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Supporting the desire of older adults to remain in their communities as they age is a foundational goal of the AARP Network of Age-Friendly Communities. An “age-friendly” community is a livable community, one that includes the services and supports that make a town, city or neighborhood a great place for people of all ages.

This resource was developed to support enrolled communities by providing access to important resources. The guide is organized according to the “8 Domains of Livability,” which is a framework identifying the aspects of community life that are essential to the health and well-being of older adults.

We hope you will find this guide to be a useful and helpful tool for more easily connecting to the available supports and services in and around your community.

A collaboration of Maine AARP, Sullivan Town Office, Age-Friendly Sullivan and Frenchman Bay Library
SULLIVAN RESOURCES

PUBLIC SAFETY
NOTE: IN CASE OF EMERGENCY,
CALL 911

DHHS/Adult Protective Services
1-800-624-8404

DHHS/Child Protective Services
1-800-452-1999

Mental Health Crisis Hotline
1-888-568-1112

AMHC Sexual Assault Services
1-800-871-7741

Next Step Domestic Violence Project
1-800-315-5579

Northern New England Poison Control
1-800-222-1222

HEALTH CARE
(LOCAL CARE PROVIDERS)

EASTERN HANCOCK COUNTY AREA RESOURCES

Coastal Health Care
37 Commerce Park
Ellsworth, ME 04605;
207-667-2422
www.northernlighthealth.org

Down East Dermatology
Down East Dermatology is a member of Northern Light Maine Coast Hospital and serves the surrounding area. Visit the website or call for more information.
50 Union Street, Suite #2300
Ellsworth, ME 04605
207-664-5660
www.northernlighthealth.org

Eleanor Widener Dixon Memorial Clinic
The Dixon Clinic is a member of Northern Light Maine Coast Hospital and serves the surrounding area. Visit the website or call for more information.
37 Clinic Road
Gouldsboro, ME 04607
207-963-4066
www.northernlighthealth.org

Ellsworth Family Planning & Primary Care
Family Planning & Primary Care offers high quality, accessible, and affordable primary care services at our Ellsworth Location. We offer same day & next day appointments in order to meet your needs.
248 State Street, #3A
Ellsworth, ME 04605
207-812-7030
www.mainefamilyplanning.org

Ellsworth Free Clinic
The Ellsworth Free Medical Clinic was founded in 1992 as a non-profit 501(c)3 and serves the uninsured and underinsured citizens of Downeast Maine.
248 State Street, #16;
Ellsworth, ME 04605
207-667-7953
www.ellsworthfreeclinic.org

Northern Light Maine Coast Hospital
Northern Light Maine Coast Hospital is a member of Northern Light Healthcare and serves the surrounding area. Visit their website or call for more information.
50 Union Street
Ellsworth, ME 04605
207-664-5311
www.northernlighthealth.org

Northern Light Women's Health
Northern Light Women's Health is a medical practice located at Northern Light Maine Coast Hospital. Visit their website or call for more information.
50 Union Street, Suite 3200
Ellsworth, ME 04605
207-664-5650
www.northernlighthealth.org

Northern Light Primary Care
NLPC is a member of Northern Light Maine Coast Hospital and serves the surrounding area. Visit the website or call for more information.
32 Resort Way
Ellsworth, ME 04605
207-664-7770
www.northernlighthealth.org

Vachon, Nicholas S., DPM
Dr. Vachon, podiatrist, is a member of Northern Light Maine Coast Hospital and serves the surrounding area. Visit the website or call for more information.
318 Main Street
Ellsworth, ME 04605
207-667-2523
www.northernlighthealth.org
REHABILITATION - ACCUPUNCTURIST & NATUROPATHIC SERVICES

Acadia Naturopathic Medical Clinic
The Naturopathic Medical Clinic allows time with the patient for attentive listening, holistic care, and tailored treatments. An eclectic range of therapies is offered which embody core naturopathic principles; recognize patients as individuals, enable healing beyond managing symptoms of disease; and empower motivated clients toward optimal self care. Comprehensive care for patients of all ages and in all stages of health is provided.
71 Oak Street, Apt. 1A
Ellsworth, ME 04605
207-664-0780
www.acadianaturopathic.com

Maine Coast Acupuncture & Herbal Medicine
Classic Chinese Medicine is a complete system of healing that effectively treats numerous conditions. It has been practiced for over 2,000 years and is based on the Daoist concept that the delicate balance between yin and yang explains all things in nature.
58 Oak Street
Ellsworth, ME 04605
207-812-8747
www.leaelliottlac.com

REHABILITATION SERVICES - PHYSICAL & OCCUPATIONAL THERAPY

Northern Light Maine Coast Rehabilitation Services (2 locations)
Northern Light Maine Coast Hospital is a member of Northern Light Healthcare (formerly EMHS), and serves the surrounding area. Visit their website or call for more information.
65 Church Street
Ellsworth, ME 04605
207-664-5472
37 Clinic Road
Gouldsboro, ME 04607
207-963-4170
www.northernlighthousealth.org

UBE Physical Therapy and Performance
UBE Physical Therapy and Performance is a top-level athletic training and physical therapy facility designed to provide athletes and community members of all ages and ability a fully comprehensive training and physical therapy experience.
14 Mariaville Road, Building 1
Ellsworth, ME 04605
207-992-4002
www.ube-more.com

Ellsworth Chiropractic
Ellsworth Chiropractic provides chiropractic manipulative therapy, acupuncture, clinical nutrition, therapeutic exercises, and electrotherapy.
108 Main Street
Ellsworth, ME 04605
207-664-0013
www.ellsworthchiropractic
acupunctureandnutrition.com

Life Source Family Chiropractic LLC
The mission of Life Source Family Chiropractic is to provide the families in our community with excellent chiropractic care, as well as promote optimal health and wellness through education and empowerment.
9 Resort Way
Ellsworth, ME 04605
207-667-5432
www.lifesourcefamilychiro.com

Coastal Maine Chiropractic Center, Dr. Michael Colpitts
52 Deane Street
Ellsworth, ME 04605
207-669-4028

REHABILITATION SERVICES - CHIROPRACTIC SERVICES

Back in Balance Wellness Center
Back in Balance Wellness is conveniently located on the Bucksport Road, across from the Christian Ridge Road, in Ellsworth. We accept most major health insurances as well as worker's compensation and motor vehicle claims.
150 Bucksport Road
Ellsworth, ME 04605
207-667-4678
www.backinbalancechiro.com

Coastal Health & Wellness Therapeutic Massage & Holistic Healing
567 Bangor Road
Ellsworth, ME 04605
207-460-9623

Downeast Wellness
9 Store Street
Ellsworth, ME 04605
207-619-4886
www.downeastwellness.com

Maine Natural Medicine
Dr. Marly Sachsman
27 Lincoln Street
Ellsworth, ME 04605
207-664-0005
Therapeutic Bodyworks Haven
Karen B. Dove
79 Harbor View Drive
Hancock, ME 04640
207-422-3147

Therapeutic Massage for Wellness
61 Pine Street
Ellsworth, ME 04605
207-266-7753
betsyarnzten.massagetherapy.com

