

The Penquis Journal

August 2007

A publication of Penquis Community Action Program
www.penquiscap.org

Penquis Head Start and Child Care Centers Have Openings!!

Are you looking for a quality early education program for your child that will prepare him or her for kindergarten? Do you need a safe place to care for your child while you work or attend school? If you answered yes, then Penquis Child Development programs are for you!

Penquis Head Start and Child Care Centers in Penobscot, Piscataquis, and Knox Counties provide children with educational activities, social and emotional development opportunities, and health and nutrition services, as well as services that support the whole family.

Head Start & Child Care services are available for children ages 6 weeks to 5 years. Before & After School Care is available for children ages 5-8 years.

Full Day/Full Year: Bangor, East Millinocket, Exeter, Dexter, Old Town, & Rockland

Part Day/Part Year (school calendar): Bangor, Brewer, Dexter, Dover-Foxcroft, East Millinocket, Exeter, Howland, Lee, Lincoln, Milo, Newburgh, Newport, North Haven, Old Town, Parkman, Rockland, & Union

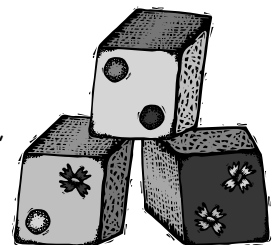
Before and After School Care: Dexter, Exeter

Penquis CAP Child Development is designated a "Quality Program" by the Federal Head Start Bureau and the National Association for the Education of Young Children. Ask about the benefits of enrolling your child in a Quality Program!

Head Start services are free of charge to income eligible families. There is a fee for child care services. Child care subsidies are available on a sliding scale to eligible families.

Call 973-3567 or 1-800-215-4942 for more information or to get an application for any of our centers. Or visit www.penquiscap.org.

Penquis CAP Head Start & Child Care centers do not discriminate against any child because of race, color, national origin, sex, age, handicapping condition or religion.



Is a Reverse Mortgage Right for You?

MaineStream Finance, a subsidiary of Penquis C.A.P., Inc., is pleased to offer reverse mortgages to homeowners age 62 and older. So what's a reverse mortgage? A reverse mortgage works the opposite of a normal mortgage where payments are made to a lender each month. With a reverse mortgage, you may receive a payment **from** your lender in a lump sum of cash, through a line of credit, as a monthly income, or some combination of those. Re-payment to the lender is delayed until all owners no longer occupy the home as a primary residence. At that point, the home may be sold (reverse mortgage is paid off; homeowner or heirs receive proceeds above payoff amount) or heirs may obtain a traditional mortgage to payoff the reverse mortgage debt.

For many seniors, whether already retired or soon to be retired, a reverse mortgage allows them to tap equity in their home to help with living expenses or to complete home improvements without having to sell their home.

As with any financial product, there are both pros and cons. Information and education are key components for any homeowner to pursue before obtaining a reverse mortgage. For further information, please call our reverse mortgage specialist, Dana Ward, at 973-3555 or 1-800-215-4942.

36, 38, 44 Cents...

It all adds up to enriched lives



both yours and your neighbors.

If you like to drive and have time to spend, consider becoming a trained Lynx Volunteer Driver.

You can make a difference.

Call today.



973-3627 or
1-866-853-5969

Penquis Community Action Program

Home Energy Assistance Program Begins

Penquis CAP is now accepting fuel assistance applications for the 2007-2008 season. Applications are taken by appointment. To make an appointment, please call your nearest Penquis CAP office:

| | | |
|------------------------------|---------------------------------|--------------------------|
| Bangor Office: 973-3630 | Dover-Foxcroft Office: 564-7116 | Lincoln Office: 794-3093 |
| Millinocket Office: 723-8155 | Rockland Office: 596-0361 | |

If you are eligible for fuel assistance, you may be eligible for a discount on your electric and telephone services. Certain restrictions apply.

MBCHP for Women's Health

If you are a woman in Maine and you are due for a Pap test or mammogram, help is just a phone call away. The Maine Breast and Cervical Health Program can help you get the health care you deserve. If you are 40-64 years of age, have little or no insurance (or if your insurance deductible is high) and you meet certain income guidelines, then you may be eligible for no-cost mammograms, Pap tests, and gynecological exams at your choice of participating area providers.

