

## Provider List - Independent Housing with Services - York County

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### Atlantic Heights

**Contact:**

**Last Updated:** 03/26/2024 2:08:31PM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 283-4236 [Business Fax],  
(800) 874-6990 [Toll free in state],  
(207) 283-3022 [Business]\*

**Address:** [Business]\*  
100 Harbor Drive  
Saco, ME 04072 (York county)

**Web Site:** [www.atlanticheightsretirement.com](http://www.atlanticheightsretirement.com)

**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 need change, a new combination of services can be assembled that will let you live the way you want to, without moving 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 services 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 1-800-874-6990 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 rates.

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.

## Provider List - Independent Housing with Services - York County

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### Atria Kennebunk

**Contact:**

**Last Updated:** 04/03/2024 10:15:28AM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 467-9121 [Fax],  
(207) 849-7431 [Business]\*

**Address:** [Business]\*  
One Penny Lane  
Kennebunk, ME 04043 (York county)

**Web Site:** [www.atriakennebunk.com/](http://www.atriakennebunk.com/)

**Eligibility:**

**Notes:** Atria provides an environment where seniors live as actively and independently as possible. All apartments include private bath, kitchenette, ample closets, and emergency call buttons.

There are 4 service programs tailored to individual needs: independent living, assisted living, a Life Guidance security wing for those with memory impairment and a short-term basis respite program for seniors recovering from an illness or surgery or who would like to try assisted living to see what it's like. Please call for more information and to arrange an appointment. This facility offers an independent living option and is also pet friendly. Respite may be available, contact facility directly for more information and details.

### Huntington Common

**Contact:**

**Last Updated:** 04/03/2024 10:20:10AM

**Last Reviewed:** 03/26/2024

**Phones:** (800) 585-0533 [Business],  
(207) 560-5248 [Main]\*

**Address:** [Business]\*  
1 Huntington Common Drive  
Kennebunk, ME 04043 (York county)

**Web Site:** [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)

**Eligibility:**

**Notes:** Huntington Common is a retirement community that offers Independent living, Assisted Living including an Alzheimer's & Memory Impairment Unit, and customized low-vision adaptations to resident suites for low-vision residents. Respite, or short term stays, can be arranged for periods of up to several months based on space availability and the guest's ability to meet admission criteria.

Please call 560-5248 for more information and application process details including current fee structure.

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### Kittery Estates

**Contact:**

**Last Updated:** 11/27/2024 11:28:10AM

**Last Reviewed:** 11/27/2024

**Phones:** (207) 496-1305 [Business]\*,  
(207) 438-9111 [Other]

**Address:** [Business]\*  
220 State Road  
Kittery, ME 03904 (York county)

**Web Site:** [www.holidayseniorliving.com](http://www.holidayseniorliving.com)

**Eligibility:**

**Notes:** Kittery Estates is an independent living retirement community that offers studio, 1BR and 2BR suites. A month-to-month lease includes chef prepared meals, activities, outings and special events, transportation to appointments and errands, weekly housekeeping and on-site amenities such as billiards room, library and exercise room. This is a pet friendly community.

All-Inclusive Amenities & Services •Chef-prepared, nutritious meals

•Many utilities included

•No buy-in fees or long-term commitments

Please call for more information about admission, current rates; there are no buy-in fees, and to arrange a tour.

## Provider List - Independent Housing with Services - York County

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### Sentry Hill at York Harbor

**Contact:**

**Last Updated:** 04/03/2024 10:25:02AM

**Last Reviewed:** 03/26/2024

**Phones:** (207) 363-5116 [Business]\*,  
(207) 363-4182 [Business Fax]

**Address:** [Business]\*  
2 Victoria Court  
York, ME 03909 (York county)

**Web Site:** [www.seniorlifestyle.com/property/maine/sentry-hill-at-york-harbor/](http://www.seniorlifestyle.com/property/maine/sentry-hill-at-york-harbor/)

**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 Alzheimer'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 Mainecare

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

### YHA: Yorkshire Commons

**Contact:**

**Last Updated:** 12/18/2024 11:24:28AM

**Last Reviewed:** 12/18/2024

**Phones:** (207) 363-8444 [Business]\*

**Address:** [Business]\*  
4 Pine Grove Lane  
York, ME 03909 (York county)

**Web Site:** [www.yorkhousing.info](http://www.yorkhousing.info)

**Eligibility:** Age 62 & older or declared disabled

**Notes:** Traditional New England Style in appearance, Yorkshire Commons consists of thirty-two (32) units inside 6 buildings. A seventh building housing the community room, mail and laundry facilities. All apartments have private deck or patio space. The established well-landscaped grounds compliment the village setting.

Subsidized housing info: Rent is always 30% of adjusted income. Age 62 and over or disabled; Income limit is =/ 50% of York-Kittery-South Berwick MFI. Rent is 30% of adjusted income.