LIVING AND WORKING IN MAINE
A guide to where to live and what to do
LIVING IN MAINE

Maine is an ever-changing state. Offering a rocky coastline and mountains all within driving distance, Maine has lots to offer for outdoor enthusiasts throughout the year. Boston is just a couple of hours to the south and can be accessed by car, train or bus. Within the state there is a burgeoning food, craft drink and entertainment scene. For families, Maine offers safe communities with access to rural and urban areas.

For the latest demographics for the State of Maine, please visit Maine’s census web page. Read about the real estate markets in Maine, Androscoggin County, and Cumberland County.

PLACES TO LIVE

Lewiston (04240) & Auburn (04210)

Maine’s second largest city, Lewiston and the city of Auburn sit on the banks of the Androscoggin River. Together the cities, L/A as it is referred to locally, form the cultural and business center of Androscoggin County. The cities offer a robust food, drink and arts scene along with world-class educational institutions, such as Bates College. Outdoor opportunities abound with trails, public green spaces and water access to the river and area lakes.

City of Lewiston Resources
Lewiston Demographics and Real Estate Data

City of Auburn Resources
Auburn Demographics and Real Estate Data

Brunswick (04011)

Settled in 1628 and incorporated in 1739, Brunswick is a town filled with rich history and a traditional New England town feel. The town’s Maine Street features a multitude of retail shops and restaurants with pedestrian-friendly access throughout the downtown. With over 67 miles of coastline, Brunswick boasts a commercial fishing industry along with other light and medium industry and farming. As the home of Bowdoin College, this college town has robust arts and cultural offerings. The town is also the most northern stop for Amtrak in Maine connecting Brunswick to Boston and points south. If you’re looking for that small town feel with the amenities of a larger locale, look no further than Brunswick.

Town of Brunswick Resources
Brunswick Demographics and Real Estate Data

Cumberland (04021)

This quaint coastal town is comprised of three distinct areas Cumberland Center, Cumberland Foreside and West Cumberland. With a rich farming history, the town annually hosts one of the largest agricultural fairs in Maine. The town also boasts multiple outdoor recreation areas offering residents many activities from swimming and paddling to hiking and golf. The local public school district, MSAD #51, consistently ranks as one of the best in the state. Cumberland residents also have access to both Interstate 95 and 295 offering quick access to Portland and points north and south.

Town of Cumberland Resources
Cumberland Demographics and Real Estate Data
Falmouth (04105)

Falmouth, located on Casco Bay, is one of Maine’s most prominent towns and home to the Portland Yacht Club. The town also features three private golf courses and numerous public lands and parks for all of your outdoor adventures. As a very safe community with a top-rated school district and proximity to Portland, Falmouth is a preferred location for many professional families. In 2018, the town celebrated 300 years since it’s incorporation.

Town of Falmouth Resources
Falmouth Demographics and Real Estate Data

Freeport (04032)

Freeport is best known as the home of legendary outdoor outfitter L.L. Bean. From the 24/7/365 offerings of the retail giant’s flagship campus to the large outlet mall and smaller store fronts along the town’s main street, Freeport is a shopping destination and was named as the Best Shopping Town in New England by Yankee Magazine. Aside from the shopping and dining, Freeport has a well-established outdoor scene with Wolfe’s Neck Woods State Park, trails for hiking and biking and access to Casco Bay just minutes from the town’s center.

Town of Freeport Resources
Freeport Demographics and Real Estate Data

Yarmouth (04096)

The Town of Yarmouth is the epitome of quaint New England town with its Main Street Village, parkway along the Royal River, and sheltered port of Yarmouth Harbor all along the bustling U.S. Route 1. Yarmouth offers the amenities of a much larger town within a small coastal town. Each year the town hosts the Yarmouth Clam Festival honoring Maine’s commercial fishing heritage and exports.

Town of Yarmouth Resources
Yarmouth Demographics and Real Estate Data

Portland (04101, 04102, 04103, 04104, 04108, 04109, 04112, 04116, 04122, 04123, 04124)

Situated on Casco Bay, Portland blends the history and outdoor splendor of quintessential Maine with a sophisticated urban atmosphere of a bustling city. The city’s nationally-renowned restaurants and strong arts and culture scene provide something for everyone. From exploring Maine’s outlying islands to taking in the salt air on the Eastern Promenade or ice skating in Deering Oaks Park, there are many outdoor activities to enjoy throughout the year. The first Friday of every month the city turns into an art mecca with artists selling their work, performers, and free admission to the Portland Museum of Art featuring American, European, contemporary and iconic Maine works of art. Portland truly is a small seaside city with a very big personality.

