

**How Can I participate in the Good Morning Program?**

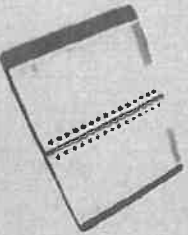
You may call or stop by the Sagadahoc County Sheriff's Office and complete the enrollment application and waiver. A letter with the guidelines for the program will be given to you. From then you simple call and leave your message.

**Are there any restrictions regarding who can participate?**

You must be 60 years of age or older, or an adult with disabilities of any age; live alone; and you must agree to make a daily telephone call. You must agree to let us know when you plan to be away.

**What if you have a lifeline?**

The *Good Morning Program* is a great complement to Lifeline because you make a daily telephone call to the program. Lifeline is a separate program for emergencies such as a fall or accidents, or health problems requiring emergency assistance.



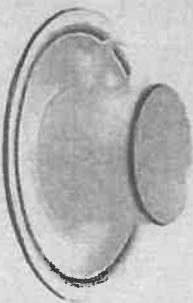
Call today to register. Or, call about being a volunteer.

**Mission:**

The Good Morning Program provides residents of Sagadahoc County, who are over sixty or disabled, a means to ensure their safety and wellbeing on a daily basis without jeopardizing their independence, dignity, or privacy.



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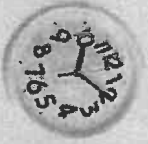


**Good  
Morning  
Program**

Serving the Communities of  
Arrowsic, Georgetown,  
Phippsburg, West Bath and  
Woolwich

**For Information, call:  
443-8529**

## Good Morning Program



This program is designed to assist senior citizens or adults with disabilities living alone in the community.

The goal is to assist people so that they may continue living an independent lifestyle. The *Good Morning Program* will aid in eliminating many concerns families may have about loved ones that live alone.

The program allows family, friends or neighbors the security of knowing that the individual is having regular daily contact, and if not, they will be checked on and notified if a missed communication

### How does the program work?

The Good Morning Program runs seven days a week from the time you get up until 10:00 AM. You leave a short recorded message and a volunteer will register the call, or will return a call at your request. Either way you will be calling to say "I'm OK."

### What happens if you do not call in?

If you fail to call by 10:00 AM, a volunteer will follow up by:

1. Attempt to call you
2. Attempt to call the contact names you have given us
3. Notify the Sheriff's Office 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 would notify us immediately.

### Who is eligible?

Residents of Arrowisc, Georgetown, Phippsburg, West Bath, and Woolwich who are over the age of sixty or disabled.

### Reasons for using the Good Morning Program?

- Feeling lonely or fearful
- Desire for daily connection
- Recent discharge from the hospital
- Living by yourself
- No family in the area
- Reassuring family members you are part of a daily check-in program



Enrollment is simple—an application and waiver, then we do the rest.

### How much does this program cost?

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

"Calling to say that I am OK"

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