RESOURCE GUIDE

of services available in
Yarmouth, Maine

Compiled by:

YCAN
YARMOUTH
CARES ABOUT NEIGHBORS

www.ycan.info

PHONE NUMBER
(207) 844-3517

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Agencies, organizations, and programs in this Resource Guide have a common goal of helping people in our community. Its completeness and accuracy rely on input and feedback from the organizations and people it contains – as well as from those who use the Guide.

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211 Maine

Contact: Derek Morin, Contact Center Manager, The Opportunity Alliance

Phone: 211
877-463-6207

Hours: 24/7

E-mail: info@211maine.org

Website: www.opportunityalliance.org
www.211maine.org

Services/Programs:

One number – thousands of services. 2-1-1 is an easy-to-remember number that connects people who want to give help or get help with a full range of health and human services in their community. In establishing 2-1-1, Maine joins a growing national movement to standardize the availability of information and referral for these services.

- 2-1-1 includes a **statewide directory** of over **8000 resources** including agency services and support groups accessible through their website to anyone with Internet capability.
- The 2-1-1 Call Center is accessible statewide and from cell phones and phone service provided by Internet carriers.
- 2-1-1 provides **emergency operations** during times of natural and other disasters, including accurate and timely information for preparations, and longer-term referral for follow-up services if required.
- 2-1-1 provides valuable information for community planning and for future matching of resource development and unmet needs.

First Baptist Church

Address:	346 Main Street Yarmouth, ME 04096
Contact:	Stephen Woody, Pastor Valerie, Admin. Secretary
Phone:	207-846-5814
Hours:	Tues – Thurs: 9:00 am – 2:30 pm Sunday: 9:30 – 11:30
E-mail:	fbcyofficevt@gmail.com
Website:	www.firstbaptistyarmouth.org

Services/Programs:

- Spiritual
- Youth Programs
- Other assistance on a case-by-case basis

First Parish Congregational Church

United Church of Christ

Address:	116 Main Street Yarmouth, ME 04096
Contact:	Diann Bailey, Pastor Katie Casper, Communications Director
Phone:	207-846-3773
Hours:	Mon – Fri: 9:00 am – 2:00 pm (Office)
E-mail:	fpcc@firstparishyarmouth.org
Website:	www.firstparishyarmouth.org

Services/Programs:

- Spiritual
- Programs for youth

First Parish is an open and affirming church of the United Church of Christ.

First Universalist Church of Yarmouth

Address:	97 Main Street Yarmouth, ME 04096
Contact:	Rev. Hillary Collins-Gilpatrick Gwen Matthews, Congregational Life
Phone:	207-846-4148
Hours:	Mon: 8:00 am – 4:00 pm Thurs: 10:00 am – 5:00 pm
E-mail:	office@uuyarmouth.org
Website:	www.uuyarmouth.org

Services/Programs:

- Pastoral care, emergency assistance, and spiritual growth to church membership.
- Programs for Youth
- Hannaford and gas gift cards on case-by-case basis
- Our Caring Connection is a network of volunteers available to support others in the church community as an extension of the spiritual commitment we hold for each other.

General Assistance – Yarmouth

Address: Yarmouth Town Hall
200 Main Street
Yarmouth, ME 04096

Contact: Karyn MacNeill, Assistant Administrator

Phone: 207-846-2406

(Emergency via Yarmouth Police Department: 207-846-3333)

Hours: Mon/Tues/Thurs/Fri: 9:00 am – 1:00 pm
Wed: 12:00 pm – 4:00 pm

E-mail: GA@yarmouth.me.us

Website: www.yarmouth.me.us
(Department Tab)

Eligibility: State income guidelines apply

Services/Programs:

The Town of Yarmouth has established an office for the administration of general assistance. This office is located in Yarmouth's Town Hall. General Assistance Program assists residents of Yarmouth with basic necessities, such as:

- Rent/mortgage
- Fuel/home heating
- Non-elective medical services
- Telephone when medically necessary
- Necessary work-related expenses
- Personal supplies and food
- Clothing

Maine Behavioral Health

Hospice of Southern Maine is joining with Andwell Health Partners

For years, these two organizations have worked side by side, serving Maine families. Now they're uniting under one non-profit organization to better serve their communities.

