



# YORK COUNTY HEALTH SERVICES RESOURCE GUIDE

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Acton  
 Alfred  
 Arundel  
 Berwick  
 Biddeford  
 Buxton  
 Cornish  
 Dayton  
 Eliot  
 Hollis  
 Kennebunk  
 Kennebunkport  
 Kittery  
 Lebanon  
 Limerick  
 Limington  
 Lyman  
 Newfield  
 North Berwick  
 Ogunquit  
 Old Orchard Beach  
 Parsonsfield  
 Saco  
 Sanford  
 Shapleigh  
 South Berwick  
 Waterboro  
 Wells  
 York

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*Brought to you by:*



The York District Public Health Council (YDPHC) is excited to present a Health Services Resource Guide for the 29 communities of York County.

YDPHC is a representative, district-wide body formed in partnership with the Maine Center for Disease Control and Prevention (MeCDC) to engage in collaborative planning and decision-making for the delivery of the Ten Essential Public Health Services in the York Public Health District. The York Public Health District includes all communities in York County. Our mission is to promote, improve, sustain, and advocate for the delivery of the essential public health services in York County.

We recognize that this guide does not represent **ALL** the health services and resources available to residents of York County. We, by no means, are intentionally promoting one provider or clinic over another. This guide was developed through online research. As this guide will be updated periodically, we welcome edits.

Our hope is that this resource guide will be useful to you and help encourage a healthy lifestyle among all members of your family.

For an electronic version, or more information regarding the YDPHC and the MeCDC, please visit: <https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml>

Thank you.



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The following are key health facts for York County, Maine:

- **8.6%** of York County residents are uninsured.
- **19.4%** of York County residents (all ages), including **32.8%** of children ages 0 – 19, are enrolled in MaineCare.
- **10.5%** children and **9.4%** of adults in York County are living in poverty.
- **20.9%** of York County residents have lost 14 or more days due to poor physical health, and **16.9%** of York County residents have lost 14 or more days due to poor mental health.
- **8.9%** of York County residents experience cost barriers to health care.



**Source:** *Maine Shared Community Health Needs Assessment (Shared CHNA), York County, 2018*

KNOWING YOUR INSURANCE IS KEY.

It is your responsibility to know your insurance. Before going to a new provider, the best thing you can do is call your health insurance company. Ask to check your benefits and confirm that the provider is in-network.

**Basic definitions:**

**Allowed Amount** – the contracted rate between provider and insurance plan.

**Co-Insurance** – a percentage of the fee (or “allowed amount”) you are responsible for once the deductible has been met. Copay may still apply.

**Copayment (Copay)** – a set fee you pay towards a service at the visit.

**Deductible** – a total amount you pay for services before the insurance company pays. You are responsible for 100% of the allowed amount until you meet a deductible. Once met, your co-insurance percentage kicks in.

**In-Network** – a provider or facility who is contracted with your plan.

**Out-Of-Network** – a provider or facility who is not contracted with your insurance plan. May have a separate benefit and is not subject to a discounted allowed amount.

Arming yourself with knowledge can save you money. Do not be afraid to ask your doctor’s office or insurance company questions. If you don’t understand something, be sure to get clarification. Doctors most likely do not know off-hand what may or may not be covered under your specific plan during your visit. Asking questions before the visit so you can research coverage can save you a lot of guessing and uncertainty.

Furthermore, learn the differences between services that are offered at near-by emergency department versus urgent care facilities. Oftentimes an urgent care visit will be less costly than an ER visit. However, do not go to an urgent care facility if you are actively having a life-threatening emergency.

Please note: Insurance benefits should NOT dictate your care. If your doctor prescribes a medication, treatment, diagnostic test, lab work, a therapy, etc. do not compromise your health because it is not covered or because of the cost. Talk to your doctor about different options that may be available.



**CarePartners: Sanford**

25 June Street, Sanford, ME 04073. Tel: 207-490-7962

A partnership of MaineHealth, doctors, hospitals and other health care providers, CarePartners helps people who don't qualify for public or private health care coverage programs get the health care they need. Offers regular check-ups, affordable prescriptions, labs, x-ray, hospital services, and more.

**Community Dental: Biddeford**

57 Barra Road, Suite 3, Biddeford, ME 04005. Tel: 207-282-1305. Fax: 207-282-7351  
Monday–Friday: 8:00am–4:30pm

Our approach is to work with you to develop a comprehensive treatment plan designed to improve and maintain your good dental health through preventive and restorative services. We participate with MaineCare as well as many dental insurance plans, and offer a sliding fee for eligible patients. We offer walk-in appointments during business hours for dental emergencies. We treat all ages, so your whole family can become established patients with us.

**Leavitt's Mill Free Health Center: Buxton**

63 Main Street, Buxton, ME 04093. Tel: 207-929-6455. Fax: 207-929-6459

Our mission is to improve the health of the community by providing FREE healthcare services to persons who have no insurance and by sponsoring health promotion activities for the entire community. Closing in July 2019.

**MedAccess: Biddeford**

9 Healthcare Drive, Suite 206, Biddeford, ME 04005. Tel: 207-294-8141.

MedAccess program helps patients and healthcare providers find low cost prescription drug options.

**Planned Parenthood of Northern New England: Biddeford, Sanford**

275 Main St. Suite 102, Biddeford, ME 04005. Tel: 207-282-6620. Fax: 207-283-4408

886 Main St. Suite 302, Sanford, ME 04073. Tel: 207-324-9385. Fax: 207-324-2818

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or

without insurance, you can always come to us for your health care. Most birth control, annual exams, HIV testing, and STD testing will be covered for free, with no copay.

