



MWDA NEWSLETTER



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Annual MMA Convention

The annual MMA convention was held in Augusta for 2001. A business meeting was held prior to scheduled speakers. Brenda Harrington introduced members of the Professional Development Committee. They had met on September 27 to discuss speakers for the upcoming year. She stated the committee was open for ideas even though they had a full slate. Anyone with ideas for upcoming meetings should contact either Brenda or any other member of the committee. The committee also

discussed the Spring Seminar and are getting proposals. The Nominating/Membership committee members were introduced by Judy Hardy-Goddard, they have not met but are looking for new members and e-mail addresses for current members. There was discussion concerning the web page and sending the newsletter out via e-mail. Sue Charron also introduced the Legislative Committee Members. Sue spoke concerning a situation that Mona Blanchard, from Presque Isle, recently dealt with. It



concerns 22 M.R.S.A. 4301, Sections 7 and 8-A and the contradictions in dealing with proration of financial assets. The Legislative Committee will meet in regards to this issue. An overview of the scheduled speakers can be read on pages 1 and 2.

NAMI Maine—Carrie Horne

One of the workshops offered at the 65th Annual MMA Convention at the Augusta Civic Center on October 11, 2001, was "Access to Mental Health Services" presented by the National Alliance for the Mentally Ill (NAMI) of Maine. Carrie Horne, NAMI trainer, provided an informational workshop on Dual Diagnosis and how to access mental health services for persons that need them. Dual Diagnosis provided information on persons

that are mentally ill and use and abuse substances and alcohol. These are some of the most difficult people to work with, and to engage in treatment for their illnesses. The last portion of the workshop dealt with the services available for persons that have mental illness in the State of Maine and how to get access to them. Participants had the opportunity to discuss the difficulties that they have experienced in obtaining

the services that some people have required. NAMI Maine offered to help Maine Welfare Directors in whatever way they could to help to access and expedite services for their clients. Participants were encouraged to call the NAMI information and referral number at 1(800)464-5767 for continued help with information on mental illness and to help access mental health services for their clients.

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Vice-President Brenda Harrington dressed in traditional Somali clothing.

Refugee/Secondary Migrant

Refugee/Secondary Migrant presentation was presented by MMA, MWDA and DHS staff. Antoniette Mancusi, representing MMA, discussed Title VI of the Civil Rights Act of 1964. Title VI concerns the rights connected with citizenship that our Constitution guarantees us. Section 601 of Title VI states in part “no person in the United States

shall on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance”. This applies to anyone receiving federal monies or assistance either directly or indirectly. Basically, the general requirements of

Title VI are that you cannot deny an individual services or benefits because of race, national origin or even disability. Exclusion, denial or discrimination prohibited can also occur when you do not make the distribution or application process available to person of foreign origin or to Limited-English Proficiency (LEP) clients.

Pitfalls to Avoid

- Turning clients away because of language barriers
- Telling clients to bring their own interpreters (e.g. family member)
- Using bi-lingual person who do not have competency in the subject area
- Using bi-lingual persons who are insensitive to risks posed by inadequate/inaccurate communication
- Disregard for confidentiality
- Disregard in obtaining necessary “informed consent”
- Reactive, Ad Hoc, Crisis Driven management—not being pro-active

Bare Minimums for Municipalities

- Assess potential for contact with LEP client
- Have multi-lingual signs up
- Sign up for AT&T language line on your own or through MMA
- Have a written policy/memo explaining the use of a telephone interpretive services and disburse it throughout the municipal staff
- Don't turn people away because they sound different, look different or can not speak English!



Speaker Mohamed Awale

Culture, Customs and Experiences of a Refugee

Mohamed Awale, Human Services Counselor for the City of Portland, spoke about his experiences as both a refugee and as a case manager. It is estimated that 185,000 Somalis live in the United States and Canada. The largest population in














Minneapolis, Minnesota with approximately 27,000 refugees. Currently, Maine has an estimated population of 2,500 with the refugees living mainly in Portland and Lewiston. It is thought that approximately 600,000 people

perished from famine or disease or were killed in the war during the period of 1988-2000. Mohamed also brought in traditional Somali clothing which Brenda Harrington was gracious enough to model for us.