City of Portland Resources
Portland Demographics and Real Estate Data
SCHOOLS IN MAINE

PRE-K - 12 PUBLIC EDUCATION

Lewiston Public Schools
  • About the District
  • Community Information and Partnerships

Auburn School Department
  • Auburn’s Vision 2020
  • District News

Brunswick School Department
  • Brunswick Believes: Strategic Framework for Our Schools 2016-2021
  • District News

RSU 5 (Freeport, Pownal, Durham) School District
  • About the District

Yarmouth School Department
  • About the District
  • District News

Falmouth Public Schools
  • About the District
  • District Strategic Plan

MSAD 51 (Cumberland, North Yarmouth) Public Schools
  • About the District
  • District Strategic Plan

Portland Public Schools
  • About the District
  • District Strategic Plan

PRE-K - 12 PRIVATE EDUCATION

St. Dominic Academy
  • About St. Dominic Academy
  • Admissions Information

Hebron Academy
  (Childcare, Pre-school, and Grades 6 - 12)
  • About Hebron Academy
  • Admissions Information

Pine Tree Academy
  • About Pine Tree Academy
  • Admissions Information

North Yarmouth Academy (NYA)
  • About NYA
  • Admissions Information

Waynflete
  • About Waynflete
  • Admissions Information

Gould Academy
  • About Gould Academy
  • Admissions Information

Kents Hill School
  • About Kents Hill
  • Admissions Information

Maine School of Science and Mathematics (MSSM)
  • About MSSM
  • Admissions Information

HIGHER EDUCATION

Bates College
  • About Bates College
  • Admissions Information

Bowdoin College
  • About Bowdoin College
  • Admissions Information

Colby College
  • About Colby College
  • Admissions Information

University of Southern Maine (USM)
  • About USM
  • Lewiston-Auburn College
  • Admissions Information

Husson University (Portland Campus)
  • About Husson University
  • Southern Maine Campus (Portland)
  • Admissions Information

University of New England (UNE)
  • About UNE
  • Admissions Information
RECREATIONAL ACTIVITIES IN MAINE

HIKING AND CLIMBING
- Day Hikes
- Hikes with Kids
- Mountain Hikes
- Rock Climbing
- Maine Trail Finder

LIGHTHOUSES & SIGHTSEEING
- Islands of Casco Bay
- Windjammer Sailboats
- Lighthouses
- National Scenic Byways
- Interactive Sightseeing Map

LEWISTON & AUBURN
- Liberty Festival
- Great Falls Balloon Festival
- Thorncrag Nature Sanctuary
- Lost Valley Ski Area
- L-A, It’s Happening Here

WINTER ACTIVITIES
- Snowshoeing
- Snowmobiling
- Cross-Country Skiing
- Downhill Skiing
- Dogsledding
- Winter Destinations
  - Sunday River
  - Sugarloaf
  - Camden Snow Bowl
- Oceanfront Hiking Trails
- Ice Fishing

PARKS & NATURAL ATTRACTIONS
- State Parks
- Allagash Wilderness Waterway
- Acadia National Park
- Old Orchard Beach
- Saltwater Beaches of the Greater Portland & Casco Bay and The Maine Beaches Regions
- Campgrounds
- Resorts
- Wilderness Lodges
- Interactive Attractions Map

OTHER MAINE REGIONS
- Aroostook County
- DownEast & Acadia
- Greater Portland & Casco Bay
- The Kennebec Valley
- Maine’s Lakes and Mountains
- Maine’s MidCoast & Islands
- The Maine Beaches
- The Maine Highlands
AN OVERVIEW OF CENTRAL MAINE HEALTHCARE
Central Maine Healthcare (CMH) operates three hospitals

- An integrated healthcare delivery system, Central Maine Healthcare (CMH) serves 400,000 people in the central, western, and mid-coast regions of the state. One flagship medical center, two rural, critical access hospitals and an extensive variety of primary and specialty care practices located in 15 communities throughout the region make up the CMH system.