Address:	15 Strawberry Ave. Lewiston, ME 04240
Contact:	Stacy Paradis, Clinical Operations Director - Outpatient
Phone:	(800) 482-7412
Hours:	Mon – Fri: 8:30 am – 4:30 pm
E-mail:	
Website:	https://andwell.org

Services/Programs:

- At Home Care,
- Hospice & Palliative Care,
- Community & Behavioral Health,
- Therapy Care & Specialty Services

Address:	Several offices throughout the state. Go to https://andwell.org/about/ for the full list.
Phone:	(207) 777-7740
Hours:	Varies by office
E-mail:	info@mainebehavioralhealthcare.org
Website:	mainebehavioralhealthcare.org

Maine Behavioral Health

Services/Programs:

Maine Behavioral Healthcare is committed to creating a seamless system of behavioral healthcare across Maine, coordinating hospital psychiatric care with community-based treatment services, and better access to medical care through integration with primary care services. We are a proud member of MaineHealth, Maine's largest health system, working together to make our communities the healthiest in America.

Maine Behavioral Healthcare's 30-plus clinical programs and nearly 30 service location, from York to Norway to Belfast, is one of the broadest behavioral healthcare programs in the state. Our primary goal is connecting clients and patients to appropriate care when they need it.

Meals on Wheels

Operated by Southern Maine Agency on aging, Volunteers and staff deliver up to five meals to each program participant on Tuesdays or Thursdays and generally arrive between 10:30am-12:30pm. Meals are delivered frozen.

Entrées generally feature a protein main dish, a side dish, and a vegetable. The meals are also served with a small loaf of bread. Clients can also receive one quart of milk per week.

There is no income eligibility requirement for Meals on Wheels. We recommend a $3.50 per meal donation in order to keep the program going. However, donations of all sizes are welcome and no one will ever be turned away if unable to contribute at the selected rate.

For more information, and to learn about qualifications, please go to https://www.smaaa.org/services-for-older-adults/nutrition/meals-on-wheels/.

MOW is one of many programs sponsored by SMAA, the Southern Maine Agency on Agency.

Merrill Memorial Library

Address: 215 Main Street
Yarmouth, ME 04096

Phone: 207-846-4763

Hours: Mon: 10:00 am – 5:00 pm
Tues & Wed: 10:00 am – 7:00 pm
Thurs & Fri: 10:00 am – 5:00 pm
Sat: 10:00 am – 3:00 pm

E-mail: mmlinfo@yarmouthlibrary.org

Website: yarmouthlibrary.org

Services/Programs:

- Books, audios, and magazines available for reference, reading, or borrowing
- Movies and TV on DVD available to borrow
- Daily newspapers
- Matinee movies, monthly book discussions, Wednesday evening classic film series
- Free Public Access Computers and Wi-Fi
- Free Coffee
- Photocopy machine available for public use (with per page fee) as well as FAX and Scanning service
- Delivery and pickup of materials for the homebound
- Help with technology
- Free or Reduced-cost passes to a selection of museums in Maine

Northern Light Home Care

Address: 225 Gorham Rd., Suite 200
South Portland, ME 04106

Phone: 800-757-3326

Hours: Mon – Sun: 24 hours a day

Website: northernlighthealth.org

Services/Programs:

- ***LifeStages*** caregiving at home by companions for assistance with bathing, meals, appointments, and errands as well as new technologies for virtual physician visits, medication reminders, social interaction, and more.
- Hospice for compassionate end-of-life care at the patient's place of residence. Services include nursing, rehabilitation therapies, social work, pastoral counseling, volunteers, and bereavement support.
- Home Health services by nurses, physical therapists, occupational therapists, speech pathologists, and social workers for those recovering from illness or surgery.

Opportunity Alliance

Address:	50 Lydia Lane Portland, Maine 04106
Phone:	207-523-5049 (main line) 888-568-1112 (crisis support)
Hours:	Mon – Fri: 8:00 am – 4:30 pm for other programs 24/7 crisis and residential services
Website:	www.opportunityalliance.org

Services/Programs:

The Opportunity Alliance is the Community Action Agency for Cumberland County. Through multiple integrated community-based and clinical programs, they serve more than 20,000 people annually throughout Maine.

For 50 years, they have provided advocacy, leadership, and support to help individuals, families, and communities identify goals and address their needs.