Lewiston's Language Poster

The City of Lewiston Wants You to Know

You Are Entitled To A Free Interpreter

 <p>English</p> <p>Point to your language. An interpreter will be provided at no cost.</p>	 <p>American Sign Language</p> <p>American Sign Language interpretation is available at no cost.</p>
 <p>Albanian</p> <p>Klikoni në gjuhën që ju përdorni. Do t'ju jepet një përkthyes falas.</p>	 <p>Khmer</p> <p>សូមចង្អុលទៅភាសារបស់អ្នក ។ គេនឹងផ្តល់អ្នកបកប្រែឆ្លងភាសាអ្នក ដោយឥតគិតថ្លៃឡើយសោះ ។</p>
 <p>Amharic</p> <p>ግናጥዕን ጥያቄ ካለዎት ወይም የዚህን ደብዳቤ ትርጉም ከራሳት ለባዘዎ ከግድ ላይ ባለው የሰልጠና ቅጥር ይደውሉ። ስምዎንና የሰልጠና ቅጥርን ይግለጹና አስተርጓሚ እስኪቀርብ ድረስ ይጠብቁ።</p>	 <p>Mandarin</p> <p>請指出您的語言， 我們會為您提供免費的口譯員。</p>
 <p>Arabic</p> <p>أشرف إلى لغتك، فسوف يتم تأمين مترجم فوري لك مجاناً.</p>	 <p>Russian</p> <p>Укажите язык, на котором Вы говорите. Вам будет бесплатно предоставлен переводчик.</p>
 <p>Bosnian, Serbian & Croatian</p> <p>Pokažite na vaš jezik. Prevodilac će vam biti besplatno obezbeđen.</p>	 <p>Somali</p> <p>Muuji luqadaada. Turjubaan ayaad heli doontaa adiga oo aan waxba bixin.</p>
 <p>Cantonese</p> <p>請指出您的語言， 我們將免費為您提供傳譯員。</p>	 <p>Spanish</p> <p>Indique cuál es su idioma. Le proporcionaremos el servicio de un intérprete sin costo alguno para usted.</p>
 <p>Farsi</p> <p>به زبان خود اشاره کنید. یک مترجم به طور رایگان برای شما تامین خواهد شد.</p>	 <p>Swahili</p> <p>Onyeshya lugha yako. Utapatwiwa mtafsirishaji bila malipo yoyote.</p>
 <p>French</p> <p>Indiquez la langue de votre choix. Vous obtiendrez les services d'un interprète gratuitement.</p>	 <p>Tagalog</p> <p>Ituro po ang inyong wika. Isang tagasalin ang ipagkakaloob nang libre sa inyo.</p>
 <p>German</p> <p>Bitte zeigen Sie auf Ihre Muttersprache. Ein Dolmetscher wird Ihnen kostenlos zur Verfügung gestellt.</p>	 <p>Thai</p> <p>ชี้ไปที่ภาษาของท่าน จะนิล่านแปลภาษาให้ท่านโดยที่ท่านไม่ต้องเสียค่าใช้จ่ายใดๆ</p>
 <p>Hmong</p> <p>Qhia yam lus koj hais. Yuav nrhiav ib tug neeg txhais lus rau koj yam tsis ua nuj nqi rau koj them.</p>	 <p>Vietnamese</p> <p>Hãy chỉ vào ngôn ngữ của quý vị. Chúng tôi sẽ cung cấp một thông dịch viên miễn phí.</p>

Telephone Language Line Services Available

Maine's historically homogeneous population is slowly changing. New comers from foreign lands are slowly being introduced into our state. Recent trends suggest that the eventuality that a non-English speaking person may one-day enter your municipal building requesting assistance (e.g., General Assistance) is no longer improbable. In order to facilitate communications in case of such a contingency, Maine Municipal Association has an established "Language Line Service" (LLS) account for use by its members.

The Language Line Service provides over the telephone interpreter services for communicating with non-English speaking persons. LLS is available 7 days a week, 24-hours a day. There are approximately 140 available languages. There is no need to reserve the service ahead of time and in most cases within moments an interpreter will be available.

All the user needs to do is dial a toll-free number, and submit the following pieces of information:

- 1) Language requested
- 2) Account number
- 3) Organization name (e.g., MMA)
- 4) Enter municipality's assigned PIN (personal identification number)

Although municipalities may individually contract with Language Line Services (*call (800) 996-8808 for further information*), MMA has established this account in order to minimize the initial administrative burden and cost to individual municipalities wishing to utilize the service. Furthermore, MMA's account provides municipalities with the opportunity to try out the service before establishing an independent account. Municipalities making substantial use of the service may then decide to establish an individual Language Line Service account.