To see if you qualify, call 973-3586 or 1-800-350-5180. The best protection is early detection!

Foster Grandparents Wanted

Foster Grandparents are "low income qualified" seniors, 60 years or older, who volunteer 15 to 40 hours a week working with children who need a bit of extra love and attention to help them succeed in life.

Foster Grandparents are paid stipends for their services. For more information or an application, please call 973-3684 or 1-800-215-4942 and ask for the Foster Grandparent Program. Make a difference in a child's life today!



Windward Estates Subdivision: Searsport

Three new homes were recently delivered and placed on foundations at Osprey Lane in Searsport, bringing the number of homes in the Windward Estates subdivision to nine. Penquis CAP, the housing developer for Windward Estates, plans to install Osprey Lane's final two homes this summer.

Seven of the nine homes currently in the subdivision either have been or are in the process of being purchased. Qualified buyers are currently being sought for the remaining four homes. Grants are available for income-eligible, first-time homebuyers to assist with home purchase.

All homes in the subdivision, located off Prospect Street on Route 1, are between 1100 and 1200 square feet with full foundations, paved driveways, and limited landscaping. Each home has three bedrooms and 1¾ baths. Appliances are included. House lots are a minimum of ½ acre with municipal water and sewer. Homes feature Energy Star rated windows and energy efficient appliances.

For more information on purchasing a home on Osprey Lane, call Lucille Averill at 973-3550 or 1-800-215-4942.



Looking for Child Care?

If you need child care in Penobscot or Piscataquis County, the Penquis CAP Child Care Resource Development Center (RDC) can help! A free service is available by phone or through the Internet.

The online search tool is available at www.penquiscap.org/rdc. You may also call 1-888-917-1100 or stop by 262 Harlow Street, Bangor.

Penquis RDC also provides information on how to select child care; types of subsidies and/or tax credits or Dependent Care Assistance Programs available to families; and other consumer education based on the age of the child and any special circumstances. Call today!

Penquis Health Services Welcomes You

Women's services include physical exams, Pap smears, STD testing and treatment, breast exams, birth control methods, pregnancy tests, colposcopy procedures, menopausal services, and other services related to women's health. Men's services include STD testing and treatment, HIV testing, and testicular exams for prostate health. Office Hours:

Bangor, 262 Harlow St., 973-3650

Monday through Friday 8:00 – 12:15 & 12:45 – 4:30

Tuesday Evening 5:00 – 7:00

Clinics with Nurse Practitioner (NP) offered

Mondays, Tuesdays, Thursdays, Fridays

Dexter, 311A Corinna Rd., 924-7383

Monday through Thursday 9:00 – 4:00

Friday 9:00 – 3:00

Clinics with Nurse Practitioner offered Wednesdays

Dover-Foxcroft, 50 North St., 564-2847

Monday, Thursday, Friday 10:00 – 4:30

Tuesday 8:00 – 4:30

Clinics with Nurse Practitioner offered Tuesdays

Lincoln, 115 Main St., 794-3313

Wednesday - every other week 7:30 – 4:00

Thursday - weekly 7:30 – 4:00

Clinics with Nurse Practitioner offered Wednesdays

Millinocket, 24 Balsam Dr., 723-4994

Tuesday - weekly 7:30 – 4:00

Wednesday - every other week 7:30 – 4:00

Clinics with Nurse Practitioner offered Wednesdays

****Additional office hours are scheduled in Lincoln and Millinocket on Mondays as needed.****

Penquis Health Services offers a sliding fee scale and accepts MaineCare, Medicare, and most insurances.

Call a number listed above or 1-800-941-2836 to verify the dates the Nurse Practitioner will be providing services.

Financial Counseling for Replacement Housing Program Applicants

If you were unable to get a replacement home through the Penquis Replacement Housing Program due to credit issues or existing debt, you're not alone. Over 90% of the people who have applied for a replacement home have been unable to obtain the very low interest loans and other subsidies needed.