Their programming includes:

- Early Childhood Education
- Family and Community Support
- Mental Health Services for Children, Youth, and Adults
- Crisis Intervention and Prevention
- Information and Referral
- Community Initiatives

Rotary Club of Yarmouth

Address: PO Box 468
Yarmouth, ME 04096

Services/Programs:

- West Side Trail Construction in Yarmouth
- Youth Leadership Camp for Local Sophomores
- Cocoa & Cookies at Yarmouth Christmas Tree Lighting
- International Youth Exchange (outgoing and incoming)
- Cleft Lip & Palate Surgeries in Developing Countries
- Teacher Training in Guatemala

Sacred Heart Church

Address: 326 Main Street
Yarmouth, ME 04096

Contact: Fr. Cartwright, Pastor

Phone: 207-847-6890

Hours: Mon – Thurs: 9:00 am – 4:00 pm

E-mail: pothe@portlanddiocese.org

Website: pothe.org

Services/Programs:

- Spiritual
- Food, Clothing, Counseling
- Teen Programs
- Elder Programs:
  - Senior Luncheons
  - "Soupa Suppa"
    (once a month @ Holy Martyrs/Falmouth)
- Gift Cards/Food Baskets at the holidays for seniors and families in need
- Services offered on a case-by-case basis

Salvation Army

Address: 297 Cumberland Ave.
Portland, ME 04101

Contact: Eric Twahirwa, Social Services Administrator

Phone: 207-774-4172

Hours: Mon – Fri: 8:30 am – 4:00 pm

E-mail: keith.jache@use.salvationarmy.org
katherine.jache@use.salvationarmy.org

Website: easternusa.salvationarmy.org

Services/Programs:

- Food Pantry is open: Mon - Fri from 8:30 am – 4:00 pm
- Tools for Life Program
- Center for Healthy Aging
- English as a Second Language Help
- Seasonal Offerings: Food available at food pantry for Thanksgiving
- Holiday Offerings Include: Angel Tree, Adopt a Family, Toy Store, and Coats for Kids

St. Bartholomew's Episcopal Church

Address:	396 Gilman Road Yarmouth, ME 04096
Contact:	The Rev. Amanda Gerken-Nelson, Rector Teri Coviello, Administrator
Phone:	207-846-9244
Hours:	Tue – Thu: 9:00 am – 3:30 pm
	Wed: 11:00 am – 4:00 pm
	Sunday Service: 9:30 am
E-mail:	admin@stbartsyarmouth.org
Website:	www.stbartsyarmouth.org

Services/Programs:

- Spiritual Growth
- Christian Education
- Pastoral Care
- Community Outreach
  - St. Elizabeth's Jubilee Center
  - Friendship House
  - Yarmouth Compassionate Housing Initiative
  - Yarmouth Cares About Neighbors (YCAN)
  - Yarmouth Community Food Pantry
  - Yarmouth Community Garden
- Holiday Support
- Holiday Food Drive
- American Red Cross Blood drives
- Maine Marathon water stop / evacuation site

Southern Maine Agency on Aging (SMAA)

Address: 30 Barra Rd.
Biddeford, ME 04005

Phone: 207-396-6500

Hours: Mon – Fri: 8:00 am – 4:00 pm

E-mail: info@smaaa.org

Website: www.smaaa.org

Services/Programs:

- Family Caregiver Support Program
- Caregiver Respite Program
- Health Insurance Counseling
- Elder Care Management
- Independent Housing with Services
- Adult Day Centers in Falmouth and Biddeford
- Agewell Classes
- Meals on Wheels: Tue & Thurs 9:00 am – 1:00 pm
- Luncheons and "As You Like It"
- Maine Senior Games
- Money Minders
- Vet to Vet (volunteer veterans who visit aging or disabled vets)
- Volunteer Opportunities

Refer to the next page for services available in Yarmouth.