Although it costs nothing to request a PIN, actual use of the service is **not free**. Bills for this service are at one minute increments at rates **currently** ranging from \$3.50-\$4.50* (*depending on language and time of day*). Without an established account however, rates are as high as \$7.50 per minute. As a result, municipalities, which are not interested in establishing an LLS account of their own, are encouraged to take advantage of discounted rates by using MMA's account.

Municipalities wishing to receive a PIN in order to utilize the LLS service (*through the MMA account*) must fill out an application form. Application forms are available by contacting Kimberly Veilleux, Publications Department.

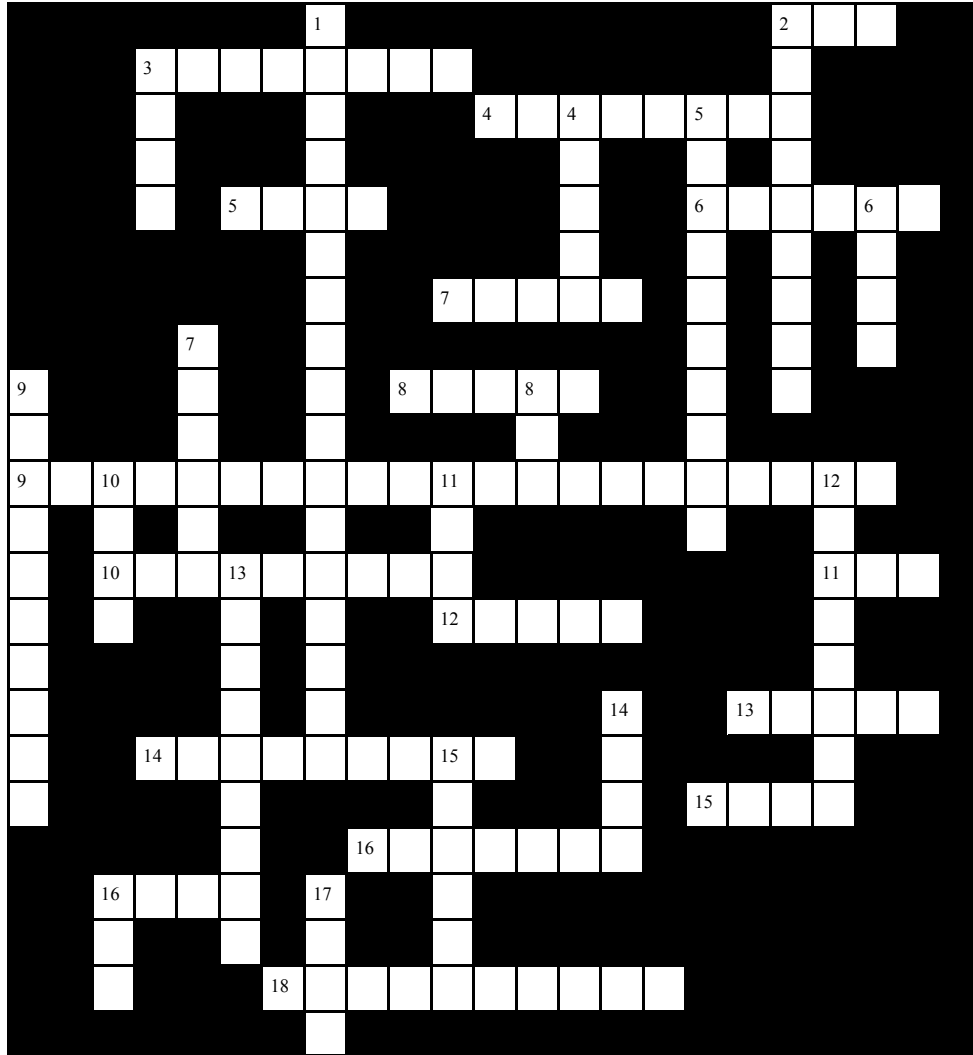
Municipalities requiring further information are encouraged to contact Antoinette Mancusi in the Legal Services Department.

PLEASE NOTE: Municipalities are responsible for reimbursing MMA for all Language Line Service charges incurred against their PIN. MMA in no way assumes responsibility for misuse of a PIN. The Language Line Service established is for a one-year period. MMA reserves the right of non-renewal at that time.

