

CUMBERLAND AGING IN PLACE



RESOURCE GUIDE 2016-2017





Aging in Place Cumberland

An initiative of Cumberland Aging in Place Committee

Cumberland Town Office

290 Tuttle Road, Cumberland, ME 04021

E-mail: AIP@cumberlandmaine.com

Website: AIPCumberland.org

Telephone: 207-829-2205, ext. 346

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CONTENTS

Cumberland’s Aging in Place Initiative	5
One-stop Resource Center:	6
Aging in Place Cumberland	
Southern Maine Agency on Aging	
Aging in Place Cumberland Programs	6
Cumberland Area Rides (CAR)	
Emergency Pet Care	
Friendly Visitor	
Handyman Help	
Mornings with Friends	
Town of Cumberland Resources	8
Community Food Pantry	
Cumberland Fire Department	
Cumberland Police Department	
Cumberland/North Yarmouth Recreation Program	
Maine School Administrative District 51 (MSAD 51)	
Opportunity Alliance	
Prince Memorial Library	
Partner Provided Resources	12
Cumberland/North Yarmouth Family Network	
Cumberland Wood Bank	
Memory Works	

CONTENTS

continued

Worship and Faith Communities

14

Chinese Gospel Church of Portland

Church of Jesus Christ of Latter-day Saints

Congregational Church in Cumberland

First Congregational Church of North Yarmouth

Forside Community Church

Parish of the Holy Eucharist

Tuttle Road United Methodist Church

West Cumberland United Methodist Church

White Pine Community Church

Cumberland's Aging in Place Initiative

Increasing life expectancy, declining birth rate, and the aging baby boom generation are dramatically increasing the number and proportion of the U.S. population over the age of 65. An aging population presents a number of challenges and unanswered questions for our community, including where seniors will live and how they will obtain the support and care they will need as they age—while retaining as much independence as possible.

Research shows that, nationally, the vast majority of seniors prefer to age in place, either staying in their current home or choosing from a range of affordable, age-appropriate housing options within their community. Survey results in Cumberland reflect this preference (72 percent plan to stay in their current home; 22 percent are considering downsizing, according to a recent town survey). To make this possible, we must adapt our homes and our community to meet the changing needs of aging residents—by connecting them to the services and support required to age safely and comfortably and by helping them avoid the loneliness and isolation that often afflict those living in suburban environments.

This challenge requires us to make the best possible use of the resources available locally, add services that meet the needs of our aging population, and link residents to other resources available at the regional, state, and federal levels. Aging in Place Cumberland (AIP) will coordinate access to the best public and private resources to meet the health, home services, and housing needs of our growing senior population.

Listed on the following pages are resources and services available locally. We will continue to update the listing as new programs and services become available. An updated list is available on the AIP website at AIPCumberland.org.

ONE-STOP SHOPPING FOR RESOURCES

For One-Stop Shopping, you can call a single point of contact if you have questions about various programs and services or are unsure where to start. Simply contact Cumberland's AIP Program Coordinator or a Resource Specialist at Southern Maine Area Agency on Aging.

AIP Coordinator

Town of Cumberland
290 Tuttle Road, Cumberland, ME 04021
207-829-2205, ext. 346
AIP@cumberlandmaine.com

AIP Kiosk

Cumberland Town Hall lobby, 290 Tuttle Road, Cumberland

AIP Website

www.AIPCumberland.org

Southern Maine Agency on Aging Resource Specialist

207-396-6500, (800) 427-7411. Call 711 if you are deaf or have a hearing loss and need relay service.



AGING IN PLACE CUMBERLAND PROGRAMS

Volunteer Opportunities: We are in need of volunteers to support the many programs offered by AIP Cumberland. Please apply online at AIPCumberland.org or call the AIP Coordinator at Town Hall at 829-2205.

