



**BAR HARBOR, MAINE**  
**AGE-FRIENDLY RESOURCE GUIDE**  
A collaboration of Maine AARP, Bar Harbor Town Office  
& Bar Harbor Age-Friendly



# Table of Contents

**Public Safety** .....Page 1

**Community Support & Health Services**

    Healthcare.....Pages 1-10

**Social Service Resources**

    Community Service Assistance Organizations.....Pages 10-11

    Food Assistance.....Pages 11-12

    Homecare and Long-term Care .....Pages 13

    Transportation.....Pages 13-14

    Housing.....Pages 15-16

    Social Participation & Education.....Pages 1-17

    Outdoor Spaces.....Page 17-18

    Civic Participation & Employment.....Pages 18

    Communication & Information.....Pages 21-22

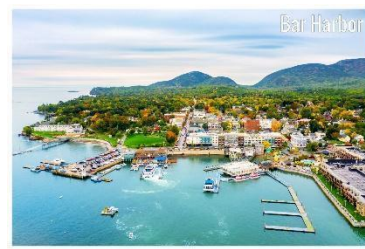
    Legal Services.....Page 22



Main Street in Bar Harbor



Town of Bar Harbor Municipal Building



Bar Harbor from Bar Island

Bar Harbor is a town on Mount Desert Island along Maine’s Frenchman Bay. It serves as a gateway to the mountains and cliffs of neighboring Acadia National Park. Towering over the park, Cadillac Mountain has trails and views of the town, the bay and the Cranberry Islands. Sand Beach is ringed by mountains. From the town pier, the Shore Path winds along the bay overlooking the Atlantic Ocean and the Porcupine Islands. Area: 63.11 mi<sup>2</sup>; Founded: February 23, 1796; Weather: 55°F (13°C), Wind S at 14 mph (23 km/h), 74% Humidity; Population: 5,535 (2018).

Please note that all content is subject to change based on provider. If you have any suggestions or additions to this Resource Guide, please email to [afc@barharbormaine.gov](mailto:afc@barharbormaine.gov) or call 288-4098.

## **PUBLIC SAFETY**

**NOTE: IN CASE OF EMERGENCY, CALL 911**

Bar Harbor Public Safety (non-emergency number) 207-288-3391

Department of Health & Human Services - Adult Protective Services: 1-800-624-8404

Department of Health & Human Services - 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 Center: 1-800-222-1222

## **COMMUNITY SUPPORT AND HEALTH SERVICES**

### **HEALTHCARE**

#### **Mount Desert Island Hospital**

10 Wayman Ln

Bar Harbor, ME 04609

207-288-5081

[www.mdihospital.org](http://www.mdihospital.org)

MDI Hospital serves the island and surrounding communities through a 25-bed critical access facility in Bar Harbor and a network of area health centers, listed below.

#### **MDI Hospital Integrated Care Team**

The Integrated Care Team works with patient-centered medical homes and health homes to identify patients who need additional support and link them to that support within the practice, in the healthcare environment, or in the community.

Contact: Director of Care Management and Outpatient Services 207-288-5082 ext. 7801

#### **Cadillac Family Practice**

322 Main Street

Bar Harbor, ME 04609

207-288-5119

#### **Community Health Center**

16 Community Lane

Southwest Harbor, ME 04679

207-244-5630

#### **Lisa Stewart Women's Health Center**

330 Main Street

Bar Harbor, ME 04609

207-288-8100

#### **Cooper Gilmore Health Center**

17 Hancock Street

Bar Harbor, ME 04609

207-288-5024

**Trenton Health Center**  
394 Bar Harbor Road  
Trenton, ME 04605  
207-667-5899

**Ellsworth Free Clinic**  
248 State Street, #16;  
Ellsworth, ME 04605  
207-667-7953  
[www.ellsworthfreeclinic.org](http://www.ellsworthfreeclinic.org)

**Northern Light Maine Coast Hospital**  
50 Union Street  
Ellsworth, ME 04605  
207-664-5311  
[www.mcmhospital.org](http://www.mcmhospital.org); [www.northernlighthealth.org](http://www.northernlighthealth.org)

**Convenient MD Urgent Care**  
235 High Street  
Ellsworth, ME 04605  
207-412-5200

**For Specialist Providers- Contact your physician.**

**REHABILITATION –**  
**ACUPUNCTURIST & NATUROPATHIC SERVICES**

**Acadia Naturopathic Med Clinic**  
53 Church Street  
Ellsworth, ME 04605  
207-664-0780  
[www.acadianaturopathic.com](http://www.acadianaturopathic.com)