* *Language Line Service rates are subject to change.*

"There are two kinds of thinkers in the world. Those who think they can and those who think they can't...and they're both usually right." -*Unknown*

Crossword Puzzle



- Down
- 1 Major Helper's Boss
 - 2 Verifiable reason
 - 3 Not a City
 - 4 The Pinetree State
 - 5 Measure of Need
 - 6 Your association
 - 7 Opposite of satiety
 - 8 Governs GA
 - 9 Giftee
 - 10 AFDC of old
 - 11 Legal claim
 - 12 One who claims
 - 13 Available wherewithal
 - 14 ____ of Lewiston
 - 15 Smooths
 - 16 Power source
 - 17 Neither rich nor _____

- Across
- 2 Find a _____
 - 3 Less than Title Two
 - 4 Living in a car?
 - 5 Measured in Ergs
 - 6 Renumeration
 - 7 Lifes anagram
 - 8 Resources
 - 9 Librarian's aid?
 - 10 Story
 - 11 Assistance
 - 12 Wanting
 - 13 Connivance
 - 14 Head of _____
 - 15 Fee for lodging
 - 16 Impecunity
 - 17 Job for Perry?
 - 18 USDA Approvals

Answers on page 16

Thanks to David Chittim for his help with this crossword puzzle.

MWDA Christmas Party

MWDA will hold its annual Christmas party on Thursday, December 13, at Laurias by the River, in downtown Augusta. The cost is \$12.80 per person which includes tax and gratuities. The luncheon buffet consists of assorted salads, pasta and coleslaw, soup of the day, mashed potato or rice medley, vegetables, beef tips in gravy, baked chicken, broiled haddock, rolls, beverage and dessert. There will also be a Yankee swap/Chinese Christmas, so bring along a \$10.00 gift. Other fun activities are planned as well. Reservations are required, please contact MMA to reserve your place.



From the Desk of Cindy Boyd

Changes in General Assistance Staff

Leigh Cotnoir is no longer the Reimbursement Clerk for General Assistance. She took a position with the Bureau of Motor Vehicles. This is a promotion for Leigh. The new person doing that job is Steve Hallee. Steve worked at the Bureau of Child and Family Services prior to coming to us. Before that he was an insurance agent. If you have any questions about your reimbursement forms call Steve at 1-800-442-6003 or 287-3736.

Follow-up to questions asked at the MMA Convention

One of the municipalities asked a question about exempting a client from a work requirement because of medical reasons. She wanted to know if the municipality could require that a doctor instead of a therapist could provide the medical statement.

22MRSA§4316-A(5) states, “the overseer may not require medical conditions that are apparent or are such short duration that a reasonable person would not ordinarily seek medical attention. In any case in which the overseer requires medical verification and the applicant has no means of obtaining such verification, the overseer shall grant assistance for the purpose of obtaining that verification”.

If a person claims a long term physical or mental illness or disability, he or she must provide a doctor’s statement. If the person is seeing a therapist on a regular basis and you accept the statement from the therapist the Department would not say you were wrong to do so. If your municipality does not feel that the statement from a therapist is sufficient, your municipality can require the physician but the municipality would have to pay for the visit if the client did not have the means to pay for the visit.

There was discussion during the brief overview of refugees concerning resources that a person leaves in another state when they come to Maine. The question would apply not only to refugees and secondary migrants but anyone coming to Maine from another state.

A person may be receiving a number of services in another state such as TANF, Food Stamps, subsidized housing, and in some cases Refugee Cash Assistance. When a person leaves one state to come to another all the services are left behind. There are some services like TANF and Food Stamps that can easily be applied for in the new state, but there are some services that the client may not be able to access easily such as subsidized housing where there are often long waiting lists. The question was “if a person forfeits receipt of a public assistance program in another state can they be found not eligible for General Assistance here?”

22MRSA§4308(1) states “...a person who makes an application for assistance, who has not applied for assistance in that or any other municipality must have that person’s eligibility determined solely on the basis of need.” This means the person cannot be disqualified because he/she gave up a resource in another state.

22MRSA§4317 deals with potential resources. Once client applies the first time, the municipality can place requirements on the client. §4317 states that “an applicant who refuses to utilize potential resources without just cause, after receiving a written 7-day notice, is disqualified from receiving assistance until the applicant has made a good faith effort to secure the resource”.



From the Desk of Cindy Boyd (continued)

During the discussion one municipality asked why we could disqualify someone who quits a job in another state if we can't disqualify a person for forfeiting a resource in another state.

