

**Good Morning
Brunswick, Harpswell,
Topsham, Bowdoin
Bowdoinham, Richmond**

WHO WE ARE?

The Good Morning Program, designed by a number of caring local organizations, provides a simple and confidential daily telephone call-in system to ensure the safety and well-being of older or disabled persons.

HOW DOES THE PROGRAM WORK?

The Good Morning Program runs seven days a week from the time you wake up until 9:30 a.m. You may choose to leave either a short recorded message before 9:30 a.m., or speak to a live volunteer shortly after 9:30 a.m. Either way you will be calling in to say "I'm O.K."

WHAT HAPPENS IF I DO NOT CALL IN?

If you fail to call by 9:30 a.m., the volunteer on duty will:

1. Call you
2. Call the contact names you have given us
3. Notify local law enforcement to do a wellness check if the first two attempts are unsuccessful

IF YOU PLAN TO BE AWAY FOR ANY AMOUNT OF TIME OR WISH TO STOP THE PROGRAM, YOU MAY CANCEL OR SUSPEND THE PROGRAM AT ANY TIME.

REASONS FOR USING THIS PROGRAM?

- ❖ Feeling lonely or fearful
- ❖ Desire for daily connection
- ❖ Recent hospital discharge
- ❖ Chronic medical condition
- ❖ Feeling insecure about balance
- ❖ Living by yourself
- ❖ Reassuring family and friends who live away

WHO IS ELIGIBLE?

Residents of Brunswick, Harpswell, Topsham, Bowdoin, Bowdoinham and Richmond who are over the age of sixty or disabled.

HOW DO I REGISTER?

**725-6621 Ext. 117
Brunswick Police Non-emergency**

Registration is done through the Brunswick Police Department.

Applications are available at all participating town halls.

Completed and signed registration forms must be returned to the Brunswick Police Department. You will then be notified with a starting date.

If you need assistance completing the forms, or if you have any questions regarding the program, call the **non-emergency** number at the Police Department.

TO VOLUNTEER?

Call: 729-0757

Good Morning Program

We gratefully acknowledge and thank our community partners who have joined together to establish, provide for, and support this valuable community program.

Brunswick Area Interfaith Council
Brunswick Downtown Association
Brunswick Housing Authority
Brunswick Human Services
Brunswick Police Department
CHANS
Hospice Volunteers: Center for Grief and Loss
Mid Coast Senior Lifeline
Merrymeeting Bay TRIAD
Mid Coast Elder Health Services
Mid Coast Hospital
Mid Coast Hunger Prevention
Parkview Adventist Medical Center
People Plus
Respite Care
Sagadahoc Sheriff Department
Spectrum Generations
Sweetser
Tedford Shelter
Town of Brunswick
Town of Harpswell
United Way of Mid Coast Maine

Good Morning Program

Mission:

The Good Morning Program provides residents of Brunswick, Harpswell, Topsham, Bowdoin, Bowdoinham, and Richmond who are over sixty or disabled, a means to ensure their safety and well-being on a daily basis without jeopardizing their independence, dignity, or privacy.

HOW MUCH DOES THIS PROGRAM COST?

There is absolutely NO COST to participate in the Good Morning Program.

The Good Morning Program does not replace or provide emergency services, referral services, transportation, or give medical or legal advice.

Good Morning Program

**SERVING:
Brunswick, Harpswell, Topsham,
Bowdoin, Bowdoinham, and
Richmond**

**“CALLING TO SAY THAT
I AM OKAY”**



***PROMOTING DAILY
REASSURANCE WITH
ONE PHONE CALL***

For information, call:

725-6621

Ext. 117