In order to help more applicants succeed, Penquis has begun a financial counseling program specifically for replacement housing candidates. Penquis is offering financial literacy training and one-on-one counseling to clients who have been previously unsuccessful in getting the necessary financing. Our goal is to increase the number of clients who can achieve a permanent solution to their housing needs...a replacement home. There is no charge for this service. Interested applicants should call Lynn Holmes at 973-3557 or 1-800-215-4942 for more information.



Triple Your Savings!

The Family Development Account (FDA) program offers a \$2 match for every \$1 you save to purchase a home, continue your education, or start or expand your own business. If you have earned income, you may be eligible for this matched savings plan.

Many others across the state have reached their dreams through the FDA program. Maybe you can too! For more information, call 973-3623 or 1-800-215-4942.

Appliance Replacement Program

If you are a current LIHEAP recipient and own a refrigerator that was manufactured before 1995, you may qualify for a new energy efficient refrigerator at no cost to you. The Appliance Replacement Program, funded by the Maine Public Utilities Commission, seeks to replace over 300 high energy consuming refrigerators in Penobscot, Piscataquis, and Knox Counties this year. The new refrigerators typically use less than 1/3 of the energy used by refrigerators manufactured over 10 years ago. This results in a significant cost reduction on your monthly electric bill. Even if your old refrigerator is working fine we recommend that you contact Penquis to have it tested. The test only takes 2 hours and you may be surprised at how much you can lower your electric bill. Please gather information about your old refrigerator and complete the form below. Deliver this form to the nearest Penquis CAP office or mail it to Penquis CAP, Appliance Replacement Program, PO Box 1162, Bangor, ME 04402-1162. For more information call 973-3553 or 1-800-215-4942.



Penquis CAP Appliance Replacement Program

Name: _____

Address: _____

Phone #: _____

Has your home ever been weatherized by Penquis CAP? Yes No

How old is your refrigerator? _____ What color? _____

Refrigerator Make: GE Frigidaire Kenmore Whirlpool Other _____

Refrigerator Model #, if possible: _____

Is refrigerator: Automatic Defrost Manual Defrost

Does refrigerator keep food cold? Yes No

Are you interested in a possible replacement of your refrigerator? Yes No

Comments? _____

Lead Abatement Program Available

Lead is a soft metal that is toxic to humans. In 1978, the Consumer Product Safety Commission banned the use of lead for residential items (paint, toys, dishes, candies, etc.). Because many of the homes we live in today were built before 1978, many families are exposed to the dangers of lead based paint. Lead based paint is not considered a hazard unless it is in poor condition (chipping, peeling, flaking, etc.).

Penquis CAP offers lead testing services for all structures, including homes, childcare facilities, and apartments. For a fee, this service is available to everyone. **Low to moderate-income families may be eligible for a free lead test if a child under six resides in the primary residence.** Some grants are available to provide lead abatement for eligible households and for landlords to have their eligible apartments tested and abated. Penquis CAP lead services are available throughout Maine, although grants are limited to Penobscot, Piscataquis, Kennebec, and Somerset Counties. For more information, call 973-3552 or 1-800-215-4942.

School Supplies Available

Do you have a child that will be attending school this year? If so, we can help! During the month of August, we will be distributing free school supplies to parents throughout Penobscot, Piscataquis, and Knox Counties. Simply call your local Penquis CAP office to register. Be prepared to provide us with your child's name, gender, and grade, as well as your name and contact information.

For Penobscot and Piscataquis Counties 973-3500 or 1-800-215-4942
For Knox County 596-0361 or 1-800-585-1605



Bulletin for Voucher Clients & Child Care Providers

Effective **SEPTEMBER 29, 2007** all voucher clients who have been funded by TANF federal dollars will return to the Office of Integrated Access and Support (OIAS) for service delivery. This will begin the transition of the administration of voucher management from 11 contracted agencies to within state government in partnership with OIAS.

Child care providers and voucher clients will be invited to attend an informational meeting sponsored by OIAS to discuss this transition. Please watch your mail for dates and locations for these mailings.

You will be receiving a letter from the Penquis Voucher Program prior to September 29, 2007 identifying the clients/children that will be transitioned to OIAS.