## DENTIST

### **Advanced Sedation and General Dentistry: Arundel**

1220 Portland Road, Arundel, ME 04046. Tel: 207-985-3576

At Advanced Sedation & General Dentistry, Inc. your physical and emotional comfort are our top priorities. We can provide you with pain free preventative, routine and emergency care working to keep your teeth in the best health possible.

### **All Smiles Dental: Biddeford**

2 Wellspring Road, Biddeford, ME 04005. Tel: 207-284-5957

Dr. Peter Garramore provides a wide variety of dental treatments at All Smiles Dental. Whether you are seeking routine dental care, mini-dental implants, dental implant placement, or denture treatment, or you desire a more youthful smile, our Biddeford dentist will help you achieve your goal.

### **Amidon Family Dentistry: York**

775 US Rte. 1, York, ME 03909. Tel: 207-363-5242

Personalized, comprehensive patient care is our number one priority. At our practice, you aren't just a patient. We take an interest in you and your oral health needs. We gladly welcome all ages into our practice!

### **Aspen Dental: Biddeford**

125 Shops Way #126, Biddeford, ME 04005. Tel: 207-560-5460

Aspen Dental practices are committed to treating patients with the compassion and respect they deserve. The practices believe in providing comprehensive care that addresses both your short- and long-term dental care needs, and promise to provide an honest, judgment-free environment where it all comes down to great care.

### **Atlantic Dental Associates: York**

1060 US Rte. 1, York, ME 03909. Tel: 207-363-2406

Our team will do our very best to honor the trust of our patients by exceeding their expectations for excellence, providing you dental care and comfort in an environment of attention, humor and compassion.

**Biddeford Family Dentistry: Biddeford**

28 W Cole Road, Suite 104, Biddeford, ME 04005. Tel: 207-282-3928

From routine cleanings and fillings to bruxism devices, Biddeford Family Dentistry is equipped to handle all your dental needs. Our team of dental specialists and staff strive to improve the overall health of our patients by focusing on preventing, diagnosing and treating conditions associated with your teeth and gums.

**Biddeford-Saco Dental Associates: Saco**

323 Main Street, Saco, ME 04072. Tel: 207-282-9962

We have been serving the patients of Biddeford, Saco, and southern Maine for over a decade. We have an incredible team of experienced dentists, hygienists, assistants, and staff who are all dedicated to improving your oral health.

**Children's Dentistry: Sanford**

955 Main Street, Sanford, ME 04073. Tel: 207-324-0026

Our office provides patient care in its highest standard. We do so in an environment that is child friendly, inviting, and warm. With your help, it is our goal to help your child achieve and maintain a beautiful and healthy smile!

**Community Dental: Biddeford**

57 Barra Road, Suite 3, Biddeford, ME 04005. Tel: 207-282-1305

Our approach is to work with you to develop a comprehensive treatment plan designed to improve and maintain your good dental health through preventive and restorative services. We participate with MaineCare as well as many dental insurance plans, and offer a sliding fee for eligible patients. We offer walk-in appointments during business hours for dental emergencies. We treat all ages, so your whole family can become established patients with us.

**Dental Arts: Biddeford**

24 West Cole Road, Biddeford, ME 04005. Tel: 207-284-5253

When you need a dentist, you want to find someone who will give you focused, individualized care. Dr. Alex Mazurenko is an expert dental practitioner trusted with the smiles of both local families in southern Maine and Miss USA contestants.



**The Dentalcare Inn: Wells**

1662 Post Road #B1, Wells, ME 04090. Tel: 207- 646-2520

At the Dentalcare Inn, we are committed to quality dentistry in a warm, relaxed atmosphere. We provide a variety of dental services for the entire family including implant restoration and cosmetic dental procedures. Our intention is to surpass your expectations and satisfy each patients' individual needs and desires.

**Foreside Family Dental: Kittery**

12 Newmarch Street, Kittery, ME 03904. Tel: 207-439-3390

We firmly believe that your oral health directly affects your overall health and we are equipped with state-of-the-art equipment and the most up to date training to provide your dental care. Whether you need cosmetic whitening for a big event, or a simple check-up and cleaning, we offer a wide variety of services to ensure your optimal oral health.

**Gentle Dental: Biddeford, Saco**

473 Alfred Street, Biddeford, ME 04005. Tel: 207-283-3775

339 Main Street, Saco, ME 04072. Tel: 207-284-6809

When you visit our dental offices, your smile is our top priority. Our entire team is dedicated to providing you with the personalized, quality dental care that you deserve. When you visit our office, you will experience all that modern dentistry has to offer, including a comprehensive list of general, restorative, cosmetic and sedation dental services to meet the needs of the whole family. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile.

**Great East Dental Associates: Springvale**

460 Main Street, Suite 1, Springvale, ME 04083. Tel: 207-324-6182

General & Cosmetic Dentistry can give you a smile you're happy to show off. Dr. Jay Knudsen and Dr. Rob McVety practice a full scope of general, family and cosmetic dentistry with expertise ranging from porcelain veneers to dental implants, crowns and bridges.

**Healthy Smiles Family Dentistry: Sanford**

1364 Main Street, Suite 20, Sanford, ME 04073. Tel: 207-324-4003

We are proud to provide a state-of-the-art facility for the highest quality dental care available. It is one of our top priorities to protect the well-being of our valued

patients. We are confident that you will feel right at home in our office as we welcome all patients as if they were family.

**Island Point Dentistry: Biddeford**

110 Main St #1218, Saco, ME 04072. Tel: 207-284-4007

At Island Point Dentistry, your health and wellbeing is our top priority. Our entire team is dedicated to providing you with the personalized, compassionate, high quality dental care that you deserve. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile.