REHABILITATION - NURSING HOMES & ASSISTED LIVING:

Birch Bay Retirement Village
Overlooking Frenchman Bay on Mount Desert Island, Birch Bay Retirement Village borders Acadia National Park and offers a rich assortment of activities. Sponsored by MDI Hospital, 4 living / care options are available—cottages, apartments, Pleasant Cove and Safe Harbor. Call or visit website for more information.
25 Village Inn Road
Bar Harbor, ME 04609
207-288-8014
www.birchbayvillage.us

Courtland Rehabilitation Center
Courtland Rehabilitation Center, a member of North Country Associates, is recognized as a premier skilled nursing and rehabilitation provider. Programs are individualized, physician-directed, and goal-oriented to enable our patients to achieve their highest levels of independence.
42 Bucksport Road
Ellsworth, ME 04605
207-667-9036
www.northcountryassociates.com
https://maineseniorlivingcenters.com/our-facilities/facilities-map/

Armando's Manor / Taunton Bay Manor
1592 US Highway 1
Hancock, ME 04640
207-422-0029

Eastside Manor
51 Eastside Road
Hancock, ME 04640
207-422-0029

Golden Acres Franklin House
80 Main Street
Franklin, ME 04634
207-565-2352

Golden Acres Sullivan Home
Fremont Corner
Sullivan, ME 04664
207-422-0247

Hancock Golden Acres Home
1421 US Route 1
Hancock, ME 04640
207-422-2500

Hancock Home – 7 Angels
203 Eastside Road
Hancock, ME 04640
207-422-3777

Maine Veterans’ Home
(2 locations)
Maine Veterans’ Home provides compassionate care to those who have served at our six locations throughout the state of Maine. Our modern facilities provide an array of service lines that include rehabilitative and therapy services, long term, short term and skilled nursing care. Together, we all focus on providing top quality care, compassionate support and peace of mind for veterans and their families.
44 Hogan Road
Bangor, ME 04401
207-942-2333
www.mainevets.org

Maine Veterans’ Home
32 Veterans Way
Machias, ME 04654
207-255-0162
www.mainevets.org

Mountain Vista Manor / South Bay Manor
44 South Bay Road
Franklin, ME. 04634
207-565-3804, 207-565-3805

Narraguagus Bay Health Care (nursing & rehabilitation)
3 Main Street
Milbridge, ME 04658
207-546-2371
www.northcountryassociates.com
maineseniorlivingcenters.com/our-facilities/facilities-map/

Parker Ridge Retirement Community
Parker Ridge Retirement Community was created to meet your needs and offer you options as those needs change. At the center of our community is Parker Inn, which offers both independent living apartments and assisted living suites, as well as many amenities that serve our entire community. We also offer spacious, luxurious retirement cottages for those who desire to own their home, without all the hassles of home maintenance.
63 Parker Ridge
Blue Hill, ME 04614
207-374-2306
www.parkerridge.com

Seaport Village
Seaport Village Healthcare & the Inn at Seaport Village, located within the General Bryant Moore Center Complex in Ellsworth, Maine, offers luxurious Assisted Living, state-of-the art Skilled Nursing &, rehabilitation procedures not offered anywhere else in Maine.
Under the ownership of First Atlantic Healthcare, Seaport follows in First Atlantic’s long standing reputation for excellence in Long Term Care.

19 General Moore Way
Ellsworth, ME 04605
207-667-9336
www.seaport-village.com

MENTAL HEALTH & SUBSTANCE ABUSE COUNSELING SERVICES

Acadia Family Center (temporarily suspended clinic services)
Acadia Family Center is an outpatient treatment center for individuals and families struggling with the use of alcohol, drugs, other addictive substances and/or a mental health disorder.
1 Fernald Point Road
Southwest Harbor, ME 04679
207-244-4012
www.acadiafamilycenter.org

Aroostook/Atlantic Mental Health (AMHC)
AMHC offers a comprehensive and integrated array of mental health, substance, brain injury services that include counseling and case management; emergency and crisis services, residential treatment, outpatient brain injury rehabilitation, supportive visitation services and sexual assault victim advocacy and education.
710 Bucksport Road
Ellsworth, ME 04605
207-667-6890
MOBILE CRISIS hotline: 1-888-568-1112
www.amhc.org

AMHC Downeast Treatment Center
AMHC offers Medication Assisted Treatment clinic services for individuals in withdrawal and recovery from opioid use disorders in Ellsworth at the AMHC Downeast Treatment Center.
406 State Street, Suite 2
Ellsworth, ME 04605
207-412-0973
www.amhc.org

Atlantic Counseling, Kip Young, LADC
Atlantic Counseling provides a safe place for people seeking to make changes around their substance use. No matter what your circumstances are, or what your experience has been, it is the mission of Atlantic Counseling to deliver compassionate, respectful services for your needs.
20 Oak Street
Ellsworth, ME 04605
207-664-1500
www.atlanticsac.net

Bland, Barbara, LCSW
198 Main Street, #9
Ellsworth, ME 04605
207-667-1917
www.cromwelltherapy.com

Curless, Michael W., Ph.D., Psychologist
Dr. Curless’s integrated technique uses behavioral, cognitive, and psycho-dynamic approaches to comprehensively address clients' varied issues. He brings a broad understanding of psychology that allows him to work with a diversity of issues and demographics.
24 Birch Avenue, Suite A
Ellsworth, ME 04605
207-667-3485
www.michaelwcurlessphd.com

Cromwell, Simone, MA, LMFT, Marriage & Family Therapy
210 Main Street, #10
Ellsworth, ME 04605
207-669-2185
www.cromwelltherapy.com

Ellsworth Counseling, Bronwyn Umphrey, LCPC
Bronwyn Umphrey provides counseling and psychotherapy services to adults and adolescents. Bronwyn works with individuals who experience anxiety, depression, trauma, and grief and loss.
5 School Street
Ellsworth, ME 04605
207-479-8594
www.ellsworthcounseling.com

Flagg, Dr. Scott, psychologist
Dr. Flagg provides individual therapy, couples’ therapy and psychological testing. FMI, call or visit website.
64 Church Street, #1A
Ellsworth, ME 04605
207-370-9227
www.drflagg.com

Community Health & Counseling Services
Community Health and Counseling Services is a private non-profit organization that provides community-based home health, hospice and mental health services to adults and children in central, eastern, southern and northern Maine. CHCS provides integrated primary care medical services in their Ellsworth office.
52 Christian Ridge Road
Ellsworth, ME 04605
207-667-5357
www.chcs-me.org
Groups Recover Together
Addiction Treatment Center
70 Kingsland Crossing, Suite A
Ellsworth, ME 04605
207-560-3422
https://locations.joingroups.com/me/ellsworth/groups-recover-together-ellsworth-me-grt014.html

Healthy Acadia –
Inspire Recovery Center
Recovery Supports
24 Church Street
Ellsworth, ME 04605
207-412-2288
www.healthyacadia.org

Lawrence, Suzanne, B.S. LADC
McCarthy, Jeff, LCPC
64 Church Street
Ellsworth, ME 04605
207-664-7564