Southern Maine Agency on Aging (Yarmouth)

Address: Merrill Memorial Library, 1st Floor
Yarmouth, ME 04096

Contact: Hannah Lynch
Community Resource Specialist*

Phone: 207-835-9866

Hours: Tues: 9:00 am – 4:00 pm
Fri: 9:00 am – 4:00 pm
Appointments preferred

E-mail: YarmouthResources@smaaa.org

Website: www.smaaa.org

Services/Programs:

- Application Assistance
- Benefit Screening / Financial Issues
- Caregiver Support Resources
- Dental Resources
- Diet/Nutrition Programs
- Falls Prevention Classes
- Housing Options
- In-Home Support Services
- Legal Resources
- Meals on Wheels
- Money Management Resources
- Medicare counselors, Health Insurance & Prescription Drug Coverage Resources
- Physical Activity, Social & Volunteer Opportunities
- Safety Concerns
- Transportation Resources
- Yarmouth Cares About Neighbors (YCAN)
- Yarmouth Aging in Place
- Yarmouth Community Services (YCS)

Yarmouth's **Community Resource Specialist** is a staff person and program contact with SMAA contracted by the Town of Yarmouth as a support staff to our Human Services division at YCS.

Yarmouth Aging In Place

Contact: Leigh Kirchner

Phone: 207-712-7244

Hours: Available 24/7 by e-mail or phone message

E-mail: leighmk2050@gmail.com

Website: www.ycan.info
(Click on 'Aging in Place' for more info)

Services/Programs:

Supports Seniors who wish to remain in their homes and community as they age.

Program areas:

- Transportation
- Volunteer services (snow shoveling, & other)
- Social opportunities
- Health services support
- Accessibility
- Home modifications
- Economic security
- Communication/coordination of services

Services offered are evolving regularly. Please see the above web site for current information.

Yarmouth Cares About Neighbors (YCAN)

Address: Yarmouth CAN
PO Box 553
Yarmouth, ME 04096

Phone: 207-844-3517

E-mail: ycan@ycan.info

Website: www.ycan.info

Services/Programs:

- Fuel Fund: 207-846-2406
- Yarmouth Community Food Pantry: 207-844-3320
- Rides Program (for Senior & Medical): 207-844-3242
- Resource Guide: ycan.info/yarmouth-resources/
- Project Holiday: 207-844-3517
- Operation Bundle-Up: 207-846-2406
- Aging in Place: 207-835-9866
- Grants Program: grants@ycan.info
- Emergency/Acute Needs Program: EAN@ycan.info or 207-844-3517

YCAN also supports the following programs:

- Lunch Crunch
- Summer Camp Vouchers
- School Nutrition Closet
- Yarmouth Farmers' Market vouchers
- Food Insecurity Supplement Fund
- Yarmouth Community Garden Harvest Dinner

Yarmouth Chamber of Commerce

Address:	189 Main Street Yarmouth, ME 04096
Contact:	Amy Sinclair (chamber partnerships)
Phone:	207-846-3984
Hours:	Mon – Thurs: 9:00 am – 4:00 pm Fri: By appointment
E-mail:	info@yarmouthmaine.org
Website:	www.yarmouthmaine.org

Services/Programs:

- Business and Community Networking Events
- Business and community Support Services
- Information on current business issues
- Yarmouth Clam Festival

An independent, non-profit organization made up of area businesses and individuals that are interested in the development of the commercial, financial, civic, and economic environment of the Yarmouth business community.

Our mission is to promote and support business development and community welfare, to provide a voice for business, and to encourage the exchange of ideas and information.

Yarmouth Community Food Pantry

Address: First Parish Congregational Church
116 Main Street
Yarmouth, ME 04096
(use rear entrance on Storer Street)

Phone: 207-844-3320

Hours: Tue: 10:00 am – 12:00 pm
Fri: 10:00 am – 12:00 pm

Mail: Yarmouth Community Food Pantry
PO Box 553
Yarmouth, ME 04096

Website: www.ycan.info

Services/Programs:

A community food pantry serving the Yarmouth area.

Available items include:

- Food staples
- Frozen foods & meat
- Fresh produce
- Personal care items
- Healthy snacks
- Diapers & adult disposable underwear

Yarmouth Community Garden

Address: 615 East Main Street
Yarmouth, ME 04096

Contact: Bob Fowler, Food Gardener Coordinator

E-mail: bobfowlerinmaine@gmail.com

Website: www.yarmouthcommunitygarden.org

Services/Programs:

The Yarmouth Community Garden's (YCG) mission is to create an organic garden for Yarmouth citizens that offers plots for renters; produces fresh vegetables and flowers for distribution to area residents and seniors in need; and provides a gardening experience that benefits all of Yarmouth through education, mentoring, and volunteer participation. YCG also includes a dedicated children's garden that offers formal summer programs for kids.

