

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

Tool Table

Have you wondered which jar opener will work best for you? Wished you could find an easier way to get in and out of the car or fasten a seatbelt? Wanted a doorbell or fire detector that can be used by someone with a hearing impairment?

The Bowdoinham Advisory Committee on Aging (ACOA) created a display of tools that offer solutions to those problems and more!

People of all ages and abilities are welcome. The tool table has something for everyone. *Come and see more than three dozen items that can make life at home and in the car a little easier!*



Tools are available for a three week loan to people who live in Bowdoinham, Richmond, and Bowdoin through the Bowdoinham Public library. All you need to borrow the tools to try in your own home or car is to visit the library when it is open.

**To contact the
Bowdoinham Public Library:
(207) 666-8405**

Hours
Tuesday: 10a-12; 2-5p, 7-8p
Wednesday: 2-6p
Friday: 2-5p
Saturday: 10a-3p



VILLAGE LODGE HANDY BRIGADE

Community Help: One Light Bulb at a Time

Contact Village Lodge Handy Brigade

Bowdoinham
Coordinator of Older Adult Services
Tel: (207) 666-5531, ext 110
Email: poh@bowdoinham.com

Richmond
Senior Center Director
Tel: (207) 737-2161
Email: seniordirector@richmondmaine.com



Meet the Village Lodge Handy Brigade

The Village Lodge Handy Brigade is a service of Masons who live in Richmond, Bowdoin, and Bowdoinham. People who are not members of the Masons are welcomed as volunteers, helping us make life a little easier for older residents.



The task of changing a light bulb, replacing moving furniture, or taking things down from high shelves can be daunting. That's what the Village Lodge Handy Brigade is here for!

When larger tasks such as repairing a roof or building a ramp

- Do you delay because you don't know where to start?
- Worry that the contractor you hire won't do a good job?

If you need help, call the
Village Lodge Handy Brigade.

Mission Statement

The mission of the Village Lodge Handy Brigade is to provide help with simple home repair and home maintenance chores that improve the quality of life of older residents who are living in their own homes.



How It Works

The Village Lodge Handy Brigade provides home repair and maintenance services without charge to older adults who live in their own homes. The only cost is for the parts needed.

Work is done by volunteers who make it their mission to help people in our community. Most are members of the Village Lodge.

Handy Brigade Volunteers are not licensed carpenters, plumbers, or electricians. They are home-owners—just like you—who know how to do simple home maintenance and repairs.

When a person requests help, the **Handy Brigade** will come to your home to decide if the job is within their expertise. If it is, the Handy Brigade volunteer will write up a work order for the job. If it is a job for a professional, they will gladly refer you to the experts and will help you find what you need and how to get it.

Together We'll Get the Job Done!!

What the Handy Brigade Does

- ⇒ **Minor Home Repair.** We provide help with minor home repair and home maintenance services, including:
 - Change light bulbs;
 - Replace furnace or water filters;
 - Install padlocks;
 - Repair or replace door locks, handles, springs and closers;
 - Help with weatherization.
- ⇒ **Simple Home chores.** We provide help with routine home chores, such as:
 - Move furniture;
 - Secure carpets;
 - Remove/install window air conditioners for the season;
 - Install storm windows for the winter or screens for summer;
 - Hang pictures or mirrors;
 - Help hauling trash or clearing clutter.
- ⇒ **Information and Referral.**
 - Explain what is needed to complete a task that is beyond the expertise of the Handy Brigade, such as building a ramp or replacing a roof;Accompany you to buy needed parts;
 - Provide a list of vetted, licensed, experienced service providers.

The Handy Brigade Does Not

- ⇒ Provide emergency service;
- ⇒ Help with outdoor work, painting, tiling, appliance repairs, major carpentry, wiring, or plumbing;
- ⇒ Complete any installation that involves Code (e.g. install stair railings or a new stove vent)
- ⇒ Repairs for apartment dwellers are limited to personal items only. Other repairs are the responsibility of the landlord.