Moors, Kathy, RN, LCPC
75 State Street
Ellsworth, ME 04605
207-266-9165

Nybog, Kathy, Psychologist
108 Main Street
Ellsworth, ME 04605
207-667-3795

Outpatient Chemical Dependency
59 Franklin Street
Ellsworth, ME 04605
207-667-2730

Pyramid Counseling,
Laurie LaViolette, LCSW, CCS
24 Birch Ave. Suite B
Ellsworth, ME 04605
207-667-9101
www.pyramidcounseling.com

Reeve, Barbara W., MD
Psychiatrist
36 Deane Street
Ellsworth, ME 04605
207-667-0261

Searsport Counseling
Associates (2 locations)
Laney, Irene (office)
198 Main Street, #1
Ellsworth, ME 04605
207-667-1153
Ogonaowski, Maryann H (office)
59C Franklin Street
Ellsworth, ME 04605
207-664-7050

StrengthenME
Offers free stress management and resilience resources to anyone in Maine experiencing stress reactions to the COVID Pandemic.
207-221-8198
www.strengthenme.com

HOME CARE AND HOSPICE

Cahoon Care Associates, LLC
Our experienced caregivers are available to you 24 hours a day, 7 days a week, 365 days a year. Serving the greater Ellsworth, ME area.
79 Main Street, Suite #A
Ellsworth, ME 04605
207-667-0870
www.cahooncare.com

Community Health & Counseling Services / New Hope Hospice
Community Health and Counseling Services home health care services can make your return home from the hospital easier and, in some cases, may help avoid hospitalization altogether. The caring professionals at CHCS work with you and your physician to create a plan of care that is tailored to your specific needs. This plan will be based on your medical needs and is directed by your physician. When it comes to end of life care, you deserve a care team that sees the person, not the illness. At CHCS New Hope Hospice we want to share the burden and guide you through the next phase of your journey.
52 Christian Ridge Road
Ellsworth, ME 04605
207-667-5357
www.chcs-me.org

Hospice Volunteers of Hancock County
Hospice Volunteers of Hancock County is a non-profit, Maine State Licensed volunteer support organization, founded in 1980. Our mission is to provide non-medical assistance to patients and families who are facing the end-of-life, support to those who grieve the loss of a loved one, and provide education and advocacy for the community on death and bereavement issues. Hospice care is patient and family centered. We respond to individual and community needs.
14 McKenzie Avenue
Ellsworth, ME 04605
207-667-2531
www.hospiceofhancock.org

Northern Light Home Care & Hospice
Northern Light Home Care services focus on recovery, quality of life & independence. Hospice services help those with a terminal diagnosis stay in their home surrounded by family and friends.
441 Main Street, #2
Ellsworth, ME 04605
207-667-1900
https://northernlighthealth.org/Services/Hospice-Care

One Step Home Care
One Step is a local, family business. We are a private pay company, however, we can work with people who have eligible long term care insurance policies. We also have a contract with the VA to provide
care to eligible veterans. All our caregivers are trained, screened, insured and supervised by an RN.
351 Christian Ridge Road
Ellsworth, ME 04605
207-667-7926
www.onestephomecare.com

DENTISTRY

Aspen Dental
206 High Street, Suite D
Ellsworth, ME 04605
207-669-4826
aspendental.com

Caddoo, William C., DDS
175 Water Street
Ellsworth, ME 04605
207-667-5744

Caring Hands of Maine Dental Center
At Caring Hands of Maine Dental Center, we offer a comprehensive range of dental services to help our patients maintain optimal oral health and to attain their smile goals. The key to our success is building trusting partnerships with our patients to achieve outstanding outcomes of care.
72 Beechland Road
Ellsworth, ME 04605
207-667-6789
www.caringhandsofmaine.org

Dental Associates
At Ellsworth-Bucksport Dental Associates we offer our patients the most up-to-date technology in a relaxing environment. Applying the latest proven techniques and the highest possible hygiene standards, we offer a range of general and specialized dental services.
325 Main Street
Ellsworth, ME 04605
207-667-7117
www.dental-associates.com

Downeast Dental – Dr. Kevin Wright
99 Oak Street
Ellsworth, ME 04605
207-667-3009
www.downeastdental.com

Hancock Dental
Hancock Dental provides a full-range of comprehensive dental services including cleanings, non-mercury tooth colored restorations, crowns and bridges, and extractions.
201 High Street
Ellsworth, ME 04605
207-667-8778
www.hancocksmiles.com

Hardy Orthodontics
Hardy Orthodontics has been a Bangor-area tradition for more than 30 years! We pride ourselves on providing the highest-quality and state-of-the-art orthodontic care to families in the greater Bangor and Ellsworth communities. Dr. Jameson “Dr. Jamie” Hardy and Dr. Louis “Dr. Lou” Hardy strive to provide excellent personalized smiles in a fun, comfortable, and patient-centered environment for children, teens, and adults.
47 Park Street
Ellsworth, ME 04605
207-667-5013
www.hardybraces.com

Horowitz, Marc L., DDS
Upon graduation from NYU College of Dentistry Dr. Horowitz practiced in the New York City metro area for eight years. He went on to treat the underserved in Downeast Maine through the National Health Service Corps through spring of 2009. In December 2008, Dr. Horowitz knew it was time to open his own dental practice in Ellsworth.
31 Commerce Park
Ellsworth, ME 04605
207-667-2770
www.marclhorowitzdds.com

Midcoast Denture Design, P.C.
Midcoast Denture Design provides a variety of full and partial denture services. We offer immediate dentures, which can be inserted directly after extractions; as well as replacement full and partial dentures. With our onsite dental laboratory all of our dental prosthetics are made in-house to insure quality products at an affordable cost.
23 Carriage Way, Suite 1
Ellsworth, ME 04605
207-667-6222
www.midcoastdenturedesignmaine.com

Smile Design Ellsworth
Dr. Aaron Palmer and team provide general, cosmetic and implant dentistry. Call or visit their website for detailed information.
382 State Street
Ellsworth, ME 04605
207-664-2474
www.smiledesignellsworth.com

Sorrento Dental Associates
At Sorrento Dental Associates, it is our mission to offer the dentistry you deserve in an environment you enjoy - and we have been doing that for over 30 years. We work hard to help our patients keep their natural teeth healthy so they last a lifetime. Our dentists, Dr. Daniel Steinke, DDS, MAGD, Dr. Hillary Caruso, DMD, MAGD and Dr. Kevin Devine, DDS provide the highest quality dental care and are always accepting new patients.
8 Main Street
Sorrento, ME 04677
207-422-3770
www.sorrentodentalassociates.com
Albert, Paul K. OD, Optometrist
Paul K. Albert - Optometrist is an eye care center located in Ellsworth, Maine. He has been providing experienced eye care to patients of Down East Maine for over 30 years. He is board certified by the American Board of Optometry. Dr. Paul K. Albert, O.D. is experienced in the diagnosis, management, and treatment of eye infections and diseases. Dr. Albert also has extensive knowledge in the fitting of all types of contact lenses including soft disposable, multifocal, and rigid gas permeable designs.

