



# MAINE VETERANS' HOMES

*caring for those who served*

*An independent nonprofit organization serving Maine's veterans and families.*



2019

## Services & Benefits Guide

*You were there for us... we are here for you.*

Augusta ★ Bangor ★ Caribou ★ Machias ★ Scarborough ★ South Paris

# The Services You've EARNED

## Skilled Nursing & Therapy

Recovering from significant illness or surgery becomes increasingly more difficult as we age. We at Maine Veterans' Homes can provide the assistance needed in our Homes until you are well enough to return to your own home.

Our therapy services do not end when your sessions are over as we also provide comprehensive discharge planning. This could include home assessments for modification, equipment recommendations, and home exercise programs. Family education is also available to help the people closest to you become even stronger sources of support during your recovery.

## Memory Care

We have dedicated units staffed by trained professionals that are capable of caring for veterans with early and advanced dementia in a secure environment, which is an important consideration when choosing a nursing home. In addition to taking care of our residents' daily living needs, we also provide security, medication assistance and social interaction – essential services for a safe, healthy and dignified experience.

## Residential Care

Residential Care supports the highest level of independence and dignity for our residents in a homelike and supportive environment. Our Residential Care units provide therapeutic and resident-centered activities that include many community outings. Helping our residents live safely, comfortably, and with complete dignity is what residential care is all about. Most Residential Care units require a dementia diagnosis – contact your admissions coordinator for complete details.

## Long Term Care

Our Long Term Care units provide 24-hour care in a loving and supportive environment that stresses dignity and individuality. Our full continuum of care means that we have the capability and personnel to care for our residents' changing needs, such as:

- ★ Skilled nursing
- ★ Skilled rehabilitation services
- ★ Memory care
- ★ Pain management
- ★ Respite care



# Exceptional Value



## Significant Savings to Maine's Veterans

Here at Maine Veterans' Homes, qualified veterans may be eligible for a stipend from the VA. The Nursing Facility Care Stipend is more than \$109 a day. The Residential Care Stipend is more than \$47 a day. For qualified private pay veterans, the stipend is credited toward the daily room rate. For qualified veterans whose care is covered under a Medicare or Medicare Advantage plan, the stipend is credited toward the resident's account based on terms of the plan.

The 2018 median monthly cost of nursing home care in Maine was more than \$9,400\*. A qualified veteran who receives the VA stipend under Medicare or private pay for nursing care here at Maine Veterans' Homes will save more than 21% per month compared to the median price. This works out to a monthly savings of nearly \$2,000.

Based on the Genworth 2018 Cost of Care Survey, the median cost for a semi-private nursing home bed in Maine \$310 per day. Our daily cost is approximately \$244 when you deduct the stipend for qualified veterans.

\*Genworth 2018 Cost of Care Survey

## VA Stipend For Qualified Eligible Veterans

Nursing Facility Care:  
\$109/Day

Residential Care:  
\$47/Day

Effective Oct 1, 2018 - Sept. 30, 2019

# Resident Directed Care

## Comfort

Our Home has spacious living areas for our residents and their families and friends to visit. There are quiet rooms where small groups can meet, and larger spaces for a number of activities our Homes host. The individual resident rooms are either private or semiprivate and are built for comfort and security.

## Camaraderie

Veterans are unique, and whether they served one day on active duty or spent an entire career in the military, there is a common bond. Our Homes participate in a number of military events throughout the year. There are many opportunities for our veterans to share their stories with other residents, staff, and with the community.



## Security

Here at Maine Veterans' Homes the security of our residents is a top priority. When you visit our Homes, you will see a number of security cameras that are part of a sophisticated surveillance system. Our 24-hour nursing staff is prepared to respond to any situation where residents with memory impairment might attempt to leave the Home.

# Leading the Way

All six of our Homes have received the American Health Care Association/National Center for Assisted Living's prestigious Silver Quality Award for Outstanding Quality Care, placing them in the top 5% of long term care nursing homes in the nation. Additionally, our Scarborough and Machias Homes are the first two nursing homes in Maine (and two of only 38 nationwide) to ever receive the Gold – Excellence in Quality Award.



**Machias 2018**  
**Scarborough 2016**



**Augusta 2015**  
**Bangor 2015**  
**Caribou 2016**  
**South Paris 2014**

We at Maine Veterans' Homes provide outstanding quality care to Maine's veterans, their spouses, and Gold Star parents. Our six Homes located throughout the state are recognized for their modern amenities, exceptional programs and continuum of care. Most importantly, our success can be directly attributed to our staff's unwavering commitment to our Mission, Vision, and Core Values in taking care of Maine's veterans.

