

Provider List - Independent Housing with Services - Cumberland County

Ashton Gardens Gracious Retirement Living

Contact:

Phones: (207) 541-3999 [Business]*

Last Updated: 03/18/2022 12:28:34PM

Last Reviewed: 03/18/2022

Address: [Residence]*
830 Ocean Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.seniorlivinginstyle.com

Eligibility: Age 55 or older

Notes: Ashton Gardens Gracious Retirement Living - monthly rent provides three meals every day, prepared by a trained chef and served restaurant style to your table; activities; weekly housekeeping and linen service; scheduled transportation; cable TV service; a fitness center; and all utilities except your personal phone. If you need some basic help such as medication reminders, you can utilize a third party home health care provider who already tend to a number of our residents. This allows you to only pay for the services you need.

Avesta: Iris Park Apartments

Contact:

Phones: (207) 553-7777 [Business]*,
(800) 339-6516 [Toll-Free]

Last Updated: 03/31/2022 9:49:01AM

Last Reviewed: 03/18/2022

Address: [Business]*
201 Park Avenue
Portland, ME 04102 (Cumberland county)

Web Site: <https://irispark.avestahousing.org>

Eligibility: Income and/or Asset Level

Notes: Iris Park Apartments is a low-income housing facility located on the Portland campus of the IRIS Network. The facility has 30 1BR/2BR independent living apartments with a menu of optional services including meals and housekeeping. Apartments and common areas have many accessibility features and vision rehabilitation and other supportive services for tenants.

Preference Blind of visually impaired; HUD Income limit for Tax credit units is =/< 60% of Portland MFI (Median Family Income). Please call or look on application for current tax credit rents; Heat, Hot water & Lights included.

Please call for an application or download one from the website. You may apply for multiple properties on one application form.

Provider List - Independent Housing with Services - Cumberland County

Coastal Manor

Contact:

Phones: (207) 846-2250 [Business]*

Last Updated: 03/18/2022 12:46:39PM

Last Reviewed: 03/18/2022

Address: [Business]*
20 West Main Street
Yarmouth, ME 04096 (Cumberland county)

Web Site: www.coastalmanornursinghome.com

Eligibility: Accepts Mainecare/Medicaid

Notes: Coastal Manor has 39 dually certified beds and provides long term nursing care and skilled rehabilitation nursing care. Respite care is available and generally can be arranged/reserved a couple of weeks in advance.

Please call for current rates; respite care is available through EIM or private pay

Coastal Manor also has a Food and Lodging license and operates an independent living with services facility with room for 6 people. Services included in the daily room rate include a private room, 3 meals/day and snacks, laund and housekeeping services, and cable television. Residents are welcome to join in activities and programs offered through the nursing facility. Eligibility - Seniors who are ambulatory, able to manage any medications

Call for more information and/or to arrange a visit and apply. Private pay and Mainecare accepted.

Gorham House

Contact:

Phones: (207) 839-5757 [Business]*,
(207) 839-8263 [Fax]

Last Updated: 03/23/2022 11:09:32AM

Last Reviewed: 03/17/2022

Address: [Business]*
50 New Portland Road
Gorham, ME 04038 (Cumberland county)

Web Site: www.gorhamhouse.com

Eligibility: Accepts Mainecare/Medicaid

Notes: Gorham House offers Independent Living, Assisted Living, Nursing Services (Skilled / Rehabilitation, Nursing Home Care, Comfort Care) and Memory Impaired care options. Please call for more information and the application process details and current fee structure.

Note: Gorham House assisted living does not accept Mainecare. Private pay only.

