

Age Friendly Biddeford

P.O. Box 785

Biddeford, ME 04005

<https://agefriendlybiddeford.org/>



Mission Statement

We, the volunteers of Age Friendly Biddeford, envision a livable community connecting those growing up with those growing older through awareness, communications, and advocacy to make our City a lifelong home for all who wish to live here.

Spring 2026

Spotlight on Ruby



Ruby Wallace-Ewing is Age Friendly Biddeford's (AFB) newest driver. She is a native Mainer from Orono, where she lived with her parents and three siblings, including her twin sister. Ruby went to college in Massachusetts and lived in Salem, MA for a while. She moved to Biddeford in 2018 and lives with her husband and two cats. When she is not driving for AFB she is running Ruby Jean Photography. On her website she describes herself as "...a Maine based creative portrait photographer, crown crafter, and creator of the Goddess Project". The Goddess Project is a portrait experience that celebrates women aged 70+.

Ruby's interest in working with older adults started when she helped her grandmother stay in her home as she aged. This interest and Ruby's photography work came together when she convinced her grandmother to do a "Goddess" photoshoot. It was a huge success for Ruby's grandmother, who was hesitant at first but eventually embraced the experience. The responses to the post were so positive and beautiful that Ruby was encouraged to expand the project.

Read more about Ruby and the Goddess Project at the links below:

The website: <https://rubyjeanphotography.com/the-goddess-project>

Blog post: <https://rubyjeanphotography.com/2025/12/18/the-goddess-project-celebrating-women-over-70/>

and a great video <https://www.youtube.com/watch?v=h9b8u9rkAik&t=1s>

Although Ruby has not been driving for AGE FRIENDLY BIDDEFORD very long she says so far driving has been good and she likes giving back to the community of women in Biddeford who have given her so much.

Handy Neighbor Program

Age Friendly Biddeford is pleased to announce that their Handy Neighbor Program began serving Biddeford residents in March of this year. In the last 2 months, work provided by the program has included: changing out hardwired smoke/carbon monoxide detectors, replacing hard to grasp door knobs with door handles, repairing/tightening a cable style hand rail, repairing a damaged bathroom grab bar, cleaning yard waste and dimensional lumber scraps with recycling of those materials, cleaning and reinsulating a clothes dryer vent line, replacing washing machine hoses, replacing a rotted porch fascia board, applying a fungus removal spray to a garage roof, cleaning a gutter over an entry door and sealing a leaking gutter seam, and recycling cans of dried paint.

The AFB Handy Neighbor Program™ is designed to serve Biddeford residents 60 years or older and provides assistance with small household projects. The following are some examples of services the Handy Neighbor Program intends to provide:

- Install: cabinet hardware, toilet seat, grab bars/hand rails, smoke detector or CO2 detector, door handles/door knobs, A-C units.
- Repair/improve: caulk, patch holes, weather strip doors/windows, touch up painting, change water filter, clean gutters, replace a deck board
- Miscellaneous: unclog a sink, change a light bulb, replace smoke detector battery, assemble packaged items, set up/put away summer furniture, seasonal installation/removal of screens, hang a picture, and move furniture.

Handy Neighbor will evaluate requests for other services on a case by case basis. Please contact the Handy Neighbor coordinator at : handyneighbor.afb@gmail.com.

Volunteers are needed to help grow the Handy Neighbor program in providing services to more Biddeford residents. For more information about volunteering please send an e mail to handyneighbor.afb@gmail.com

Handy Neighbor Praise

"Thanks to Tony Curro and Mike Gormick from the Handy Neighbor Program for helping me with my home. They changed door handles and did some carpentry. Great job, great service." Al

Introducing

Corie Leclair joins McArthur Library (and Age Friendly Biddeford – lucky us) as Technology Coordinator/Reference Librarian upon Joe Sanderson's retirement. Corie has already run a session on Echo Dots for Age Friendly Biddeford and McArthur Library. Corie also heads up LeClair Technology Initiative (<https://leclairtech.org/>) which is a non-profit that recycles and restores technology. You may drop off technology at Springvale Hardware in Sanford, or with Corie at McArthur Library.

You can reach Corie at the Library or at cleclair@mcarthurlibrary.org.