Since its inception in 2003, YCG has donated between 3,000 and 4,000 pounds of fresh vegetables annually to the Yarmouth Food Pantry and three senior housing complexes.

Yarmouth Community Services (YCS)

Address: 200 Main Street
Yarmouth, ME 04096
(Front of Yarmouth Town Hall)

Phone: 207-846-2406

Hours: Mon – Fri: 8:30 am – 4:30 pm

E-mail: ycsadmin@yarmouth.me.us

Website: www.yarmouthcommunityservices.org

Services/Programs:

Yarmouth Community Services (YCS) encompasses three divisions: Parks, Recreation, and Community Services. All three divisions work together to provide:

- Programs, enrichment classes, and events
- Well-maintained parks, fields, tree care, town gardens, and open spaces
- General Assistance and other Human Services Programs
- Support for community efforts such as YCS's Lunch Crunch, the Medical Loan Closet, YCAN's Operation Bundle Up and Project Holiday, camp and program scholarships, student community service hours

YCS also plays a role in numerous volunteer committees:

- Parks and Lands Committee
- Program Advisory Committee
- Community Garden Steering Committee
- Tree Advisory Committee
- West Side Trail Committee
- Bike-Pedestrian Committee
- Youth Sports Leagues
- Aging In Place
- YCAN

Yarmouth Energy Information

Address:	200 Main Street Yarmouth, ME 04096
Contact:	Steve Johnson, Town Engineer
Phone:	207-846-2401
E-mail:	sjohnson@yarmouth.me.us
Website:	www.yarmouth.me.us

Services/Programs:

- Provides information on energy conservation
- Promotes measures to increase energy efficiency in Yarmouth homes and Town facilities

Yarmouth Farmers' Market Food Voucher Program

Address:	On the green of Yarmouth Town Hall
Hours:	Thurs: 3:00 pm – 6:00 pm May 1 – October 30
E-mail:	TheYarmouthFarmersMarket@gmail.com
Website:	www.yarmouthfarmersmarket.org

Services/Programs:
The Yarmouth Farmers Market accepts EBT cards. SNAP/EBT users will be able to stretch their dollars at the YFM - and other participating farmers markets - by earning Maine Harvest Bucks. Every SNAP dollar spent at the market generates another dollar that can be spent with any produce vendor. This allows SNAP benefits to go twice as far.

The Yarmouth Farmers Market also has a locally-funded food voucher program that was created in 2016 to reduce barriers to accessing fresh foods at the market. $25 vouchers can be picked up at the information booth at our market. Vouchers are in the form of Bumper Crop which is through the Maine Federation of Farmers Market and can be used like cash at most food vendors (no food trucks) and vendors are reimbursed at the end of each market day. They do not expire but we ask them to be used at the Yarmouth Farmers Market.

This program is funded, in part, by YCAN.

Yarmouth Lions Club

Address: P.O. Box 512
Yarmouth, ME 04096

Contact: Dave Floryan, President

E-mail: Contact form on website

Website: www.yarmouthlionsclub.org

Services/Programs:

The Lions Club supports:

- Local nonprofit organizations
- The Yarmouth Community Food Pantry
- Heating assistance
- Hearing and vision related causes, including collecting eyeglasses to recycle lenses and frames
- Scholarships for YHS students
- Yarmouth Capital Projects
- YCAN's Project Holiday
- Visits to Santa

The Club can also provide volunteers for projects.

Yarmouth Medical Loan Closet

Address: Contact via Yarmouth Community Services at:

Mailing: 200 Main Street
Yarmouth, ME 04096

Contact: Yarmouth Community Services

Phone: 207-846-2406

Hours: Mon – Fri: 8:30 am – 4:30 pm

Website: www.yarmouthcommunityservices.org (see menu under "Information")

Services/Programs:

Medical Equipment (available for loan)

- Wheelchairs
- Transport Chairs
- Scooters
- Canes
- Crutches
- Shower chairs
- Commodes
- Ramps

Equipment is not stored at YCS. Please do not drop off or pick up equipment at the Town Hall/YCS offices. Equipment is stored at the Yarmouth Community House, 179 East Main St.