22MRSA§4316-A (1-A) states "an applicant, whether an initial or repeat applicant, who quits a job or is discharged from employment due to misconduct as defined in Title 26, section 1043, subsection 23, is ineligible to receive assistance for 120 days after the applicant's separation from employment. The law applies whether the initial applicant is new to Maine or has lived here for years. The governing factor is not where the applicant lived but the fact that the law applies to both initial and repeat applicants.

Reimbursement and Statistical Forms

For the last couple of years we have been trying to change the computer program that is used to calculate the General Assistance reimbursement and to set up the statistical reports. We are now in the process of getting that accomplished. We are also working on redoing the reporting forms. Everything will be on one form and it will be less complicated. There will be different forms for those reporting monthly and quarterly. The forms will also state whether the municipality is receiving 50% and then 90% if the obligation is met or 10% and then 100%. In the very near future I will be asking a few towns to try them out so we can do a pilot to see if the system will work.

Regionalization of General Assistance

With the departure of Cheryl Durgin, Bath's General Assistance Director, the City Council is looking into regionalization of that department. They are considering entering into an agreement with the county, a coalition of towns, or a social service organization like Coastal Economic Development. John Bubier, City Manager, has stated that signing with an organization such as Coastal Economic Development could be advantageous to the city because they would have the ability to reach out to people. Council Chairman, John Hall, stated that a nonprofit organization like Coastal could be a one stop shop and the administration costs might be less for the city. He also went on to say that he sees more advantages than just saving money. It could lead to more uniformity in the amounts of benefits that are given by different municipalities. What are your thoughts on regionalization of General Assistance? Disagree or agree? Send me your opinions and I will print them in the next newsletter. Send them to Judy Hardy-Goddard, Town of Lisbon, 300 Lisbon St. Lisbon, ME 04250 or e-mail to jhardygoddard@lisbonme.org.

World AIDS Day

December 1st is World AIDS day, a day dedicated to increasing the awareness of the HIV/AIDS virus. While there has been much progress on the treatment front, the statistics remain sobering. According to the Centers for Disease Control and Prevention (CDC), over the past three years there have been about 10,000 new cases and 4,000 AIDS-related deaths every three months. For more information, visit www.unaids.org





November is Maine Ending Hunger Month

Partners in Ending Hunger, located in Camden Maine, has dedicated November as Ending Hunger Month. They believe that the answers for ending hunger lie within the dynamics of every community. Hunger is a physiological phenomenon caused by an interruption in normal food intake. However, the *persistence of hunger* is a different phenomenon. The persistence of hunger is a pattern of repeated reductions in

normal food intake. Examples of persistence of hunger could be, children going to bed hungry because their parents could not afford to feed them, parents skipping meals to feed their children, or elderly individuals not eating enough because their monthly income does not cover expenses. PARTNERS created Maine Ending Hunger Month as a way for non-profit organizations, youth and student groups,

business and civic organizations, and credit unions to join together and participate in ending hunger. Ending the persistence of hunger will require a community effort. Maine Ending Hunger Month is an opportunity for the community of Maine to join together to address this issue. For information on how to join in PARTNERS efforts, please contact Liz Rogers at 207-236-9643.

Kind words can be short and easy to speak, but their echoes are truly endless.

-Mother Theresa

Shaw Fund for Mariner's Children

The Shaw Fund for Mariner's Children is a private operating foundation which provides short term financial assistance to needy mariners and their families.

The Fund was established in 1853 through a bequest by Robert Gould Shaw, a merchant of Boston. Its purpose is to aid children, widows, and wives of incapacitated mariners, and mariners

who have become incapacitated.

Mariner status and income do need to be verified. Mariners are those who make their living on the water. (This does not include clambers.)

The fund generally restricts grants to persons who are not eligible for public assistance.

This fund is not an entitle-

ment source. Each case is considered individually and distribution of funds is at the discretion of the fund managers.

For more information call Claire Tolias, Executive Director at 207-990-1776. E-mail: C_Tolias@msn.com (That's C underscore Tolias all run together).

Submitted by Patty Littlefield

E-Mail Addresses

The Membership Committee would like to update the e-mail listing for MWDA members. Please e-mail your address to jhardygoddard@lisbonme.org. The list will be printed in the next newsletter.



