



RESOURCE GUIDE

*of services available in
Yarmouth, Maine*

YCAN helps people like YOU find:

- WAYS to meet the NEEDS of others in our community
- RESOURCES when you are in need

YOU can get involved by:

- Helping to find volunteers for existing programs
- Starting new programs to meet community needs
- Donating your TALENTS and/or FUNDS

Contact Us:

- ycan@ycan.info
- 207-838-2261
- P.O. Box 553
Yarmouth, Maine 04096

Compiled by:



www.ycan.info
207-838-2261

YarmouthCAN has no operational control of, or responsibility for, any of the agencies, organizations, programs or individuals identified in this Guide and, accordingly, makes no representations as to the extent or quality of any services that they may provide.

Accordingly, neither YarmouthCAN, nor any of its members, nor anyone involved in the preparation and distribution of this Guide assumes liability for the accuracy of the information contained herein, for the availability of services, or for the quality of any services which may be provided to anyone by any of the agencies, organizations, programs or individuals identified in this Guide. Any liability is expressly disclaimed.

Agencies, organizations and programs in this Resource Guide have a common goal of helping people in our community. Its completeness and accuracy rely on input and feedback from the organizations and people it contains – as well as from those who use the Guide.

YMCA of Southern Maine

Casco Bay Branch

Address: 14 Old South Freeport Road
Freeport, ME 04032

Contact: Scott Krouse, Branch Exec. Director

Phone: 207-865-9600

Hours: Call for hours

E-mail: skrouse@ymcaofsouthernmaine.org

Website: www.ymcaofsouthernmaine.org

Services/Programs:

- Youth Swim, Sports, and Play
- Summer Day Camp
- Family Time
- Child Care
- Healthy Living Services and Activities
- Lifelong Learning
- Activities for those living with chronic illness
- Volunteering
- Financial Assistance for Memberships, if needed

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211 Maine

Contact: Derek Morin, Program Director
The Opportunity Alliance

Phone: 211
877-463-6207

Hours: 24/7

E-mail: info@211maine.org

Website: www.opportunityalliance.org

Services/Programs:

One number – thousands of services. 2-1-1 is an easy-to-remember number that connects people who want to give help or get help with a full range of health and human services in their community. In establishing 2-1-1, Maine joins a growing national movement to standardize the availability of information and referral for these services.

- 2-1-1 includes a **statewide-directory** of over **8000 resources** including agency services and support groups accessible through their website to anyone with Internet capability.
- The 2-1-1 Call Center is accessible statewide and from cell phones and phone service provided by Internet carriers.
- 2-1-1 provides **emergency operations** during times of natural and other disasters, including accurate and timely information for preparations, and longer term referral for follow-up services if required.
- 2-1-1 provides valuable information for community planning and for future matching of resource development and unmet needs.

Yarmouth Village Improvement Society

Address: PO Box 282
Yarmouth, ME 04096

Contact: Linda Grant
Elizabeth Marin

E-mail: info@yarmouthvis.org
lsgrant866@aol.com
elizabethmarin84@gmail.com

Services/Programs:

Volunteer opportunities in
- history research
- preservation
- service
- programs and publicity
- and more

Free public programs from October to May/June on local topics that provide social opportunities.

Preservation of the Grand Trunk Railroad Station at the Village Green, as well as the Old Meeting House.

Provision of historical markers with research for historic properties (for a fee).

Contributions of time and more to other community organizations.

Yarmouth Senior Housing

Address: PO Box 163
Yarmouth, ME 04096

Contact: Sandra M. Barron, Executive Director

Phone: 207-829-4354

E-mail: smccatherin@maine.rr.com

Services/Programs:

Our mission is to enhance human dignity in Yarmouth by providing safe, comfortable, carefree, and affordable homes for some of its elder citizens.

Our primary development is at Bartlett Circle in Yarmouth. It provides 28 affordable senior housing units, with another 28 units planned to be available in the future. Rents are based on income. Limits on income are \$26,000 for a single person and \$32,000 for a couple.

