

BUSINESS DIRECTORY AND RESOURCE GUIDE

For MOUNT VERNON, VIENNA, AND FAYETTE



AVAILABLE ON TOWN WEBSITES

Last Updated: Dec. 2024

Town of Mount Vernon

Phone: 207-293-2379

Website: www.mtvernonme.org

Office Hours:

- Monday - 9am – 5pm
- Tues, Wed, Thu - 7am – 3pm
- Fri, Sat, Sun - Closed

Town of Fayette

Phone: 207-685-4373

Website: www.fayettemaine.org

Office Hours:

- * Mon - Wed: 7am - 4:30pm
- * Thursday: 7am - 6:30pm
- * Friday - Sunday: Closed

Town of Vienna

Phone: 207-293-2915

Website: www.viennamaine.org

Office Hours:

- Tuesdays - 5 PM to 7PM
- Wednesdays - 9AM-12 and 12:30-5PM
- Thursdays - 10AM-1PM
- Last Saturday of every month 9-12

Or by appointment - call [207-293-2915](tel:207-293-2915) or email: clerktax@viennamaine.org

Mount Vernon Transfer Station

Sat & Sun 8:30am - Noon

Wed 3pm - 6pm (June - September)

Mount Vernon Post Office

Mon - Fri: 7am - 10am; 11am - 2pm

Saturday: 10am - 3pm

Phone: 877-907-3660

Dr. Shaw Memorial Library

Phone: 207-293-2565

Email: librarian@drshawlibrary.org

Hours:

- Mon: 3pm - 6pm
- Wed: 9am - 12pm & 3pm - 7pm
- Sat: 10am - 3pm

Summer Hours (July - Aug):

- Mon: 2pm-6pm
- Wed: 9am-1pm & 3pm - 7pm
- Sat: 9am - 3pm

If you conduct business in Mount Vernon, Vienna, or Fayette and would like to be listed in future updates or if you would like to update or remove your listing or find any errors, please contact CPCMtVME@proton.me.

The Mount Vernon and Vienna Business Director is a joint effort between the Mount Vernon Community Partnership Corp (CPC) and the Mount Vernon Aging in Place Committee.

*The CPC would like to recognize **Sandy Wright** and **Clyde Dyer**, founders and retired board members of the CPC for their years of service and contributions to the Town of Mount Vernon. It was their efforts that brought about the first Business Directory in 2008.*

AUTOMOTIVE

Thurzco Automotive Machine Shop - Shawn Thurston - Engine rebuilding and machining, thurzco@roadrunner.com, Bean Road, Mount Vernon, 293-2826

Barnyard Automotive LLC - Contact Wendy at 207-931-7002, Inspections - Mount and Balance Tires- Sell New Tires, and General Auto Repair. We can Accommodate vehicles up to 9000 lbs.

Thornton Enterprise - John Thornton – Small engine and automotive repair - thorntonenterprises.me@gmail.com - 207-931-8626

BUILDING & CONSTRUCTION

@Home Electric - Steven H. Mallen - Licensed residential and commercial Mount Vernon 242-2227

Audette Construction – Roger J Audette – Residential building and remodeling. Audetteconstruction@yahoo.com

John Pino - Licensed residential electrician. johnpino@icloud.com Mount Vernon 491-8913

Don Laliberte Drywall - Drywall, new and repairs. Mount Vernon 242-5022

Final Touch Painting & Carpentry - Sean R. Bailey - Vienna 491-0036

J&K Builders - New construction, remodeling, and renovations Vienna 293-2335

KJN Builders - Josh Neptune - New homes, siding, additions, decks, garages, windows and doors. Affordable prices, Mount Vernon, 446-2355

Quiet Harbor Builders - Jeffrey Mrazik, Jr. - Home Renovations and Maintenance, New Construction, Excavation and Hardscape. Plowing and Sanding. quietharborbuilders@gmail.com. 491-7552

Roberts Construction – Brett Roberts – General Construction. Mount Vernon, 931-8820

Rodney Ellis Construction - Additions, rock walls, landscaping, firewood, Vienna, 293-2364 or (617) 688-2539

Scott Horne Construction - Seavey Corner Road, Mount Vernon 293-2382 or 242-6111

CHURCHES

Dunn's Corner Baptist Church Wings Mills Road, Mount Vernon 685-9001

First Baptist Church Route 41 (Pond Road), Mount Vernon 293-2141

North Vienna United Methodist Church - 572 Tower Road, Vienna 293-3892

Vienna Baptist Church 116 Main Street, Vienna 293-3061

CLEANING SERVICES

Ashley Neptune Residential and Office Cleaning - aen1214@gmail.com Mount Vernon 215-9473