125 Oak Street
Ellsworth, ME 04605
207-667-4237
www.drpaulalbertmaine.com

Coastal Eye Care – Lawrence Piazza, MD, and Isaac J. Rudloe, MD, Ophthalmologists
We are a cataract and laser center of excellence dedicated to helping you enjoy a lifetime of the best possible vision. The eye physicians and surgeons at Coastal Eye Care are proud to offer residents across Maine the latest breakthroughs in cataract surgery, intraocular lens implantation, laser vision correction, glaucoma management and treatment for diabetic eye disease and age-related macular degeneration.

128 Bucksport Road
Ellsworth, ME 04605
207-667-6300
www.coastaleyecare.net

Downeast Eye
Downeast Eye MD provides quality, caring, comprehensive medical and surgical eye care. Dr. Timber Gorman performs multiple surgical procedures both in the office and hospital setting.

371 Bar Harbor Road
Trenton, ME 04605
207-667-9690
www.downeasteyemd.com

Eyes PA
At Eyes, P.A., our optometry staff works together to ensure your visit is comfortable and completed in a timely manner. We have a qualified team of professionals that will work around your busy schedule and address any questions or concerns prior to the appointment. Eyes, P.A. offers full vision examinations and will diagnose and treat an array of eye diseases and conditions to keep your eyes healthy.

82 Water Street
Ellsworth, ME 04605
207-667-8615
www.eyes-pa.com

Frank B. Pierson Optician LLC
A full service optical store in downtown Ellsworth, we have been offering personal, one on one service to our customers for over 30 years. Our on-site finish lab and great selection of frames allow us to precisely and quickly fill your eyeglass prescription, often while you wait. We also provide adjustments and repairs for your existing eyewear and offer a wide variety of designer frames and prescription sunglasses.

83 Main Street
Ellsworth, ME 04605
207-667-8879
www.opticiansellsworthmaine.com

Hannaford Pharmacy
Call or visit website for hours of operation
225 High Street
Ellsworth, ME 04605
207-667-3732
www.hannaford.com

Acadia Hearing Center
Acadia Hearing Center, with offices in Ellsworth and Bangor and seeing patients in Calais, Maine, provides audiology services, including hearing evaluations, along with hearing aid sales/service for nearly all brands of hearing aids.

18 High Street
Ellsworth, ME 04605
207-667-4014
www.acadiahearing.com

Audiology Center of Maine
At Audiology Center of Maine, audiologists Drs. David Jardine and Elizabeth Beal Jardine, provide comprehensive audiological evaluations to evaluate and diagnose various hearing problems—for patients of all ages. Audiology Center of Maine offers a wide variety of hearing instruments to uniquely fit your lifestyle listening needs and your budget. In addition, we also offer hearing protection devices, hearing aid repairs and readjustments, and hearing aid batteries and supplies.

77 Beechland Road
Ellsworth, ME 04605
207-430-3714
www.audiologymaine.com

Uveitis & Retina Care LLC
35 Eastward Lane, #4
Ellsworth, ME 04605
207-669-4390
Shaws Osco Pharmacy
Call or visit website for hours of operation
175 High Street
Ellsworth, ME 04605
207-669-3005
www.shaws.com

Walgreens Pharmacy
Call or visit website for hours of operation
226 High Street
Ellsworth, ME 04605
207-664-0952
www.walgreens.com

Walmart Pharmacy
Call or visit website for hours of operation
17 Myrick Street
Lamoine, ME 04605
207-667-2644
www.walmart.com

SOCIAL SERVICE RESOURCES

ALCOHOLICS ANONYMOUS
Sullivan Sorrento
Recreation Center
1776 US Route 1
Sullivan, ME 04664
Thursdays at 6pm

Sullivan Town Office
1888 US Route 1
Sullivan, ME 04664
Fridays at 6pm

Beth C. Wright Cancer Resource Center
Beth C. Wright Cancer Resource Center provides support, wellness groups for people living with cancer and their friends/families
23 Commerce Park
Ellsworth, ME 04605
207-664-0339
www.bethwrightcancercenter.org

Eastern Area Agency on Aging
Eastern Area Agency on Aging provides assistance with benefits, caregivers, nutrition, legal services, tax & rent referral
240 State Street
Brewer, ME 04412
207-941-2865; 1-800-432-7812
www.eaaa.org

Friendship Cottage
Friendship Cottage, a program of Downeast Community Partners, is an adult day service program and caregiver resource center
118 Ellsworth Rd
Blue Hill, ME 04614
207-374-5612
downeastcommunitypartners.org

Health Equity Alliance
The Health Equity Alliance is committed to providing direct service, advocacy, education, and outreach for Maine’s marginalized populations.
5 Long Lane Road
Ellsworth, ME 04605
207-667-3506
www.mainehealthequity.org

NA Narcotics Anonymous
NA meets at Your Place, Sunday, Tuesday & Friday 7pm hybrid: In-person or ZOOM #830-3172-5709
8 Old Mill Road
Ellsworth, ME 04605
www.namaine.org

Next Step Domestic Violence Project
Next Step Domestic Violence Project provides support services for anyone affected by violence at home; offers a 24-hour hotline, safety planning, crisis counseling, appropriate resource referrals, advocacy with other systems, civil legal assistance, court accompaniment, support & education groups, emergency shelter, safe homes & transitional housing.
733 Bangor Road, PO Box 1466
Ellsworth, ME 04605
207-667-0176
DV hotline 800-315-5579
www.nextstepdvproject.org

FOOD ASSISTANCE

Age-Friendly Sullivan
Age-Friendly Sullivan will deliver Commodity Supplemental Food Program to your Sullivan home. Sign-up through Eastern Area Agency on Aging below.

Eastern Area Agency on Aging
EAAA provides Meals on Wheels, 3D catered meals, Community Cafes and Commodity Supplemental Food Program for age and income eligible residents in Sullivan and the 5 counties served by this agency.
240 State Street
Brewer, ME 04412
1-800-432-7812; 207-941-2865
www.eaaa.org

Emmaus Homeless Shelter
51 Main Street
Ellsworth, ME 04605
207-667-3962
www.emmaushomelessshelter.org

Everybody Eats
A free take-out community meal on Mondays (2:30-4 p.m.)
St. Dunstan’s Church (back)
134 State Street
Ellsworth, ME 04605

Hancock County Food Assistance
www.maine.gov/dacf/ard/tefap/Hancock.shtml
Life Line Food Pantry
Solid Rock Bible Baptist Church
769 South Gouldsboro Road
Gouldsboro, ME, 04607
207-963-7972

Loaves & Fishes Food Pantry
119 Bucksport Road
Ellsworth, ME 04605
207-667-4363
www.loavesandfishestellsworth.org

Sorrento-Sullivan Community Food Pantry
Open Tuesdays 1-5pm and Saturdays 10am-2pm
1776 US Highway 1
Sullivan, ME 04664

The Welcome Table
A free take-out community meal on Wednesdays (2:30-4 p.m.). Call 207-667-8321 by 3 p.m. to reserve meal
First Congregational Church
2 Church Street
Ellsworth, ME 04605
207-667-8321
www.ellsworthucc.org