**Maine Coast Acupuncture & Herbal Medicine**  
58 Oak Street  
Ellsworth, ME 04605  
207-812-8747  
[www.leaelliottlac.com](http://www.leaelliottlac.com)

**54 Herrick Wellness Collective**  
54 Herrick Road  
Southwest Harbor, ME 04679  
207-244-8208  
[www.54herrick.com](http://www.54herrick.com)

## **REHABILITATION SERVICES –PHYSICAL & OCCUPATIONAL THERAPY**

### **Northern Light Maine Coast Rehabilitation Services**

65 Church Street  
Ellsworth, ME 04605  
207-664-5472  
[www.northernlighthealth.org](http://www.northernlighthealth.org)

### **UBE Physical Therapy and Performance**

14 Vittum Road, Building 1  
Ellsworth, ME 04605  
207-992-4000  
[www.ube-more.com](http://www.ube-more.com)

## **REHABILITATION SERVICES - CHIROPRACTIC SERVICES**

### **Bar Harbor Chiropractic & Wellness Center**

24 1<sup>st</sup> South Street  
Bar Harbor, ME 04609  
207-288-0755  
[www.barharborchiropractic.com](http://www.barharborchiropractic.com)

### **Gerrish Chiropractic Services**

276 ME-3  
Bar Harbor, ME 04609  
207-288-3980  
[www.gerrishchiro.com](http://www.gerrishchiro.com)

## **REHABILITATION & NURSING HOMES**

### **Courtland Rehabilitation Center- Rehabilitation, Skilled Nursing, Long Term Care.**

42 Bucksport Road Ellsworth, ME 04605  
207-667-9036; 866-414-4548  
[www.northcountryassociates.com](http://www.northcountryassociates.com)

### **Maine Veterans' Home- Rehabilitation, Skilled Nursing, Long Term Care**

44 Hogan Road Bangor, ME 04401  
207-942-2333  
[www.mainevets.org](http://www.mainevets.org)

### **Seaport Village- Skilled Nursing, Rehabilitation, Long Term Care**

19 General Moore Way Ellsworth, ME 04605  
207-667-9336  
[www.seaport-village.com](http://www.seaport-village.com)

## **MENTAL HEALTH & SUBSTANCE ABUSE COUNSELING SERVICES**

### **Acadia Family Center - Outpatient Alcohol, Substance Abuse & Mental Health Treatment**

1 Fernald Point Road Southwest Harbor, ME 04679  
207-244-4012  
[www.acadiafamilycenter.org](http://www.acadiafamilycenter.org)

### **Atlantic Counseling, Kip Young, Licensed Alcohol & Drug Counselor**

20 Oak Street Ellsworth, ME 04605  
207-664-1500 [www.atlanticsac.net](http://www.atlanticsac.net)

### **Community Health & Counseling Services**

52 Christian Ridge Road  
Ellsworth, ME 04605  
207-667-5357  
[www.chcs-me.org](http://www.chcs-me.org)

### **Open Door Recovery Center-Substance Abuse & Mental Health Treatment**

8 Old Mill Road  
Ellsworth, ME 04605  
207-667-3210  
[www.opendoorrecoverycenter.org](http://www.opendoorrecoverycenter.org)

### **Outpatient Chemical Dependency**

59 Franklin Street  
Ellsworth, ME 04605  
207-667-2730

## **HOME CARE & HOSPICE**

### **Mount Desert Nursing Association – Nursing, Physical & Occupational Therapy, Home Health**

12 Summit Road  
Northeast Harbor, Maine  
207-276-5184  
[www.mountdesertnursing.org](http://www.mountdesertnursing.org)

### **Northern Light Homecare & Hospice**

65 Church Street  
Ellsworth, ME 04605  
207-664-5472  
[www.mcmhospital.org](http://www.mcmhospital.org); [www.northernlighthouse.org](http://www.northernlighthouse.org)

### **Cahoon Care Associates, LLC- offering in home care**

192 Main Street, Suite #9  
Ellsworth, ME 04605  
207-667-0870, [www.cahooncare.com](http://www.cahooncare.com)

**Hospice Volunteers of Hancock County – Education, Non-medical Assistance,  
Grievance Counseling, In Home Support**

14 McKenzie Avenue  
Ellsworth, ME 04605

207-664-5170,

[www.hospiceofhancock.org](http://www.hospiceofhancock.org)

