

BEST OF L/A 2019

Lewiston-Auburn Businesses We Discovered, Reviewed and **L**oved in 2018-2019 *KEEP BUSINESS LOCAL!*

Best in LAW

MAINE'S CRIMINAL DEFENSE EXPERTS



473 Center St
Auburn • 207-344-9362

Attorneys Adam Sherman, Nicholas Worden and Jesse Archer of **SHERMAN & WORDEN, PA** handle a broad spectrum of criminal defense cases, with a special interest in OUI & OUI-related offenses. Because of their judicial experience, Adam, Nick & Jesse have skillfully defended hundreds of cases from speeding tickets and all traffic related offenses, to serious injury or homicide by vehicle. Other cases they handle run the gamut of criminal defense, from domestic violence and drug trafficking, to felonies and federal cases.

Adam Sherman has earned a reputation as one of the best criminal defense attorneys in Maine. He has developed a specialization in OUI and traffic defense. For 13 years, **Nick Worden** represented the people of Maine as an Assistant District Attorney. He was one of Androscoggin County's first domestic violence prosecutors and tried dozens of cases to Maine Juries. **Jesse Archer** specializes in criminal defense and criminal appeals. He is extraordinarily dedicated to legal research and the defense of constitutional rights. All three attorneys have a passion to defend people who the government has charged with committing crimes. They believe everyone has the right to a vigorous defense.

Visit: www.shermanworden.com

ESTATE PLANNING & ELDER LAW



465 Main St, #201
Lewiston • 207-784-1575

Attorney Paul Dionne at the **LAW OFFICES OF DIONNE & COUTURIER** can advise you on the ins and outs of proper estate planning. His legal services include an analysis of tax and other relevant considerations, draft wills and a variety of trusts -- revocable and irrevocable, including living trusts, spendthrift trusts and insurance trusts, and provides services as executor and trustee. Paul can explain the importance of having a living will, healthcare designation and durable power of attorney. He can also assist in establishing guardianships or conservatorships, or in assessing a situation if you are not sure whether a guardian or conservator may be necessary. If a family member or loved one has recently passed away, he can help you through the probate administration process.

With 40 years of experience, Paul will take the time to help you understand your estate planning alternatives and tailor a solution that meets your specific needs.

Best in ARCHITECTURE & DESIGN

DESIGNING YOUR MEMORABLE PLACE



178 Davis Ave
Auburn • 207-333-3060

STUDIO A ARCHITECTURE is a full-service design firm providing architecture, master planning, urban design, interior architecture, historic preservation, space planning and programming. Principal Noel D. Smith's diverse portfolio of work includes planning and design for environments of work, living, learning, play and innovation. He has more than 30 years of experience and works closely with clients, consultants, users and other stakeholders to solve real-world challenges and make memorable, enduring places.

Noel's portfolio of work includes a diversity of projects including comfortable and welcoming homes, community-buildings, and vibrant retail and entertainment destinations. Each project is unique, representing an important statement of his commitment to design excellence. His

planning and design work is founded on the conviction that the quality of our environment regularly and significantly impacts the quality of our lives.

Best in MENTAL HEALTH & COUNSELING

COMPREHENSIVE WELLNESS SERVICES



871 Court St
Auburn • 207-376-4981

CORNERSTONE WELLNESS CENTER is a full-service Health and Wellness facility in Auburn featuring Counseling, Physical Therapy, Acupuncture, Massage Therapy, Health Coaching, & Movement Therapy/ Fitness Services.

Owners Shellie Cook and Jill Willer have been joined by other licensed practitioners to offer a comprehensive range of support. Their mission is to provide an environment that allows for improving health outcomes for their clients by offering convenient access to a range of skilled wellness practitioners, as well as to strive for a healthier community through integrated wellness practices and opportunities to enhance awareness of health and well-being. The team invites you to come and experience the Cornerstone Wellness Center difference today! Be well!

Visit: www.cornerstonewellnessmaine.com

WE OFFER HOPE



1155 Lisbon St
Lewiston • 207-783-9141

TRI-COUNTY MENTAL HEALTH SERVICES offers hope to the people of Maine by providing trauma-informed, integrated services that promote whole health and wellness.