**Dr. John Beaudoin, DMD: Sanford**

2 Stilson Street, Sanford, ME 04073. Tel: 207-324-4493

We take great satisfaction in helping you maintain optimal oral health. Our practice is devoted to comprehensive and preventive patient care. Our patients are our most important asset, and we strive to develop long-lasting, trusting relationships with all of our patients.

**Kennebunk Center for Dentistry: Kennebunk**

2 Livewell Drive, Suite 105, Kennebunk, ME 04043. Tel: 207-985-7944

We are a multi-specialty practice consisting of a team of experts in restorative and cosmetic dentistry, endodontics, and periodontics, all working together in one convenient location to provide you with compassionate and comprehensive care.

**Kingston Family Dental: Eliot**

17 Levesque Drive, Eliot, ME 03903. Tel: 207-439-0779

We work hard to make you feel at ease by providing exceptional patient care in a relaxed, convenient atmosphere. We strive to develop lifelong relationships with our patients by combining the latest dental technology with a professional and compassionate staff. The result is a beautiful, healthy smile that lasts a lifetime.

**Dr. Lee Richheimer, DDS, PA: Wells**

1416 Post Road, Wells, ME 04090. Tel: 207-646-3372

A healthy smile says hello. A healthy mouth says.... yum! To have both is our goal. As a general dentist I can provide many services. Most dentists choose these services based on their experience, training, profit making ability, and the dentists own comfort level. I enjoy most phases of dentistry and therefore perform most procedures. Those I don't feel comfortable with I refer out to specialists with more technical expertise.

**Dr. Lisa Slaughter, DMD: Arundel**

62 Portland Road, Suite 41, Kennebunk, ME 04043. Tel: 207-985-3444

Dr. Slaughter's goal is to deliver the very best dental care in a pleasant and comfortable environment. She makes it her priority to understand your goals, and address any questions you may have at each visit.

**Nasson Health Care, Dental Services: Springvale**

15 Oak Street, Springvale, ME 04083. Tel: 207-490-6900

Oral health is an important piece of overall wellness. Nasson Health Care offers dental care that is integrated with the patient's primary (medical) care, offering a range of services, including exams, dental x-rays, cleanings, sealants, emergency dental care, and more!

**Nortey Dental: Wells**

1332 Post Road #1a, Wells, ME 04090. Tel: 207-646-5297

At Nortey Dental, we do more than fix teeth. We care about you as a person and look forward to building a lasting friendship with you and your family! Dr. Lokko and our team offer comfortable dental care that's tailored to you. We believe that keeping you informed, engaged, and excited about your oral health is the best way to help you.

**Orchardside Dental Hygiene: Acton**

1881 Rte. 109, Acton, ME 04001. Tel: 207-703-3339

Jill Kelly, with over 30 years of dental hygiene experience and a passion for the profession, is committed to the vision of providing comprehensive clinical and educational preventive dental care to the population in and around the area where she lives. Kelly Orchards Farm Stand now shares space with Orchardside Dental Hygiene LLC.

**Dr. Rachael Creisher, DMD: Kennebunk**

7 Webhannet Place, Kennebunk, ME 04043. Tel: 207-502-7804

Successfully creating a comfortable and pleasant atmosphere that puts patients at ease. Skilled in all aspects of general dentistry, she especially enjoys cosmetic and prosthetic cases.

**Dr. Robert Lundin: Hollis**

163 Hollis Road, Hollis Center, ME 04042. Tel: 207-929-3550

Dr. Robert Lundin is a Dentist practicing in Hollis Center, ME. Dr. Lundin specializes in preventing, diagnosing, and treating diseases and conditions associated with the mouth and overall dental health.

**Saco River Dentistry: Buxton**

440 Narragansett Trail, Buxton, ME 04093. Tel: 207-352-4687

What if you could combine the charm and friendliness of a small town dental office with the advanced technology and techniques of a big city practice? That's the goal of Saco River Dentistry. Our skilled team of dentists, hygienists, and specialists are dedicated to providing exceptional dental care to each of our patients, which includes compassionate treatment delivered by experienced and knowledgeable professionals.

**Sanford Family Dental: Sanford**

9 Country Club Road, Sanford, ME 04073. Tel: 207-324-1345

We are a general dentist office located in and serving Sanford, Maine as well as the surrounding communities such as Alfred, Shapleigh, Acton, Waterboro, Kennebunk, Wells, and North Berwick to name a few. We truly love dentistry and enjoy seeing our patients. You can relax, you are in great hands.

**Seacoast Dentistry: Biddeford**

2 Dental Avenue, Biddeford, ME 04005. Tel: 207-282-6185

We are a caring, compassionate office of dedicated professionals. Our goal is to provide dental care, of the highest quality, with trusted friends who will give their very best efforts to provide a comfortable and memorable dental experience.

**Dr. Shaun Janvier, DMD: Sanford**

856 Main St., Sanford, ME 04073. Tel: 207-324-0703

At the office of Shaun Janvier, D.M.D., we provide compassionate and comprehensive family dental care in a comfortable and friendly environment. Our commitment to our patients is detail-oriented, where it extends equally between an excellence in dentistry and a personal touch with focus on customer service.

**South Berwick Dental: South Berwick**

14 Highland Avenue, South Berwick, ME 03908. Tel: 207-384-2176

Regular dental visits are essential to make sure oral health problems — from tooth decay to oral cancer — are detected and treated in a timely manner. At our office, your oral health is our paramount concern. We want to make sure your teeth stay healthy, function well and look great! From regular cleanings and exams to advanced restorative treatments, all of your routine dental needs can be met right here.