Maine-ly Cleaning Services - Wendy Wagner - Homes, businesses, rental units, insured, estimates available Mount Vernon 685-7240

Sunny Day Cleaning - Darrell and Shelly Trask - All in-home and office cleaning from windows to carpets plus post construction clean up. Fully insured. Over 15 years experience. sundayclean@yahoo.com
Vienna 293-4191 or 480-0086

CONSULTATION

The Breathable Home - Bo Jespersen - Energy consultation through energy audits and retrofits that cut energy bills, boost home comfort, and promote healthy indoor air with insulation, air sealing, and heat pumps bo@thebreathablehome.com, www.thebreathablehome.com, 512-2408

Ecological Instincts - Jennifer Jespersen - Full suite of environmental planning & assessment services include water quality monitoring and analysis, wetland delineation and mapping, watershed/land-use modeling, GIS mapping, grant writing, and environmental education for schools and community groups. jen@ecoinstincts.com www.ecoinstincts.com Mount Vernon 293-8037

EcoDesign - Jennifer Jespersen - 3-D modeling for residential remodels and/or additions designed with consideration of people and the environment; fengshui consultations, and home-staging. See Ecological Instincts above.

COMPUTER SERVICES/TECHNICAL SUPPORT

Horn Beam Mountain Computer Services - Scott Herrick - On-site and drop off service, hardware and software support, network and server support, single user PC support, laptop support, data backup and recovery services. Call between 7am and 7pm, 7 days a week scoherr@gmail.com
www.hornbeammtfarm.com, Bean Road, Mount Vernon 293-2116, cell 485-4605

Dr. Shaw Memorial Library – Mount Vernon – 207-293-2565 – Computer Services:

- The library has computers, a printer, photocopier, and fax available for public use.
- Wifi is accessible at all times and may be used outside the building and on the porch open and lit 24/7. Outlets are available..
- **Drop-In Tech Help** happens every Wednesday morning from 9 – Noon (depending on weather). Bring your device and learn about apps, programs, social media, websites, etc. We are here to help!

CUSTOM WORK

Alyssa Nicole – Photography/Videography – www.harryandlyss.com; 207-418-4602; harryandlyss@gmail.com; weddings, drone photography, real estate videos/pictures, social media content creation, and more.

Kimball Pond Boat Barn - Bob Bassett – Carpenter, “Wooden boats kept afloat”- Restoration of small wooden and wood canvas boats and canoes. kpboatbarn@yahoo.com www.boatbarn.wcha.com Vienna 578-0876

Scott Ranch Canvas and Upholstery – Roger & Lori Scott, Veteran Owned, Shop - Custom fabrication and repair boats, furniture, vehicles, RV/ATV, and more. Specializing in restoration of family heirlooms. 207-293-4447; Cell: 207-649-6897; 893 North Road, Mount Vernon.

Sewly for You - June Cauldwell - Sewing and clothing repair, email or call for an appointment jrcauldwell@gmail.com, Mount Vernon, 931-8012 or 485-4605 (cell)

Where's Your Sign - Custom made signs, banners, and vehicle lettering, Custom design t-shirts and sweatshirts, also can koozies, and glassware for wedding or party theme Like us on Facebook, call or text, 375 Town House Road, Vienna 242-1174 or 242-1945

EXCAVATION

Flaherty Construction - Troy Flaherty - Road grading, residential house lots, foundations, septic systems, driveways (any kind of digging) - gravel loam, fill, and sand and loam 179 Bean Road, Mount Vernon 242-6973

Dan Goucher Construction - Road grading, foundations, septic systems, driveways - gravel loam, fill and sand. 7 Mason Road, Vienna 293-2833 or 491-7699

L.K. Dunn & Sons Trucking & Excavation - All of your earthwork needs. Foundations, waste-water systems, driveways, loam and sand. daisymaydel58@hotmail.com 1865 North Road, Mount Vernon, 293-2179, cell 242-5828

Markham's Enterprise - Josh Markham - Forestry Mulching and Property Management. Services include Earthwork, Land Clearing, Firewood, Plowing, Water & Sewer Systems, Jacking & Leveling, Yard Clean Ups. markhamboys2@gmail.com. Vienna 207-462-2331

Nystrom Lawn & Landscape - Excavation, tree work, logging and land clearing; Hi,elinystrom830@gmail.com.

