

Frequently Requested Resources

Area code 207 (unless otherwise noted)

General Information about Resources	211
Non-Emergency Richmond Police Dept	737-8518
Non-Emergency Sagadahoc Sheriff	443-8529
Bowdoinham Fire Station	666-3505
Richmond Fire Department	737-2615
AARP Income Tax Assistance	888 227-7669
Aging and Disability Resource Center	877 353-3771
Adaptive Equipment	
Alpha 1	800 640-7200
MaineCITE	621-3195
Disability Rights Maine	800 452-1948
Alzheimer's Association	800 272-3900
Attorney General (Consumer Assist)	800 436-2131
Bowdoinham Advisory Comm. On Aging	666-5531
Brunswick Respite Care	729-8571
Consumers for Affordable Healthcare	800 965-7476
Dental and Eye Care	
EyeCare America	800 222-3937
Maine Donated Dental	620-8276
New Eyes for the Needy	973 376-4903
UNE Dental Clinic	221-4900
Fairpoint Lifeline program	866 984-2001
Golden Oldies Senior Center	737-2161
Legal Services for the Elderly	800 750-5353
LIHEAP Heating Assistance	859-1500
Long-Term Care Ombudsman	800 499-0229
Mediation (Volunteers of America)	373-1140
MaineCare (Medicaid)	287-3707
Maine General Hospital	626-1000
Medicare	800 633-4227
Midcoast Hospital	729-0181
Midcoast Veteran's Council	406-4103
National Do-Not-Call List	888 382-1222
National Direct Marketing Opt-Out	www.dmchoice.org
Poison Control	800 222-1222
Social Security	800 772-1213
Spectrum Generations—Cohen Center	626-7777
Veteran's Hospital (Togus)	623-8411
Veteran's Administration	800 827-1000



RIDES IN NEIGHBORS CARS

Contact

Rides In Neighbors Cars

(Rides, I.N.C.)

Call: 207-837-9577

Email: glwmtt@gmail.com

Who can use the Program?

We provide rides to residents age 60 and older and people with a disability that prevents them from driving safely.

Rides are given to anyone who needs them, regardless of their income.

Rides are provided for residents of:

Bowdoinham

Bowdoin

Richmond

Where can I go?

Keep non-emergency medical appointments

Do Errands or go shopping

Visit friends or relatives

Attend a cultural event or museum

Go to Church

Use the Bowdoinham Food Pantry

Take a pet for a vet appointment

Trip to the Social Security Office

Mail a package

Rides, INC is not affiliated with the Town of Bowdoinham or with the Town of Richmond. It is an independent organization that is completely run by volunteers.

Rides, In Neighbors Cars (Rides, I.N.C.) is a volunteer door-to-door and door-through door driver service.

Goal: To increase the independence of people who choose not to drive or who can no longer drive by matching people who need a ride with people who are willing to give a ride

How does it work?

First time users meet with the Rides Coordinator and fill out a Riders Card to tell us more about the kinds of rides you will need from Rides, I.N.C.

We do not charge for rides. However, your donation is gratefully accepted to defer the expenses of the program.

We offer our volunteer drivers mileage reimbursement. Drivers can not accept tips from their riders.

Appointments should be made 48 hours in advance. We understand that there will be times when you cannot give us 48 hours notice. When you call, we will try to find an available driver.

If you need a ride
Call: 837-9577

Would you like to volunteer?

Volunteers are crucial to the success of Rides, INC. All of our volunteers drive their own vehicles. All volunteers must consent to a background check and attend a Volunteer Orientation session.

Volunteers are strongly encouraged to take the AARP Safe Driving Program.

- Volunteer-owned vehicles must have clean interiors be in good working order and have a current inspection sticker.
- Must have current driver's license, good driving record, and auto insurance. All volunteers must have minimum coverage required by state law and must prove it to Rides, INC.
- Must be reliable and punctual. Casual attire is acceptable.

Volunteers determine their availability and the amount of time they wish to commit to the program. Every individual's commitment is beneficial to the success of the program. Volunteers will be contacted to provide transportation only for the days and times that they have provided to Rides, INC staff, except in emergencies.