Transportation

As of April 30, 2026 the Age Friendly Biddeford (AFB) Transportation Program has completed 1,039 rides. This is an amazing accomplishment, and we are proud to have reached this milestone.

This success is due to the nine volunteer drivers who selflessly give their time and energy to the program. They drive hundreds of miles taking Biddeford residents to medical appointments in Biddeford, Saco, Scarborough, Portland, Sanford, Kennebunk and other locations. The service they offer fills a huge need and is deeply appreciated by the riders and their families.

As one daughter recently expressed:

...on behalf of my family we can't thank you enough for your help for the last five months getting "N" back and forth to Sanford. You and Age Friendly Biddeford helped us when we had no idea how we were going to get him back and forth to Sanford. THANK YOU!

The Age Friendly Biddeford organization is thrilled with the success of its medical transportation program, but we are also sad that we were not able to provide rides to almost 200 people who requested them – that's almost 200 people who were forced to delay their care or, in some cases, did not receive the medical care they needed. A few more drivers would make a huge difference. If you, or anyone you know, would like to volunteer as a driver for this program contact Mona Grandbois, Transportation Coordinator, at 207-391-9512 or via email at transportation.afb@gmail.com

ROMEO

(Retired Old Men Eating Out) – Age Friendly Saco invites interested retired men to join for breakfast every third Thursday of the month 8:00 AM at Lucky Loggers.

Call 207 710-5029 to register.

Don't Miss Your \$300 Affordability Check!



Saco, Maine

Maine residents should be aware that even if you are not required to file taxes, you **WILL NOT** receive the \$300 Affordability Check mailed by the State of Maine starting in July if you have not completed a 1040ME tax return.



Age Friendly SACO

Hosting this event



Age Friendly BIDDEFORD

Supporting our community

Age Friendly Saco is hosting a free event to help you complete this form.
Please call for more information: (207) 710-5029

\$300 Affordability Checks

1. Who is eligible for a check?

The checks will be distributed to Maine residents who filed their 2025 tax returns and are based on income. Individuals earning under \$50,000, heads of household earning under \$75,000, and married couples filing taxes jointly and earning under \$100,000 qualify.

2. How to apply

You do not need to take any action if you have already filed your 2025 Maine state income tax return. *If you haven't yet, you must file a Maine individual tax return by **October 15, 2026**, to claim your check. You are eligible to file even if your income is below the typical tax-filing threshold.*

3. When will my check arrive?

The new state budget is expected to take effect in late July, shortly after the supplemental budget takes effect and the checks will be mailed "shortly after that," a state official said Friday.

Age Friendly Biddeford & Age Friendly Saco are planning to have a joint session for residents who do not file state taxes and need help filing a Maine return. Call (207) 710-5029 for more information.



Handy Neighbor Program

Volunteer with Age Friendly Biddeford

Join our other Handy Neighbor volunteers in supporting Biddeford residents! Tasks include:

- Replacing handrails
- Changing lightbulbs
- Replacing smoke alarms
- Install AC Units
- Minor Home Repairs
- Home Safety Audits
- Assembly
- Moving Small Furniture
- And more!

Email us at handyneighbor.afb@gmail.com



Age Friendly Biddeford Needs Team Members

The Age Friendly Biddeford organization is thrilled with the success of its medical transportation program and is working to start other services to support the needs of the older population of Biddeford. To continue to offer a robust transportation program and to grow its other fledgling programs they need dedicated team members to help in a variety of capacities.

Join the Age Friendly Committee to help with:

Transportation programs (medical transportation/van drivers)

Handy Helpers program

Fundraising & Grant writing

Sand bucket program

Staffing tables during community events

These are just a few of the ways you can contribute to your community.

For more information about volunteering, contact Mona Grandbois at 207-391-9512 or via email at transportation.afb@gmail.com.

<http://www.agefriendlybiddeford.org/>

<https://www.facebook.com/agefriendlybiddeford>

Our Partners



Age Friendly Biddeford is a nonprofit program hosted by a fiscal sponsor, Heart of Biddeford, a 501©3 public charity. Questions regarding the relationship should be directed to Delilah Poupore, Executive Director, (207) 284-8520 or director@heartofbiddeford.org

Like us on [Facebook](#) 