CUMBERLAND AREA RIDES (CAR)

cumberlandrides@gmail.com
207-829-3367

Complimentary rides provided by volunteers for Cumberland and North Yarmouth seniors. Available Mon-Fri 9am-3pm, Sunday 9am-noon; five-day notice requested. A collaborative effort by the Congregational Church in Cumberland and AIP Cumberland.

EMERGENCY PET CARE PROGRAM

AIP@cumberlandmaine.com
207-245-8033

Volunteers will care for pets in the event of an accident or hospitalization at no cost to Cumberland seniors 60 and older. Call or email to request the service.

FRIENDLY VISITOR PROGRAM

AIP@cumberlandmaine.com
207-245-8033

Sign up for regular visits by a trained volunteer who will provide needed companionship, a friendly visit, and a chance to share life stories. All volunteers must pass a background check, go through training, and provide references.

HANDYMAN PROGRAM

AIP@cumberlandmaine.com
207-245-8033

Volunteers will do minor home repairs and other chores (snow shoveling, pet walking, yardwork) at no cost to Cumberland/No. Yarmouth residents 60 and older. Call or email to request an appointment.

SENIOR SERIES—MORNINGS WITH FRIENDS

deborah.gray48@gmail.com or AIPCumberland.org
For rides, call 207-829-3367

Social gathering for seniors, with a program, coffee, tea, and goodies, and an opportunity to socialize with friends. Held on the third Wednesday of every month from 10 to 11:30 a.m. Alternating sites: Congregational Church in Cumberland, 282 Main St. and United Methodist Church, 52 Tuttle Road. Free.

VENDORS' LIST

AIP@cumberlandmaine.com or AIPCumberland.org

List of area vendors recommended by local residents along with suggested questions to ask contractors. Paper copies available at AIP kiosk in Cumberland Town Hall lobby.



TOWN OF CUMBERLAND RESOURCES

COMMUNITY FOOD PANTRY

Bill Shane wshane@cumberlandmaine.com
207-232-5258

Tom Gruber tgruber@cumberlandmaine.com
207-653-0561

Food Pantry: The Community Food Pantry serves residents in Cumberland, North Yarmouth, Pownal, and New Gloucester. Open every Friday afternoon for residents of these four communities year round.

The food pantry provides an expanded inventory of perishable and nonperishable products contributed by many of our churches and other organizations, along with many contributions by individuals.

Volunteer Opportunities: We are in need of volunteers to support this much-needed program in many ways. Please contact Brenda Moore at the Town Hall: 829-2205.

CUMBERLAND FIRE DEPARTMENT

Evariste Bernier, Deputy Chief
ebernier@cumberlandmaine.com
207-829-5421

Blood Pressure Checks: The CFD provides blood pressure checks at Central Fire Station on Tuttle Road.

Car Safety Seat Checks: Trained CFD personnel provide checks to make sure car safety seats are properly installed and are age appropriate for your grandchildren.

Daily Reassurance Program: Residents in this program check in each morning by 9:00 a.m. If call not received, CFD personnel will telephone or visit in person to perform a wellness check. To be part of the Daily Reassurance Program, call and register.

Durable Medical Equipment Lending Program: The CFD manages a supply of walkers, wheelchairs, crutches, commodes, hospital beds, shower and tub seats, and other medical equipment for use by Cumberland residents. New acquisition: knee walker (scooter on wheels).

Falls Hazard Risk Assessments: Trained CFD personnel will meet with residents in their home to point out and mitigate hazards which might result in injuries in the home.

Nonemergency Transports (NET Runs): The CFD can provide prescheduled medically necessary ambulance transportation to dialysis, doctor's appointments, and medical procedures (paid for by insurance companies).

Smoke Detectors: The CFD provides and installs free smoke detectors to Cumberland Seniors. Personnel can also change batteries to prevent the risk of falls.

Volunteer Opportunities: Call to see how you can help with these and other CFD programs.