Yarmouth Falls Apartments, at 159 Main St in Yarmouth, is another Senior housing option with affordable apartments for low income Senior residents.

First Baptist Church

Address: 346 Main Street
Yarmouth, ME 04096

Contact: Randy Reynolds, Interim Pastor
Lynn Carpenter, Admin. Secretary

Phone: 207-846-5814

E-mail: fbcyarmouthme@hotmail.com

Website: www.FBCyarmouth.org

Services/Programs:

- Spiritual
- Youth Programs
- Other assistance on a case-by-case basis

First Parish Congregational Church

United Church of Christ

Address: 116 Main Street
Yarmouth, ME 04096

Contact: Kent Allen, Senior Pastor
Kate Dalton, Associate Pastor
Lyn Glassock, Administrator
Nancy Gorden, Administrator

Phone: 207-846-3773

Hours: Mon - Fri: 9:00 am - 3:00 pm (Office)
Summer: Mon - Fri: 9:00 am - noon

E-mail: fpcc@firstparishyarmouth.org

Website: www.firstparishyarmouth.org

Services/Programs:

- Spiritual
- Holiday baskets and support
- Programs for youth

First Parish is an open and affirming church of the United Church of Christ

Yarmouth Rides Program



Contact: Jean Rafford

Phone: 207-329-7295

E-mail: ycan@ycan.info

Website: www.ycan.info

Services/Programs:

Non-medical rides:

- who cannot drive, either temporarily or permanently
- Monday through Friday
- Preferably between 9:00 am and 3:00 pm
- Freeport to Falmouth along Route 1 corridor
- Rides concentrate on Seniors, but will help others when able to (for example, rides to the Food Pantry, bank, grocery store, hair appointments)

Medical rides:

- Rides from Freeport to Scarborough
- Preferably between 9:00 am and 3:00 pm
- Not just for Seniors

The details of pickup and drop off will be worked out after you contact Jean Rafford by phone. Please call at least two days in advance, and leave your name, telephone number, and the day you are seeking a ride.

Yarmouth Police Department

Address: 200 Main Street
Yarmouth, ME 04096

Contact: Michael Morrill, Chief of Police

Phone: 207-846-3333

E-mail: mmorrill@yarmouth.me.us

Website: www.yarmouth.me.us
Town Departments Tab

Services/Programs:

The mission of the Yarmouth Police Department is to work with all citizens of the community to create a safe and secure environment with emphasis on equality, fairness, and professionalism.

The department also administers **Project Reassure**, a call-in / check-on service for seniors who live alone.

First Universalist Church of Yarmouth

Address: 97 Main Street
Yarmouth, ME 04096

Contact: Rev. Jennifer Emrich
Gail Mills, Office Manager

Phone: 207-846-4148

Hours: Mon: 8:00 am - 4:00 pm
Thu: 10:00 am - 5:00 pm

E-mail: office@uuyarmouth.org

Website: www.uuyarmouth.org

Services/Programs:

- Pastoral care, emergency assistance and spiritual growth to church membership.
- Programs for Youth
- Hannaford and gas gift cards on case by case basis
- Our Caring Connection is a network of volunteers available to support others in the church community as an extension of the spiritual commitment we hold for each other.

General Assistance – Yarmouth/Freeport

Address: Freeport Town Hall
30 Main Street
Freeport, ME 04032

Contact: Johanna Hanselman
Judy Hawley (if Johanna not available
during business hours)

Phone: 207-865-4743 x 120
Emergency/After hours via Yarmouth
Police Department : 207-846-3333

Hours: Mon - Thu: 7:30 am – 4:30 pm

E-mail: jhanselman@freeportmaine.com

Website: www.freeportmaine.com
(Town Services / General Assistance)

www.yarmouth.me.us
(Government / General Assistance Tab)

Eligibility: State income guidelines apply

Services/Programs:

The Towns of Yarmouth and Freeport have established a District Office for the administration of general assistance. This office is located in Freeport's town hall. General Assistance Program assists residents of Freeport and Yarmouth with basic necessities, such as:

- rent/mortgage
- fuel
- non-elective medical services
- telephone when medically necessary
- necessary work-related expenses
- clothing
- personal supplies and food

Yarmouth Lions Club

Address: Box 512
Yarmouth, ME 04096

Contact: Jane Cleaves, President
Sandy Bowie, Secretary

E-mail: jcleaves1@myfairpoint.net

Website: www.yarmouthlionsclub.org

Services/Programs:

The Lions club supports local nonprofit organizations, the food pantry, heating assistance, hearing and vision related causes and scholarships for students. The club can also provide volunteers for projects.

Yarmouth Health Council

Address: Contact via Yarmouth Community Services at:
200 Main Street
Yarmouth, ME 04096
(behind Town Hall)

Contact: Yarmouth Community Services

Phone: 207-846-2406

Website: www.yarmouthcommunityservices.org
see menu under "Information"

Services/Programs:

- Medically related services
- Flu clinics
- Medical Equipment (available for loan)
- School Physicals

Hospice of Southern Maine

Address: 180 US Route 1
Scarborough, ME

Contact: Hilary Doane, Community Liaison

Phone: 207-289-3640

E-mail: hdoane@hospiceofsouthernmaine.org

Website: www.hospiceofsouthernmaine.org

Services/Programs:

- Hospice Care in the home, nursing/assisted living facility and the Gosnell Memorial Hospice House
- Expert end of life care management
- Ongoing pain and symptom management
- Counseling and support for the emotional and spiritual aspects of dying
- 24-hour support
- Care and Comfort program
- Providing medications, medical supplies and equipment
- Teaching family members skills to help them provide care
- Volunteer assistance with household chores and errands as well as companionship and caregiver relief
- Guidance about funeral arrangements
- Bereavement resources for loved ones
- Education and advocacy

Maine Behavioral Healthcare

Address: 165 Lancaster St
Portland, ME 04101

11 Medical Center Drive
Brunswick, ME 04005

Phone: 844-292-0111

Hours: Mon - Thu: 7:30 am - 7:30 pm
Fri: 7:30 am - 5:00 pm

E-mail: info@mainebehavioralhealthcare.org

Website: mainebehavioralhealthcare.org

Services/Programs:

With roots dating back to 1874, Maine Behavioral Healthcare is one of Maine's oldest and most comprehensive nonprofit family service agencies, making positive and lasting changes in the lives of 10,000 individuals and families each year through prevention, education, treatment and wellness programs including abuse counseling, crisis intervention, domestic violence counseling, PTSD counseling, family counseling and more.

Maine Behavioral Healthcare provides a safe haven to individuals of all ages and families, helping them build on their strengths and develop tools to cope with unexpected challenges of life. Our professional clinicians specialize in counseling and treatment for a range of challenges: the effects of trauma and abuse, divorce and relationship issues, substance abuse, parenting a deaf child, readjusting after war, overcoming discrimination based on sexual orientation or gender identity, or caring for an aged parent.

Yarmouth Fuel Fund



Address: Freeport Town Office
30 Main Street
Freeport, ME 04032 (requests)

YCAN
PO Box 553
Yarmouth, ME 04096 (donations)

Contact: Johanna Hanselman
Judy Hawley (if Johanna not available during business hours)

Phone: 207-865-4743 x 120
Emergency/After hours: Yarmouth Police Department – 207-846-3333

Hours: Mon - Thu: 7:30 am - 4:30 pm

E-mail: jhanselman@freeportmaine.com

Services/Programs:

The Yarmouth Fuel Assistance Fund was established and is continued through the generous donations of Yarmouth residents and businesses and is administered through the Freeport / Yarmouth Regional General Assistance Office. Assistance is available to moderate-income to low-income households, with particular attention to those households not qualifying for other fuel assistance programs but still in need of assistance (for example households receiving unemployment benefits, households relying on minimum wage incomes, etc). For each new heating season, applicants are eligible for 100 gallons of heating fuel, with exceptions being made in emergency situations.