Provider List - Independent Housing with Services - Cumberland County

Kaler-Vaill Memorial Home

Contact:

Phones: (207) 883-4787 [Business]*

Last Updated: 03/18/2022 12:57:38PM

Last Reviewed: 03/18/2022

Address: [Business]*
382 Black Point Road
Scarborough, ME 04074 (Cumberland county)

Web Site: www.kaler-vaill.com

Eligibility:

Notes: Kaler-Vaill offers private rooms, beautiful common rooms, a twenty-four hour on-duty staff provides a safe and secure environment, 3 meals a day, housekeeping, laundry, a variety of social, educational and recreational activities are available for residents as part of an organized Activities Program. The Kaler-Vaill library is supported by regular visits from Scarborough Public Library volunteers. A computer dedicated to residents' use offers internet and e-mail capability. Parking for residents who wish to keep their automobiles is provided. Basic Cable and WiFi provided. Residents pay for their own phone, hairdresser and transportation as needed.

Eligibility: Women 65 years and older who are ambulatory, able to manage any medications independently, and take care of their own personal needs.

Intake procedure: Please call for more information and/or to arrange for a personal tour.

Oceanview at Falmouth

Contact:

Phones: (207) 781-4460 [Business]*,
(207) 781-4621 [Business]

Last Updated: 03/17/2022 2:54:20PM

Last Reviewed: 07/11/2018

Address: [Business]*
20 Blueberry Lane
Falmouth, ME 04105 (Cumberland county)

Web Site: www.oceanviewrc.com

Eligibility:

Notes: The OceanView campus for ages 55+ includes Independent Living options in cottage residences or apartments, an Assisted Living facility, Falmouth House. Please call for more information and the application process details including current fee structure.

For independent community please call 207-781-4460 to speak with Gloria Walker.

For assisted living or memory care residence, please call Elaine DuMais at 207-781-4621.

Provider List - Independent Housing with Services - Cumberland County

Piper Shores

Contact:

Last Updated: 03/17/2022 2:54:42PM

Last Reviewed: 12/22/2021

Phones: (207) 883-8700 [Main]*,
(888) 333-8711 [Toll-Free]

Address: [Business]*
15 Piper Road
Scarborough, ME 04074 (Cumberland county)

Web Site: www.pipershores.org

Eligibility:

Notes: Piper Shores is a lifecare retirement community that provides residents with the peace of mind knowing that lifecare combines all the advantages of independent living plus priority access to onsite assisted living and skilled nursing care, if needed. Lifecare at Piper Shores also means that you will always have a predictable monthly payment for assisted living and nursing home care.

Assisted living residences at Holbrook feature private one-bedroom apartments. Personal care, therapy coordination, transportation scheduling, housekeeping and laundry services are all provided.

Holbrook's Wayland House Memory Care offers the secure environment. Our PersonFirst® approach to memory care focuses attention on the individual needs, personality, and desires of each of our residents.

Holbrook Skilled Nursing offers private rooms for short-term rehabilitation, respite care and long-term nursing care. All rooms are presently available on a first come, first served basis, with Piper Shores residents receiving first priority. Dually certified by the State of Maine, Holbrook welcomes both private pay and Medicare patients, accept direct admissions, and offers competitive rates.

Please call for more information about Piper Shores, current availability and fee structure.

Plummer Senior Living

Contact:

Last Updated: 03/18/2022 1:03:07PM

Last Reviewed: 03/18/2022

Phones: (207) 772-3225 [Business]*

Address: [Business]*
192 Middle Road
Falmouth, ME 04105 (Cumberland county)

Web Site: www.Plummerseniorliving.com

Eligibility: Age 55 or older

Notes: Plummer Senior Living offers affordable independent living for Maine seniors. To provide quality housing for our middle-income seniors, rents range from \$1,225 to \$2,450. Residents will have access to our on-site resident concierge, robust activity programming, 24 hour on call emergency line and a variety of additional services to enhance your day to day life. Heat, hot water and A/C are included. Resident is responsible for electricity and any supplemental utilities.