For nearly 70 years, Tri-County Mental Health Services has provided comprehensive services to those facing behavioral health challenges, mental illness, developmental disabilities and more. At our locations in Lewiston, Oxford, Rumford, Farmington and Bridgeton, we offer outpatient counseling services, substance-use disorder treatment, specialized group programs, and Behavioral Health Home services. We serve Mainers of all ages to help them address their challenges and acquire the tools they need to face future obstacles. Our Social Learning Center (SLC) in Lewiston offers quality day programming and in-home support services for adults with intellectual and developmental disabilities. SLC is equipped with three sensory integration rooms, on-site nursing, and a fully trained and committed staff. Tri-County Mental Health Services is also a Veterans Choice Provider. To learn more about Tri-County Mental Health Services' programs call us or visit our website. **Visit: www.tcmhs.org**

WE HELP OTHERS RISE



1576 Lisbon St, #6
Lewiston • 207-783-7473

The entire team at **R.I.S.E., INC.**, works collaboratively to ensure that Maine families are provided with innovative and empirically-validated behavioral strategies to assist in fostering emotional, social and behavioral skills that allow individuals with Autism Spectrum Disorder or Developmental Disabilities greater access to the diverse experiences within their community.

R.I.S.E., Inc.'s services include in-home care staffing with certified Behavioral Health Professionals overseen by Board Certified Behavior Analysts. They provide individualized social, behavioral and adaptive behavior programming. Services are focused on systematic behavior change, social development, in addition to the acquisition and maintenance of developmentally appropriate skills. The foundation of their program is: "Our commitment to ongoing, intensive, training that enables our wonderful staff to utilize the highest quality data-based interventions and strategies to ensure that individuals receive the most effective treatment." **Visit: www.risemaine.com**

Best in AUTOMOTIVE

QUALITY USED CARS & REPAIR SERVICES



459 Washington Ave
Auburn • 207-878-9088

In the LA area, consumers are very fortunate in having a used car dealer like **RENNER PERFORMANCE**. This used car dealership & service center has exclusively only been working on VW & Audi automobiles for over 25 years. The community-minded dealership basis its success of selling hundreds of vehicles on a simple fact of good business -- keep the customers satisfied! Check out their Facebook / Google reviews!!

Their skilled technicians and the latest diagnostic test equipment assure you that your VW or Audi will keep you satisfied for many years to come. If you're in the market for a superior automobile backed by superior service you can count on Renner. Let Renner Performance show you how easy it is to buy a quality used car in Auburn. They believe fair prices, superior service and treating customers right leads to satisfied repeat buyers. Come see the difference using a real shop that cares. **Visit: www.renner.us**

Best in SHIPPING & MAILING

SHIPPING PROBLEMS? WE'RE THE SOLUTION



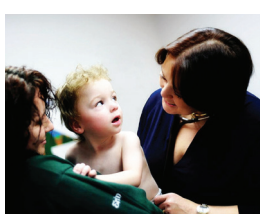
9 North River Rd
Auburn • 207-784-9900

If you need something shipped or mailed in the LA area, **GOIN' POSTAL** is your one-stop solution. No need to go all over town to price check-- Goin' Postal offers complete services by all four major shippers: UPS, FedEx, USPS & DHL. They offer personalized packing services too, so if you've got to ship something awkward, bring it to them! They have a large variety of box sizes and packing materials to make it easy. Goin' Postal offers a vast array of services from expert custom packaging to worldwide shipping. They ship ALMOST everything, including art, antiques, electronics & computers, furniture and estate shipping. Every package is tracked electronically and transit insurance is available even for high-value items.

And that's not all... Goin' Postal offers copy, fax & notary services, personal (and virtual) mailbox rentals, and some quirky gift items for your hard-to-buy-for friends & relatives. They also offer computer tune-up services and are a drop spot for shoe repair by Beyond Shoe Repair. **Visit: www.auburngoinpostal.com**

Best in HEALTHCARE

LEADING THE WAY IN CHILDREN'S HEALTH



33 Mollison Way
Lewiston • 207-784-5782

The special medical needs of children require the experience and family-centered care that the staff of 14 board certified pediatricians, physician assistants and nurse practitioners at **PEDIATRIC ASSOCIATES OF LEWISTON** provide. Although they practice as a group, they retain their own patients in order to establish long-term relationships with families. They exhibit a true passion for their work, bringing that warm and caring touch parents seek in a community-based pediatric practice. They specialize in general pediatric care from newborn through age 18.