**Loving Touch in Home Care- offering in home care**

Main Street

Ellsworth, ME 04605

207-667-1900

[www.lovingtouchinhomecare.com](http://www.lovingtouchinhomecare.com)

**One Step Home Care**

351 Christian Ridge Road

Ellsworth, ME 04605

207-667-7926

[www.onestephomecare.com](http://www.onestephomecare.com)

**DENTISTRY**

**Bar Harbor Dental Group**

Mathilde A. C. Reznik, D.M.D

333 Main Street

Bar Harbor, ME 04609

207-669-4565

[www.barharbordentalgroup.com](http://www.barharbordentalgroup.com)

**Dr. C.S. Mallar**

1357 State Highway 102

Bar Harbor, ME 04609

207-667-8778

[www.drsmaller.com](http://www.drsmaller.com)

**Community Dental Center**

4 Community Lane

Southwest Harbor, ME 04679

207-244-2888

[www.mdihospital.org/health-centers/dental-center](http://www.mdihospital.org/health-centers/dental-center)

**Hardy Orthodontics**

47 Park Street

Ellsworth, ME 04605

207-667-5013

[www.hardybraces.com](http://www.hardybraces.com)

**Midcoast Denture Design, P.C.**  
23 Carriage Way, Suite 1  
Ellsworth, ME 04605  
207-667-6222  
[www.midcoastdenturedesignmaine.com](http://www.midcoastdenturedesignmaine.com)

**Northeast Oral & Maxillofacial**  
4 Union Street  
Ellsworth, ME 04605  
207-667-0568  
[www.northeastoralsurgeryme.com](http://www.northeastoralsurgeryme.com)

**Smile Design Ellsworth**  
382 State Street  
Ellsworth, ME 04605  
207-664-2474  
[www.smiledesignellsworth.com](http://www.smiledesignellsworth.com)

## **EYE CARE**

**Albert, Paul K. OD**, Optometrist  
125 Oak Street  
Ellsworth, ME 04605  
207-667-4237 [www.drpaulalbertmaine.com](http://www.drpaulalbertmaine.com)

**Blom, Dr. Margaret L. MD** - Ophthalmologist  
35 Eastward Lane  
Ellsworth, ME 04605  
207-667-5999

**Coastal Eye Care** - Lawrence Piazza, MD, Isaac Rudloe, MD, Ophthalmologist  
128 Bucksport Road  
Ellsworth, ME 04605  
207-667-6300  
[www.coastaleyecare.net](http://www.coastaleyecare.net)

**Downeast Eye-** Dr. Timber Gorman  
371 Bar Harbor Road  
Trenton, ME 04605  
207-667-9690  
[www.downeasteyemd.com](http://www.downeasteyemd.com)

**Eyes PA** - Michael Gonyea OD, Jessica Barbay OD, Optometrists  
82 Water Street  
Ellsworth, ME 04605  
207-667-8615  
[www.eyes-pa.com](http://www.eyes-pa.com)



**Frank B. Pierson Optician LLC**

83 Main Street  
Ellsworth, ME 04605  
207-667-8879

[www.opticiansellsworthmaine.com](http://www.opticiansellsworthmaine.com)

**Sylvan Retina-** Catherine Meyerle, MD, Ophthalmologist, Retina Specialist

358 Bangor Road  
Ellsworth, ME 04605  
207-801-1477

**AUDIOLOGY**

**Acadia Hearing Center**

18 High Street  
Ellsworth, ME 04605  
207-667-4014

[www.acadiahearing.com](http://www.acadiahearing.com)

**Audiology Center of Maine**

77 Beechland Road  
Ellsworth, ME 04605  
207-664-2123

[www.audiologymaine.com](http://www.audiologymaine.com)

**PHARMACY**

**Carroll Drug Store**

3 Village Green Way  
Southwest Harbor, ME 04679  
207-244-5588

[www.carrolldrugstore.com](http://www.carrolldrugstore.com)

**Hannaford Pharmacy Bar Harbor**

86 Cottage Street  
Bar Harbor, ME 04609  
207-288-0421

[www.hannafoRoadcom](http://www.hannafoRoadcom)

**Hannaford Pharmacy Ellsworth**

225 High Street  
Ellsworth, ME 04605  
207-667-3732

**Shaws Osco Pharmacy**

175 High Street  
Ellsworth, ME 04605  
207-669-3005

[www.shaws.com](http://www.shaws.com)

**Walgreens Pharmacy Bar Harbor**

34 Cottage Street  
Bar Harbor, ME 04609  
207-288-2222

[www.walgreens.com](http://www.walgreens.com)