Sid Smith Trucking & Excavation - Septic systems, driveways, lot clearing, foundations, sand, gravel, loam & fill, PO Box 127, North Road, Mount Vernon 293-2298 or 207-446-2560 (cell)

FARMS/FRESH PRODUCE

Back 40 Acres - Chris Hall and Kids Farm stand selling all-natural produce and farm shares More coming each year. chrishall73@gmail.com 77 Halls Drive, directly off North Road, Mount Vernon 242-4552

Flying Pond Farm - The Grams Family Open Year-Round Certified organic vegetables, cherry tomatoes, mixed greens, eggs. drgrams@flyingpondfarm.com 184 Town House Rd, Vienna 293-3328

Horn Beam Mountain Farm - Scott and Betsy Herrick - Christmas trees – choose and cut Fraser firs and balsams, 10am - 3pm on weekends between Thanksgiving and Christmas or by appointment scoherr@gmail.com www.hornbeamtmfarm.com Bean Road, Mount Vernon 293-2116, 485-4605

Jacobs Cattle Farm - Tom and Kathy Jacobs, Jana and Justin Drake - Selling grass-fed beef year-round, flower bouquets, and pick-your-own raspberries in season. www.jacobsfattfarmmaine.com, 659 North Road, Mount Vernon, 491-0915

Mooar Hill Farm and Greenhouse - John and Michele Pino - Wholesale only. pino@fairpoint.net, 200 Mooar Hill Road, Mount Vernon 491-8913 Oak Ridge

Sweet Clover Farm - Kathy Stern - Raise registered purebred Finnsheep for breeding stock, Homegrown wool products including wool dryer balls, yarn, and fleece for spinning. Fresh large free-range brown eggs available. Log-grown fresh shiitake mushrooms starting in 2019 sweetcloverfarm@roadrunner.com www.sweetcloverfarm.weebly.com Like us on Facebook. 248 Belgrade Road, Mount Vernon. 293-2615

FOOD PRODUCTS

Apple Shed Kitchen & Bakery - Maureen Thompson & Tom Mathews - Wide array of homemade treats plus farm-fresh and organic local produce, cheese, milk, yogurt, eggs, homemade entrees and salads. Also, craft beers and wine appleshed22@gmail.com - 1625 Main Street, Kents Hill 685-3522

Cobbs Hill Sugarhouse - Dan and Christine Shea - Not just maple syrup but also “Civil Union” (maple syrup and apple cider) and maple-birch syrup blends www.cobbshillsugarhouse.com - Mount Vernon 620-2326

Cranberry Creations - John Harker and Debra Parry - wildcran@fairpoint.net www.cranberrycreations.com 905 Sandy River Road, Mount Vernon 293-2356 or 713-3055

Echo Ridge Organic Cheese - Barbara Skapa - Hand-made French style cheeses, all organic Brie, Camembert, Coulommiers, Ste Maure, Reblochon and Morbier. echoridgecheese@live.com; 2080 North Road, Mount Vernon 293-2866

Elfstone Cottage Farm - Rosie Baker, proprietor - Elfstonecottagefarm@gmail.com, 207-293-2064, 208 TownHouse Road. Fresh pasture-raised chicken eggs year-round, goose eggs in season, turkeys for holiday pre-order. Broiler chickens and lamb cuts available. Visit our roadside stand (next to the Vienna Town Hall).

Flying Pond Variety - Matt and Cathy Dunn - 165 Pond Road, 207-293-2916 - Groceries, pizza and take out, hardware, firewood, gas station. On Facebook.

Fresh Ella’s Ice Cream - Carey Bor - Your local ice cream truck serving super premium Maine-made ice cream and our own natural fruit pops Along with sundaes, cookie sandwiches, floats, and beverages. Specializing in special events and gatherings. You can find us at the Belgrade Lakes Market every summer Sunday. freshellasicream@gmail.com, Facebook: Fresh Ella’s Ice Cream 207-500-1341

Moonlight Maple Company - Rob Webber - Maple syrup and maple products rob@moonlightmaple.com www.moonlightmaple.com PO Box 154, Mount Vernon 293-4076