**Southern Maine Dental: Biddeford**

6 Wellspring Road, Biddeford, ME 04005. Tel: 207-283-1752

Our family dental practice, led by Dr. Joseph R. Kenneally and Dr. Maria B. Steed, and supported by an incredible team of highly-trained and friendly professionals, has been serving our community since 1983. We believe in treating our patients the way we would want to be treated ourselves: with compassion, respect, gentleness, and professionalism.

**Southern Maine Endodontics: Biddeford, York**

6 Wellspring Rd, Unit 3 Biddeford, ME 04005. Tel: 207-494-7301

28 Long Sands Road York, Maine 03909. Tel: 207-494-7301

We are a dental practice dedicated exclusively to endodontic care, root canals, and preservation of your natural teeth. Our expert team, led by respected endodontic specialists Dr. LeeAnn Cote and Dr. CJ Thomas, includes an experienced endodontic staff. We provide the highest standard of professional care in a friendly, comfortable environment.

**Tory Hill Dental: Buxton**

175 Narragansett Trail, Buxton, ME 04093. Tel: 207-929-6626

Our caring team of dedicated professionals provide exceptional care in a friendly environment giving you and your family “something to smile about!” Dr. Doyon and his knowledgeable team will listen to your concerns and will answer all your questions. Working together, you and Dr. Doyon will develop a plan to meet your unique dental care needs.

**Trentalange Family Dentistry: Arundel**

1389 Portland Rd, Arundel, ME 04046. Tel: 207-985-9857

Here you are walking into a practice equipped with the very latest technology available. Today, we use this new technology to not only complete some great restorative dentistry but also to keep you comfortable. Combine this technology with a warm, welcoming setting, and that is what Trentalange Family Dentistry is all about.

**Waterboro Dentist: Waterboro**

813 B Main Street, Waterboro, ME. 04087. Tel: 207-247-3511

A standard of excellence in personalized dental care enables us to provide the quality dental services our patients deserve. We provide comprehensive treatment planning and use restorative and cosmetic dentistry to achieve your optimal dental health. Should a dental emergency occur, Dr. LaRiviere will make every effort to see and care for you as soon as possible.

**Village Smiles: Kennebunk, Limerick**

54 York Street, Kennebunk, ME 04043. Tel: 207-793-8881

26 Main Street, Limerick, ME 04048. Tel: 207-793-8881

Offering adult and children dental cleanings, periodontal cleanings, fluoride treatments, sealants, holistic natural options, bamboo toothbrushes, oral hygiene education, nutritional counseling, and referrals to oral health specialists.

**York County Pediatric Dentistry: Kennebunk**

5 Webhannet Place, Suite 1, Kennebunk, ME 04043. Tel: 207-985-2800

Dr. Creisher and our entire team are dedicated to your child in an atmosphere that ensures a fun and relaxing visit for patients and parents - your child will want to come back time and again! Offering comprehensive oral health care including acute care and preventive services, payment plans, dietary counseling for healthy smiles and On-Call doctors for after-hours emergencies.

**York Dental Group: York Harbor**

435 York Street, York Harbor, ME 03911. Tel: 207-363-2166

Whether your dental needs are a complete exam and cleaning, a full-mouth restoration, or anything in between, we promise to provide you with exceptional care as we enhance the natural beauty of your teeth and smile.



**York Family Dental: York**

433 US Rte. 1, Suite 107, York, ME 03909. Tel: 207-363-7102

Dr. Jason Marhue and his friendly, knowledgeable staff are dedicated to making every visit to his office a great experience. Expert dental care is provided with a warm, personal touch in a comfortable, relaxed setting. York Family Dental is a modern, state-of-the-art practice offering York area patients a full-range of general and cosmetic dental services, from routine check-ups to complete smile makeovers.

**EMERGENCY AND CRISIS SERVICES****Caring Unlimited: Sanford, all of York County**

POB 590, Sanford, ME 04073. 24 Hour Hotline: 1-800-239-7298

York County's Domestic Violence Program. All our programs are founded on a strengths-based, empowerment-focused model that supports survivors in finding the safety, respect and freedom in their own home that each of us deserve. Caring Unlimited services are confidential and provided free of charge to anyone victimized in an intimate relationship.

**Southern Maine Health Care: Biddeford, Sanford**

1 Medical Center Drive, Biddeford, ME 04005. Tel: 207-283-7000

25 June Street, Sanford, ME 04073. Tel: 207-324-4310

Southern Maine Health Care (SMHC) is a national award-winning healthcare system, with an acute care medical center in Biddeford, Maine licensed for 150 beds, and 24/7 emergency room services in both Biddeford and Sanford. If there is an immediate threat to your health, you should go to the emergency department at the nearest hospital for treatment.

**Sweetser: Saco**

50 Moody Street, Saco, ME 04072. Tel: 1-800-434-3000

Mobile Crisis Intervention Tel: 1-888-568-1112

Nationally recognized and accredited, each year Sweetser's caring and compassionate professionals connect 20,000 children, adults and family members with the mental health, recovery and education services they need and deserve in the treatment of mental illness. The Saco location offers Mobile Crisis Intervention and Crisis Stabilization. \*\*To access Mobile Crisis Intervention services, call 1-888-568-1112 for rapid response to crisis situations 24 hours a day, 7 days a week.

**York Hospital: Wells, York**

114 Sanford Road, Wells, ME 04090. Tel: 207-646-5211

3 Loving Kindness Way, York, ME 03909. Tel: 207-363-4321 – open 24/7

Your emergency is our life's work. Our team of board certified emergency physicians is dedicated to caring for your every concern, your every worry, your every emergency. We're here when you need us, every time.

**MENTAL HEALTH****Maine Behavioral Healthcare: Biddeford, Saco, Springvale**

2 Springbrook Drive, Biddeford, ME 04005. Tel: 207-282-1500

31 Beach Street, Saco, ME 04072. Tel: 207-282-1500

474 Main Street, Springvale, ME 04083. Tel: 207-324-1500

Maine Behavioral Healthcare is pleased to offer Crisis Response Services where they are needed most for individuals in need of immediate behavioral health attention.

