

VIII. Health, Wellness & Community Services by SMPDC

Health, Wellness & Community Services

There are a number of health and wellness related programs available in Wells and the region that people from all age groups and walks of life can obtain valuable assistance from. Many of these programs have brochures where the information can be found as well as on line. There are those who still do not have the ability for one reason or another to get online and the next best resource to let people know about program availability in the area would be the 211 statewide United Way of Maine Resource Center.

York County Community Action

York County Community Action provides services to residents of York County. Services include Legal Advocacy, Energy Assistance, Children's Services, Housing Assistance, Transportation Services (including Public Transportation from Wells to Sanford and summer trolley service along the coast), Weatherization and the Women, Infants, and Children (WIC) program

Sanford Housing Authority

Sanford Housing Authority serves Sanford, Springvale and the surrounding towns of Alfred, Kennebunk, Lebanon, North Berwick, Wells, Shapleigh and Acton. The SHA helps address the housing needs of over 800 families. Families must have incomes at or below 80% of the area median income in order to qualify for our housing programs.

Downeaster Rail Service

The Wells Transportation Center includes a rail station that serves the Amtrak Downeaster passenger rail service that runs between Brunswick, Maine and Boston, Massachusetts. The Downeaster includes special fares for seniors, children, those with disability and Medicare card holders

2-1-1 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.

HomeHealth Visiting Nurses

HomeHealth Visiting Nurses provides care for people who are transitioning from hospital to home. Services include Nursing Care, Palliative Care, Home Health Aide Services, Rehabilitative Therapies, Counseling and Emotional, Community Health and Wellness and Diabetes Education and Support.

United Way of York County

United Way of York County seeks to bringing people and resources together to support programs within the categories of Education, Income and Health. The programs that they support are found throughout York County.

Cooperative Extension in York County

Cooperative Extension in York County gives local residents access to the resources and expertise of the University of Maine. Through educational programs, publications, and events, UMaine Extension delivers research-based information to York County citizens. Programs include 4-H, Nutrition Education, Food Preservation, Composting Education and Maine Harvest for Hunger.

Choose To Be Healthy Partnership

The Choose To Be Healthy Partnership (CTBH) is a comprehensive community health coalition that works to reduce the incidence of chronic diseases such as cardiovascular disease, diabetes, cancer, chronic lung disease and substance abuse. CTBH staff, members and partners work in the towns of Berwick, Eliot, Kittery, North Berwick, South Berwick, Wells, Ogunquit, Lebanon, and York.

The Wells/Ogunquit Senior Center at Moody

The Center's objective is to promote the well-being of Senior citizens in Wells and Ogunquit. The Center provides a variety of programming and services to both members and non-members.

Wells National Estuarine Research Reserve

The Wells National Estuarine Research Reserve works to expand knowledge about coasts and estuaries, engage people in environmental learning, and involve communities in conserving natural resources, all with a goal of protecting and restoring coastal ecosystems around the Gulf of Maine.

South Coast Senior College at York County Community College

South Coast Senior College is a casual learning environment open to everyone 50+ in York County and Seacoast NH for year-round and summer residents that offer non-credit courses taught and facilitated by volunteers. Most courses are held at York County Community College.

Food Pantries

There are three food pantries located in Wells. The hours for each pantry are varied.

Wells Pentecostal Church Food Pantry
131 Crediford Road
Wells, ME - 04090

St Mary's Ecumenical Food Pantry
236 Eldridge Rd
Wells, ME - 04040

Soup's On
U.S. Route 1
Wells, ME - 04090

AARP Tax-Aide

AARP Tax-Aide counselors are volunteers who are trained each year on state and federal tax regulations, and are certified by the IRS to provide free tax preparation services. This service is provided during tax season at the Wells Library.

Wells-Ogunquit Adult Community Education

Wells-Ogunquit Adult Community Education is a service of the Wells-Ogunquit CSD whose mission is to provide continuing education and cultural opportunities for all community members and their families. Most of the classes are held at the high school with the some Health and Wellness classes held at the Wells Activity Center and the Wells Elementary School.

Wells-Ogunquit Community School District Health and Wellness

The Wells-Ogunquit Community School District has initiated a Coordinated School Health Program (CSHP). A CSHP is a system designed to connect health with education. This coordinated approach to school health improves students' health and their capacity to learn through the support of families, communities, and schools working together.

Wells-Ogunquit Community School District

WOCSD School Nutrition Service provides fresh, nutritious meals, prepared on site daily throughout the school year. WOCSD participates in the National School Lunch Program. Free and Reduced Meal Applications are available by contacting the School Department.

Vital Links

- York County Community Action:
 - <https://www.nassonhealthcare.org/>
 - www.yccac.org/index.php/programs/transportation
 - <https://www.yccac.org/index.php/programs/energy-assistance>
 - <https://www.yccac.org/index.php/programs/housing-assistance>
 - <https://www.yccac.org/index.php/programs/community-outreach>
- Sanford Housing Authority – Section- <http://www.sanfordhousing.org/section8.htm>
- Downeaster Senior Fares
- 211- www.211maine.org/
- Visiting Nurses <http://www.homehealth.org/>
- United Way - <http://www.buildcommunity.org/>
- York County Cooperative Extension Service- <http://umaine.edu/york/>
- York County Activity Guide: http://issuu.com/activguide/docs/activity_guide_pdf4web

- Choose To Be Healthy Coalition –Sue Patterson York Hospital-
<https://www.facebook.com/choosetobehealthy>
- Wells Ogunquit Senior Center - <http://www.wocam.org/>
- Wells Ogunquit CSD – Adult Ed - <http://wells-ogunquit.maineadulted.org/>
- Wells Recreation Program- <https://www.wellsrec.org/info/activities/>
- Wells Reserve at Laudholm: <http://www.wellsreserve.org/about/> Programming
- YCCC: Programing for Seniors- YCCC: Programing for Seniors-
<http://www.yccc.edu/CECT/SoCoastSeniorCollegeAge50Plus>
- Wells Food Pantry: <http://www.foodpantries.org/ci/me-wells>

- AARP Tax Preparation – Wells Library: http://www.aarp.org/money/taxes/info-02-2011/free_tax_preparation_me.html
- Wells Public Library Programming: <http://www.wells.lib.me.us/wells/>