



MCD Communities

Connecting people & possibilities

Volunteers wanted! Are you looking for a way to give back? Do you have a hobby or special skill you would like to share with others? Do you enjoy talking and visiting with older adults? If you answered yes to any of these, please contact us and become a volunteer!

MCD Communities (MCDC) is a non-profit that provides programs and services in residential facilities throughout central and southern Maine for more than 300 people who need assistance with living.

We're always looking for caring and compassionate individuals to volunteer with seniors at our assisted living facilities in Gardiner (Arbor Terrace), South Berwick (Berwick Estates), Biddeford (Biddeford Estates), and Farmington (Pinewood Terrace).

Volunteering opportunities may include:

- Going fishing or apple picking
- Gardening
- Arts and crafts
- Playing card or board games
- Walking with a resident
- Reading to or simply visiting with residents
- Bringing in your certified therapy pet
- Sharing your own unique skills and interests

MCDC hopes to make your volunteer experience as positive and rewarding as possible, so if you have any suggestions for activities that our residents may enjoy, just let us know, and we will do our best to make it happen.

To download a volunteer application and find more information about our wellness program please visit our websites below.



ARBOR Terrace

A NONPROFIT MEDICAL CARE DEVELOPMENT
ASSISTED LIVING COMMUNITY

www.arborterraceme.org



BERWICK Estates

A NONPROFIT MEDICAL CARE DEVELOPMENT
ASSISTED LIVING COMMUNITY

www.berwickestates.org



BIDDEFORD Estates

A NONPROFIT MEDICAL CARE DEVELOPMENT
ASSISTED LIVING COMMUNITY

www.biddefordestates.org



PINEWOOD Terrace

A NONPROFIT MEDICAL CARE DEVELOPMENT
ASSISTED LIVING COMMUNITY

www.pinewoodterrace.org