Scapes – Café and Bakery - Delicious fresh-baked goods, homemade soups, specialty sandwiches and salads - all made with fresh ingredients. Grab and Go meals and desserts. Open year-round for breakfast and lunch. See our Facebook page for hours and specials. 366 Pond Road, Mount Vernon Village 293-8080. scapescafe@gmail.com

GOODS & SERVICES

Art Works by Melani - Melani Darrell - Commercial and Fine Arts: Advertising, Logos and Packaging, Illustration, Computer Graphics, Portraiture, Landscapes, Seascapes, Sculpture, Stained Glass,

Handpainted Signs By Appointment Only artworksbymelani@hotmail.com
www.artworksbymelani.weebly.com, Mount Vernon 596-4786

Barb's Hand Painted Slates - Barbara Gilman - Saws & Collectibles; also do custom paintings that evoke personal memories, such as painting of your home. gilmans2@fairpoint.net, 51 Town House Road Route 41, Vienna 293-2271

Foehammer Forge Works – Perry Johnson - blacksmithing and metal art; Custom CNC plasma cutting and powder coating. foehammerforgeworks@gmail.com 207-248-2977; See on FaceBook

Hutton Studios - Mark and Hillary Hutton - Functional pottery and handwoven cotton rag rugs
hutton@huttonstudios.com www.huttonstudios.com Tower Road, Mount Vernon 293-3686

Laurie's Flowers - Laurie Cunningham - Available at 81 Kimball Pond Road. Seasonal. Beautiful and Creative bouquets from my garden. Contact: Laurie Cunningham at 293 2022 or laurenanina@gmail.com

Millie's - Nancy Gliniewicz and Jessica Verrill - Hand painted furniture and crafts; sweater mittens and more. Like us on Facebook, milliestore@gmail.com, 320-5549 or 215-9089

Paca Dream Shop - Bear and Lois Brace - Alpaca fiber hand knit hats, mittens, scarves, blankets, gloves, socks and more. Also, alpaca felted soaps, dyer balls, and stuffed animals. Please call before coming
brace214@roadrunner.com 25 Bull Moose Lane, Mount Vernon 293-1003

Pickens Fiber Fun – Sweet Clover Farm – Homegrown wool products and handcrafted soaps;
207-242-1456; [pickensfiberfun](https://www.etsy.com/shop/pickensfiberfun) on Etsy.com; sweetcloverfarm@roadrunner.com

Pine Needle Knits - Sarah Leone - Custom, affordable hand-knits for the whole family including sweaters, garments, toys, blankets, baby knits and accessories Private lessons for kids and adults, beginners and up
Srh_leone@yahoo.com, Instagram at [pine.needle.knits](https://www.instagram.com/pine.needle.knits), Mount Vernon 978-844-6043

Torch-Cut Metal - Bia Winter - Mobiles atrium sculptures and metal architectural applications such as fireplace screens and lighting designs; also painting and design services. 2012 North Road, Mount Vernon 293-2835; on [BiaWinterArt](https://www.facebook.com/BiaWinterArt) on FaceBook

HANDYMAN SERVICES

All Season Handyman - Luke Olson - 15+ years experience specializing in seasonal outdoor and property maintenance, lawn care and property clean- up, dock installations and removal, minor repairs and home maintenance, large item removal, winter camp inspections and snow removal. Chainsaw work including brush cutting and selective tree felling. Fully insured and truly local. Mount Vernon 931-8499

AO Fixit - Allan Harville - Home repairs and odd jobs, also light trucking (have small truck and trailer). Repair and maintenance on lawnmowers, rototillers, snow blowers, chainsaws, and other small engines.
eacharville@gmail.com - Shop at 81 Kimball Pond Road, Vienna 293-2362

Homestead Handyman - Josh Heck - 207-931-7245 - Veteran, nurse, and firefighter. Specializing in those smaller jobs around the house: assembling your kids' new bunk beds, stacking firewood, installing your new home stereo, etc. Serving the Lakes Region of Central Maine: ch.homesteadhandyman@gmail.com

Karl Schmidt - Painting and Handyman Service, 207-500-3633. Specializing in painting, drywall repair and light carpentry.