Funding for Youthbuild Initiatives

Portland West Neighborhood Planning Council and Coastal Enterprises in Wiscasset together will receive \$900,000 in funding from the Department of Housing and Urban Development's (HUD) Youthbuild Implementation Grant program. The funding will support the council's efforts to provide leadership development and academic programming for more than 75 participants. The Youthbuild Program

provides education and on-the-job construction training for low-income youth between the ages of 16 and 24 who did not complete high school. Participants in the program will learn on-site skills in constructing or rehabilitating homes for low-income citizens. These students will also have the opportunity to participate in GED/SAT/Diploma preparation and career planning activities.

Grant announcements are as follows:

* The Portland West Neighborhood Planning Council - \$500,000 for projects benefiting 66 students.

* Coastal Enterprises, Inc. - \$400,000 for projects benefiting 12 students.



New Low Income Construction

York-Cumberland Housing has initial approval from the City of Portland to receive CDBG and federal HOME funds to develop a 30-unit single room occupancy efficiency apartment complex in Portland. The residents will be formerly homeless individuals, mostly from the Oxford Street Shelter in the Bay-side neighborhood of Portland. A key challenge

will be the securing of service funding to provide 24-hour on-site support staff. Additionally, York-Cumberland Housing is developing the following projects: a 24-unit HUD Section 202 independent living elderly complex in Raymond that is under construction; a 35-unit HUD 202 project in downtown Biddeford that will be under construction this fall; a 24-unit HUD 202

project and a 20-unit Rural Development Section 515 family apartment complex, both in Limington, and each with a Spring 2002 estimated construction start date; and a 24-unit Rural Development Section 515 elderly housing apartment building in Windham that has an estimated construction start of Spring, 2003.

Committee Members Update

Martha Huff has joined the Membership/Nominating Committee. New members for the Professional Development Committee are Mary Riendl and Linda Fossa. Mary Riendl is also a member of the Legislative Committee. If you are interested in becoming a member of any of the MWDA committees, please contact Sue Charron at 784-2951 ext. 209 or e-mail scharron@ci.lewiston.me.us.

Senator Dagget

Let me tell you a little about the more than 2 million people last year who were without homes. And about the 1000 people in Maine each nightwho are homeless. Across the United States, 25-40% of the homeless population works, 37% are families with children. In Maine, 98% of those who find their way into homeless shelters live on resources that are below the poverty level; more than half suffer from serious, long-term mental health problems with another 25% suffering from periodic mental health problems; one out of five has a medical problem, about half have a substance abuse problem; close to 30% are children under 18.

I remember the first time I saw what I assumed was a homeless person. I was shocked - in the early eighties, it just was not an obvious part of life in Augusta and not really a part of my consciousness. I'd had the opportunity to go to San Francisco for a National School Board Association convention. I was appalled at the sight of people lying on public streets - I thought it was a big city issue.

What is a home? As Robert Frost wrote, "Home is the place where, when you have to go there, they have to take you in." A cross stitch hanging in my kitchen reads: "Home is where we grumble the most and are treated the best." When we talk about "Homing in on" something, we talk about getting to the heart of something, reaching a goal, being effective. A home is something that is a haven, a safe place, and a place that reflects who we are whether that home is a room, an apartment or a house or a mansion. Stability and predictability are essential. We know that school children that move frequently are at the highest risk of school failure. While Maine has traditionally had one of the highest rates of home ownership in the United States, we've seen a decline over the past few years.

Earlier this year, I was approached about sponsoring a bill asking for a bond for affordable housing and of course I was delighted. Working together, we were able to get a question on the ballot for \$12 million for affordable housing. Today it doesn't take much insight to see the need for more affordable housing. As part of my preparation for the presentation to the Legislative Committee which heard and voted on the bond package, I clipped some representative articles from newspapers: 'Housing shortage handicaps Bangor,' 'Out in the Cold,' 'Rental shortage needs fast political response,' 'More teen parents become homeless,' 'More Maine children reported homeless,' and a particularly interesting article which suggests the roots of crime at the local level lie at least partly in the problem of household overcrowding. Just two weeks ago, I received a letter from my own community's homeless shelter, The Bread of Life Ministries, detailing the discouraging increase in the need for homeless beds. "As we look forward to the coming year I do so with an anxious heart. Our shelter has for all intents and purposes been at or above capacity this whole year. Our occupancy year to date has been 92% compared to 20% just 5 years ago, this in spite of increasing our capacity by 60% over the last 18 months. We turn away an increasing number of people, especially families. Where 5 years ago the primary population we served was single people it is now single parents or families. As I write this we have four single parents and 7 children staying with us. These families occupy 12x12 rooms (or less) where all they own is confined to that space. They live there on average 30 days or more."