VA Maine Healthcare Services
Offers a comprehensive range of primary care, long-term care and rehabilitative programs and services for veterans and their families.
1 VA Center
Augusta, ME 04330
1-207-623-8411
www.va.gov/directory/guide/facility.asp?id=136

HELP WITH HEALTH INSURANCE

enroll207
A project of Consumers for Affordable Healthcare that connects Mainers to certified assisters who can help review new options for health insurance through the Maine Health Insurance Marketplace.
Maine Health Access Foundation
150 Capitol St. Suite 4
Augusta, ME 04330
1-800-965-7476
www.enroll207.com/marketplace

MaineCare
MaineCare (Medicaid) is a joint federal and state health care program for people with low income and limited resources to pay for health care. Through the Medicaid Waiver program, older adults who are eligible for nursing home payments can receive medical and support services that enable them to continue living at home.
207-287-3707
www.maine.gov/dhhs/ofi/applications-forms
www.maine.gov/dhhs/mainecare.shtml

Maine Alzheimer’s Association
The Maine chapter of the Alzheimer’s Association. Provides information and support for people with Alzheimer’s disease and their caregivers. Operates a 24/7 toll free help line.
383 US Route One, Suite 2C
Scarborough, Maine 04074
207-772-0115
24/7 Toll free: 1-800-272-3900
www.alz.org/maine

Maine Center for Disease Control and Prevention (CDC)
Provides information on a wide range of health issues as well as resources for further assistance.
286 Water Street, Key Plaza
8th Floor, Augusta, Maine 04333
207-287-8016
www.maine.gov/dhhs/medcdc

The Iris Network
Provides information and resources for the visually impaired.
189 Park Avenue
Portland, ME 04102
207-774-6273
www.theiris.org

Adult Protective Services
Provides education about and investigates allegations of elder abuse and neglect, including physical and sexual abuse, financial exploitation and emotional and verbal abuse. All reports are confidential.
24-hour toll free 1-800-624-8404

Office of Aging and Disability Services, SHS #11
41 Anthony Ave
Augusta, ME 04333
207-287-9200
www.maine.gov/dhhs/aps-guardianship/

Bangor VA Clinic
35 State Hospital Street
Bangor, ME 04401-8816
207-561-3600
www.va.gov/maine-health-care/locations/
State Health Insurance Program (SHIP)
The Maine SHIP is a health insurance assistance program funded by the Centers for Medicare and Medicaid Services (CMS). SHIP offers free health insurance counseling to those in Maine who have Medicare services, including:
• Additional information on Medicare
• How to enroll in the Medicare Savings Program
• How to detect and report errors
• Obtaining insurance
  1-800-432-7812 (local office-EAAA)
  1-800-262-2232 (state office)
www.maine.gov/dhhs/oads/community-support/ship.html

HELP WITH PRESCRIPTION MEDICATIONS

Maine Department of Health and Human Services
Low-cost drug program for older adults and people with disabilities. For an application, contact the Maine Department of Human Services prescription drug information line:
  1-866-796-2463 or
  207-287-3707

HOME CARE AND HOSPICE

Maine Hospice Council
A list of hospice and home health services throughout Maine.
  293 Water Street, Suite 303, Augusta, Maine 04330
  207-626-0651
www.mainehospicecouncil.org

LONG-TERM CARE

Maine Health Care Association
A description of long-term care facilities, as well as the option to enter your ZIP code to find a facility near you.
  317 State Street
  Augusta, ME 04330
  207-623-1146
www.mehca.org

Nursing Home Compare
Detailed information about every Medicare- and Medicaid-certified nursing home in the country. Enter your zip code to get comparative information on nursing homes in your area. Also provides information on other long-term care options.
www.medicare.gov/NursingHomeCompare/search.html

Maine Long-Term Care Ombudsman
The Maine Long-Term Care Ombudsman Program is a nonprofit agency whose mission is to advocate for quality of life and quality of care for long-term care consumers. Federal law and Maine law authorize staff to investigate complaints made by or on behalf of long-term care consumers and to assist consumers in exercising their rights that are guaranteed by law. The Maine Long-Term Care Ombudsman Program is here to help with information, guidance and advocacy. Our services are free and confidential.
  61 Winthrop Street
  Augusta, Maine 04330
  1-800-499-0229
www.mainelongtermcareombudsman.org

Paying for Senior Care
Understanding your options for long term care - assisted living, senior care, product reviews & medicare advantage.

Caring LLC
Charlotte NC 28232
650-312-7100
www.payingforseniorcare.com

NUTRITION SERVICES

Maine Senior FarmShare
Program participants are qualified to receive a free share ($50 worth) of first-quality, fresh, local produce from a Maine farm for 8 weeks during the growing season. Produce variety and deliver/pick-up method will vary depending on farm of choice. To take part in this program, you must:
1. Be a Maine resident, 60 years or older (55, if Native American)
2. Not be an immediate family member or live in the same household as the farmer
3. Meet income guidelines (updated annually)
For more information contact your local Area Agency on Aging
www.getrealmaine.com

Supplemental Nutrition Assistance Program (SNAP)
Offers monthly nutritional assistance for people with low income, as well as nutritional education.

Office for Family Independence
109 Capitol Street
Augusta, ME 04333
207-287-3707
www.benefits.gov/benefits/benefit-details/1272
www.maine.gov/dhhs/ofi
Transportation

SULLIVAN AND AREA RESOURCES

Downeast Community Partners
DCP provides assistance with transportation to medical appointments for those on MaineCare, volunteer drivers, SunRides Community Transit Downeast Community Partners
248 Bucksport Road
Ellsworth, ME 04605
207-664-2424
downeastcommunitypartners.org

Downeast Transportation
Downeast Transportation provides year-round shopping trips to Ellsworth & Bangor, and intern shuttle service for Bucksport, Ellsworth & Bar Harbor. They also operate the Island Explorer serving Acadia National Park and neighboring towns from June 23 thru Columbus Day. 
PO Box 914
Ellsworth, ME 04605
207-667-5796
www.downeasttrans.org

Enterprise Rent-A-Car
436 High Street
Ellsworth, ME 04605
207-667-1217
www.enterprise.com

Friends in Action
Volunteers provide free transportation to accepted clients. To access transportation or any of our volunteer services please contact Friends in Action by telephone or email. 
5 General Moore Way
Ellsworth, ME 04605
207-664-6016
www.friendsinactionellsworth.org

Mandi’s Taxi
Ellsworth, ME 04605
207-548-4234

Town Taxi
Ellsworth, ME 04605
207-548-4234

West Transportation
West Transportation provides a scheduled bus service through Washington & Hancock Counties connecting with all major bus terminals, Bangor airport. Flag stop at Young’s Market 11:55 a.m. WB; 3:35 p.m. EB, or Sullivan REC Center 12:05 p.m. WB; 3:25 p.m. EB
207-546-2823; 800-596-2823
www.westbusservice.com

Concord Coach Lines
1039 Union Street
Bangor, ME, 04401
1-800-639-3317
www.concordcoachlines.com

Bangor International Airport
287 Godfrey Boulevard
Bangor, ME 04401
207-992-4600; 866-359-2264
www.flybangor.com

Hancock County-Bar Harbor Airport
115 Caruso Drive
Trenton, ME 04605
207-667-7329
www.bhbairport.com

MAINE RESOURCES

Non-Emergency Transportation (NET)
This is a MaineCare program that provides contact information for rides to covered services.