What this means for you as a provider: Penquis Voucher Program will no longer have a voucher contract with you for the clients that are being transitioned to OIAS. You will not bill Penquis Voucher for these children. Child care subsidy for these clients will be issued by OIAS.

Penquis Voucher Program will continue to administer the voucher program for a smaller number of other clients through April 1, 2008. For these clients no changes will occur. You will still have a voucher contract with Penquis Voucher Program and submit Request for Reimbursement billing forms to the Voucher Program.

Please contact us at 973-3507 or 1-800-215-4942 with any questions you may have in regards to these changes. We hope to make this transition as easy as possible for you.

Can't Get There From Here? *The Lynx Can Help!*

For many rural residents, transportation can be a challenge, but Penquis CAP offers several transportation services that can help people get to where they want to go:

- « Penquis CAP provides bus trips from all rural Piscataquis and Penobscot County towns to Bangor at least once a week and up to three times a week, depending on where you live. This door-to-door service allows individuals to go to the mall, to the doctor's office, to a friend's or relative's home, or anywhere in Bangor.
- « For people needing to travel within their hometown, in town trips are available at least once a week for residents of Dexter, Dover-Foxcroft, Greenville, Guilford, Lincoln, Millinocket, Milo, and Newport, with most round-trip fares running \$1 to \$2. Several towns also have bus trips to regional service centers, such as Dexter, Dover-Foxcroft, Lincoln, Millinocket, and Newport, either once a week or once a month.
- « Another program offers mileage reimbursement for MaineCare appointments. Individuals can receive reimbursement for the use of their own vehicles or for a family member or friend who drives them. If you have a doctor's appointment in Bangor (or anywhere in Maine), and it is covered by MaineCare, all you have to do is call and let us know the date/time of the appointment. You will be provided a form to enter your mileage; have the doctor sign it, and we will send you a mileage reimbursement check. If you have a recurring appointment, every week, month, two months, or just a one time test, if MaineCare covers the appointment, you are entitled to reimbursement for the mileage.
- « For citizens of Millinocket and Newport, we have free in-town transportation available to town residents. Residents can be picked up at their door, go to the bank, the post office, the grocery store, visit friends or relatives, go to

| <u>FROM</u> | <u>TO</u> | <u>DAY</u> | <u>TIME</u> | <u>COST</u> |
|-----------------------|-------------|------------|--------------|-------------|
| Abbott | Bangor | Monday | 7:00 - 3:00 | \$5.00 |
| | Dover | Tuesday | 8:30 - 2:30 | \$2.50 |
| Alton | Bangor | Upon Re- | Upon Req | \$2.00 |
| *Bangor | Bangor | Thursday | 10:00 - 2:00 | \$2.00 |
| Bradford | Bangor | Thursday | 8:00 - 3:00 | \$2.00 |
| *Brewer | Brewer | Thursday | 10:00 - 2:00 | \$2.00 |
| Brownville | Bangor | Thursday | 8:00 - 3:00 | \$4.00 |
| | Dover-Fox | Friday | 9:00 - 2:00 | \$2.00 |
| Carmel | Bangor | Tuesday | 8:00 - 3:00 | \$2.00 |
| Charleston | Bangor | Monday | 7:00 - 3:00 | \$2.50 |
| Chester | Bangor | Monday | 12:30 - 6:00 | \$5.50 |
| | Lincoln | Friday | 9:00 - 2:00 | \$1.50 |
| Corinna | Bangor | Tuesday | 8:00 - 3:00 | \$3.50 |
| Dexter | Bangor | Monday | 8:00 - 2:00 | \$4.00 |
| | Bangor | Tuesday | 8:00 - 3:00 | \$4.00 |
| | Dexter | Tuesday | 9:30 - 3:00 | \$1.00 |
| Dixmont | Bangor | Tuesday | 9:00 - 2:00 | \$2.00 |
| Dover-Foxcroft | Bangor | Monday | 7:00 - 3:00 | \$4.00 |
| | Bangor | Tuesday | 8:00 - 3:00 | \$4.00 |
| | Dover-Fox | Tuesday | 9:30 - 11:30 | \$0.50 |
| | Dexter | Tuesday | 9:30 - 3:00 | \$1.50 |
| | Bangor | Thursday | 8:00 - 3:00 | \$4.00 |
| Enfield | Bangor | Monday | 12:30 - 6:00 | \$4.00 |
| Etna | Bangor | Tuesday | 8:00 - 3:00 | \$2.50 |
| Exeter | Bangor | Monday | 8:00 - 2:00 | \$2.50 |
| | Dexter | Tuesday | 9:30 - 3:00 | \$1.50 |
| E. Corinth | Bangor | Monday | 7:00 - 3:00 | \$2.00 |
| E. Millinocket | Bangor | Monday | 12:30 - 6:00 | \$6.00 |
| | Millinocket | Thursday | 10:00 - 2:00 | \$1.00 |
| | Lincoln | Thursday | 9:00 - 1:00 | \$2.00 |
| Garland | Bangor | Monday | 8:00 - 2:00 | \$2.50 |
| | Dexter | Tuesday | 9:30 - 3:00 | \$1.00 |
| Glenburn | Bangor | Monday | 7:00 - 3:00 | \$1.50 |
| | Bangor | Thursday | 8:00 - 3:00 | \$1.50 |
| Greenville | Bangor | Monday | 7:00 - 3:00 | \$7.00 |