Through partnerships with local hospitals and access to a full continuum of service offerings we are able to serve as a critical first contact during a mental health crisis.

**Saco River Health Services: Waterboro**

802 Main Street, Waterboro, ME 04087. Tel: 207-247-9000

Our Behavioral Services focus on integration within the community, while the Medical Services specialize in the management of chronic diseases. Care and support is given by skilled, compassionate staff who consistently exceed the nationally recognized standards for competency and up to date training.

**Spurwink: Biddeford**

40 Main Street, Suite 13 – 210, Biddeford, ME 04005. Tel: 888-889-3903

The Spurwink York County office is in the heart of Biddeford in the Pepperell Mill and provides outpatient therapy, Public School Counseling in partnering schools (Biddeford, Dayton, Old Orchard Beach, Buxton, and Saco), Functional Family Therapy strengthening family relationships for at-risk youth, and a Behavioral Health Homes for children, adults, and families.

**Sweetser: Saco, Sanford**

50 Moody Street, Saco, ME 04072. Tel: 1-800-434-3000

863 Main Street, Sanford, ME 04073. Tel: 1-800-434-3000

Nationally recognized and accredited, each year Sweetser's caring and compassionate professionals connect 20,000 children, adults and family members with the mental health, recovery and education services they need and deserve in the treatment of mental illness. Sweetser offers many programs at both location such as Adult Community Integration Services (ACIS), Medication Management, Outpatient Therapy, Same-Day Access, Substance Abuse, and Targeted Case Management (TCM). The Saco location also offers Mobile Crisis Intervention, Crisis Stabilization, the NEED Program to address eating disorders, and more.

\*\*To access Mobile Crisis Intervention services, call 1-888-568-1112 for rapid response to crisis situations 24 hours a day, 7 days a week.

**PEDIATRIC CARE****Honey Bee Home Health: All of Southern Maine**

Visiting Nurse Practitioner, Tel: 207-615-6313

Honey Bee Home Health grew from a desire to serve families in the comfort and privacy of their homes. It is a practice that is striving for a healthcare service that provides meaningful, thorough visits. Honey Bee hopes to be a holistic partnership with families as they work towards optimal health.

**Maine Medical Partners: Saco**

4 Scamman Street, Suite 51, Saco, ME 04072. Tel: 207-282-3327

We are dedicated to bringing families high-quality pediatric care, from routine checkups to serious emergencies. Our children's health care providers want to be there for your child at every stage of their development.

**Southern Maine Health Care Pediatrics: Biddeford, Kennebunk, Saco, Sanford**

9 Healthcare Drive, Suite 208, Biddeford, ME 04005. Tel: 207-282-7531

3 Shape Drive, Kennebunk, ME 04043. 207-467-8930

655 Main Street, Saco, ME 04072. Tel: 207-294-5959

25A June Street, Suite 113, Sanford, ME 04073. Tel: 207-490-7334

The MaineHealth network of pediatricians and other family health care providers offers a full range of children's care and services. From well checkups to the latest specialty medicine, most of the primary care you need for your child is close to home.

We offer resources that support a healthy lifestyle for kids and their families. Our goal is to have the healthiest communities in America.

**Waterboro Village Pediatrics: Waterboro**

43 Sokokis Trail, East Waterboro, ME 04030. Tel: 207-247-6742

Friendly patient care is our #1 focus. Our company's strengths are numerous. We have old-fashioned values. We still answer our own phones. We are a physician-owned private practice. And we meet our patients' needs. If you have any questions or comments, please feel free to contact us. We look forward to hearing from you soon.

**York Hospital: Wells, York**

112 Sanford Road, Building B, Wells, ME 04090. Tel: 207-641-6555

16 Hospital Drive, Suite D, York, ME 03909. Tel: 207-351-1710

Our Pediatric Associates and Pediatrics Therapy provide high quality health care with personalized attention to infants, children, and adolescents. Together, our loving staff will strive to ensure that your child's growing years are as healthy and enjoyable as possible.

PRESCRIPTION ASSISTANCE

**MedAccess: Biddeford**

9 Healthcare Drive, Suite 206, Biddeford, ME 04005. Tel: 207-294-8141

MedAccess program helps patients and healthcare providers find low cost prescription drug options.

**Sweetser: Saco, Sanford**

50 Moody Street, Saco, ME 04072. Tel: 1-800-434-3000

863 Main Street, Sanford, ME 04073. Tel: 1-800-434-3000

Medication Management Services include a comprehensive assessment by a psychiatrist, psychiatric nurse practitioner, or advanced practice registered nurse to formulate diagnoses, prescribe psychotropic medications, provide related education, and perform routine monitoring. In rural areas, medication management services may be provided via telemedicine.

**Galbraith Family Medicine: Limerick**

44 Elm Street, Limerick, ME 04048. Tel: 207-793-9586

Galbraith Family Medicine, LLC, was founded in 2010, by husband and wife team David Galbraith, MD, and Kathryn Galbraith, MD, as an independent, rural community practice to care for the health needs of the whole family. Our focus is on providing quality care, including managing chronic illnesses, treating acute problems, and promoting a healthy lifestyle to prevent disease.

**Martin's Point HealthCare: Biddeford**

61 Barra Road, Biddeford ME, 04005. Tel: 207-283-1441

Martin's Point is a health care organization leading the way to provide better care at lower costs in the communities we serve. As a not-for-profit organization, our primary mission is to create a healthier community through authentic relationships built on trust. Martin's Point is unique because we provide both health care services and health insurance plans.