CUMBERLAND POLICE DEPARTMENT

Charles Rumsey, Police Chief
crumsey@cumberlandmaine.com
207-829-6391

Prescription and Over-the-Counter Drug Disposal: The CPD maintains a drug disposal box in the lobby of the Police Department at Town Hall. If you are unable to drop them off yourself, an officer can pick them up and dispose of them for you (no syringes allowed).

Presentations: The CPD conducts presentations to community groups and citizens upon request. Topics include fraud scams and schemes, elder abuse in its various forms, Internet fraud, general safety Information, and the Yellow DOT Program.

Property Checks: If you are planning to go away for a while, you can stop by the CPD and complete a Property Check Form that provides CPD the information to conduct periodic checks of your property while you are away.

**CUMBERLAND/NORTH YARMOUTH
COMMUNITY RECREATION**

Cindy Stennett, Adult/Senior Programs
cstennett@cumberlandmaine.com
207-829-2208 ext 334

Senior Series-Tea and Talk: Free, educational, and fun presentations once a month in the Council Chambers at Town Hall. 9:30 to 11:00 a.m. Light refreshments provided.

Senior Outings: Day trips (transportation included) to various cultural, educational events as well as scenic sites. Fee to cover costs.

Adult Enrichment Classes: A wide variety of educational, arts and craft classes are available to the community. Fee.

Adult Fitness Classes: Aerobic, cardio, tai chi, zumba, 360 circuit, piyo, yoga, aquatic fitness training opportunities, and Matter of Balance classes. Fee.

Parks and Walking Trails: Walking trails at Twin Brooks, Town Forest, Rines Forest, Val Halla.

**MAINE SCHOOL ADMINISTRATIVE DISTRICT 51
(MSAD 51)**

Ashley Caswell, Community Dev. & Resource Manager
acaswell@msad51.org
207-829-4800

Volunteer Opportunities: Volunteers are needed to assist in a number of areas including as Foster Grandparents and MSAD #51 grandparents, Science Fair community judges, library support, event volunteers, crossing guards, clerical

support, panel speakers, alumni building, and special projects. Contact Ashley Caswell, Community Development & Resource Manager at MSAD #51 by phone at 207-829-4800 or by email at acaswell@msad51.org.

Meetings and Events at Schools: Follow the msad51.org website for announcements about special events, concerts, and School Board meetings.

Greely Athletics: Follow your Rangers at <https://sites.google.com/a/msad51.org/ghs-athletics/Greely-High-School>

OPPORTUNITY ALLIANCE

Maurice Geoffrey

Office Hours: Wednesday 9 a.m.—1 p.m.

For appointment, call Debbie at 207-829-5559

General Assistance: Opportunity Alliance assists Cumberland residents needing help with food, fuel, or other basic needs. Financial assessments and referrals are also available.

PRINCE MEMORIAL LIBRARY

Thomas Bennett, Adult/Senior Programs

tbennett@cumberlandmaine.com

207-829-2215

For events schedules, visit AIPCumberland.org or the Prince Memorial Library's Facebook page.

The library provides a cozy, warm place to read in the winter and a cool, relaxing retreat in the summer. Collections include books, DVDs, audio books, newspapers, and magazines. Reference help with medical, government, consumer support, and genealogy inquiries is provided. Frequent free, informative, and entertaining events:

Music & Muffins: Live acoustic performances covering a variety of styles and genres, from folk singer-songwriters and Celtic instrumentalists to jazz musicians and classical composers.

Author Talks: Maine authors discuss their specialty and answer questions. Books usually available for sale.

Lecture Series: Community members share their expertise on health, gardening, finance, local history, and more.

Book Groups: Afternoon and evening book groups meet on the third Thursday of the month, September through May. Contact Reference Librarian for book list.

Dominoes Group: Meets every Friday morning at 10 a.m. Coffee provided. All seniors are welcome.

Knitting Group: Meets Wednesday evenings from 6-7:30 p.m. Bring your own project. Meet with friends. Get great advice if you need it.