The Bangor Daily News tells the story of Laura Blanchard. Laura was hanging on but just barely. Diagnosed as a child with post-traumatic stress disorder, she struggled to keep from becoming homeless. After spending a number of weeks on two different occasions in a homeless shelter, she found an apartment through a rental subsidy program for people with mental illness. However, after she landed a part-time job and became responsible for allocating 30% of her income toward her rent, things began to go downhill fast. Laura became one of over 3 million Americans who had housing but didn't have the income to pay for it. Most of this group are paying more than 50% of their incomes on rent while HUD estimates this figure should be no more than 30%. Fewer than 30% of those eligible for low-income housing receive it. And the private stock of extremely low-rent units in the United States fell by almost 500,000 units in the 7 years before 1993. Maine is reportedly 20 to 25,000 units short.

Laura and the others aren't interested in today's housing trends like those detailed as items of interest in the 2001 Old Farmer's Almanac: 'cozy' is in, complete with built-in nooks and alcoves, 'transom windows' are in and Palladian windows are out, laundries on the first or second floor are in, laundries in the basement are out, varied-height flat ceilings are in, cathedral and vaulted ceilings are out. They're just looking for a home. I'm reminded of a story. It's actually a



Senator Dagget (cont.)

story told by Robert Fulghum, author of "All I Really Need to Know I Learned in Kindergarten." He tells about buying a stew bowl. It was made by hand, using clay dug from a canyon wash in New Mexico. A bowl a little larger than what you might eat your morning cereal from. After shaping, the bowl was painted with a simple curving design representing the four winds, and then fired outdoors in a pit. Finally, the bowl was polished, making it shine. The colors were rust, white, black and red. The technique and design distinguish the bowl as a fine example of the ritual art of a Native American potter from the Pueblo culture of the Southwest. The bowl is a pleasure to see and hold. It is meant to be used daily. Its maker says that only half of the bowls she makes survive the firing and polishing. And they are not forever -- sooner or later bowls break. The bowl's existence and use depend on the unpredictable variables of earth, fire, water, imagination and luck; as does the existence of its user. Nevertheless, she makes each bowl as well as she can, intending that it hold food and beauty, equally, as long as it lasts. If you look closely and follow the design as it circles the rim of the bowl, you will notice a peculiar discontinuity. There is a small break -- a ceremonial break, actually. The potters call this a "pathway." For a thousand years this line has appeared in Pueblo pottery. It is there to indicate that while the particular vessel is finished, the life of the potter is not. It is a ritual sign of continuing possibility.

The struggle to provide a good home for every Maine citizen may never be over but we can continue to create and be aware of continuing possibilities. Continuing possibilities like submitting the bill which led to the passage of the recent bond. Continuing possibilities for all whose existence depends on the unpredictable variables of earth, fire, wind, imagination and luck.

Homelessness in Maine Facts

- There are approx. 1,000 homeless persons every night in Maine. About 600 sleep in shelters for the homeless...the others with family, friends or on the street.
- About 98% of the homeless live on resources that are below the poverty level.
- More than half of the homeless suffer serious, long-term mental health problems, another 25% have periodic mental health problems.
- One out of five homeless person has a medical problem, about half a substance abuse problem.
- Seven Maine shelters serve youth; nine serve victims of domestic abuse.
- On an average night, close to 30% of the residents in shelters are under 18.

The number of homeless adults and children in shelters has increased regularly during the past five years, a period of economic prosperity.

Who are the Homeless? Homelessness affects a wide variety of people. Young and old, healthy and sick, men and women, employed and unemployed: all are represented in the homeless population.

Why are they Homeless? People are homeless because of:

- * a lack of affordable housing;
- * incomes that are too low to pay for basic living expenses; and
- * a lack of services to help people overcome personal challenges

What are the Solutions? To end homelessness, three things are required. First, homeless people must be able to obtain housing. Second, they must have incomes adequate to meet their basic needs. Third, many need help to overcome the problems which interfere with their independent living.

National Alliance to End Homelessness

Holly Baldwin-CES

Housing is a basic need, which influences the ability of families and individuals to thrive and participate in their communities. Inadequate access to safe and affordable housing is a chronic problem in Maine, especially in the southern and coastal regions.