**Nasson Health Care: Springvale**

15 Oak Street, Springvale, ME 04083. Tel: 207-490-6900

A community-based health center providing Medical, Dental, and Behavioral Health services to ensure patients receive well-coordinated care that addresses the complete health and wellness picture. Our dedicated and highly-qualified providers are committed to creating a professional and respectful partnership with you. Fee discounts are available for patients with financial need.

**Sacred Heart Center for Health and Healing: Kennebunk**

62 Portland Road, Suite #5, Kennebunk, ME 04043. Tel: 207-467-3345

Sacred Heart Center is committed to providing each patient with an exceptional level of care and attention, utilizing both Conventional Medicine and Complementary and Alternative Medicine. Our Doctors truly listen, answer your questions, and with your words and input, we develop a Treatment Plan that then sets you on the way to feeling better right away.

**Seaside Family Health Care: Old Orchard Beach**

77 Saco Avenue, Old Orchard Beach, ME 04064. Tel: 207-937-8254

Seaside Family Health Care is an open access primary and acute care facility located in Old Orchard Beach Maine. This allows me, Lourie Swimm, Family Nurse

Practitioner, to provide you with high quality, affordable health care services for the entire family without the constraints of set appointment times. I will do home visits as well as afterhours visits in my clinic if needed. Please call 207-502-9465.

**Southern Maine Health Care, Primary Care: Biddeford, Kennebunk, Saco**

46 Barra Road, Suites 201/202, Biddeford, ME 04005. Tel: 207-282-3349

2 Livewell Drive, North Tower, Kennebunk, ME 04043. Tel: 207-467-8988

72 Main Street, Kennebunk, ME 04043. Tel: 207-292-2469

13 Industrial Park Road, Saco, ME 04072. Tel: 207-283-8800

Our hospitals, labs, highly skilled physicians, providers and behavioral health specialists are committed to providing you with excellent, coordinated healthcare as close to home as possible. Primary care providers may specialize in internal medicine or family medicine.

**Southern Maine Integrative Health Center: Kennebunk**

69 York Street, Suite 4, Kennebunk, ME 04043. Tel: 207-985-3079

Our holistic approach to healthcare combines the best of traditional and nontraditional Medicine. Whether you are looking for a traditional Family Practitioner or a more integrated approach, we take the time to listen to you and answer your questions, helping you create the healthcare program that best fits your needs. Our “whole person” approach to medicine goes far beyond treating specific symptoms.

**Total Health & Spine: Wells**

952 Post Road, Unit #8, Wells, ME 04090. Tel: 207-216-9821

We are focused on providing a combination of diagnostic and therapeutic services that provide the highest level of care. We meet our patients "where they are" and use that as a starting point to make therapeutic change. Our philosophy focuses on the complete health of our patients and how their health issues impact their pain and function.

**Wells Family Practice: Wells**

59 Mile Road, Wells, Maine 04090. Tel: 207-646-0676.

Throughout our history we have maintained a comfortable, nurturing environment for our patients while practicing the full scope of family medicine. Our practice is independent; although we are affiliated with the local hospitals we are not owned or operated by them or any other entity. This means we are able to make decisions with one thing in mind, you the patient.



### **Wentworth-Douglass Hospital: South Berwick**

31 Colcord Street, South Berwick, ME 03908. Tel: 207-384-4949

South Berwick Family Practice has all of your family's health care needs covered. We offer outstanding primary care and preventative health care to the entire family, from newborns to seniors, all conveniently located in beautiful downtown South Berwick. We are committed to providing you and your family top quality care.

### **York Hospital: Kennebunk, Kittery, Sanford, South Berwick, Wells, York**

35 Walker Street, Kittery, ME 03904. Tel: 207-439-4430

1474 Main Street, Sanford, ME 04074. Tel: 207-608-8442

57 Portland Street, South Berwick, ME 03908. Tel: 207-384-9212

112-114 Sanford Road, Wells, ME 04090. Tel: 207-641-6540

277 Post Road, Moody, ME 04054 (Wells). Tel: 207-646-8386

3 Loving Kindness Way, York, ME 03909. Tel: 207-363-4321 \*Main Campus

12 Hospital Drive, Suite B, York, ME 03909. Tel: 207-351-3530

127 Long Sands Road, York, ME 03909. Tel: 207-363-8430

Our primary care physicians are qualified specialists in internal medicine, with many having cared for patients in the area for over 25 years. In addition to their extraordinary medical knowledge and care, our physicians are known for being attentive listeners to patients' concerns, nonjudgmental, having positive attitudes and the ability to develop strong doctor-patient relationships.

## **WALK-IN CLINICS & URGENT CARE**

### **Southern Maine Health Care: Kennebunk, Saco, Sanford, Waterboro**

2 Livewell Drive, Kennebunk, ME 04043. Tel: 207-467-6900

665 Main Street Saco, ME 04072. Tel: 207-294-5600

25A June Street, Suite 011, Sanford, ME 04073. Tel: 207-490-7900

10 Goodall Drive, Waterboro, ME 04030 Tel: 207-490-7780

Convenient, Non-Emergency Care. When your doctor isn't available, SMHC's Walk-In Care provides other convenient options for care close to home. All are welcome! No appointment necessary. X-ray services available on site. We treat: colds, sore throats and flu; strains and sprains; ear, eye and sinus infections; and cuts and abrasions.