- Central Maine Healthcare is focused on exceptional quality and patient access to care. Affiliated with Mass General Hospital in Boston, CMH provides Mainers the most innovative and current treatments available without having to leave their hometown. The Mass General affiliation gives CMH patients greater access to sub-specialty care in hematology/oncology, neurology, stroke, and trauma.
CMH-DEFINED PRIMARY AND SECONDARY SERVICE AREA

CMH’s self-defined service area includes Lewiston/Auburn and extends west to the New Hampshire border to include the Bridgton Hospital area, and northwest to include the Rumford Hospital area.

The secondary service area includes a rural area to the west between Rumford and Bridgton that is served by Maine Health’s Stephens Memorial Hospital.

The eastern portion of the secondary service area extends south to the more heavily populated coastal areas around Brunswick and Bath and north to largely the rural area between Rumford and the Canadian border.

Source: Central Maine Healthcare
OVERVIEW

- Central Maine Medical Center located in Lewiston, is a referral center for healthcare providers in Androscoggin, Franklin, Oxford counties and the surrounding region.

- CMMC’s "Centers of Excellence" include the Central Maine Heart and Vascular Institute, the Central Maine Comprehensive Cancer Center, the Neonatal Intermediate Care Unit, Surgery and Trauma Services Program.

- CMMC is also the southern Maine base for LifeFlight of Maine, the state’s only medical helicopter service.

- One of 6 teaching hospitals in Maine

- 4th most discharges in the state in 2017

- Certified in by Joint Commission:
  > Primary Stroke
  > Total Joint Replacement of Hip, Knee, Shoulder
  > Hip Fracture

- “A” LeapFrog Rating 2018

- CMMC website

KEY OPERATING STATISTICS - 7/1/15-6/30/16

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<td>CMI</td>
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<td>Occupancy</td>
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<td>ED Admits (% of all admits)</td>
<td>5,758 (57%)</td>
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<td>IP Surgery</td>
<td>2,790</td>
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<td>OP Surgery</td>
<td>4,216</td>
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<td>Births</td>
<td>673</td>
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<td>ED Visits</td>
<td>35,233</td>
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<td>Observation</td>
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<td>Physician Visits</td>
<td>310,818</td>
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<tr>
<td>Other Anc. Visits</td>
<td>318,164</td>
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Source: Maine Hospital Association Quarterly Financial and Statistical Reports, Q2 2016
BRIDGTON HOSPITAL

OVERVIEW

- NRHA named Bridgton to its list of top 20 critical access hospitals
- Ranked 28th hospital in Maine by bed count
- Ranked 29th for most discharges in Maine, 2017
- LeapFrog “Top Rural Hospital”, 2016, 2017, 2018
- iVantage Top 20 Hospital in Overall Performance, 2017
- iVantage Top 20 Hospital in Quality Outcomes, 2016
- Maine Health Access Foundation Top Performance in All Areas, 2016

- Bridgton Hospital website

KEY OPERATING STATISTICS - 7/1/15-6/30/16

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<td>CMI</td>
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<td>Occupancy</td>
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<td>ED Admits (% of all admits)</td>
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<tr>
<td>IP Surgery</td>
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<tr>
<td>OP Surgery</td>
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<tr>
<td>Births</td>
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<tbody>
<tr>
<td>ED Visits</td>
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<tr>
<td>Observation</td>
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<tr>
<td>Physician Visits</td>
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<td>Other Anc. Visits</td>
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</table>

Source: Maine Hospital Association Quarterly Financial and Statistical Reports, Q2 2016
RUMFORD HOSPITAL

OVERVIEW

- NRHA named Rumford to its list of top 20 critical access hospitals
- 31st hospital in the state by bed count
- 27th most discharges in the state in 2017
- LeapFrog “Top Rural Hospital”, 2018
- Rural Track Family Practice Residency Program
- CMMC College of Nursing branch location
- Training site for student nurses, certified nursing assistants, radiology technicians, pharmacists, and medical students
- Rumford Hospital website

KEY OPERATING STATISTICS - 7/1/15-6/30/16

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<td>CMI</td>
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<td>Occupancy</td>
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<td>IP Surgery</td>
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<td>OP Surgery</td>
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<tr>
<td>Births</td>
<td>97</td>
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<tr>
<td>Physician Visits</td>
<td>49,933</td>
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<tr>
<td>Other Anc. Visits</td>
<td>58,546</td>
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Source: Maine Hospital Association Quarterly Financial and Statistical Reports, Q2 2016
TOPSHAM CARE CENTER