For more information, contact MaineCare Member Services at: 1-800-977-6740
www.maine.gov/dhhs/oms/member/member_transportation.html

Housing

SULLIVAN AREA RESOURCES

Age-Friendly Sullivan “Comfortably Home”
Comfortably Home is a new collaboration with the MDI/ Ellsworth Housing Authority. Comfortably Home can help you live independently - and safely - in your own home. Their professionals make minor repairs and basic accessibility and safety improvements at NO cost to you. They work with you to create a work plan to meet your needs. Their services improve your home’s safety and give you peace of mind. You make all the decisions and Comfortably Home takes care of the rest—planning, design, materials and installation. For more information, contact Jeanne Edwards at 207.422.0995, or email: gandjedwards@gwi.net

Downeast Community Partners
Assistance with a variety of programs including housing, fuel assistance, transportation, weatherization, and other basic needs.
• Fix ME Home Improvement program
• Friendship Cottage; At Home Downeast; At Home MDI
• Weatherization projects
• Home-based or micro business loan programs
• Incubator without walls project
• Home energy assistance (LiHEAP); THAW Fund; Heating system upgrades

248 Bucksport Road
Ellsworth, ME 04605
207-664-2424
downeastcommunitypartners.org

MDI/Ellsworth Housing Authority
MDI/Ellsworth Housing Authority administers public housing programs and Section 8 Rental Assistance;
www.emdiha.org

Bridge Hill Apartments
Circle Drive
Ellsworth, ME 04605
207-947-6795
Maine Development Associates
PO Box 2219
Bangor, ME 04402-2219
mainedvelopment.com

Eastland Park Way (across from Ellsworth High School)
State Street
Ellsworth, ME 04605
207-947-6795
Maine Development Associates
PO Box 2219
Bangor, ME 04402-2219
maineddevelopment.com

Leonard Lake Senior Housing
26 units of senior rental housing, 22 one-bedroom units and 4 two-bedroom units with associated senior center and public park. Affordability limits ≤ 60% AMI for all units.

Wood Street & Shore Drive
Ellsworth, ME 04605
FMI: Call 207.866.4634
Housing Foundation, Orono, ME

Meadowview Apartments
25 Tweedie Lane
Ellsworth, ME 04605
207-667-2651
www.mvapts.org

Mill Stream Heights
20 Hillcrest Drive
Winter Harbor, ME 04693
207-546-7800
www.millstreamheights.com

Oriole Way Apartments
Housing for families, elderly, disabled. Heat included, community room, on-site laundry facilities (income restrictions apply). Housing choice vouchers, BRAP and other subsidies accepted.

Oriole Way (Off Washington Street)
Ellsworth, ME
207-621-7700
www.ccrealtymanagement.com

Pinebook-Franklin
Senior Apartments
10 Pine Brook
Franklin, ME 04634
1-800-338-8538
www.pinebrookapthomes.com

Straw Way Housing
Straw Way is located on quiet Water Street, yet is still within walking distance to the Ellsworth Shopping Center. Property features include on-site laundry, tenant storage, and a community room. A resident services coordinator has regular on-site availability and is a resource for tenants.

7-19 Straw Way (Water Street)
Ellsworth, ME. 04605
207-866-4634
www.penquis.org

Union River Estates
430 Water Street
Ellsworth, ME 04605
207-288-4770
www.emdiha.org

MAINE RESOURCES

HOUSING ASSISTANCE

MaineHousing
Homebuyer/Homeowner programs, renter programs, energy assistance, homeless programs and assistance for multi-family developers.
1-800-452-4668 or 207-626-4600
www.mainehousing.org

Rural Housing Assistance
The USDA’s Single Family Housing and Low-Income Housing Repair program provides loans and grants to very low income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.
USDA Rural Development State Office
967 Illinois Avenue
Bangor ME 04401
207-990-9160
www.rd.usda.gov

CHOOSING A SENIOR LIVING COMMUNITY

Assisted Living Directory
A list of Maine’s assisted living facilities and services.
PO Box 45829
Seattle, WA 98145-0826
1-855-221-9611
www.assistedliving.org/maine

SULLIVAN, MAINE AGE-FRIENDLY RESOURCE GUIDE

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**SULLIVAN RESOURCES**

**Frenchman Bay Library**
FBL has an outstanding collection of books both print, large print and audio CD, plus DVD and VCR films, reference books and offers free wifi and computers. Activities include book club, guest speakers, programs on assorted topics of interest, pj story time, as well as social projects and support groups.

1776 US Highway 1
Sullivan, ME 04664
207-422-2307
www.fredurban.wixsite.com/fb-library-web-site

**Friends of Taunton Bay**
Friends of Taunton Bay maintains the Taunton Bay Educational Center at Gordon's Wharf, Wharf Road off Taunton Drive, Sullivan, ME 04664.

PO Box 411
Hancock, ME 04640
www.friendsoftauntonbay.org

**RSU24 Adult & Community Education**
RSU24 Adult & Community Education supports and trains community members in Eastern Hancock County & beyond. The course catalog is mailed to homes within the school district and is available online.

1888 US Highway 1
Sullivan, ME 04664
207-422-4794
www.rsu24.maineadulted.org

**SULLIVAN-SORRENTO HISTORICAL SOCIETY & URANN HOUSE**
Our Historical Society is 42 years young and we have approximately 15,000 items archived. Here you can find information on local mining, ship building, genealogy and the summer colony. The Paul Urann House is one of the earliest frame houses in the community. SSHS is restoring this building to be used as an interactive educational tool for the community.

1776 US Highway 1
Sullivan, ME 04664
207-422-0995
www.sullivansorrentohistory.org

**Sorrento-Sullivan Recreation Center & Playground**
The Sorrento-Sullivan Recreation Center is available for rental to individuals & the community for events, auctions, beano, community meals, weddings, etc. The playground, basketball hoops and skatepark are available during daylight hours, at your own risk.

1776 US Highway 1
Sullivan, ME 04664
207-422-6405

**HANCOCK COUNTY RESOURCES**

**Acadia Senior College**
Acadia Senior College offers courses and activities to persons at least 50 year of age. There are no exams, grades, diplomas or degrees required for participation. Courses include both traditional, reading-related courses and non-traditional “hands-on” courses & activities.

PO Box 475
Southwest Harbor, ME 04679
207-288-9500
acadiaseniorcollege.org

**Downeast Family YMCA**
DEFY offers healthy living classes and personal training. The Down East Family YMCA Fitness Department is committed to helping individuals meet their health and wellness goals through access to quality programs, state of the art equipment and personalized coaching, regardless of an individual’s age or ability. The Aquatics Department manages the pool and all of the Aquatic programs, including Lap Swim and Open Swim, Youth Lessons, Swim Team, Masters Swim, Adult Aerobics, and more. Sullivan is a supporting community, which allows residents to access the YMCA at reduced cost.