doctors' appointments, anywhere they want in their hometown and return right to their door. The Millinocket Ride Program enables people to schedule door to door ride services on Tuesday, Wednesday, and Thursday every week between the hours of 8AM and 2PM. The Newport Ride

Program enables people to schedule door to door rides every Wednesday and Friday between the hours of 10AM and 3PM. Individuals interested in the program should call 1-866-853-5969 and request a Millinocket or Newport Ride Program card.

| FROM | TO | DAY | TIME | COST |
|----------------------|----------------|-----------|---------------|--------|
| Guilford | Bangor | Monday | 7:00 - 3:00 | \$4.50 |
| | Dover | Wednesday | 8:00 - 10:00 | \$1.00 |
| | Guilford | Wednesday | 11:00 - 1:00 | \$0.50 |
| *Hampden | Hampden | Thursday | 10:00 - 2:00 | \$1.00 |
| Hermon | Bangor | Tuesday | 8:00 - 3:00 | \$2.00 |
| Holden | Brewer | Thursday | 10:00 - 12:00 | \$2.00 |
| Howland | Bangor | Monday | 12:30 - 6:00 | \$3.50 |
| | Lincoln | Tuesday | 9:00 - 2:00 | \$2.00 |
| Hudson | Bangor | Monday | 7:00 - 3:00 | \$1.50 |
| Ken- | Bangor | Monday | 7:00 - 3:00 | \$1.50 |
| Kingman | Lincoln | Wednesday | 9:00 - 2:00 | \$2.50 |
| Lagrange | Bangor | Thursday | 8:00 - 3:00 | \$3.00 |
| Levant | Bangor | Monday | 8:00 - 2:00 | \$2.00 |
| Passadum-keag | Bangor | Monday | 12:30 - 6:00 | \$3.50 |
| | Lincoln | Tuesday | 9:00 - 2:00 | \$2.50 |
| | Lincoln | Friday | 9:00 - 2:00 | \$2.50 |
| Prentiss | Lincoln | Wednesday | 9:00 - 2:00 | \$2.50 |
| Springfield | Lincoln | Wednesday | 9:00 - 2:00 | \$2.00 |
| | Lee | Wednesday | 11:00 - 3:00 | \$1.00 |
| Lincoln | Bangor | Monday | 12:30 - 6:00 | \$4.50 |
| | Lincoln | Tuesday | 9:00 - 2:00 | \$1.00 |
| | Lincoln | Friday | 9:00 - 2:00 | \$1.00 |
| | Millinocket | Thursday | 10:00 - 2:00 | \$2.50 |
| Mattawam-keag | Bangor | Monday | 12:30 - 6:00 | \$6.00 |
| | Millinocket | Thursday | 10:00 - 2:00 | \$2.00 |
| | Lincoln | Thursday | 9:00 - 1:00 | \$1.50 |
| Medway | Bangor | Monday | 12:30 - 6:00 | \$6.00 |
| | Millinocket | Thursday | 10:00 - 2:00 | \$1.00 |
| | Lincoln | Thursday | 9:00 - 1:00 | \$2.50 |
| Millinocket | Bangor | Monday | 12:30 - 6:00 | \$7.00 |
| | Millinocket | Tuesday | 10:00 - 4:00 | \$0.00 |
| | Millinocket | Wednesday | 10:00 - 4:00 | \$0.00 |
| | Millinocket | Thursday | 10:00 - 4:00 | \$0.00 |
| | Lincoln | Thursday | 9:00 - 1:00 | \$2.50 |
| | E. Millinocket | Thursday | 9:00 - 1:00 | \$2.50 |

