



City of Biddeford
Department of Health and Welfare
205 Main Street, Biddeford Maine 04005
Phone (207) 284-9514 Fax (207) 571-0675

Senior Resources

Maine Bureau of Elder and Adult Services
(207) 624-5335

Adult Protective Services
Department of Health and Human Services
(800) 624-8404

Southern Maine Area Agency on Aging
136 US Route One, Scarborough
(207) 396-6500 or (800) 427-7411
www.smaaaa.org
Information and advocacy including health insurance counseling, care management, adult day services, respite funding, caregiver support, nutrition services, bill-paying, help with grocery shopping, home maintenance/repair, and volunteer opportunities.

Legal Services for the Elderly
(800) 750-5353
www.mainelse.org

Home Health Visiting Nurses
(800) 660-4867 or (207) 284-4566
To apply for services: (866) 255-8744
Information on flu shots: (207) 284-4655
Local clinics, blood pressure, and foot care:
(207)284-4566

Property Tax Fairness Credit
(Replaced the Circuit Breaker Program)
It is best to apply during the tax season (January 1st-April 15th) each year. You need to file Maine Income Tax Form 1040ME and the Property Tax Fairness Credit form to claim your credit. Even if you do not normally file an income tax return, you can still apply.

Free Cell Phone Programs
For people who have food stamps, Medicaid, or SSI
[Safelink Wireless](http://www.safelink.com)
(800) 723-3546 or www.safelink.com
[Assurance Wireless](http://www.assurancewireless.com)
(800) 392-3842 or www.assurancewireless.com

Department of Health & Human Services (DHHS)
208 Graham Street, Biddeford
(207) 286-2400
Food Supplement (SNAP), Cash supplement, Health Care, Child Care and other programs online at www.maine.gov/mymaineconnection

York County Community Action
15 York Street, Biddeford
(207) 283-2402
Assistance programs: community outreach workers, access to justice programs, affordable housing programs, housing and foreclosure counselors, transportation programs, volunteer drivers, LIHEAP, ELP, and many more.

Food Resources

Meals on Wheels
(800) 427-7411 or (207) 283-2472
www.smaaaa.org

Bon Appétit Meals Program
19 Crescent Street, Biddeford
2ND Congregational Church
(207) 283-0380
Monday- Friday 4:30-5:30pm
Free congregate evening meals

Seeds of Hope Neighborhood Center (Christ Episcopal Church)
35 South Street, Biddeford
(207) 571-9601
Tuesday-Friday 9:00am-1:00pm
Breakfast

Friends of Community Action Food Pantry
162 Elm Street, Biddeford
(207) 282-4771
Tuesday, Wednesday, Thursday 9:00-11:30am
Biddeford residents only

Stone Soup Food Pantry

180 Main Street Lower Level, Biddeford

(207) 283-0055

Mon 10:00am-11:00am

Wednesday 10:30am- 11:30am

Meals on Wheels

(800) 427-7411

**Transportation, Oil, and
Electric Resources****York County Community Action**

15 York Street, Biddeford

(207) 283-2402

Schedule an appointment by phone

(800) 965-5762 or www.yccac.org

LIHEAP (fuel assistance) and

ELP (electric assistance)

Department of Health & Human Services (DHHS)**Emergency Assistance Program**

208 Graham Street, Biddeford

(207) 286-2400

**CMP disconnects, eviction notices for families
with children only**

The Salvation Army

2 Sixth Street, Old Orchard Beach

(207) 934-4381

CMP disconnects, fuel assistance, eviction notices

General Assistance

Contact the City or Town you live in.

Please monitor your tank and call **before** you run out of oil.

City of Biddeford (207) 284-9514

City of Saco (207) 282-8206

Town of Old Orchard Beach (207) 934-5714