With a clear mission in mind for more than 50 years -- Health, Family Community -- Pediatric Associates of Lewiston supports the health of every child and family. The practice promotes health education and is committed to guiding you through parenthood, embracing the care of healthy children as well as those with special needs and complex health conditions. Pediatric Associates of Lewiston features a caring and kind staff that makes their practice feel like home. They are the largest pediatric practice in Lewiston and is the largest private practice in the state. **Visit: www.pedihc.com**

ASSISTED LIVING IN A QUIET SETTING



26 Bolster St
Auburn • 207-784-1364

BOLSTER HEIGHTS RESIDENTIAL CARE is an 84-bed assisted living facility, nestled comfortably in quiet New Auburn. Purchased more than three decades ago by CMMC, Bolster now serves the greater Androscoggin community as a Level 4 Residential Care Facility.

Bolster offers medication management, as well as collaboration with local agencies to create an individualized plan of care. They offer both private and semi-private rooms with 24-hour assistance for personal care, bathing and the activities of daily living. Meals are served in one of their family-style dining rooms, and snacks are offered throughout the day and evenings. Residents have access to onsite medical care, as well as transportation to medical appointments within a 15-mile radius during the business week. Administrator Jennifer Bodger and her staff work together to ensure that

all residents receive a holistic approach to care, and all of their physical, medical, emotional and spiritual needs are met. Bolster's activities department offers exciting and meaningful recreation through each season that often includes outings such as picnics, cookouts, museums, live entertainment, shopping and dining out. **Visit: www.cmhc.org/cmmc/medical-services-at-cmmc/long-term-care**

"I WISH I WOULD HAVE CALLED SOONER"



16 Highland Spring Rd
Lewiston • 207-782-3330

It happens all the time. A patient comes in for the first time and can't believe how easy it was to be adjusted AND how much it HELPED. "*I wish I would have called you sooner!*" is the usual phrase heard at Davis Chiropractic. People often have misunderstandings about chiropractors and don't call them until they've tried everything else for their pain or headaches and are left with no answers, and, usually, a prescription that will only cover up the problem -- not fix it. Dr. Jason Davis at **DAVIS CHIROPRACTIC** specializes in finding the problem and fixing it. He has helped people over the past 17 years with all sorts of problems like headaches, neck & back pain, knee pain, shoulder pain and migraines.

Dr. Davis offers low force adjustments that are easy for patients to receive. Deep tissue massage is also offered to help speed up the healing process. Davis Chiropractic accepts nearly every insurance and can check your benefits before you come in. Whether it's an auto accident, slipping on ice, or an old injury that never seems to go away completely, give Dr. Davis a call to learn if chiropractic treatment can help you too. Call today for your FREE consultation with Dr. Davis. **Visit: www.healthdavis.com**

WHERE CARE & CAMARADERIE COME TOGETHER



477 High St
South Paris • 207-743-6300

MAINE VETERANS' HOMES IN SOUTH PARIS is all about community. Set on 11 acres with scenic wildlife and mountainous views, the community has a country charm and small town feel where residents and employees know one another by name. Their focus is on providing excellent senior care, comfort and camaraderie for the veterans who call South Paris home.

The community features long term care, short term skilled nursing care, memory care, rehabilitation and therapy services, as well as assisted living residential care and respite care. There are many amenities that make the South Paris location intimate and special: full time medical director, 24-hour RN coverage, restaurant-style dining, private and semi-private assisted living, private resident rooms on secured memory care unit, secure long term memory care, sun room, heated outdoor patio, community lounge with fireplace and kitchenette, barber/beauty shop, specialized therapy unit and gym for rehabilitation. Administrator Brad Peck and his team believe it is a privilege and a responsibility to provide care and support for those who honorably served our country. **Visit: www.mainevets.org**

24 YEARS OF HOME-STYLE ASSISTED LIVING



433 Rt 202
Greene • 207-946-3007

THE MEADOWS is a 25-room assisted living community where residents enjoy their independence, which is seamlessly coupled with the health support they need. The facility is small enough so that communications between staff and family members can be open about the resident's health.

