

COMMUNITY PROGRAMS

Resource	Agency Name	Description	Physical Site
<i>Asthma</i>			
AH! Asthma Health Program	Mid Coast Health Services	Community based asthma education program.	Brunswick
<i>Cancer</i>			
Information and Referral	ACS, Northern New England	Information provided by cancer specialists by phone and internet.	Topsham
<i>Chronic disease general</i>			
Living Well	Parkview Adventist Medical Center	Discussions and lectures by Parkview physicians and staff on topics including diabetes, stress management, weight control, and women's heart health; individual lectures and lecture series. lectures are held at the hospital or community spaces.	Brunswick
MidCoast Maine Community Action	MidCoast Maine Community Action	Child development programs, career development, family case management, housing services, assistance with fuel, heating, and utilities, WIC Nutrition Program.	Bath
People Plus	People Plus	Advocacy, outreach, classes, special programs, events, health and wellness activities, information and referral.	Brunswick
PPNNE (Brunswick-Topsham)	Planned Parenthood of Northern New England	Annual exams; cervical, breast, and testicular cancer screening; birth control (including free condoms and emergency contraception available as a walk-in service); colposcopy (follow up to abnormal Pap test); STI testing and treatment; pregnancy testing and options education; HIV/AIDS education and testing; school, sports, and employment physicals; immunizations for vaccine-preventable diseases.	Topsham
Volunteers of America Northern New England	Volunteers of America Northern New England	Spiritually based national organization provides local human service programs and opportunities for individual and community involvement.	Brunswick
WIC Nutrition Program	MidCoast Maine Community Action	Healthy foods; nutrition education; parents of infants get breastfeeding support or iron fortified infant formula; referrals for health care, parenting help, food banks, day care, food stamps, TANF, heating assistance, transportation assistance, and clothing assistance; in the summer, vouchers are given for fresh fruits and vegetables from Maine farmers.	Bath

Diabetes

Resource	Agency Name	Description	Physical Site
Diabetes Education	Martin's Point	This five-class series for people with diabetes will provide the knowledge, skills, and attitudes to help you successfully manage diabetes.	Brunswick
Diabetes Education	Parkview Adventist Medical Center	Diabetes management classes provide instruction on nutrition, exercise, blood glucose monitoring, emotional support, and goal setting.	Brunswick
Diabetes Education and Counseling	Mid Coast Hospital	Comprehensive diabetes education includes individual sessions with diabetes nurse and dietitian on stress management, coping, insulin, blood sugar testing, and follow up support groups.	Brunswick

Heart disease

Cardiac Rehabilitation	Mid Coast Hospital	Exercise, education, and support to assist in the cardiovascular system's healing process over nine classes.	Brunswick
Managing Your High Blood Pressure	Martin's Point	Self-management strategies for diet, stress reduction, and exercise.	Brunswick

Independent living

Adult Community Integration (Brunswick)	Sweetser	Assessment, planning, linking, monitoring and evaluation of services, supports and resources to assist adults in remaining in the community of their choice.	Brunswick
Aging Excellence (Brunswick)	Aging Excellence	In-home, non-medical support services include care management, cleaning, companion services, grocery shopping/errands, handyman services, home maintenance, meal preparation, personal care, and transportation; minimum of one hour of care, up to 24 hours of care.	Brunswick
Allies (Bath)	Allies, Inc.	Advocacy, referrals, problem solving, case management, therapy, assist with daily living, assist with finding employment and housing.	Bath
Greater Bath Elder Outreach Network	Catholic Charities Maine	Volunteers assist in creating socialization opportunities and links to resources and support.	Bath
Neighbors, Inc.	Neighbors, Inc.	Non medical elder care services to assist with independent living; non medical services in assisted living communities.	Brunswick
Project Good Morning	City of Bath	Telephone check in program to assist senior citizens or adults with disabilities living alone in the community.	Bath
Project Good Morning Brunswick and Harpswell Program	People Plus	Client checks in by phone seven mornings a week from the time they wake up until 10 a.m.	Brunswick

Nutrition

Meals on Wheels	Spectrum Generations	Social dining program.	Brunswick
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Resource	Agency Name	Description	Physical Site
Nutrition Education	Hannaford	Nutrition Coordinator provides: free nutrition classes on a variety of classes, group or individual nutrition tours, help with reading labels and help with healthy shopping on a budget.	Brunswick
Nutrition Education and Counseling	Martin's Point	Part of Martin's Point's health education center.	Brunswick
Nutrition Education and Counseling	Parkview Adventist Medical Center	Registered dietitian available to work on health issues such as diabetes management, meal planning, and weight loss	Brunswick
Nutrition Education and Counseling	Mid Coast Hospital	Nutritional and dietary counseling.	Brunswick
Vegetarian Cooking School	Parkview Adventist Medical Center	Total vegetarian food workshop; doctor presentations, vegan chef presentations, food tastings.	Brunswick
Weighty Matters	Martin's Point	Program focuses on non-dieting approach to weight management	Brunswick

Nutrition, Physical activity

FuEL	Bath Area YMCA	12 week interdisciplinary childhood obesity treatment program for children and their families. Promote healthy eating, exercise, and lifestyle strategies.	Bath
Riverview Foundation	Riverview Foundation	Daily after-school classes, seminars and extended wilderness trips that teach self-esteem and conflict resolution through Universal Movement (a non competitive nature-based martial art).	Topsham

Prevention

Bath Area Senior Activity Center	Bath Area Senior Activity Center	Monthly luncheons, activities, events, educational programs.	Bath
Education and Information Services	Respite Care	Educational events and opportunities on topics related to aging, sliding fee.	Brunswick
File of Life	Spectrum Generations	Form to complete and maintain up-to-date medical and prescription information for use during a medical emergency or natural disaster.	Brunswick
First Aid and CPR Training (Topsham)	American Red Cross	First aid, CPR, and Automated External Defibrillator training programs with certifications for both the lay and professional responder.	Topsham
Lifestyle Choices	Parkview Adventist Medical Center	Comprehensive ten day health education program.	Brunswick

Resource	Agency Name	Description	Physical Site
Spirit of Women	Parkview Adventist Medical Center	Spirit of Women is a national movement for women's wellness led by leading hospitals like Parkview Adventist Medical Center. Parkview and Spirit of Women strive to motivate women to make positive changes in their lives by emphasizing their total well-being—mind, body, and spirit. It brings together traditional women's health with a diverse range of healthier lifestyle, preventative care and educational programs with an ongoing emphasis on women's health and well being.	Brunswick
<i>Substance abuse</i>			
Addiction Resource Center Outpatient Services	Mid Coast Health Services	Individual, group, and family counseling.	Brunswick
Alcohol Chemical Treatment Series	Pentecostals of Brunswick	12 week one hour class taught by trained facilitators.	Brunswick
<i>Tobacco cessation</i>			
Breathe Free Plan Stop Smoking	Parkview Adventist Medical Center	Nine session course on breaking free from tobacco addiction.	Brunswick
Smoking Cessation	Mid Coast Hospital-Healthline	Individual 1 hour counseling session to consider a personalized quit plan; free nicotine replacement therapy for persons without insurance.	Brunswick