Yarmouth Farmers' Market Food Voucher Program



Address: 317 Main Street
Yarmouth, ME 04096

Contact: Amy Sinclair

Phone: 207-329-7735
207-846-9559

Hours: Thu: 3:00 pm - 6:00 pm
June - mid-October

Services/Programs:

\$15 Food Vouchers, valid only at the Yarmouth Farmers' Market, are available at the Yarmouth Community Food Pantry and the Market information booth.

This program is funded by YCAN.

Meals on Wheels

Yarmouth Senior Dining

Address: Casco Masonic Hall
20 Mill Street
Yarmouth, ME 04096

Contact: Jane Hurst, Site Coordinator

E-mail: jhurst@smaaa.org

Phone: 207-846-6693

Hours: Mon, Tue, Thu, Fri: 9:00 am - 1:00 pm

Services/Programs:

Lunch time food delivery for Seniors (60 or older and housebound) delivered by volunteer drivers.

Congregate Lunch, Masonic Hall, Every Tuesday

Catered Luncheon, Masonic Hall, 1st Tue of each month - Reservations needed - \$5.00 Fee.

Doors Open 10:30 am – Lunch served at 12:00 pm.

MOW is one of many programs sponsored by SMAA: the Southern Maine Agency on Agency.

Merrill Memorial Library

Address: 215 Main Street
Yarmouth, ME 04096

Phone: 207-846-4763

Hours: Mon - Sat: 10:00 am - 5:00 pm
Tue - Wed: 10:00 am - 8:00 pm

E-mail: MMLinfo@yarmouthlibrary.org

Website: yarmouthlibrary.org

Services/Programs:

- Books, audios, and magazines available for reference, reading, or borrowing
- Movies and TV on DVD available to borrow
- Daily newspapers
- Matinee movies, monthly book discussions, Wednesday evening classic film series
- Free Public Access Computers and Wi-Fi
- Free Coffee
- Photocopy machine available for public use (with per page fee) as well as FAX and Scanning service
- Delivery and pickup of materials for the homebound
- Help with technology
- Free or Reduced-cost passes to a selection of museums in Maine

Yarmouth Energy Information

Address: 200 Main Street
Yarmouth, ME 04096

Contact: Steve Johnson, Town Engineer

Phone: 207-846-2401

E-mail: sjohnson@yarmouth.me.us

Website: www.yarmouth.me.us

Services/Programs:

- Provides information on energy conservation
- Promotes measures to increase energy efficiency in Yarmouth homes and Town facilities

Yarmouth Community Services (YCS)

Address: 200 Main Street
Yarmouth, ME 04096
(Behind Town Hall)

Contact: Karyn MacNeill, Director

Phone: 207-846-2406

Hours: Mon - Fri: 8:30 am - 4:30 pm

E-mail: ycsadmin@yarmouthcommunityservices.org

Website: www.yarmouthcommunityservices.org

Services/Programs:

Yarmouth Community Services (YCS) encompasses three divisions: Parks, Recreation, and Community Services. All three divisions work together to provide:

- programs, enrichment classes, and events
- well-maintained parks, fields, tree care, town gardens, and open spaces
- support for community efforts such as YCS's Lunch Crunch, the Health Council's Loan Closet, YCAN's Operation Bundle Up and Project Holiday, camp and program scholarships, student community service hours

YCS also plays a role in numerous volunteer committees:

- Parks and Lands Committee
- Sports and Recreation Committee
- Community Garden Steering Committee
- Tree Committee
- West Side Trail Committee
- Bike-Pedestrian Committee
- Youth Sports Leagues
- Aging In Place
- YCAN

Opportunity Alliance

Address: 50 Lydia Lane
Portland, Maine 04106

Phone: 207-523-5049 central intake
877-429-6884 toll free

Hours: 24/7 for crisis and residential services
Mon - Fri: 8:00 am - 4:30 pm for other programs

Website: www.opportunityalliance.org

Services/Programs:

The Opportunity Alliance is the Community Action Agency for Cumberland County. Through multiple integrated community-based and clinical programs, they serve more than 20,000 people annually throughout Maine.

