

Atlantic Heights

Contact: Phones: (207) 283-4236 [Business Fax],

Last Updated: 03/26/2024 2:08:31PM (800) 874-6990 [Toll free in state], **Last Reviewed:** 03/26/2024 (207) 283-3022 [Business]*

Address: [Business]* Web Site: www.atlanticheightsretirement.com

100 Harbor Drive

Saco, ME 04072 (York county)

Eligibility: Accepts Mainecare/Medicaid

Notes: Atlantic Heights is a Master Planned Community that offers a continuum of care with many service levels that

include Independent Living, Assisted Living, and Skilled Nursing Care in Saco, Maine. This means that as your nee change, a new combination of services can be assembled that will let you live the way you want to, without movir

away from the Atlantic Heights Community.

*** Mainecare may be available on Long Term Care Unit and Alzheimer's Care unit. Please call for more information and pricing as some options are private pay.

The Cottages at Atlantic Heights - Featuring well-appointed, independent cottage homes for those who want to enjoy the benefits of an active, independent lifestyle. Enjoy private living along with community-sponsored service and activities. Cottage living offers the opportunity to trade the responsibility of home maintenance in exchange for a range of social, educational and leisure activities. For More Information, please click here The Cottages. Call 1-8 0-874-6990 for more information and rates.

The Inn at Atlantic Heights - offers a choice of 64 Assisted-Living Apartments featuring companion suites, studios, one-bedrooms and two-bedrooms, Apartment Assisted Living residents have access to a heated indoor aerobic pool, fitness center and common areas for hosting gatherings. Call 1-800-874-6990 for more information and rate

Seal Rock Healthcare at Atlantic Heights - Is a fully-licensed Medicaid/Medicare-certified facility offering 105 beds including 53 private rooms in total — for skilled and extended stays. Providing a neighborhood environment, stimulating social activities and friendly, professional medical support. Skilled and Rehabilitation Services, Long Term Care Services, Secured Unit for Memory Impairment, and Hospice Care. Call (207) 283-3646 for more information.

Rev.20250408 Page 1 of 5



Berwick Estates

Contact: Phones: (207) 384-2715 [Business]*,

(207) 591-0751 [Other]

Last Updated: 03/26/2024 12:59:02PM **Last Reviewed:** 03/26/2024

Address: [Residence]* Web Site: www.newcommunitiesinc.org

79 Portland Street

South Berwick, ME 03908 (York county)

Eligibility: Accepts Mainecare/Medicaid

Notes: Berwick Estates located in South Berwick, Maine is an assisted living community for seniors like you who want to

remain independent while getting the individualized support they need with daily living activities. Berwick Estates has 37 beds, all semi-private rooms. Assisted living services include: Assistance, directed by you, with daily living activities; A dining program that includes three meals a day and snacks, customized to your dietary needs; An activity calendar with options for each day directed by a full-time wellness coordinator; Medication monitoring and assistance; Assistance with personal care to meet your individual needs; Emergency call system; Housekeeping,

laundry, and maintenance services; Transportation arrangements; 24-hour security.

Respite care may be arranged if a bed is available. Residents may pay privately with their own funds or pay with MaineCare, if they meet the financial and functional admission requirements developed by the State of Maine.Plea

call for more information, to arrange a tour and/or to apply for admission.

Mailing Address: New Communities, Inc., 869 Main St, Suite 600, Westbrook, ME 04092

Biddeford Estates

Contact: Phones: (207) 283-0111 [Business]*,

Last Updated: 03/26/2024 1:02:01PM (207) 591-0751 [Other]

Last Reviewed: 03/26/2024

Address: [Business]* Web Site: www.newcommunitiesinc.org

2 Dartmouth Street

Biddeford, ME 04005 (York county)

Eligibility: Accepts Mainecare/Medicaid

Notes: Biddeford Estates, is a four story, 89-bed licensed assisted living community. The goals are for residents to be as

self-reliant as they can be, practice individual choice, retain dignity, and participate in activities within the community as much as they want. Assisted living services include: Assistance, directed by you, with daily living activities; A dining program that includes three meals a day and snacks, customized to your dietary needs; An activity calendar with options for each day directed by a full-time wellness coordinator; Medication monitoring and assistance; Assistance with personal care to meet your individual needs; Emergency call system; Housekeeping,

laundry, and maintenance services; Transportation arrangements; 24-hour security.

If a bed is available, respite care can be arranged. Please call for more information and/or to apply for admission.