OVERVIEW

• The Topsham Care Center (TCC) opened in 2018 as the first of its kind in the state of Maine, providing exceptional care outside of a hospital setting

• Value proposition of Access, Affordability, Quality and Experience has allowed CMH to offer a new standard of care through TCC

• CMH partnered with well-known and highly respected providers of care and services, recognized throughout the region for their expertise
  » New England Cancer Specialists (NECS) is one of the region’s largest medical oncology groups, with nearly half of Maine’s board-certified medical oncologists
  » Shields Health Care Group offers the largest and most technically advanced network of medical imaging and diagnostic treatment facilities in New England
  » Quest Diagnostics provides lab services on-site
  » Multidisciplinary clinical affiliation with Massachusetts General Hospital expands our ability to provide patients with the best care options in the region

• Topsham Care Center website
MAINE URGENT CARE

OVERVIEW

- Opened in 2018 with a mission to provide truly convenient, high quality medical care to the communities of central Maine

- Adjacent to Topsham Care Center in Topsham

- Same-day treatment for non life-threatening conditions, as well as convenient services such as physicals, X-Rays, lab testing, and vaccinations

- Walk-in clinic is open 8am-8pm, 7 days a week

- 2nd Location scheduled for Lewiston/Auburn area in 2019

- [Maine Urgent Care website](#)
ADDITIONAL ACCREDITATION/CERTIFICATION

ACCREDITATION
- American Association of Blood Banks (Blood Bank)
- American Association of Cardiovascular and Pulmonary Rehabilitation (Cardiac Rehab)
- American Association of Cardiovascular and Pulmonary Rehabilitation (Pulmonary Rehab)
- American College of Radiology for Certification of Stereotactic Breast Biopsies
- American College of Surgeons (Cancer Care Program)
- American Nurses’ Association Maine Chapter - Continuing Education for Nurses’ (3-yr accreditation to 2015)
- College of American Pathologists (Clinical and Anatomic Lab, Oncology Lab)
- Food and Drug Administration (Blood Bank)
- The Joint Commission
- Joint Review Committee on Education in Nuclear Medicine Technology (School of Nuclear Medicine Technology)
- Joint Review Committee on Education in Radiologic Technology (School of Radiologic Technology)
- Maine Medical Association’s Committee for Continuing Medical Education has accredited Central Maine Medical Center as a sponsor of continuing education for physicians (6-yr accreditation to 2015)
- Society of Chest Pain Centers (a/o 07/18/05)
- State and Medicare certification (Nuclear Medicine)

AFFILIATIONS
- American College of Radiology (Mammography)
- American College of Surgeons Committee on Trauma
- Radiation Therapy Oncology Group (RTOG)
- Southern Maine Community College (Cancer Care Program)
- State of Maine Trauma Advisory Committee
- University of New England (graduate school of social work)
- University of Southern Maine (clinical social work internship)

CERTIFICATIONS
- Baby-Friendly USA, 5-year certification
- State and Medicare Certification for Mammography Unit and Radiographic Units, all Radiologic Equipment and the Program

CREDENTIALIALED
- Aetna
- Anthem Blue Cross and Blue Shield
- Cigna
- Community Health Options
- Harvard Pilgrim
- Humana Medicare Advantage
- Martin’s Point Generations Advantage
- Multiplan
- TRICARE
- UnitedHealthcare
- UMR

LICENSED BY
- Dept. of Health and Human Services, Health Care Financing Administration

MEMBERSHIP
- American Association of Integrated Healthcare Delivery Systems (AAIHDS) (PHO)
- American Hospital Association (ID #6110370)
- American Society for Healthcare Human Resources Administration
- Center for Healthcare Governance
- Maine Development Foundation
- Maine Health Management Coalition
- Maine Hospital Association
- Maine Society for Healthcare Human Resources Administration
- Northern New England Cardiovascular Study Group
- Society of Teachers of Family Medicine
- Voluntary Hospitals of America - New England

PARTICIPATING CENTER
- American College of Cardiology
- Society of Thoracic Surgeons

VERIFICATION
- Level II Trauma Center (American College of Surgeons)