TLC calls, or if you would like to volunteer as a caller.

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ShuttleBus & Zoom

Contact: Last Updated: 08/17/2022 10:02:25AM Last Reviewed: 08/17/2022 Phones: (207) 282-5408 [Business]*

Address: [Business]* 13 Pomerleau St Biddeford, ME 04005 (York county)

Web Site: www.shuttlebus-zoom.com

Eligibility:

Notes: The Biddeford-Saco-OOB Transit Committee offers: Shuttlebus local service between Biddeford, Saco, OOB; Shuttlebus Inter-city to Portland via Biddeford, Saco, OOB, Scarborough and South Portland Maine Mall; OOB Campground and Restaurant Shuttle Service; and ZOOM Turnpike Express from Commuter Service Park & Ride Lc in Biddeford and Saco to Downtown Portland. There are routes between Biddeford, Saco, Old Orchard Beach, Scarborough, South Portland and Portland

Open to all; there are discounted fares for seniors on some routes/days. Exact Fare is required (drivers don't mak change); Fares vary by service; please call for current fares.

Please call or visit the website for current route schedules and fares



The Kennector

Contact: Last Updated: 11/17/2022 8:33:14AM Last Reviewed: 11/16/2022

Phones: (207) 604-1366 [Business]*

[Business]* Address: Kennebunk Town Hall 1 Summer St, 2nd Floor Kennebunk, ME 04043 (York county) Web Site:

- Eligibility: Age 62 & older or declared disabled
- The Kennector Program is a volunteer transportation program managed through the Town of Kennebunk Social Notes: Services Department. The Kennector provides an affordable transportation option for older people and adults wit vision impairments or other disabilities for any purpose within a 15 mile radius of Kennebunk. This generally cover the towns of Biddeford/Saco, Sanford/Springvale and York, in addition to Kennebunk, Kennebunkport and Arunde

Riders need to register for the program either by completing the online application or requesting a paper application . Once registered, a rider can request a ride by calling the Ride Coordinator at least 24 hours in advance at (207) 604-1366 to discuss the details of the request. The Ride Coordinator will check driver availability and assign a volunteer to the ride request. The fully vetted and trained volunteer drivers place a placard on the passenger side their windshield and will be wearing a lanyard with their name identifying them as a driver for The Kennector so t rider is able to easily identify their vehicle/driver. Riders are picked up at the time requested and transported as outlined in the driver manifest (daily schedule of rides).

Currently rides are available Monday through Friday, from 8am to 2pm. As the program grows, we hope to exten the hours of operation.

There is a base fee for each ride of \$2.00, plus \$0.50 per mile with a minimum \$5.00/ride charge. Riders are required to prepay by applying funds to their account. This can be done via check made payable to: "Town of Kennebunk," with "The Kennector" in the memo line, or via credit card by calling the Ride Coordinator who will process the payment over the phone (2.5% service charge applies).

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Veterans Transportation Network

Contact: Last Updated: 08/17/2022 8:56:12AM Last Reviewed: 08/17/2022

Address: [Service Area Placeholder]

Scarborough, ME (Cumberland county), [Business]* VAMROC Bldg. 206, Rm. 343 1 Veterans Center Augusta, ME 04330 (Kennebec county), [Service Area Placeholder]

Biddeford, ME (York county)

Eligibility:

Notes: The Togus VA Medical Center (VAMC) operates a Volunteer Transportation Network funded through donations to the Disabled American Veterans (DAV) Department of Maine. Volunteer drivers transport clients with appointment at Togus Veteran's Hospital.

Eligibility: Veterans with scheduled appointments at Togus; The DAV is not able to accommodate wheelchair patients or those on oxygen except for shoulder carried oxygen canisters.

Monday through Friday 7:30am - 4pm. Serves Southern Maine.

Please call DAV to arrange a ride at least a week in advance.

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Phones: (877) 421-8263 x 5790 [Toll free in state], (207) 623-8411 [Business]*

Web Site: <u>http://www.maine.va.gov/visitors/DAV_transporta_tion.asp</u>



YCCAC Transportation Programs

Contact: Last Updated: 07/06/2023 9:22:40AM Last Reviewed: 07/06/2023

> [Business]* 6 Spruce Street Sanford, ME 04073 (York county)

Phones: (207) 324-5762 [Business]*, (800) 965-5762 [Toll-Free], (207) 459-2932 [Other]

Web Site: <u>http://yccac.org/transportation/</u>

Eligibility:

Address:

Notes: YCCAC offers a range of transportation options, available to the general public and equipped for people with disabilities. These services include both public transportation and contracted/special service transport. Our Transportation Program promotes independence and self-sufficiency by providing the means for residents to get t work, attend doctor appointments, do errands, and more. Visit the website or call for schedules, fee or FMI; a brid application is required for 1st time riders, and can be completed over the telephone.

Eligibility - York County residents. 48 hour advance reservations required; general public can use the bus system Fares vary; reduced rates or free service available

Our Local Rides routes take residents to the closest regional shopping and medical destinations on scheduled day of the week for each town served. Riders are provided curb to curb service from their residence with a return trip an hour or more later. Reservation required.

Our Volunteer Driver Program provides contracted transportation for children and families receiving case management from DHHS or Child Development Services and other private contracts as well as limited medical, nc emergency transportation for individuals that cannot be served on public transportation routes.

WAVE: Provides premium year-round, curb to curb service connecting Sanford-Biddeford and Sanford-Wells to training and job sites, and their children to day care. Advanced reservation required.

Shoreline Explorer: Provides trolley and shuttle service which coordinates with private operators for seasonal service between York and Lower Village, Kennebunk. The Orange Line shuttle operates year-round between Sanford and Wells with designated stops, route deviation and connecting services.

The Connecting to Cancer Care Program will provide transportation services to any York County resident needing assistance getting to cancer care at area facilities. Advanced reservation required.

KITT—Kennebunk In Town Transportation: Operates on Tuesdays only. Times are approximate.

Southern Maine Connector: Provides year-round service from Springvale to Saco. Operates Monday – Friday. Time are approximate.

Orange Line: Orange Line is a year-round shuttle service that operates 7 days a week between Sanford and Wells The shuttle stops at several popular shopping and dining destinations in Wells and Sanford.

Our Veterans Transportation provides rides for veterans to medical and other necessary appointments. Advanced reservation required.



York Hospital: Transportation Service

Contact: Last Updated: 08/17/2022 9:36:28AM Last Reviewed: 08/17/2022 Phones: (207) 351-3413 [Business]*

Address: [Business]* 15 Hospital Drive York, ME 03909 (York county)

Web Site: <u>http://www.yorkhospital.com/patients-and-visitor:</u> /patient-transportation

Eligibility:

Notes: York Hospital provides FREE rides for patients to and from the main campus, York Hospital Practices, and Walk-In Care Centers. These door-to-door rides are available for any location within the service area, which includes Wells Ogunquit, York, Cape Neddick, Kittery, Eliot, the Berwicks, the Kennebunks and Kennebunkport. Whether it's the a cold or a minor injury, a safe and friendly driver from Patient Transportation will arrive in a York Hospital vehicle —which can include a wheelchair accessible van—and take you to a care center to be seen.

We know that great care begins with getting you there. Services are available Monday through Friday, from 7 a. n to 5 p.m., and can be arranged by calling (207) 351-3413. Advance notice is helpful as this service is provided on first-come, first-served basis.