**Walgreens Pharmacy Ellsworth**

226 High Street  
Ellsworth, ME 04605  
207-664-0952

**Walmart Pharmacy**

17 Myrick Street  
Lamoine, ME 04605  
207-667-2644  
[www.walmart.com](http://www.walmart.com)

**SOCIAL SERVICE RESOURCES****ALCOHOLICS ANONYMOUS**

[www.cso@csoamaine.org/meetings](mailto:www.cso@csoamaine.org/meetings)

**Beth C. Wright Cancer Resource Center**

23 Commerce Park  
Ellsworth, ME 04605  
207-664-0339  
[www.bethwrightcancercenter.org](http://www.bethwrightcancercenter.org)

**Don & Beth Straus Center – Adult Day Program**

25 Village Inn Road  
Bar Harbor, ME 04609  
207-288-8014

**Downeast Community Partners** – Community Action Partner Agency (Cap Agency)  
working with community members to improve the quality of life in Downeast communities

248 Bucksport Road  
Ellsworth, ME 04605  
207-664-2424  
[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

**Eastern Area Agency on Aging-** assistance with benefits, caregivers, nutrition, legal services, tax & rent referral

450 Essex Street  
Bangor, ME 04401  
800-432-7812  
[www.eaaa.org](http://www.eaaa.org)

**Friendship Cottage- Adult Day Care**

118 Ellsworth Rd  
Blue Hill, ME 04614  
207-374-5612  
[www.whcacap.org](http://www.whcacap.org)

**Healthy Acadia** – Community health coalition working to build healthy communities

140 State Street, Suite 1  
Ellsworth, Maine 04608  
207-667-7171  
[www.healthyacadia.org](http://www.healthyacadia.org)

**Health Equity Alliance** (formerly Down East Aids Network) - committed to providing direct service, advocacy, education, and outreach for Maine's marginalized populations.

25A Pine Street

Ellsworth, ME 04605

207-667-3506

[www.mainehealthequity.org](http://www.mainehealthequity.org)

**Maine Seacoast Mission** – is committed to working with people's strengths and honoring the capacity of individuals to choose their own course in life.

P.O. Box 600

6 Old Firehouse Lane

Northeast Harbor, ME 04662

207-288-5097

[www.seacoastmission.org](http://www.seacoastmission.org)

**NA Narcotics Anonymous** - NA meets at Open Door Recovery Center

8 Old Mill Road

Ellsworth, ME 04605

[www.namaine.org](http://www.namaine.org)

NA meets at St. Dunstan's Episcopal Church

134 State Street

Ellsworth, ME 04605

[www.namaine.org](http://www.namaine.org)

**Next Step Domestic Violence Project**-provides support services for anyone affected by violence at home

733 Bangor Road

Ellsworth, ME 04605

207-667-0176

DV hotline 800-315-5579

[www.nextstepdvproject.org](http://www.nextstepdvproject.org)

## **FOOD ASSISTANCE**

### **Bar Harbor Food Pantry**

Supporting and nourishing our community in Hancock County, Maine through dignified access to healthy food.

36 Mount Desert Street

Bar Harbor, ME 04609

207 288 3375

[www.bhpantry@bhfp.org](http://www.bhpantry@bhfp.org)

### **Common Good Soup Kitchen**

Drive up food pantry and home food deliveries

19 Clark Point Road

Southwest Harbor, ME 04679

(207) 244-3007

**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.

1-877-353-3 771 or 207-287-7526

[www.getrealmaine.com](http://www.getrealmaine.com)

**Meals On Wheels**

MDI Housing Authorities' Healthy Life Cafe /Eastern Area Agency on Aging provides well balanced, hot noontime meals for older adults on Mount Desert Island.

80 Mount Desert Street Bar Harbor, ME 04609

207 288 4770 ext 121

**Open Table MDI**

The focus of Open Table MDI is to provide residents of Mount Desert Island with healthy and local food options. Currently, offering free weekly take-out suppers and food boxes (delivery available) For more information, please contact: [opentablemdi@gmail.com](mailto:opentablemdi@gmail.com) or text/call 207.664.9026. Visit our website for details about our programs: [www.opentablemdi.org](http://www.opentablemdi.org)

**Share the Harvest: Beech Hill: COA**

171 Beech Hill Road

Mount Desert, ME 04660

Email: [sharetheharvest@coa.edu](mailto:sharetheharvest@coa.edu)

207-801-1915

[www.coa.edu/farms/beece-hill-farm/share-the-harvest/](http://www.coa.edu/farms/beece-hill-farm/share-the-harvest/)

**Supplemental Nutrition Assistance Program (SNAP)**

Offers monthly nutritional assistance for people with low income, as well as nutritional education.