Troy Built Carpentry - Troy Grams - Carpentry & Handyman services. 207-578-0791

HEALTH AND FITNESS

Chiropractor - Dr. Harold Grams - doctorgrams@gmail.com, Chiropractor and hyperbaric oxygen therapy. 184 Town House Road, Vienna 293-3328

NLP Neurolinguistic Programming - Laura Grams - Practitioner, with over 35 years experience. lgrams@fairpoint.net www.NLPwithLaura.com 184 Town House Road, Vienna 293-3328

Solutions Hair Salon - Rhonda Marquis - rhondamarquis@yahoo.com 198 Pond Road, Mount Vernon 293-3489

Sorella Massage Therapy - Heidi Potter - LMT Licensed massage therapist who customizes clients' sessions to their needs. Integrates aromatherapy, hot stones, Reiki, and deep stretching into each massage. Sorellatherapy@gmail.com www.sorellamassagetherapy.com 22 Potter Lane, Mount Vernon 441-9153

Handicap Equipment – Handicap Equipment Available for loan at NO CHARGE for Mount Vernon and Vienna Residents. Have friends visiting from out of state? Have a temporary or long-term need? Mt. Vernon Rescue has a supply of hospital/rehab equipment for anyone to use at no charge. We have wheelchairs, walkers, commodes, canes, crutches and shower seats. If you have a need for any of these, call Leslie Grenier at 620-6448 or Amanda Mills at 207-485-4519.

Mount Vernon Food Bank – Nate Kane - Located at the First Baptist Church in Mount Vernon Village on Pond Road. Open Saturdays 9am to 11:30 am. Phone 293-2141 or 441-7614. Fresh produce, eggs, and baked goods, frozen meats, shelf stable items, personal care items, used clothing and more for income eligible people, families, and anyone with an immediate need

HEATING AND COOLING

Downeast Energy Heating - Oil, biofuel, and propane. PO Box 255, Kents Hill, ME 04349 Pond Road, Mount Vernon 685-3851

Firewood - Rodney Ellis - Vienna (617) 688-2539 (See **Building & Construction** for other services)

Flying Pond Variety - Matt and Cathy Dunn - 165 Pond Road, 207-293-2916 - Groceries, pizza and take out, hardware, firewood, gas station. On Facebook.

MT Mechanical Plumbing – Plumbing, heating, cooling, HVAC – 207-449-0345

MTV Heating, Inc. - Dan Jiorle - Service and installations, 24-hour service. Mount Vernon 293-2206 or 485-0425

Webster's Plumbing and Heating - Devin Webster - Plumbing and heating services including installing heat pumps. devin.webster90@gmail.com 491-0059 Vienna

Markham's Enterprise - Josh Markham - Forestry Mulching and Property Management. (see **Excavation** for other services) Firewood - markhamboys2@gmail.com. Vienna 207-462-2331

LAWYERS

Thomas J. Carey Sanders & Hanstein, P.A. - (Vienna resident). tom@sandershanstein.com, Farmington Office: 207-778-3432

LODGING AND CAMPS

Castle Island Camps - Rhonda and John Rice - Kayaks, canoes, paddleboats, 14' aluminum boats w/motors for rent AND live fish bait for sale Castle Island Road, Belgrade Lakes 495-3312 (in season)

Camp Skoglund - Rondi Nelson - Family owned and operated weekly cottage rentals on Echo Lake. Rondi@campskoglund.com www.campskoglund.com 75 Skoglund Road, Mt. Vernon 685-4041

LUMBER

By the Board Lumber Company - Russ and Sonia Godbout - Hemlock and pine lumber, mulches, sand, loam and crushed stone, Steel roofing. bytheboard@roadrunner.com www.bytheboardlumber.com 7 Farnham Drive (Route 17) Readfield 685-4536

PETS

France Family Golden Retrievers - Jenny France Small hobby breeder of high-quality golden retrievers with health clearances AKC registered puppies for your family. francefamilygoldens@gmail.com; www.francefamilygoldens.net Vienna 441-6703

Windswept Acres Arabians - Trisha Davis - Arabian horse farm. Horse boarding, training, and riding lessons, and equine sales. Dog and Cat Boarding, Dog Grooming, wdswept@tds.net. By Appointment Only, Vienna, 491-0410

PLUMBERS

John Jones Plumbing - 514-3944 Mt. Vernon

Webster's Plumbing and Heating - Devin Webster - Plumbing and heating services including installing heat pumps. Devin.webster90@gmail.com, 491-0059 Vienna

MT Mechanical Plumbing – Plumbing, heating, cooling, HVAC – 207-449-0345

PROPERTY MAINTENANCE

Black Bear Lawn Care and Property Maintenance - Justin Tibbetts - Free quotes and estimates. Fully insured. 569 North Road, Mount Vernon 530-1345