| FROM | TO | DAY | TIME | COST |
|-----------------------|----------|-----------|--------------|--------|
| Milford | Old Town | Monday | Upon Req | \$2.00 |
| Milo | Bangor | Thursday | 8:00 - 3:00 | \$4.00 |
| | Milo | Thursday | 2:00 - 4:00 | \$0.50 |
| Monson | Bangor | Monday | 7:00 - 3:00 | \$5.50 |
| | Dover | Tuesday | 8:30 - 2:30 | \$3.00 |
| Newport | Bangor | Tuesday | 8:00 - 3:00 | \$2.50 |
| | Newport | Wednesday | 10:00 - 3:00 | \$0.00 |
| | Newport | Friday | 10:00 - 3:00 | \$0.00 |
| *Orono | Old Town | Thursday | 10:00 - 2:00 | \$2.00 |
| Orrington | Bangor | Tuesday | 10:00 - 2:00 | \$1.00 |
| | Bangor | Thursday | 9:30 - 1:00 | \$1.00 |
| | | | | |
| Sangerville | Bangor | Monday | 7:00 - 3:00 | \$4.50 |
| | Dexter | Tuesday | 9:30 - 3:00 | \$1.50 |
| | Dover | Wednesday | 8:00 - 10:00 | \$1.00 |
| Sebec | Bangor | Thursday | 8:00 - 3:00 | \$4.00 |
| Corner Stetson | Bangor | Monday | 8:00 - 2:00 | \$2.00 |
| *Veazie | Old Town | Thursday | 10:00 - 2:00 | \$2.00 |
| Winn | Bangor | Monday | 12:30 - 6:00 | \$6.00 |
| W. Enfield | Bangor | Monday | 12:30 - 6:00 | \$4.00 |

*Not accepting new general public clients at this time. The Lynx offers paratransit services for the BAT in these communities. Paratransit service requires a referral from the BAT before service is provided.

All transportation is by appointment. We require two (2) full business days notice.

Need a Car Seat?



The Car Seat Program provides vouchers to income eligible families which enable them to get new car seats to fit their needs. At the time the voucher is issued, training is provided on proper use and installation of the specific seat needed. The voucher will then be sent to a designated State office and the seat will be delivered to the family's home. For more information call 973-3695 or 1-866-853-5969.

PENQUIS

Community Action Program

P.O. Box 1162, Bangor, Maine 04402-1162

Phone: 207-973-3500 or 1-800-215-4942

Fax: 207-973-3699

TDD: 207-973-3520

www.penquiscap.org

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R

RETIRED & SENIOR VOLUNTEER PROGRAM

S

RSVP is a nationwide volunteer program that invites adults age 55+ to use their life experience & skills to help neighbors in need.

V

Join the 300 RSVP volunteers serving Waldo, Knox, & Lincoln counties! Call Penquis CAP at **596-0361** or **1-800-585-1605**.

P



Penquis Community Action Program

170 Pleasant Street • Rockland, ME 04841 • www.penquiscap.org

115 Main Street
Lincoln, Maine 04457
207-794-3093

50 North Street,
Dover-Foxcroft, Maine 04426
207-564-7116

170 Pleasant Street
Rockland, Maine 04818
207-596-0361 or 1-800-585-1605