238 State Street
Ellsworth, ME 04605
207-667-3086
www.defymca.org

**Frenchman Bay Conservancy**
Frenchman Bay Conservancy conserves distinctive ecosystems, lands, and waters for the benefit of all, from the Union River and Frenchman Bay watersheds east to the Hancock County line. Frenchman Bay Conservancy maintains more than 25 miles of year-round public access hiking trails for nature observation, cross-country skiing, snowshoeing and hunting. We protect access for the public to enjoy scenic vistas, sandy beaches, rocky coastlines and mudflats for recreation and commercial access including clam and worm harvesting. FBC offers free Monday Music at Tidal Falls each summer. A food truck is onsite offering food for purchase.

72 Tidal Falls Road
Hancock, ME 04640
207-422-2328
www.frenchmanbay.org
Friends in Action
Senior Center offers social programs, arts & enrichment programs, health & wellness programs.
5 General Moore Way
Ellsworth, ME 04605
207-664-6016
www.friendsinactionellsworth.org

Hancock County Women’s Club
Hancock Community Center
1416 US Route 1
Hancock, ME 04640
FMI, call Mary Lou 207-422-3756

Schoodic Arts for All
Schoodic Arts for All offers cultural opportunities year-round for the Schoodic peninsula communities, culminating in a 2-week summer festival of workshops, theater, concerts and activities open to all.
427 Main Street
Winter Harbor, ME 04693
207-963-2569
www.schoodicartsforall.org

Schoodic Mountain & Schoodic Beach
within the Donnell Pond Public Lands Unit are accessed from ME Route 183/Tunk Lake Road, on gravel Schoodic Beach Road, Sullivan, ME 04664
www.mainetrailfinder.com

Sullivan Harbor Boat Ramp
This location provides access to Frenchman Bay west of Sorrento for recreational and commercial boat use. Parking is limited, please be respectful of neighbors.
Off Miramar Drive
Sullivan, ME 04664

Sullivan Harbor Field & Jewell-Russell Family Memorial Tennis Court
The tennis court is open dawn to dusk.
Located at the corner of Benvenuto Ave & Miramar Drive
Sullivan, ME 04664

Sullivan-Sorrento Recreation Center & Playground
Playground is open dawn to dusk; includes a walking trail, skatepark, basketball court and children's playground. Use at your own risk.  
1776 US Highway 1
Sullivan, ME 04664

Sunrise Trail
A multi-use corridor trail connecting Ellsworth to Calais, through Sullivan.
Parking and access available off Route 183, Tunk Lake Road, Sullivan, ME 04664
www.sunrisetrail.org

Outdoor Spaces and Buildings

SULLIVAN RESOURCES

Flanders Pond Beach and Boat Launch
Flanders Pond is 535 acres, 7.3 mile perimeter, 14-32 feet depth, stocked annually.
Flanders Beach Road—off Tunk Lake Road (Route 183), Sullivan, ME 04664

Flanders Bay Boat Launch
This location provides access to Frenchman Bay east of Sorrento for recreational and commercial boat use. Parking is limited, please be respectful of neighbors.
Town Landing Road (opposite Route 183) off US Route 1
Sullivan, ME 04664

Frenchman Bay Conservancy
FBC maintains several trails and preserves in Sullivan including Baker Hill Preserve, Schoodic Bog Preserve, Little Tunk Pond Preserve 72 Tidal Falls Road, PO Box 150
Hancock, ME 04640
207-422-2328
www.frenchmanbay.org

Gordon’s Wharf
Gordon’s Wharf, a historic site, offers access to Taunton Bay with a ramp & float for recreational boat & kayak launch. This site also provides commercial access for loading & unloading seafood.
www.frenchmanbay.org
KidsQuest has an interactive display of the granite industry at this location.
www.schoodicbyway.org
Wharf Road (off Taunton Drive)
Sullivan, ME 04664

MAINE RESOURCES

Maine Senior Guide
An online resource offering information on all things seniors, including a variety of social opportunities. Search by region or town to find entertainment events, social groups, senior education, and travel or recreational opportunities.
www.maineseniorguide.com

Maine Senior College Network
Program of University of Southern Maine, offers online classes
www.mainepeercollege.org

SULLIVAN, MAINE AGE-FRIENDLY RESOURCE GUIDE
HANCOCK COUNTY RESOURCES

Acadia National Park
ANP is located on Mount Desert Island, Isle au Haut, and Schoodic Point. ANP, the only National Park in Maine, offers 125 miles of hiking trails and 45 miles of carriage roads. Kayaking and canoeing are popular activities. Two beaches offer salt water or fresh water in which to swim. A variety of ranger-led programs will introduce you to Acadia’s diverse natural and cultural history.

Hulls Cove Visitor Center
Route 3, Bar Harbor, ME 04609
207-288-3338
www.nps.gov

Blink Bonnie Golf Course
Established in 1916, Blink Bonnie is a rare jewel on the rugged Maine coast, echoing the more storied layouts of St. Andrews and Royal Troon, Scotland. This open, links-style, 9-hole walking course, with its exquisitely manicured bentgrass greens and stunning views of Flanders Bay from every tee box, is open to the public seven days a week. Alternate tee box locations offer golfers diverse nine-hole options, promising a unique golf experience with every outing.
89 East Side Road
Sorrento, ME 04677
207-422-3930
www.sorrentovia.org/copy-of-golf

Frenchman Bay Conservancy
FBC maintains public trails and preserves throughout Hancock County.
72 Tidal Falls Road
Hancock, ME 04640
207-422-2328
www.frenchmanbay.org

Lamoine State Park
Lamoine State Park is a public recreation area occupying 55 acres on the shore of Frenchman’s Bay in the town of Lamoine. Open 9am to sunset from May 15th to October 15th. Campground facility, boat launch ramp picnic area, playground and showers are amenities offered. Visitors may continue to enjoy the park during the off season by parking outside the gate and walking in during these same hours. Facilities are closed during the off season.
23 State Park Road (off Route 184)
Lamoine, ME 04605
207-667-4778 (in season, May 15th-October 15th)
207-941-4014 (off season)
www.maine.gov/dacf/parks

Maine Trail Finder
A free online recreational resource for finding trails in Maine that can be located by county. Includes a variety of 4-season trail activities with a range of difficulty levels.
www.mainetrailfinder.com

MAINE RESOURCES

Bureau of Parks and Lands
Provides information on Maine’s parks and recreational opportunities for all ages.
Department of Agriculture, Conservation and Forestry (DACF)
22 State House Station
18 Elkins Lane
Augusta, Maine 04333
207-287-3200
www.maine.gov/dacf/parks/

SULLIVAN RESOURCES

VOLUNTEERING

Town of Sullivan
Sullivan needs volunteers for the following committees: Planning Board, Appeals Board, Budget Committee, Parks & Recreation, Age-Friendly Sullivan, Memorial Day Observance, Sullivan Daze, HolidayTree Lighting Ceremony, Earth Day cleanup, Friendly Caller Program, Community Garden, Cemetery Committee, Sand Bucket Brigade, Circle of Friends.
1888 US Highway 1
Sullivan, ME 04664
207-422-6282
www.sullivannmaine.org

Sullivan Volunteer Fire & Rescue
SVFR needs trained volunteer fire and rescue personnel
207-422-3220
www.facebook.com/Sullivanfirerescue