Owner Rebecca Laliberte and her daughter Lauriane Elwell are always on hand to help residents in their daily living activities. The Meadows provides three delicious home cooked daily meals and snacks, family-style dining, housekeeping & onsite laundry, wellness checks, social and recreational activities, medical & personal transportation, as well as a variety of support services through Androscoggin Home Healthcare + Hospice. Rebecca & Lauriane go above and beyond to provide a welcoming family atmosphere for the residents and their families. The Meadows is more than just a community facility. It is a home of kindness and Maine-style family living. Rebecca & Lauriane love what they do and welcome you and your family members to take a tour and experience their kind work and dedication to residents. **Visit: www.mainemeadows.com**

HOME FOR SENIOR WOMEN



41 Pleasant St
Auburn • 207-783-0961

THE CHAPMAN HOUSE is a 30-bed assisted living facility dedicated to providing the highest level of service and support for senior women age 65 and better. Residents enjoy the independence they desire and the health support they need. The staff is carefully selected and trained to monitor each resident and their Well-being, both physical and mental.

Administrator Rosemary C. Knight and her wonderful, well trained, and dedicated team of staff strive to help residents maintain the activities of daily living both socially and physically that they can still manage without assistance and to be there to assist when they can't quite perform these activities alone. Services and amenities include: daily meals, snacks, housekeeping, laundry, social, wellness and recreational activities, as well as a variety of support services such as assistance with bathing & dressing, personal hygiene and more. With a welcoming home atmosphere residents and their families quickly realize why The Chapman House is THE place they prefer to call home. They understand that choosing the right facility can be overwhelming. They welcome and invite you to schedule a tour of their facility and experience their hard work and dedication first hand. **Visit: www.chapmanhouse.org**

Best in TRANSLATION SERVICES

TRANSLATION & INTERPRETING SERVICES



210 Blake St
Lewiston • 207-248-9079

It's all about language and communication. **BANTAA LANGUAGE EXPRESS SERVICES (BLES)** provides full-service oral & written translations and interpretations for businesses, legal & medical practices, the educational field and private individuals. Their philosophy is that their translations should be accurate, relevant and communicative. Documents that require certified translation services might include papers that have to be submitted to an Immigration or Naturalization department (birth, marriage & divorce certificates), official transcripts (high school certificates, university degrees & vocational certificates), regulatory documents, medical records & transcripts, court reporting, technical manuals and Workers' Comp documents.

"BLES" interpreters have advanced degrees and give you the results that you require from virtually any oral & written language -- from *Amharic* to *Zulu*. They are one of the leading service providers for conferences in just about any subject to any other setting where a professional interpreter may be required. They also assist private companies, insurance companies, government agencies, therapy groups and individuals with highly professional & culturally accurate translations & interpretations, as well as project management & foreign language publishing solutions. **Visit: <https://www.facebook.com/BantaaInterpreters>**

Best in DANCE SCHOOLS

EVERY CHILD IS A STAR



Lewiston • 207-241-2498
Turner • 207-224-0288

Since 1970, **MARY JANE'S SCHOOL OF DANCE** has featured expert instruction in ballet, tap, jazz, acro & pointe dancing with fun and challenging lessons. The studio offers instruction for ages 18 months to adult. Owner Mary Jane Leonard & her caring experienced faculty will be happy to discuss all of the classes available to you.

The beauty of dance must not only be appreciated by the viewer, but also the performer. It can give your body control & fitness, as well as having a lot of fun. Their instructors feel that through dance they can teach the benefits of self-discipline & controlled grace. This helps the dancers to feel comfortable with themselves and each other. Mary Jane's School of Dance provides a disciplined understanding of dance and a self-awareness that shows the student how to enjoy the art of dancing. They create a fun & hardworking environment and pride themselves in keeping their dancers in appropriate dances & costumes. Contact them to view a class! Two locations: 675 Main Street in Lewiston, and 1355 Auburn Road in Turner. **Visit: www.maryjannesschoolofdance.com**