Gottlieb Landscape Design - Adam Gottlieb, BSLA - Fully Insured & Certified by DEP, LakeSmart, I.C.P.I., and N.C.M.A. Services include: Estate gardening & Multi-Season Gardening, Pruning, Mulching, Weeding & Edging, Spring and Fall Clean-Ups, Patios, Driveways, & Walkways, Retaining Walls, Granite Steps, Fire

Pits, Tree Removal, Annuals, Perennials, Tree & Shrub Planting, Raised Garden Beds, Lawn Installation, Drainage & Grading. Call us at 207- 242-9489 or email adam.n.gottlieb@gmail.com - on Facebook!

Gutter Git-R-Done - John and Christine Currier - Seamless gutters, installation, cleaning and repairs 57 Poplar Point, Mount Vernon 242-5808

Rob's Lawn Service - Rob Webber - Landscaping and yard work rob@moonlightmaple.com PO Box 154, Mount Vernon 293-4076

Rodney Ellis Construction - Additions, rock walls, landscaping, firewood. 293-2364 (617) 688-2539

That Guy's Maintenance - 207-641-7668 - 303 Belgrade Road - Lawn mowing, trash removal, and more.

RENTALS & STORAGE

Pond Road Storage - Russ and Sonia Godbout - Storage Units located on Rte 41 in Mt. Vernon. bytheboard@roadrunner.com

Roberts Storage and Rentals - Brett Roberts - (Mt Vernon resident) - RVs, cars, boats, etc. 19 Winthrop Road, Readfield 931-8820

Central Maine Boat and RV Rentals - Brett Roberts (Mount Vernon resident). Ski boats, pontoons, fishing boats, kayaks, paddle boards, RVs, campers. 19 Winthrop Road, Readfield 931-8820

WINTER MAINTENANCE

Snow Plowing - Rob Brickett - Mount Vernon 293-3075 or 485-0482

All Season Handyman - Luke Olson - Snow Removal. (See **General Services** for other services.) Mount Vernon 931-8499

Markham's Enterprise - Josh Markham - Plowing. (See **Excavation** for other services). Markhamboys2@gmail.com, Vienna 207-462-2331

Quiet Harbor Builders - Jeffrey Mrazik, Jr. - Plowing and Sanding. (See **Building & Construction** for other services.) quietharborbuilders@gmail.com, 491-7552

ASSISTANCE

211 Maine - Sometimes you need more than an internet search. You need a conversation. Get Connected, Get Help Dial: 211 or Text your zip code to 898-211 or on-line <https://211maine.org/>

Lions Club Vision and Hearing Assistance: Financial assistance for vision & hearing needs. 207-613-7033 <https://www.maineions.org/mlshf>

Maine Senior Guide: Nearly 3,000 resources in its database, ranging from senior communities to legal assistance. <https://maineseniorguide.com> 207-232-7847

Maine Donated Dental: help for low-income seniors or those with permanent disabilities <https://dentallifeline.org/maine> 207-620-8276

Maine 211: Providing referrals to, and information about, health and human services organizations and agencies. Dial 211 or 1-866-811-5695 <https://211maine.org>

Maine Legal Services for the Elderly: Legal assistance for elders, regarding healthcare, wills, rights, abuse, and more. <https://mainelse.org/> Helpline: 1-800-750-5353

Maine Health Advance Care Planning:
<https://mainehealth.org/services/hospital-medicine/advance-directive>

Maranacook Adult Ed: Enrichment opportunities - Steve Vose - Adult & Community Education Director 207-685-4923 x1009. stevevose@maranacook.com, <http://maranacook.maineadulted.org>

Mt. Blue Adult Ed: Enrichment opportunities - 129 Seamon Road, Suite A • Farmington, ME 04938 ldonald@mtbluersd.org (207)778-3460. <http://rsd9.maineadulted.org/about/>

Hannaford to Go: Order groceries online for pick up <https://www.hannaford.com>

Walmart to Go: Order groceries online for pick up. <https://grocery.walmart.com>

Elder Abuse and Neglect Help Guide:
<https://www.helpguide.org/articles/abuse/elder-abuse-and-neglect.htm>

Maine DHHS Adult Protective Services (elder abuse): 1-800-624-8404 or <https://www.maine.gov/dhhs/elderly.shtml>

Maine DHHS Family Independence SNAP program:
<https://www.maine.gov/dhhs/ofl/services/snap/index.html>

FRAUD and SCAM resources:

- Federal Trade Commission - 1-877-382-4357 www.ftc.gov/complaint
- Maine State Attorney General's Office - 1-800-436-2131 www.maine.gov/ag
- AARP Fraud Watch Network - 1-877-908-3360 www.aarp.org/fraudwatchnetwork Sign up for the Fraud Watch Network to get email about the latest scams. There is a scam tracking map so you know what to watch out for.