Office for Family Independence

11 State House Station

19 Union Street

Augusta, ME 04333

207-624-4168

[www.benefits.gov/benefits/benefit-details/1272](http://www.benefits.gov/benefits/benefit-details/1272)

**West Side Food Pantry** - Services: Vouchers to three local grocery stores

Street John Episcopal Church

315 Main Street

Southwest Harbor, ME 04679

Contact: Dean Henry: (207) 664-8615 or [westsidefoodpantry@gmail.com](mailto:westsidefoodpantry@gmail.com)

[www.westsidefoodpantry.org](http://www.westsidefoodpantry.org)

**STATE OF MAINE HOMECARE & HOSPICE ASSISTANCE**

**Maine Hospice Council**- A list of hospice and home health services throughout Maine.

293 Water Street Suite 303

Augusta, ME 0433

207-626-0651

[www.mainehospicecouncil.org](http://www.mainehospicecouncil.org)

## **STATE OF MAINE LONG-TERM CARE ASSISTANCE**

### **Maine Health Care Association**

A description of long-term care facilities.

317 State Street

Augusta, ME 04330

207-623-1146

[www.mehca.org/find-facility](http://www.mehca.org/find-facility)

### **Nursing Home Compare**

Detailed information about every Medicare- and Medicaid-certified nursing home in the country.

[www.medicare.gov/NursingHomeCompare/search.html](http://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.

61 Winthrop Street

Augusta, Maine 04330

1-800-499-0229 or 207-621-1079

[www.maineombudsman.org](http://www.maineombudsman.org)

## **TRANSPORTATION**

**Downeast Transportation** - Downeast Transportation provides year-round shopping trips to Ellsworth & Bangor, and intern shuttle service for Bucksport, Ellsworth & Bar Harbor.

PO Box 914

Ellsworth, ME 04605

207-667-5796

[www.downeasttrans.org](http://www.downeasttrans.org)

### **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](http://www.friendsinactionellsworth.org)

### **Island Connections**

Island Connections provides free transportation and other services to seniors and people with disabilities from Mount Desert Island and the surrounding islands to enhance their independence and quality of life by utilizing our core group of dedicated volunteers.

93 Cottage Street, Suite 101

Bar Harbor, ME 04609

207-288-4457

[www.islconnections.org](http://www.islconnections.org)

### **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 12:05pm WB; 4:20pm EB  
207-546-2823; 800-596-2823  
[www.westbusservice.com](http://www.westbusservice.com)

## **Regional Transportation Services**

### **Concord Trailways**

1039 Union Street  
Bangor, ME, 04401  
207-945-4000; 800-639-3317  
[www.concordcoachlines.com](http://www.concordcoachlines.com)

### **Bangor International Airport**

287 Godfrey Boulevard  
Bangor, ME 04401  
207-992-4600; 866-359-2264  
[www.flybangor.com](http://www.flybangor.com)

### **Hancock County-Bar Harbor Airport**

115 Caruso Drive  
Trenton, ME 04605  
207-667-7329  
[www.bhbairport.com](http://www.bhbairport.com)

## **Maine Transportation 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](http://www.maine.gov/dhhs/oms/member/member_transportation.html)

### **Rides in Sight**

This program provides information about senior transportation options in local communities. Hotline: 1-855-60-RIDES  
[www.ridesinsight.org/Home/About](http://www.ridesinsight.org/Home/About)

## **HOUSING**

### **Public Housing: Elderly, Disabled, HUD Subsidized Independent Living Sites**

#### **Mount Desert Island and Ellsworth Housing Authorities**

*Administers the Section 8 rental assistance and Public Housing for MDI and Ellsworth*  
80 Mount Desert Street  
Bar Harbor, ME 04609  
207 288 4770  
<http://www.emdiha.org>

**Bar Harbor-** Malvern Belmont Estates, Rodick Lorraine Apartments, Eden Apartments

**Northeast Harbor** – Maple Lane Apartments

**Southwest Harbor** – Ridge Apartments, Norwood Cove Apartments

**Bass Harbor** – Birchwood Apartments

**Stanford Management Independent Living**

Phone – 207-536-9981

Fax – 877-213-5038

<http://stanfordmanagement.com/properties/harbor-hill-estates/>

**Harbor Hill Estates: Elderly Disabled Housing (25 Apartments)**

23 Highbrook Road

Bar Harbor, ME 04609

**RETIREMENT HOMES & ASSISTED LIVING:**

**Birch Bay Retirement Village - Independent, Supported Living & Memory Care**

25 Village Inn Road

Bar Harbor, ME 04609

207-288-8014

[www.birchbayvillage.us](http://www.birchbayvillage.us)