If you would like to borrow, drop off, or donate equipment, call Yarmouth Community Services to leave your name and number. A Medical Loan Closet volunteer will call you back to set up a time to meet at the Yarmouth Community House.

Yarmouth Police Department

Address: 178 North Road
Yarmouth, ME 04096

Contact: Dan Gallant, Chief of Police

Phone: 207-846-3333 (non-emergency)

E-mail: dgallant@yarmouth.me.us

Website: www.yarmouth.me.us
(Town Departments Tab)

Services/Programs:

The mission of the Yarmouth Police Department is to work with all citizens of the community to create a safe and secure environment with emphasis on equality, fairness, and professionalism.

The department also administers **Project Reassure**, a call-in / check-on service for seniors who live alone.

Yarmouth Public Health Council

E-mail: info@bewellyarmouth.org

Website: https://www.bewellyarmouth.org/

Services/Programs:

The Yarmouth Public Health Council (YPHC) is dedicated to enhancing and protecting the health and well-being of our community through collaboration with town departments, committees, organizations, and individuals.

Yarmouth Rides Program

Contact: Rides Program Director

Phone: 207-844-3242

E-mail: rp@ycan.info

Website: www.ycan.info

Services/Programs:

YCAN's Rides Program provides rides for residents unable to drive, either temporarily or permanently.

Non-medical rides:

- Monday through Friday
- Preferably between 9:00 am and 3:00 pm
- Freeport to Falmouth along Route 1 corridor
- Rides concentrate on Seniors, but will help others when able (for example, rides to the Food Pantry, bank, grocery store, hair appointments)

Medical rides:

- Monday through Friday
- Preferably between 9:00 am and 3:00 pm
- Freeport to Scarborough
- Not just for Seniors

Please call or email at least three days in advance and leave your name, telephone number, and the day and time you are seeking a ride. The Rides Program Director will call/email you back to work out the details of pickup and drop off.

Yarmouth Senior Housing

Bartlett Circle and Yarmouth Falls locations.

Both locations are managed by Emerald Management.

Address: 752 Main Street
Westbrook, ME 04092

Contact: Vicky Williams

Phone: 207-854-2606

E-mail: williams@EmeraldManagement.biz

Services/Programs:

Locations are at Bartlett Circle or Yarmouth Falls in Yarmouth. It provides 28 affordable senior housing units. Rents are based on income. Limits on income are based on income of a single-person or a couple, depending on the current standards.

YMCA of Southern Maine (Casco Bay Branch)

Address:	14 Old South Freeport Road Freeport, ME 04032
Contact:	Robin Bosse, Membership Director
Phone:	207-865-9600
Hours:	Call for hours
E-mail:	rbosse@ymcaofsouthernmaine.org
Website:	www.ymcaofsouthernmaine.org

Services/Programs:

- Youth Swim, Sports, and Play
- Summer Day Camp
- Family Time
- Child Care
- Volunteering
- Lifelong Learning
- Healthy Living Services and Activities
- Activities for those living with chronic illness
- Financial Assistance for Memberships, if needed

Notes:

Notes:

Ways You Can Help

Want to help support members of the community?

Where to Send Donations:

Financial Donations to YCAN:

Yarmouth CAN
P.O. Box 553
Yarmouth, ME 04096

Food Pantry Goods:

First Parish Congregational Church
116 Main Street
Yarmouth, ME 04096
(use Storer Street entrance)
Donations can be placed in the
deck box outside the pantry.

YCAN's Operation Bundle-up:

Town Hall
c/o Yarmouth Community Services
200 Main Street
Yarmouth, ME 04096

Learn more about donating at:

www.ycan.info

YCAN connects people in the Yarmouth, Maine community with needed resources, creates programs to serve those in need, and builds community by encouraging volunteerism and collaborating with other community-based groups when appropriate.

YCAN helps people like YOU find:

- Ways to meet the needs of others in our community
- Resources when you are in need

YOU can get involved by:

- Helping to find volunteers for existing programs or volunteering yourself.
- Starting new programs to meet community needs via your suggestions to the YCAN board
- Donating your talents and/or funds

Contact Us:

- ycan@ycan.info
- 207-844-3517
- P.O. Box 553
  Yarmouth, Maine 04096