Provider List - Independent Housing with Services - Cumberland County

Seventy Five State Street

Contact:

Last Updated: 03/17/2022 2:55:32PM

Last Reviewed: 03/14/2022

Phones: (207) 618-8775 [Business Fax],
(207) 775-7775 x 2224 [Business]*

Address: [Business]*
75 State Street
Portland, ME 04101 (Cumberland county)

Web Site: www.75statestreet.org

Eligibility: Accepts Mainecare/Medicaid

Notes: 75 State Street is a nonprofit senior community offering a continuum of care that includes Independent Living and Assisted Living. We provide a wide variety of amenities and services tailored for residents living independently and residents needing additional assistance. Seniors can age in place gracefully at 75 State Street, enjoying everything beautiful Portland has to offer and the very best medical care, when needed.

SPHA: Betsy Ross House

Contact:

Last Updated: 03/18/2022 1:16:11PM

Last Reviewed: 03/18/2022

Phones: (207) 773-4006 [Fax],
(207) 773-4140 [Business],
(207) 767-4955 [Business]*

Address: [Business]*
99 Preble St. Ext.
South Portland, ME 04106 (Cumberland county)

Web Site: www.spha.net

Eligibility: Age 62 & older or declared disabled, Income and/or Asset Level

Notes: The Betsy Ross House is a 123-unit independent living complex of 1BR apartments for seniors age 62 and over. There is a mix of market (26 units) and affordable rents. The facility includes a dining room - A congregate noon meal is included in the market rents, and is a flexible option for affordable units. There is also a hair salon and library, and the Visiting Nurse Association has an on-site office with weekly hours. The Betsy Ross House is only a short walk from Spring Point Lighthouse and Bug Light Park along the Greenbelt walkway with easy access to financial, medical and retail services, public transportation and in-town Portland.

62 years or older; for fixed rent options HUD Income limit is = or < 80% of Portland HMFA; no income limit for market rents.

Please call for current fixed and market-rate rents. rates are listed on this website - <http://betsyrosshouse.homesad.com/>

Provider List - Independent Housing with Services - Cumberland County

Stroudwater Lodge

Contact:

Phones: (207) 854-8333 [Business]*

Last Updated: 03/17/2022 2:55:49PM

Last Reviewed: 03/14/2022

Address: [Business]*
116 Landing Road
Westbrook, ME 04092 (Cumberland county)

Web Site: www.northbridgecommunities.com/stroudwater-lodge

Eligibility:

Notes: Specializing in Independent and Assisted Living, Stroudwater Lodge provides an exceptional lifestyle experience – one where you will find secure, supportive services and the social atmosphere you need and want without giving up the traditions and independence you cherish.

The Cedars

Contact:

Phones: (207) 221-7000 [Main]*,

Last Updated: 10/19/2023 10:06:37AM

Last Reviewed: 03/14/2022

(207) 772-6038 [Fax],
(207) 772-5456 [Business]

Address: [Business]*
620 - 640 Ocean Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.thecedarsportland.org

Eligibility: Accepts Mainecare/Medicaid

Notes: The Cedars offers independent living, assisted living, Memory Care, rehabilitation and Nursing/skilled care options
***Long Term Care Mainecare is ONLY accepted at the Nursing/skilled care level.

The Atrium is the 61 unit independent living community. Housekeeping, linen service, maintenance, choice of meal plan, and optional social, and recreational programs are included in the monthly fee. Pets, including indoor cats and small dogs, are allowed with permission. **Private pay, please call FMI and for current fee structure - independent living requires an entrance fee.

Assisted living at The Osher offers the privacy of your own apartment while providing personal support when you need it. Our staff will help you with activities like bathing, dressing and taking your medications – all under the supervision of a registered nurse. With three nutritious meals daily, a calendar of programs and events, housekeeping and laundry services. **Assisted Living is private pay, please call FMI and for current fee structure.

On-site nursing is available at the Rehabilitation Center and the Skilled Care Center at the Cedars. Mainecare is accepted in the Skilled Care Center.

The Sam L. Cohen Households at The Cedars, offering Memory Care Assisted Living and Long-term, Skilled Nursing Care are like nothing Maine's older adults have seen before. Welcoming private rooms and baths. Cozy and comfortable common spaces. Innovative programs and therapies. **Private pay, please call FMI and for current fee structure.