Frenchman Bay Library
FBL needs volunteers to serve on the Board of Trustees, Storytime readers, book sale and other event participants and coordinators.
1776 US Highway 1
Sullivan, ME 04605
207-422-2307
www.fredurban.wixsite.com/fb-library-web-site
**Friends of Taunton Bay**  
Maintains the Taunton Bay Educational Center at Gordon’s Wharf, Wharf Road off Taunton Drive, Sullivan, ME 04664.  
PO Box 411  
Hancock, ME 04640  
www.friendsoftauntonbay.org

**Protecting Animals Welfare (P.A.W.)**  
PAW is an animal advocacy group of volunteers.  
Contact Marie Zwicker, Sullivan Animal Control Officer; 207-460-8920

**Sullivan Animal Food**  
Sullivan Animal Food Eatery (Pet Pantry) and Sullivan Thrift Store needs volunteers to serve customers / clients during open hours Tuesdays & Saturdays.  
1776 US Highway 1  
Sullivan, ME 04664

**Sullivan-Sorrento Historical Society & Urann House,**  
Volunteers are needed to catalog donated items, serve on the Board of Directors, provide programs, assist in renovations to the Urann House, etc.  
1776 US Highway 1  
Sullivan, ME 04664  
207-422-0995  
www.sullivansorrentohistory.org

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**HANCOCK COUNTY RESOURCES**

**Frenchman Bay Conservancy**  
FBC succeeds in land conservation with the help of a small army of volunteers. We have an all-volunteer board. We rely on volunteer preserve advocates to monitor and help maintain over 25 miles of trails. During the summer/fall months, FBC maintains a weekly stewardship volunteer day and we also host clean-up days at specific preserves on other days. If you enjoy hiking and getting out to FBC preserves, you will enjoy being a volunteer steward. We welcome all ages and ability levels.  
71 Tidal Falls Road  
Hancock, ME 04640  
207-422-2328  
www.frenchmanbay.org

Also contact social service agencies listed under Community Health & Support as they will offer many volunteer opportunities.

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**MAINE RESOURCES**

**Volunteer Maine**  
Provides information on volunteer opportunities throughout Maine. Search can be narrowed to specifics such as to interest, age, and location.  
[www.volunteermaine.org](http://www.volunteermaine.org)

**Score Maine**  
A nonprofit organization that provides mentoring and assistance, including free and low-cost workshops and advice, to emerging and existing small businesses in Maine.  
100 Middle Street, 2nd Fl.  
Portland, Maine 04101  
207-536-1143  
[www.scoremaine.org/us/](http://www.scoremaine.org/us/)

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**SULLIVAN RESOURCES**

**FAITH COMMUNITIES**

**Ashville Community Church**  
149 Ashville Road  
Sullivan, ME 04664  
207-460-5850  
www.facebook.com/ashvillecommunitychurch

**Charleston Downeast Church**  
2505 US Highway 1  
Sullivan, ME 04664  
207-944-8562  
www.facebook.com/ccchurchdowneast

**Sullivan Harbor Baptist Church**  
34 Harbor View Drive  
Sullivan, ME 04664  
207-669-5234  
https://sullivan-baptist.faithlifesites.com

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**AREA RESOURCES**

**FAITH COMMUNITIES**

**Ellsworth Assembly of God**  
131 Beechland Road  
Ellsworth, ME 04605  
207-667-8998  
[www.ellsworthassembly.org](http://www.ellsworthassembly.org)
**Ellsworth Seventh-day Adventist Church**  
8 Friendship Way  
Ellsworth, ME 04605  
207-200-3315  
www.ellsworthme.adventistchurch.org

**St. Joseph’s Catholic Church**  
231 Main Street  
Ellsworth, ME 04605  
207-667-2342  
www.stjosephellsworth.org

**St. Thomas Anglican Church**  
373 Bangor Road  
Ellsworth, ME 04605  
207-667-2001

**The Church of Jesus Christ of Latter-day Saints**  
130 Beechland Road  
Ellsworth, ME 04605  
207-667-7919  
www.lds.org  
www.churchofjesuschrist.org

**Kingdom Hall of Jehovah’s Witnesses**  
84 Christian Ridge Road  
Ellsworth, ME 04605  
207-667-4073  
and  
20 US Route 1  
Steuben, ME 04680  
207-546-7911  
www.jw.org

**St. Andrew Lutheran Church**  
175 Douglas Highway  
Ellsworth, ME 04605  
207-667-7641  
www.standrewme.org

**St. Dunstan’s Episcopal Church**  
134 State Street  
Ellsworth, ME 04605  
207-667-5495  
www.stdunstansellsworth.org

**St. Dunstan’s Episcopal Church**  
134 State Street  
Ellsworth, ME 04605  
207-667-5495  
www.stdunstansellsworth.org

**St. Dunstan’s Episcopal Church**  
134 State Street  
Ellsworth, ME 04605  
207-667-5495  
www.stdunstansellsworth.org

**Maine Resources**

**Senior Corps**  
Connects adults 55+ with community organizations that need them most. Contribute life skills and experience or learn new ones in your role as a foster grandparent, senior companion, or other volunteer activity.  
www.nationalservice.gov/programs/senior-corps  
www.americorps.gov/serve/americorps-seniors

**Sullivan Resources**

**Town of Sullivan**  
www.sullivanmaine.org is the official Town of Sullivan website. Links to town officials, committees, other community resources, organizations, and schools are available. Age-Friendly Sullivan maintains a page on the Town website.  
FACEBOOK:  
www.facebook.com/townofsullivan  
www.facebook.com/age-friendly-sullivan-1192198310917341  
www.facebook.com/sullivanfirerescue

**The Sullivan Town Crier**  
The Sullivan Town Crier is published online and printed copies are available by mail or pickup at the town office.

**Hancock County Resources**

**Bangor Daily News**  
Published daily  
www.bangordailynews.com

**Ellsworth American**  
Published weekly  
www.ellsworthamerican.com
**MAINE RESOURCES**

**211 Maine**
2-1-1 Maine is a comprehensive statewide directory of over 8,000 health and human services available in Maine. The toll free 2-1-1 hotline connects callers to trained call specialists who can help 24 hours a day, 7 days a week. Finding the answers to health and human services questions and locating resources is as quick and easy as dialing 2-1-1 or visiting: [www.211maine.org](http://www.211maine.org)

**LEGAL SERVICES**

**Legal Services for the Elderly (LSE)**
Provides free legal services statewide to people aged 60 and over. Priority is given to those who are socially or economically needy. LSE has offices in Augusta, Bangor, Lewiston, Presque Isle and Scarborough. Staff attorneys provide representation in matters concerning access to long-term care, physical abuse or financial exploitation, public benefits, evictions, foreclosure and other issues.

LSE provides free legal information and brief services from Helpline attorneys over the phone on a wide variety of issues. For clients who need extended assistance, LSE may make a referral to one of its regional offices.

5 Wabon Street
Augusta, ME 04330
Legal Helpline Statewide
1-800-750-5353
207-621-0087
[www.mainelse.org](http://www.mainelse.org)