Friends of the Library: Supports programs and assists in funding special needs for the library. The annual Fall Book Sale is the group's main event. Volunteers are needed to assist with sorting and organizing of donated books, fundraising, and working at the book sale.

Technology Instruction and Assistance: Available by appointment.

Passport Services: Available by appointment.

PARTNER PROVIDED RESOURCES

CUMBERLAND/NORTH YARMOUTH FAMILY NETWORK

Susan Penza-Clyve

spenza@mac.com

facebook.com/CumberlandNorthYarmouth

FamilyNetworkPlaygroup

Cumberland/North Yarmouth (C/Y) Family Network is all about family life in the two towns. This is the place to connect for community and MSAD #51 activities and information.

Care Committee: Since its inception in October 2006, the Care Committee and the C/NY Family Network have assisted nearly 60 families in times of need. We have provided meals and other support for families experiencing house fires, new babies, child injury, parent illness, surgery, death of a family member, and other events. We also sponsor speaker presentations. Care Committee helpers are volunteers who have signed up to help by making a meal, running an errand, and performing other tasks for those in crisis. Helpers can volunteer to help when it fits into their schedule.

CUMBERLAND WOOD BANK

Bruce Wildes
office@cumberlanducc.org
207-829-3419

The Cumberland Wood Bank is a community-based volunteer-run fuel assistance program that collects donated hardwood logs and firewood, processes it, and provides it to those in need. It also sells firewood at market price and uses 100 percent of the revenue to provide fuel assistance to those who can't burn wood.

If you have trees on the ground or wood to donate, call Bruce at 829-3419. If you wish to purchase firewood, call Bruce at 829-3419. If you need fuel assistance, call Diane at 829-3419.

MEMORYWORKS

Ken Capron
kcapron1@maine.rr.com
207-797-7891

Cumberland Memory Café is held at 11 a.m. on the third Tuesday of each month at Louie's Grille, 319 Main Street.

Memory Cafés are open to anyone with any form of dementia or memory loss can go to socialize, learn, and have fun. At a memory café, people can relax and just be themselves, knowing that no one judges them and all who are there are going through similar challenges. Each memory café around the country is different; all are grassroots efforts to assist people with dementia and their care partners to have a good day.

WORSHIP AND FAITH COMMUNITIES

Congregational Church in Cumberland—UCC:

282 Main Street, PO Box 247, Cumberland, ME, 04021
207-829-3419
office@cumberlanducc.org

Chinese Gospel Church of Portland

99 Gray Road, Cumberland, ME 04021
Abraham H.T. Chan, Senior Pastor
hellohiutung@gmail.com

Church of Jesus Christ of Latter-day Saints

247 Walnut Hill Rd, North Yarmouth, ME 04097
207-829-9305

First Congregational Church of North Yarmouth

3 Gray Road, North Yarmouth, ME 04097
207-829-3644
nycc@maine.rr.com

Foreside Community Church

340 Foreside Road, Cumberland, ME 04110
207-781-5880
info@foresidechurch.org

Parish of the Holy Eucharist

266 Foreside Road, Falmouth, ME 04105
207-847-6890
pothe@portlanddiocese.org

Tuttle Road United Methodist Church

52 Tuttle Road, Cumberland, ME 04021

207-829-3766

secretary@tuttleroadumc.org

West Cumberland United Methodist Church

100 Lower Methodist Rd., Cumberland, ME 04021

207-829-4366

gm Gros@aol.com

White Pine Community Church

Sunday Worship:

Greely Middle School, 351 Tuttle Rd., Cumberland

Mailing Address:

94 Cumberland Road, North Yarmouth, ME 04097

207-829-8232

info@whitepinechurch.org

NOTES AND REMINDERS

This Resource Guide is a work in progress and will be updated as additional information is available. It was last updated on 8/25/2016. A current version is available online at:

AIPCumberland.org/resources

If you have corrections, additions, or suggestions please contact:

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290 Tuttle Road

Cumberland, ME 04021

207-829-2205, ext. 346

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