Spectrum Generations (Area Agency on Aging): 622-9212 <https://www.spectrumgenerations.org>

- Aging and Disability Resource Center - Brooke Jansen 620-1191 - Assistance with Medicare, MaineCare and other programs
- Bridges Home Services - 621-1193 - Adult day care and companionship for those who need assistance and supervision during the day, at several locations. Also provides respite for family caregivers. In-home personal support services. Life care consulting, advance directives and end of life planning
- Cohen Community Center - 626-7777. Open 8-4, Monday through Friday - Activities, events, programs, health and wellness activities, fall prevention, lunch and much more.
- Money Minders - Kelly Peppin 607-4005 - Help with paying bills, balancing checking accounts, etc.
- Nutrition - Lynda Johnson 626-7777 - Community Dining at centers; USDA Commodity Supplemental Food Program, available only to very low income seniors.

Meals on Wheels: The Meals on Wheels program provides nutritionally balanced meals for homebound individuals 60 years of age or older and to persons with a disability who are unable to prepare a meal due to physical or mental limitations, or who have no one to prepare a meal for them. Meals on Wheels are delivered to homes by dedicated volunteers and staff. This also provides an opportunity to check in on the meal recipient as a safety measure. Contact Spectrum Generations at 620-1187.

Catholic Charities: Through a statewide Independent Support Services — also known as Homemaker Services — Catholic Charities connects isolated seniors and physically disabled adults with a professionally-supervised team of dedicated para-professionals who help with a variety of tasks, from routine housekeeping to grocery shopping and laundry. This program is free for those who qualify as low income. Contact: 1-800-781-8550 or 207-781-8550.

<https://www.ccmaine.org/independent-support-services>

Mount Vernon Food Bank – Nate Kane - Located at the First Baptist Church in Mount Vernon Village on Pond Road. Open Saturdays 9am to 11:30 am. Phone 293-2141 or 441-7614. Fresh produce, eggs, and baked goods, frozen meats, shelf stable items, personal care items, used clothing and more for income eligible people, families, and anyone with an immediate need

The AARP Foundation Tax-Aide Program: The AARP Tax-Aide program provides free Federal and State tax return services. TaxAide volunteers are trained, tested and certified by the IRS to prepare returns for low- and moderate-income taxpayers, including self-employed individuals. Low-income taxpayers should note that the only way they can receive the Maine Property Tax Fairness Credit (PTFC) and the Sales Tax Fairness Credit (STFC) is to file a Maine income tax return. Even if you pay no income tax and you do not own a home you may be eligible for these credits. The free tax services are provided by appointment only at the Dr. Shaw Memorial Library in Mount Vernon, the Winthrop Congregational Church, the Cohen Community Center in Hallowell, and the Buker Community Center in Augusta. For more information, call the Dr. Shaw Library 293-2565, or email librarian@drsawlibrary.org during tax season. Also contact: Cohen Community Center, Hallowell, ME 626-7777

Local Recreational Resources

Mt. Vernon Community Center - 2 Main Street, Mount Vernon ME. Breakfast café first Saturday of the month. Available to schedule town events & meetings, or to rent for private events. Contact Daphne Saunders at 293-2619 or 240-3487.

Men's Breakfast - Meets every Wednesday at Scapes Cafe in downtown Mt. Vernon. Coffee at 6:45 AM. Order from menu at 7:00. For more information contact Wayne Whittier at wpwhittier@aol.com.

Muffin Mondays - Discussions on topics for seniors put on by the Aging in Place Committee. 9-10:30am 1st Monday at the Mt Vernon Community Center, 3rd Monday at Starling Hall in Fayette (9:30 - 11), 4th Monday at the Vienna Grange Hall. Enjoy delicious muffins, coffee, tea and conversation. For more information contact Christine Merchant at outreach.aip@yahoo.com or 207-344-7580.