**York Hospital: Berwick, Kennebunk, Kittery, Sanford, Wells, York**

4 Dana Drive, Berwick, ME 03901. Tel: 207-698-6700

2 Independence Drive, Kennebunk, ME 04043. Tel: 207-467-8074.

35 Walker Street, Kittery, ME 03904. Tel: 207-752-8652

1474 Main Street, Sanford, ME 04073. Tel: 207-608-8425

114 Sanford Road (Rt. 109), Wells, ME 04090. Tel: 207-646-5211

343 US Route 1, York, ME 03909. Tel: 207-351-2600

York Hospital offers Walk-in Care services to get you seen quickly, with the care you deserve, and at a price you can afford. Care is provided by nurse practitioners, physician assistants and nurses under the supervision of board certified physicians in emergency medicine, general medicine, and pediatrics. Each patient is treated individually and with exceptional customer service.



## GLOSSARY BY TOWN

The information below is organized from the content above by town and service, alphabetically.

### **Acton:**

#### Dentist:

- Orchardside Dental

### **Arundel:**

#### Dentist:

- Advanced Sedation and General Dentistry
- Dr. Lisa Slaughter, DMD
- Trentalange Family Dentistry

### **Berwick:**

#### Walk-In Clinic and Urgent Care:

- York Hospital

### **Biddeford:**

#### Affordable Care:

- Community Dental
- MedAccess
- Planned Parenthood of Northern New England

#### Dentist:

- All Smiles Dental
  - Aspen Dental
  - Biddeford Family Dentistry
  - Community Dental
  - Dental Arts
  - Gentle Dental
  - Island Point Dentistry
  - Seacoast Dentistry
  - Southern Maine Dental
  - Southern Maine Endodontics
- #### Emergency and Crisis Services:
- Southern Maine Health Care

### **Biddeford, Cont.:**

#### Mental Health Services:

- Maine Behavioral Health Care
- Spurwink

#### Pediatric Care:

- Southern Maine Health Care Pediatrics

#### Prescription Assistance:

- MedAccess

#### Primary Care Services:

- Martin's Point HealthCare
- Southern Maine Health Care

### **Buxton:**

#### Affordable Care:

- Leavitt's Mill Free Health Center

#### Dentist:

- Saco River Dentistry
- Tory Hill Dental

### **Eliot:**

#### Dentist:

- Kingston Family Dental

### **Hollis:**

#### Dentist:

- Dr. Robert Lundin

### **Kennebunk:**

#### Dentist:

- Kennebunk Center for Dentistry
- Dr. Rachal Creisher, DMD
- Village Smiles
- York County Pediatric Dentistry

**Kennebunk, Cont.:**Pediatric Care:

- Southern Maine Health Care Pediatrics

Primary Care Services:

- Sacred Heart Center for Health and Healing
- Southern Maine Health Care
- Southern Maine Integrative Health Center

Primary Care Services:

- York Hospital

Walk-In Clinic and Urgent Care:

- Southern Maine Health Care
- York Hospital

**Kittery:**Dentist:

- Foreside Family Dental

Primary Care Services:

- York Hospital

Walk-In Clinic and Urgent Care:

- York Hospital

**Limerick:**Dentist:

- Village Smiles

Primary Care Services:

- Galbraith Family Medicine

**Old Orchard Beach:**Primary Care Services:

- Seaside Family Health Care

**Saco:**Dentist:

- Biddeford-Saco Dental Associates
- Gentle Dental

**Saco, Cont.:**Emergency and Crisis Services:

- Sweetser

Mental Health Services:

- Maine Behavioral Health Care
- Sweetser

Pediatric Care:

- Maine Medical Partners
- Southern Maine Health Care Pediatrics

Prescription Assistance:

- Sweetser

Primary Care Services:

- Southern Maine Health Care

Walk-In Clinic and Urgent Care:

- Southern Maine Health Care

**Sanford:**Affordable Care:

- CarePartners
- Planned Parenthood of Northern New England

Dentist:

- Children's Dentistry
- Great East Dental Associates, Springvale
- Healthy Smiles Family Dentistry
- Dr. John Beaudoin, DMD
- Nason Health Care Dental Services, Springvale
- Sanford Family Dental
- Dr. Shaun Janvier, DMD

Emergency and Crisis Services:

- Caring Unlimited – additional locations around York County
- Southern Maine Health Care

Mental Health Services:

- Maine Behavioral Health Care, Springvale
- Sweetser

**Sanford, Cont.:**Pediatric Care:

- Southern Maine Health Care Pediatrics

Prescription Assistance:

- Sweetser

Primary Care Services:

- Nason Health Care, Springvale
- York Hospital

Walk-In Clinic and Urgent Care:

- Southern Maine Health Care
- York Hospital

**South Berwick:**Dentist:

- South Berwick Dental

Primary Care Services:

- Wentworth-Douglass Hospital
- York Hospital

**Waterboro:**Dentist:

- The Waterboro Dentist

Mental Health Services:

- Saco River Health Services

Pediatric Care:

- Waterboro Village Pediatrics

Walk-In Clinic and Urgent Care:

- Southern Maine Health Care

**Wells:**Dentist:

- The Dentalcare Inn
- Dr. Lee Richheimer, DDS, PA
- Nortey Dental

**Wells, Cont.:**Emergency and Crisis Services:

- York Hospital

Pediatric Care:

- York Hospital

Primary Care Services:

- Total Health & Spine
- Wells Family Practice
- York Hospital

Walk-In Clinic and Urgent Care:

- York Hospital

**York:**Dentist:

- Amidon Family Dentistry
- Atlantic Dental Associates
- Southern Maine Endodontics
- York Dental Group
- York Family Dental

Emergency and Crisis Services:

- York Hospital

Pediatric Care:

- York Hospital

Primary Care Services:

- York Hospital

Walk-In Clinic and Urgent Care:

- York Hospital

**Other:**Pediatric Care:

- Honey Bee Home Health, Visiting NP in Southern Maine

## ASSISTANCE BY TOWN:

Local government in Maine provides many essential services to the citizens of the community including road construction and maintenance, solid waste disposal, water utilities and waste water treatment, police and fire protection and emergency rescue, land use planning and building inspection, welfare, and public education for grades Kindergarten through 12.