For 50 years, they have provided advocacy, leadership, and support to help individuals, families and communities identify goals and address their needs.

Their programming includes:

- Early Childhood Education
- Family and Community Support
- Mental Health Services for Children, Youth, and Adults
- Crisis Intervention and Prevention
- Information and Referral
- Community Initiatives

Rotary Club of Yarmouth

Address: PO Box 468
Yarmouth, ME 04096

Contact: Sarah McGillivray, President until June 30
Bruce Myers, President as of July 1

Website: www.yarmouthmerotary.org

Services/Programs:

- West Side Trail Construction in Yarmouth
- Youth Leadership Camp for Local Sophomores
- Cocoa & cookies at Yarmouth Christmas Tree Lighting
- International Youth Exchange (outgoing and incoming)
- Cleft Lip & Palate Surgeries in Developing Countries
- Teacher Training in Guatemala

Yarmouth Community Garden

Address: 615 East Main Street
Yarmouth, ME 04096

Contacts: Marjorie Stone
Joy Ahrens
Wendy Barmore

Phone: Marjorie Stone: 207-846-4123
Joy Ahrens: 207-846-9572
Wendy: 207-846-5376

E-mail: Marjorie: rogersandstone@gmail.com
Joy: jahrens1@maine.rr.com
Wendy: wjbarmore@gmail.com

Website: www.yarmouthcommunitygarden.org

Services/Programs:

The Yarmouth Community Garden's mission is to create an organic garden for Yarmouth citizens that offers plots for renters; produces fresh vegetables and flowers for distribution to area residents and seniors in need; and provides a gardening experience that benefits all of Yarmouth through education, mentoring, and volunteer participation.

Yarmouth Community Garden (YCG) is now a program of Yarmouth Community Services (YCS). The website for YCG may be reached via the YCS website.

Yarmouth Community Food Pantry



Address: First Parish Congregational Church
116 Main Street
Yarmouth, ME 04096
(Rear Entry on Storer Street)

Contact: Karen Jones

Phone: First Parish: 207-846-3773
Karen Jones: 503-919-5000

Hours: Tue: 10:00 am - 12:00 noon
Wed: 5:00 pm - 7:00 pm
Fri: 10:00 am - 12:00 noon

Website: www.ycan.info

Services/Programs:

A community food pantry serving the greater Yarmouth area. Available items include food staples, frozen meals, fresh produce and personal care items.

Sacred Heart Church

Address: 326 Main Street
Yarmouth, ME 04096

Contact: Fr. Daniel Greenleaf, Pastor
Deacon Dennis Popadak
Mark Cannon, Business Administrator

Phone: 207-847-6890

Hours: Mon - Fri: 9:00 am - 4:00 pm

E-mail: Office@pothe.org

Website: pothe.org

Services/Programs:

- Food, Clothing, Counseling
- Teen Programs
- Elder Programs:
 - Senior Luncheons
 - "Soupa Suppa"
once a month @ Holy Martyrs/Falmouth
- Gift Cards/Food Baskets at holidays for seniors and families in need.
- Spiritual
- Services offered on a case by case basis

St. Bartholomew's Episcopal Church

Address: 396 Gilman Road
Yarmouth, ME 04096

Contact: The Rev. Dr. Nina Pooley, Rector
Meredith Mazur, Administrator

Phone: 207-846-9244

Hours: Tue - Thu: 9:00 am - 3:00 pm
Sunday Services: 8:00 and 10:00 am

E-mail: nina@stbartsyarmouth.org
admin@stbartsyarmouth.org

Website: www.stbartsyarmouth.org

Services/Programs:

- Spiritual Growth
- Christian Education
- Pastoral Care
- Community Outreach
 - St. Elizabeth's Jubilee Center
 - Friendship House
 - Yarmouth Compassionate Housing Initiative
 - YCAN
 - Yarmouth Community Food Pantry
 - Yarmouth Community Garden
- Holiday Support
- Holiday Food Drive
- American Red Cross Blood drives
- Maine Marathon water stop / evacuation site

Yarmouth Chamber of Commerce

Address: 162 Main Street
Yarmouth, ME 04096

Contact: Adrienne Nardi, Executive Director

Phone: 207-846-3984

Hours: Mon - Thu: 9:00 am - 5:00 pm
Fri: 9:00 am - 3:00 pm

E-mail: info@yarmouthmaine.org

Website: www.yarmouthmaine.org

Services/Programs:

- Business Networking Events
- Business Support Services
- Information on current business issues
- Yarmouth Clam Festival

An independent, non-profit organization made up of area businesses and individuals that are interested in the development of the commercial, financial, civic, and economic environment of the Yarmouth business community. Our mission is to promote and support business development and community welfare, to provide a voice for business, and to encourage the exchange of ideas and information.

Yarmouth CAN (YCAN)

Yarmouth Cares About Neighbors



Address: PO Box 553
Yarmouth, ME 04096

Contact: Leslie Hyde, Board President

Phone: 207-838-2261

E-mail: ycan@ycan.info

Website: www.ycan.info

Services/Programs:

- Fuel Fund
- Yarmouth Community Food Pantry
- Rides Program (Senior & Medical)
- Resource Guide
- Project Holiday
- Operation Bundle-Up
- Aging in Place
- The Nutrition Closet (Yarmouth School Dept)
- Lunch Crunch (Yarmouth Community Services)

Southern Maine Agency on Aging (SMAA)

Address: 136 Route One
Scarborough, ME 04074

Contact: Larry Gross, CEO

Phone: 207-396-6500
800-427-7411

Hours: Mon - Fri: 8:00 am - 4:30 pm

E-mail: info@smaa.org

Website: www.smaa.org

Services/Programs:

- Family Caregiver Support Program
- Caregiver Respite Program
- Health Insurance Counseling
- Elder Care Management
- Independent Housing with Services
- Adult Day Centers in Falmouth and Biddeford
- Agewell Classes
- Meals on Wheels: Tues & Thurs 9:00 am – 1:00 pm
- Luncheons and "As You Like It"
- Maine Senior Games
- Money Minders
- Vet to Vet (volunteer veterans who visit aging or disabled vets)
- Volunteer Opportunities

Visiting Nurse Association (VNA)

Address: 50 Foden Road, Suite 3
South Portland, ME 04106

Contact: Jacqueline L. Welsh, Director of
Philanthropy & Business Development

Phone: 800-757-3326
207-400-8724

E-mail: jwelsh@emhs.org

Website: www.vnahomehealth.org

Services/Programs:

- **LifeStages** caregiving at home by companions for assistance with bathing, meals, appointments and errands as well as new technologies for virtual physician visits, medication reminders, social interaction and more.
- Hospice for compassionate end-of-life care at the patient's place of residence. Services include nursing, rehabilitation therapies, social work, pastoral counseling, volunteers, and bereavement support.
- Home Health services by nurses, physical therapists, occupational therapists, speech pathologists, and social workers for those recovering from illness or surgery.

Yarmouth Aging In Place



Contact: Leigh Kirchner

Phone: 207-712-7244

Hours: Available 24/7 by e-mail or phone message

E-mail: leighmk2050@gmail.com

Website: ycan.info
(under Senior Services tab)

Services/Programs:

Supports Seniors who wish to remain in their homes and community as they age.

Program areas:

- transportation
- volunteer services (snow shoveling, & other)
- social opportunities
- health services support
- accessibility
- home modifications
- economic security
- communication/coordination of services

Services offered are evolving regularly. Please see the above web site for current information.