Rev.20250408 Page 2 of 5



Sentry Hill at York Harbor

Contact: Phones: (207) 363-5116 [Business]*,

Last Updated: 04/03/2024 10:25:02AM (207) 363-4182 [Business Fax]

Last Reviewed: 03/26/2024

Address: [Business]* Web Site: www.seniorlifestyle.com/property/maine/sentry-h

2 Victoria Court <u>II-at-york-harbor/</u>

York, ME 03909 (York county) **Eligibility:** Accepts Mainecare/Medicaid

Notes: Sentry Hill is a retirement community that offers a wide range of housing options including Independent Living,

Assisted Living and Memory Care. Respite/short-term stays may be available, contact facility directly for more

information and details.

Tennyson Lane provides private and semi-private efficiency apartments ranging in size and price. One bedroom, deluxe one bedroom and studio options all with private baths are available to individuals who enjoy their independence, but need some daily assistance. Supportive services include an in-house 24/7 emergency lifeline system with GPS capabilities, personal care, cueing and anxiety management, in addition to medication administration.

The Browning Lane facility at Sentry Hill offers private and semi-private living suites for people who have Alzheim s Disease or related dementia. This secured neighborhood, supported by a fully trained and dedicated staff, allow residents to enjoy an active lifestyle in the sunshine of the atrium and the lovely garden and does accept Maineca

Dickens Lane houses and supports up to 28 residents with additional supportive needs. Our activities may include group word games, trivia gatherings, exercise classes, special lunches with themes in our Waterford Dining Room musical performances, seasonal arts & craft gatherings just to name a few.

Please note: Mainecare possibly after a period of private pay. Call for more information.

Please call for current fee structure and admission process to any of Sentry Hill

Rev.20250408 Page 3 of 5



Southridge Rehabilitation & Living Center

Contact: Phones: (207) 282-4138 [Business]*,

Last Updated: 11/14/2024 11:14:14AM (800) 671-4138 [Other]

Last Reviewed: 03/26/2024

Address: [Business]* Web Site: www.northcountryassociates.com/

10 May Street

Biddeford, ME 04005 (York county)

Eligibility: Accepts Mainecare/Medicaid

Notes: Southridge Rehabilitation and Living Center offers skilled nursing and rehabilitation, long term care, and residentia

care services. Respite may be available, contact facility directly for more information and details.

Some of the services provided to our patients/residents include: Comprehensive Restorative Program; All-inclusive Care Planning; Daily Activity Programming; In-house Physical, Occupational and Speech Therapy; Local transportation and Scheduling of all medically-required appointments; Complex wound care, IV therapy, post surgical care, ostomy care, cardiac and respiratory care management and hospice care; Beauty/Barber Shop Services; Free Wi-Fi internet service and cable television; Individualized Menu Selections. Rehabilitation is their specialty. They also offer a special program for patients with Alzheimer's Disease but they do not have a locked under the control of the

There is a 46-bed assisted living unit. Services include 24 hour nursing care; activities such as exercise classes, films and outings for lunch, shopping and special events; nutritional services; and physical, occupational, speech, and language therapies. Palliative care is provided with particular emphasis on comfort and support for the familie and individuals approaching end stages of life. Please call and ask to speak to someone about admission. Accepts Mainecare. Private pay not required at admission.

Summer Commons

Contact: Phones: (207) 206-1360 [Other]*

Last Updated: 03/26/2024 1:40:12PM

Last Reviewed: 03/26/2024

Address: [Business]* Web Site:

21 June St

Sanford, ME 04073 (York county)

Eligibility: Accepts Mainecare/Medicaid

Notes: Summer Commons is a new state-of-the-art licensed 64-bed skilled nursing care center, Long Term Care, as well

as a 30-bed assisted living unit specializing in Memory Care. Accepts Mainecare. For more information call 206-13

0 or email KEFernberg@summercommons.com or info@ncaltc.com.

Rev.20250408 Page 4 of 5



The Lodges Care Center, Inc.

Contact: Phones: (207) 324-4757 [Business]*

Last Updated: 03/26/2024 1:41:45PM

Last Reviewed: 03/26/2024

Address: [Business]* Web Site: www.dltchealthcare.com

51 Main Street P0 Box 355

Springvale, ME 04083 (York county)

Eligibility: Accepts Mainecare/Medicaid

Notes: The Lodges Care Center is a 57 bed residential care facility in Springvale, Maine. Located 3 miles from downtown

Sanford, the area offers many scenic attractions, including fresh water lakes and a variety of year round activities. Springvale & Sanford have many public resources for all to enjoy including the YMCA Trafton Senior Center, an

excellent public library, and excellent medical care services.

Rev.20250408 Page 5 of 5