For more information on local services, General Assistance, and community hearings, visit your local town office.

Acton:

[www.actonmaine.org](http://www.actonmaine.org)

\*\* General Assistance is currently by appointment only.

Dayton:

[www.dayton-me.gov](http://www.dayton-me.gov)

\*\* General Assistance may be available at near-by town halls

Alfred:

[www.alfredme.us](http://www.alfredme.us)

Eliot:

[www.eliotmaine.org](http://www.eliotmaine.org)

Arundel:

[www.arundelmaine.org](http://www.arundelmaine.org)

Hollis:

[www.hollismaine.org](http://www.hollismaine.org)

Berwick:

[www.berwickmaine.org](http://www.berwickmaine.org)

Kennebunk:

[www.kennebunkmaine.us](http://www.kennebunkmaine.us)

Biddeford:

[www.biddefordmaine.org](http://www.biddefordmaine.org)

Kennebunkport:

[www.kennebunkportme.gov](http://www.kennebunkportme.gov)

Buxton:

[www.buxton.me.us](http://www.buxton.me.us)

Kittery:

[www.kitteryme.gov](http://www.kitteryme.gov)

Cornish:

[www.cornishme.com](http://www.cornishme.com)

\*\* General Assistance office hours are Tuesday from 10am to 12 noon.

Lebanon:

[www.lebanon-me.org](http://www.lebanon-me.org)

Limerick:

[www.limerickme.org](http://www.limerickme.org)



Limington:  
[www.limington.net](http://www.limington.net)

Lyman:  
[www.lyman-me.gov](http://www.lyman-me.gov)

Newfield:  
[www.newfieldme.org](http://www.newfieldme.org)

North Berwick:  
[www.townofnorthberwick.org](http://www.townofnorthberwick.org)

Ogunquit:  
[www.townofogunquit.org](http://www.townofogunquit.org)

Old Orchard Beach:  
[www.oobmaine.com](http://www.oobmaine.com)

Parsonsfield  
[www.parsonsfield.org](http://www.parsonsfield.org)

Saco:  
[www.sacomaine.org](http://www.sacomaine.org)

Sanford:  
[www.sanfordmaine.org](http://www.sanfordmaine.org)

Shapleigh:  
[www.shapleigh.net](http://www.shapleigh.net)

South Berwick:  
[www.southberwickmaine.org](http://www.southberwickmaine.org)

Waterboro:  
[www.waterboro-me.net](http://www.waterboro-me.net)

Wells:  
[www.wellsrec.org](http://www.wellsrec.org)

York:  
[www.yorkparksandrec.org](http://www.yorkparksandrec.org)



## ADDITIONAL RESOURCES WE LOVE

For more information on trails and ideas regarding healthy choices – we recommend:

[www.211Maine.org](http://www.211Maine.org) - 211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. Available 24/7.

[www.CDC.gov](http://www.CDC.gov) – Stay up to date and learn about public health topics from environmental health, to global health, and more.

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) - MyPlate is a reminder to find your health eating style and build it throughout your lifetime. Website also offers recipes and physical activity ideas.

[www.Maine.gov/dhhs/mecdc/population-health/](http://www.Maine.gov/dhhs/mecdc/population-health/) - The division of disease prevention works across three focus areas to better the lives of all Maine people: children have a healthy start, healthy and safe living, and chronic disease prevention and control.

[www.MaineHealth.org/southern-maine-health-care/healthy-communities/](http://www.MaineHealth.org/southern-maine-health-care/healthy-communities/) - SMHC is committed to making the communities it serves the healthiest in America by offering classes, support groups and services to help you improve your health and wellbeing.

[www.MaineWelfareDirectors.org/assoc/Resources/forms/GA\\_Application\\_fillable\\_03242017.pdf](http://www.MaineWelfareDirectors.org/assoc/Resources/forms/GA_Application_fillable_03242017.pdf) - Maine Application for General Assistance. The General Assistance Program is a state mandated program for the provision of basic needs for eligible applicants. Basic needs include: rent, food, utilities, fuel, and other services essential to maintaining Maine's residents. All assistance is granted in voucher form. No cash assistance is issued.

[www.RethinkDiabetes.org/for-mainers/](http://www.RethinkDiabetes.org/for-mainers/) - Maine's National Diabetes Prevention Program (NDPP) information portal.

[www.TheQuitLink.com](http://www.TheQuitLink.com) – An online resource to support Maine residents to be tobacco-free and connect to the Maine Tobacco HelpLine.

## CONTACT INFORMATION

Again, we recognize that this guide does not represent **ALL** the health services available to residents of York County. Many other options are available for your wellness needs. We encourage you to let us know if there is something that we missed as this guide will be updated periodically.

Please contact the York District Public Health Liaison, Adam, at [Adam.Hartwig@Maine.gov](mailto:Adam.Hartwig@Maine.gov) for any additions or edits.

For more resource guides, District Public Health updates, and for additional information regarding the YDPHC, visit us at: <https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml>

Thank you to the Maine Center for Disease Control and Prevention, the York District Public Health Council, and all the community members that helped provide details and insight. Resource guide was compiled by Emilee Winn, Council Coordinator.



## IMPORTANT DISCLAIMER

Neither the York District Public Health Council nor the Maine Center for Disease Control and Prevention can be held liable for any injuries, loss, or issues as a result of or in connection with anything mentioned in this reference guide.

This is certainly not an exhaustive list. As the medical field progresses, details are subject to change. We encourage you to do your own research before seeking medical attention from a new provider.

Thank you.