**Golden Acres Boarding Homes - Assisted Living in 3 Locations**

80 Main Street

Franklin, ME 04634

207-565-2352

US Route 1

Hancock, ME 04640

207-422-2500

Fremont Corner

Sullivan, ME 04664

207-422-0247

**Parker Ridge Retirement Community - Independent & Assisted Living**

63 Parker Ridge

Blue Hill, ME 04614

207-374-2306

[www.parkerridge.com](http://www.parkerridge.com)

**Patten Pond House- Assisted Living**

99 Patten Pond

Road Surry, ME 04684

207-664-2906

## **SOCIAL PARTICIPATION & EDUCATION**

### **Harbor House**

329 Main Street  
Southwest Harbor, Me 04679  
207-244-3713 Main Office / Fitness Center 207-244- 9555  
Email: [info@harborhousemdi.org](mailto:info@harborhousemdi.org), [www.harborhousemdi.org](http://www.harborhousemdi.org)

### **Jesup Memorial Library**

34 Mt. Desert Street  
Bar Harbor, ME 04609  
207-288-4245  
[www.jesuplibrary.org](http://www.jesuplibrary.org)

### **MDI YMCA**

21 Park Street  
Bar Harbor, ME. 04609  
207-288-3511  
[www.mdiymca.org](http://www.mdiymca.org)

### **Neighborhood House**

PO Box 332  
Northeast Harbor, ME 04662  
Tel: (207) 276-5039 Fax: (207)276-5655  
[www.theneighborhoodhouse.com](http://www.theneighborhoodhouse.com)

### **YWCA MDI**

36 Mount Desert Street  
Bar Harbor, ME. 04609  
207-288-5008  
Email: [office@ywcamdi.org](mailto:office@ywcamdi.org);  
[www.ywcamdi.org](http://www.ywcamdi.org)

### **Mount Desert Island Adult Education**

1081 Eagle Lake Road  
Bar Harbor, ME 04609  
207-288-4703  
[mdiae@mdirss.org](mailto:mdiae@mdirss.org)

### **Acadia Senior College**

PO Box 475  
Southwest Harbor, ME 04679  
207-288-9500  
[learn@acadiaseniorcollege.org](http://learn@acadiaseniorcollege.org)

### **Graceful Aging Program: Gentle Movement Classes for Seniors**

Improve strength and balance, overall mood, mental clarity, and make meaningful community connections. Chair Yoga, Meditation, Standing and Seated Qigong Classes  
Malvern-Belmont (or Zoom)  
Instructor Susan Sassaman 288-8103 or [cloudnine@gwi.net](mailto:cloudnine@gwi.net)



### **Fitness Classes (Cardio, Weights, Balance, Stretch)**

Free classes. Designed for seniors.

Contact: Mary Parham, Community Health Educator

207-801-5034

[Mary.Parham@mdihospital.org](mailto:Mary.Parham@mdihospital.org)

### **Fitness for Parkinson's Exercise Class (Weights, Balance, Stretch)**

Parkinson's Specific. Free.

Contact: Mary Parham, Community Health Educator

207-801-5034

[Mary.Parham@mdihospital.org](mailto:Mary.Parham@mdihospital.org)

### **RSU24 Adult & Community Education**

RSU24 Adult & Community Education supports and trains community members in Eastern Hancock County & beyond.

1888 US Highway 1

Sullivan, ME 04664

207-422-4794

[www.rsu24.maineadulted.org](http://www.rsu24.maineadulted.org)

### **Downeast Senior College**

DSC 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.

Downeast Senior College/University College at Ellsworth

Mill Mall, 248 State Street, Suite 1

Ellsworth, ME 04605

207-667-3897

[www.learn.maine.edu/ellsworth/about-uce/downeast-senior-college](http://www.learn.maine.edu/ellsworth/about-uce/downeast-senior-college)

## **OUTDOOR SPACES**

### **Bar Harbor Parks**

Agamont Park – corner of Main & West Streets

Grant Park – at the end of Albert Meadow on the Shore Path

Park Street Playground – Park Street across from the MDI YMCA

Town Hill Playground - Route 102 next to Camden National Bank

Village Green – located where Main Street, Mount Desert Street, Firefly Lane and Kennebec Place intersect

### **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](http://www.nps.gov)

### **Maine Coast Heritage Trust**

Our free and public preserves range from waterfront pocket parks to vast forests, from wild islands to community garden spaces. These special places are here for you to enjoy thanks to the generosity of thousands of donors. Thank you ahead of time for helping us keep the coast clean and beautiful!