Creative Women's Group - Meets the 2nd Wednesday of each month at the Vienna Community Room at 7PM. We are a small group of women who like to spend an evening with friends and neighbors. Programs consist of crafting, board games, book and plant swaps, pot-lucks, annual dinner and a movie and a Christmas party. All are welcome to join the fun and creativity of this small community group. For more information please contact Pam Bean at 293-2613.

Ladies Get Together - Ladies get together on Wednesday mornings 9:30am-11am at the North Vienna Methodist Church. You can bring handwork to do or just enjoy socializing and refreshments. Also the church offers free homemade hot lunches the first Saturday of the months of January, February and March. Come join us for a delicious meal and good company on those cold winter months. For more information, call Donna Williams - 293-4321.

Knitting, Crocheting & Crafting - 1st and 3rd Wednesday of each month from 1pm - 3pm. Bring your knitting or crocheting project to work on, or come get help or learn how. Knitting needles, crochet hooks and yarn are available if you're just starting out. Not a knitter or crocheter? Bring any craft or sewing project you have going, or just come to work on a puzzle or do a word search. In case of bad weather, please check the library's Facebook page or call Amy at 685-0012.

Mill Stream Grange - Meets every 1st and 3rd Friday of the month at the Grange Hall. A potluck dinner begins at 6pm followed by a business meeting and program. You DO NOT need to be a Grange member to attend. All are welcome. In addition, the grange offers a Sewing/Craft Day: Tuesday at the Grange Hall 10:00am - 3:00pm. Bring a bag lunch. All are welcome. For more information call: Judy Dunn 293-2330

Juliets (Just Us Ladies Into Eating Together) - Meet for potluck breakfast 8:30am-9:30am at the Vienna Grange Hall on the second Tuesday of the month. \$2 donation. For more information call Laurie Cunningham 293-2022.

The Vienna Union Hall Association Provides music and entertainment. You can find the schedule on the Vienna Union Hall [web page](#). The upcoming events are posted at several local public locations. There are shows from May -December. Anyone interested in helping keep this organization going please join our association. You can call Alan Williams at 293-4321 or email viennaunionhall@gmail.com.

Kennebec Land Trust - for outdoor recreational opportunities <http://www.tklt.org> 377-2848

D.E.W. Animal Haven - Julie Miner - Licensed non-profit facility for domestic, exotic and rehabilitation of native Maine wildlife. Seasonal hours-check the website for details: www.dewhaven.org; 918 Pond Road, Mount Vernon (Located on Route 41 between the chimney on Torsey Pond and Mt. Vernon village). 293-2837 dewhaven.me@gmail.com

STATE/LOCAL RESOURCES

211 Maine - Sometimes you need more than an internet search. You need a conversation. Get Connected, Get Help Dial: 211 <https://211maine.org/>

Bureau of Motor Vehicles 207-624-9000 maine.gov/sos/online_services.gov

 CDL Compliance cdlcompliance.bmv@maine.gov

 Court Record..... courtrecords.bmv@maine.gov

 Exams examinations.bmv@maine.gov

 Registrations registrations@maine.gov

 Titles titles.bmv@maine.gov

Property Tax Fairness Credit 207-624-9784

[Property Tax Fairness Credit Summary | Maine Revenue Services](#)

State Property Tax Deferral Program.... 207-624-5600 prop.tax@maine.gov

Maine Inland Fisheries/Wildlife 207-287-8000 www.mefishwildlife.com

 Hunting Licenses 207-287-8000 IFW Hunting & Fishing Licenses
Department of Inland Fisheries & Wildlife (informe.org)

 Snowmobile/ATV Registrations 207-287-8000 IFW Hunting & Fishing Licenses
Department of Inland Fisheries & Wildlife (informe.org)

Low Income Spay/Neuter 800-367-1317

Ecomaine 207-773-1738 ecomaine.org/101

NextGen 529 College Investing Plan..... 800-228-3734 nextgenforme.com/Myalfondgrant.org

Neighbors Driving Neighbors 207-860-0677 P.O. Box 142, MTV

Maranacook Superintendent 207-685-3336 www.maranacook.org

Community Resilience Partnership..... 207-248-8166 hbredesen@growsmartmaine.org

Kennebec Behavioral Health – Clinic 207-213-2037 11 Caldwell Street, Augusta

Kennebec Behavioral Health – Outpatient207-626-3455..... 66 Stone Street, Augusta

Minnehonk Ridge Riders Snowmobile Club ...207-480-0034 rkabin@sbcglobal.net