Cedars also offers fine dining take-out Kosher meals. Meal items available correspond with the menu items available to Cedars' Nursing Home residents. Please call dietary department 772-5456 to order meal(s) 2 days in advance, FMI, and to confirm costs. Meals are picked up at the reception desk and are paid for when picked up.

Provider List - Independent Housing with Services - Cumberland County

The Park Danforth

Contact:

Phones: (207) 797-7710 [Business]*

Last Updated: 03/14/2022 2:10:04PM

Last Reviewed: 03/14/2022

Address: [Business]*

777 Stevens Avenue
Portland, ME 04103 (Cumberland county)

Web Site: www.parkdanforth.com

Eligibility: Accepts Mainecare/Medicaid, Age 62 & older or declared disabled, Income and/or Asset Level

Notes: The Park Danforth has 70 federally-assisted studio and one-bedroom apartments and 110 market rate, one-bedroom, deluxe one-bedroom and two-bedroom apartments.

Each apartment features a fully-applianced kitchen, dining area, living room, private bath and bedroom. Deluxe apartments offer more spacious accommodations, with some featuring a balcony, a second bedroom or den. All are equipped with an emergency call system and are wired for cable and telephone.

The standard services package includes social activities program, 24-hour emergency staff, nutritional counseling, exercise/fitness program, all utilities (except phone and cable) and, for a fee, transportation to grocery and one meal a day. Required participation in meals program is an additional charge per month, please call for more information. A Resident Service Coordinator assists residents access resources that are available in the community.

Age 62 & over or disabled; for subsidized rents, HUD income limit is \leq 50% of Portland MFI (Median Family Income). Subsidized Rent is 30% of adjusted income; Please call or visit the website for current market rates.

Please call for more information and an application.

The Woods at Canco

Contact:

Phones: (800) 798-8935 [Toll-Free],
(207) 618-6797 [Business]*

Last Updated: 03/18/2022 1:21:21PM

Last Reviewed: 03/18/2022

Address: [Business]*

257 Canco Road
Portland, ME 04103 (Cumberland county)

Web Site: www.thewoodsatcanco.com

Eligibility:

Notes: The Woods at Canco offers studio, 1BR/2BR apartments, garden suites, and cottages with month-to-month rents. Rent includes 3 meals/day, local transportation, housekeeping and linen service, planned activities, free on-site laundry facilities, a party room and full kitchen, individual thermostat controls, and utilities. Resident managers and co-managers live on-site with additional security features. Recreational options include group activities and classes, exercise equipment, TV lounges, a billiards room, shopping trips, day trips, a beauty salon, and a barber shop. Resident pets, including cats and dogs are welcome.

Please call for more information and/or an appointment.

Provider List - Independent Housing with Services - Cumberland County

WHA: Larrabee Village

Contact:

Last Updated: 11/01/2022 1:39:23PM

Last Reviewed: 08/18/2022

Phones: (207) 854-9779 [Business]*,
(207) 854-6829 [Other]

Address: [Residence]*
30 Liza Harmon Drive
Westbrook, ME 04092 (Cumberland county)

Web Site: www.westbrookhousing.org

Eligibility: Age 62 & older or declared disabled, Income and/or Asset Level

Notes: Larrabee Village offers one-bedroom subsidized apartments with kitchenettes that are ideal for those age 62 and older. The "Village" has a large community room that hosts meetings, billiards, exercise classes, potluck suppers, concerts, and parties. A dining room features breakfast and lunch daily. A resident assistant is available 24/7. Applicant may require assistance with a service need; including help with meals, housekeeping, laundry, and/or personal care.

Rent is subsidized at 30% of household annual adjusted gross income. Annual income cannot exceed \$35,150 per person or \$40,150 per couple.

On-site; parking, laundry facility, library and beauty parlor/barber shop; Inner courtyard with abundant garden; Computer center with internet access, Community room, Active Resident Council, Smoke-free community. Cats and small dogs are accepted – one per apartment.

Please call or visit the website for more information and an application; for info about applying for support service please call.