207-244-5100

[www.mcht.org](http://www.mcht.org)

### **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](http://www.mainetrailfinder.com)

## **CIVIC PARTICIPATION & EMPLOYMENT**

### **Volunteer Opportunities**

AOS91 (MDIRSS School District) -207-288-5049

Bar Harbor Food Pantry -207- 288-3375

Friends of Acadia - 207-288-3340

Hospice Volunteers of Hancock County - 207-667-2531

Island Connections - 207-288-4457

Jesup Memorial Library - 207-288-4245

MDI Hospital - 207-288-5081

OpenTable MDI - 207-664-9026

Protecting Animals Welfare (P.A.W.) - 207-460-8920

SPCA of Hancock County - 207- 667-8088

The Town of Bar Harbor - 288-4098

YWCA MDI - 207-288-5008

### **Faith Communities**

#### **Bar Harbor Congregational**

29 Mt. Desert Street, Bar Harbor

288-3280

#### **Beth Israel Synagogue**

Bangor, Maine

945-3433

#### **Beth Abraham Synagogue**

Bangor, Maine

947-0876

#### **Church of Our Father**

91 State Hwy 3, Hulls Cove

288-4849

#### **Congregation Beth El**

Bangor, Maine

945-4578

**Eden Baptist Church**

Old Bar Harbor Road, Salisbury Cove  
288-9812

**First Baptist Church**

46 Ledgeawn Avenue, Bar Harbor  
207-288-3563

**Holy Redeemer Catholic Church**

21 Ledgeawn Avenue, Bar Harbor  
288-3535

**Kingdom Hall of Jehovah's Witnesses**

1428 State Hwy 3, Bar Harbor  
288-4341

**Street Saviour's Church**

41 Mt. Desert Street, Bar Harbor  
288-4215

## **COMMUNICATION & INFORMATION**

**Bar Harbor Resources**

Barharbormaine.gov is the official Town of Bar Harbor website. Links to town officials, committees, other community resources, organizations, and schools are available. Age-Friendly Bar Harbor maintains a page on the Town website.

**FACEBOOK:**

[www.facebook.com/Bar Harbor Age-Friendly](http://www.facebook.com/BarHarborAgeFriendly)

**Hancock County Resources**

Bangor Daily News published daily  
[www.bangordailynews.com](http://www.bangordailynews.com)

**Ellsworth American**

Published weekly  
[www.ellsworthamerican.com](http://www.ellsworthamerican.com)

**Mount Desert Islander**

Local newspaper published weekly  
[www.mdislander.com](http://www.mdislander.com)

# MAINE RESOURCES

## HEALTHCARE

### **Get Better Maine**

A program of the Maine Health Management Coalition (MHMC), which provides public information on Maine doctors and hospitals in order to allow people to make informed decisions about the care they receive.

207-844-8106

[www.getbettermaine.org](http://www.getbettermaine.org)

### **Maine Alzheimer's Association**

383 US Route One Suite 2C

Scarborough, ME 04074

207-772-0115

24/7 Toll free 1-800-272-3900

<http://www.alz.org/maine/>

### **Maine Center for Disease Control and Prevention (CDC)**

286 Water Street Key Plaza 8th Floor

Augusta, Maine 04333

207-287-4397

<http://www.maine.gov/dhhs/mecdc/>

**The Iris Network-** information and resources for the visually impaired.

189 Park Avenue

Portland, ME 04102

207-774-6273

<http://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.

Office of Aging and Disability Services, SHS #11

41 Anthony Ave, Augusta, ME 04333

207-287-9200

24-hour toll free 1-800-624-8404

<http://www.maine.gov/dhhs/oads/aps-guardianship/>

### **Maine Veterans' Homes**

40 Civic Center Drive

Augusta, ME 04330

1-800-278-9494

[www.maineveteranshomes.org](http://www.maineveteranshomes.org)

## **HELP WITH HEALTH INSURANCE**

### **enroll207**

A project of Maine Health Access Foundation 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 Street Suite 4, Augusta, ME 04330

207-620-8266

[www.enroll207.com](http://www.enroll207.com)

### **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/mainecare.shtml](http://www.maine.gov/dhhs/mainecare.shtml)

### **State Health Insurance Program (SHIP)**

The Maine SHIP is a health insurance assistance program funded by the Centers for Medicare and Medicaid Services (CMS).