We are the only nursing home provider in Maine that operates its own pharmacy. The Maine Veterans' Homes Pharmacy leverages emerging technologies to greatly improve medication delivery and accuracy, while their highly trained staff enhances customer service by providing hands-on clinical review of medications. All Medicare Part D prescription drug plans are accepted as well as Tricare and private insurance.



**MVH**  
**PHARMACIES**  
*caring for those who served*

# State-of-the-Art Homes

Our Homes are continuously being updated to provide a home-like environment that allows us to care for our residents in a safe setting.



We have enhanced dining experiences for our residents by introducing restaurant-style settings in many of our Homes and resident choice of what, when and where they want to eat, just like at home. Many of our Homes also feature resident kitchen areas that include cooking surfaces that cool instantly, so residents can participate in cooking and baking classes and help prepare their own meals.

Music and memory have a tremendously strong link. Hearing a familiar song from the past can instantly elicit decades-old memories and have a comforting, reassuring impact. Through the internationally recognized Music & Memory program, our staff creates and provides personalized playlists using donated iPods that enable those with Alzheimer's, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories.



Our therapy services help our veterans and their spouses transition from hospital to home as well as maintain quality of life for our long-term care residents. We can help you recover more quickly after an injury, illness, or surgery, and also help you build strength and balance to increase mobility, independence and decrease falls. Our Bangor Home also provides these services on an out-patient basis as well as offering weekly fitness classes which include basic fitness, advanced fitness, and Tai-Chi.

## How are we different from other nursing homes?

**Leading the Way** - We are a national leader in quality and customer service. All six of our Homes have been recognized as top performers by the American Health Care Association and the National Center for Assisted Living. In addition, our Scarborough and Machias Homes are among only 38 nursing homes in the nation ever to receive the Gold Excellence in Quality Award.

- ★ Veteran-centric experience and environment
- ★ We understand veterans, their needs, and their benefits
- ★ Veteran camaraderie
- ★ Engaged community activities and volunteer support
- ★ Specialized clinical programs

## Is MVH part of the VA Maine Healthcare System (Togus)?

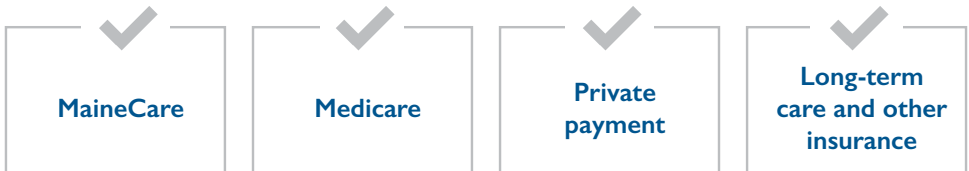
We are an independent nonprofit organization serving Maine's veterans and families. We are not a part of the state government or the U.S. Dept. of Veterans Affairs (VA).

## Who can come to a Maine Veterans' Homes?

- ★ Individuals who meet the VA definition of a veteran and who were residents of Maine at the time of their entry into the U. S. Armed Forces or who are residents of Maine at the time of application
- ★ Spouses, widows, widowers, and Gold Star parents of qualified veterans

## Who pays for my care at Maine Veterans' Homes?

- ★ We accept the same payment sources as other nursing homes. In addition, eligible nursing home veterans earn \$109 a day and residential care veterans receive \$47 per day to help with the cost of care. This benefit only applies to the veteran. Eligible veterans with service-connected disabilities rated 70% or greater by the VA are eligible to stay at MVH at no cost.



If you have questions, or you would like to see how Maine Veterans' Homes can serve you, please email [info@MaineVets.org](mailto:info@MaineVets.org) or call 1-800-278-9494

For more information or to schedule a tour,  
please contact the admissions coordinator at  
one of our six Homes.

### Augusta

310 Cony Road  
Augusta, ME 04330  
888-684-4664

### Bangor

44 Hogan Road  
Bangor, ME 04401  
888-684-4665

### Caribou

163 Van Buren Road, Suite 2  
Caribou, ME 04736  
888-684-4667

### Machias

32 Veterans Way  
Machias, ME 04654  
877-866-4669

### Scarborough

290 U.S. Route 1  
Scarborough, ME 04074  
888-684-4666

### South Paris

477 High Street  
South Paris, ME 04281  
888-684-4668

[MaineVets.org](http://MaineVets.org)



MAINE  
VETERANS'  
HOMES

*caring for those who served*

*An independent nonprofit organization serving Maine's veterans and families.*