1-877-353-3771 (local office)

1-800-262-2232 (state office)

[www.maine.gov/dhhs/oads/community-support/ship.html](http://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

[www.maine.gov/dhhs/prescription\\_drugs.shtml](http://www.maine.gov/dhhs/prescription_drugs.shtml)

## **Maine Community Resources**

### **Senior Corps**

Connects adults 55+ with community organizations that need them to contribute life skills and experience or learn new ones in your role as a foster grandparent, senior companion, or other volunteer activity. <http://www.nationalservice.gov/programs/senior-corps>

### **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)

### **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.

<http://maineseniorguide.com>

### **UMaine Center on Aging**

Promote and facilitate activities on aging in the areas of education, research and evaluation, and community service to maximize the quality of life of older citizens and their families in Maine and beyond.

Camden Hall

25 Texas Avenue

Bangor, ME 04401-4324

207-262-7921

<https://mainecenteronaging.umaine.edu>

## **HOUSING ASSISTANCE**

### **Rural Repair and Rehabilitation Loans and Grants**

The USDA's Very 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.

Rural Development

1423 Broadway

Bangor, Maine 04401

207-990-3676 Ext 5425

[www.payingforseniorcare.com/home-modifications/usda-ruralrepair-grant.html](http://www.payingforseniorcare.com/home-modifications/usda-ruralrepair-grant.html)

### **Comfortably Home**

Acadia Community Association under MDI & Ellsworth Housing Authorities

Comfortably Home helps seniors live independently—and safely—in their own homes. Our professionals make minor repairs as well as basic accessibility and safety improvements at no cost for qualified homeowners.

207-288-4770

### **Low Income Home Energy Assistance Program**

Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available.

MaineHousing

353 Water Street

Augusta, ME 04333

1-800-452-4668 or 207-626-4600

[www.mainehousing.org/programsservices/energy/energydetails/low-income-home-energyassistance-program](http://www.mainehousing.org/programsservices/energy/energydetails/low-income-home-energyassistance-program)

### **MaineHousing**

Provides grants or low-cost home improvement loans for health and safety related repairs and improvements. The program consists of a Home Repair Grant, Elderly Hardship grant and Septic Repair/Replacement loans.

1-800-452-4668 or 207-626-4600

[www.mainehousing.org](http://www.mainehousing.org)

### **Rural Repair and Rehabilitation Loans and Grants**

The USDA's Very 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.payingforseniorcare.com/home-modifications/usda-ruralrepair-grant.html](http://www.payingforseniorcare.com/home-modifications/usda-ruralrepair-grant.html)

## **CHOOSING A SENIOR LIVING COMMUNITY**

### **Assisted Living Directory**

A list of Maine's assisted living facilities and services.

1-866-333-6550

[www.assisted-living-directory.com/content/maine.htm](http://www.assisted-living-directory.com/content/maine.htm)

### **Volunteerism**

#### **Volunteer Maine**

Provides information on volunteer opportunities throughout Maine. Search can be narrowed to specifics such as to interest, age, and location.

<http://www.volunteermaine.org/>

#### **Maine Department of Labor**

54 State House Station  
Augusta, Maine 04333  
207-623-7900

Career Center Hotline:

1-888-457-8883

<http://www.maine.gov/labor/>

#### **Secretary of State's Office**

Bureau of Corporations, Elections & Commissions  
101 State House Station  
Augusta, Maine 04333-0101

207-624-7736

<http://www.maine.gov/sos/cec/index.html>

#### **Score Maine- mentoring & assistance for small businesses**

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 <http://www.scoremaine.org/us/>

## **Maine Volunteer and Employment Resources**

### **Volunteer Maine**

Provides information on volunteer opportunities throughout Maine. Search can be narrowed to specifics such as to interest, age, and location.

<http://www.volunteermaine.org/>

### **Maine Department of Labor**

54 State House Station

Augusta, Maine 04333

207-623-7900

Career Center Hotline:

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Portland, Maine 04101

207-536-1143

<http://www.scoremaine.org/us/>

## **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)





This Resource Guide was created by the Bar Harbor Age-Friendly Committee as a community resource for existing and new residents of Bar Harbor. We hope that you found this information helpful in this Resource Guide.  
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