Home prices and rents have grown far faster than income. According to *Out of Reach*, a National Low Income Housing Coalition report, 41% of renters in Maine are paying more than 30% of their incomes for rent. Families in Maine must earn more than \$24,500 a year to afford a two-bedroom apartment, or \$11.80 per hour—more than twice the minimum wage.

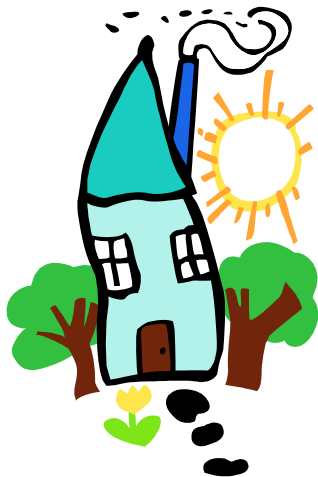
Although Maine is a national leader in homeownership, according to a recent study by the Center for Community Change, in today's market, 62% of Maine households are unable to afford a house. Maine's combined non-metropolitan areas ranked in the Top Ten for greatest rise in housing costs in the nation. In addition to affordability issues, the study also indicates that 26,000 households in Maine are in need of immediate housing rehabilitation assistance. Maine's housing stock is some of the oldest in the country.

With housing scarce and expensive, many of Maine's low-income families wind up in homeless shelters. The state has recorded a 20% increase in homeless people over the past few years.

On November 6, Maine voters approved a \$12 million bond issue for affordable housing. The money will go toward housing for people with mental illness, victims of domestic violence, and people who are homeless, as well as for rehab of substandard housing, land acquisition in high cost areas, and capacity building for the non-profit housing sector. Of course this is a great victory for affordable housing, but many Mainers will continue to need safer, more affordable housing.

The Maine Affordable Housing Network (MAHN) is one group working on this issue. A diverse coalition of advocates for affordable housing from Portland to Presque Isle, MAHN members include housing developers and housing lenders, community groups and community action agencies. Recognizing that stable and adequate housing is at the foundation of strong Maine communities, the mission of the Maine Affordable Housing Network is to support the creation of safe and affordable homes, accessible to all people in Maine. MAHN gathers monthly to create a greater voice for the need for affordable housing in Maine, and to network with each other. This year, focus areas were supporting the \$12 million housing bond, and increasing support for services within affordable housing programs. We publish the *Network News*, a monthly newsletter full of resources and information for all concerned with affordable housing in Maine. MAHN holds events to increase our ability to provide all people in Maine with the housing opportunities they need.

Anyone who supports affordable housing in Maine is welcome to join our Network. Memberships are \$30. Benefits include subscription to the *Network News* and discount to MAHN events. MAHN meetings are generally held in the afternoon of the 3rd Thursday of every month. Contact Holly Baldwin for more information! Holly Baldwin, hlb@ceimaine.org, 882-7552, ext 168, PO Box 268, Wiscasset ME 04578.



"Happiness is not the absence of conflict, but the ability to cope with it."



Homeless Shelters in Maine

Acadia House	Bangor	1-800-244-2555	single men & women
Adam House			
Bangor Area Homeless Shelter	Bangor	947-0092	single men & women, families (no children)
Battered Women's Project	Aroostook County	764-2977	victims of domestic violence
The Bridge	Portland	874-1060	single men & women with mental illness/substance abuse
Bread of Life Shelter	Augusta	626-3479	families, single men & women, victims of domestic violence, including those with mental illness
Caring Unlimited	Sanford	490-3227	victims of domestic violence
Dorr House	Orland	469-7961	single men with mental illness/substance abuse
Emmaus Center	Ellsworth	667-3962	families, single men & women, victims of domestic violence, including those with mental illness/substance abuse
Family Crisis Services	Portland	874-1196	victims of domestic violence
Family Crisis Services	Bath	442-0424	victims of domestic violence
Family Violence Project	Kennebec & Somerset counties	623-3560	victims of domestic violence
Greenleaf house	Rumford	369-9439	unaccompanied male youth
Halcyon House	Skowhegan	474-5148	unaccompanied youth
Hospitality House	Bucksport	469-7961	families, single men & women, victims of domestic violence, including those with mental illness/substance abuse
Hope Haven Gospel Mission	Lewiston	283-6086	single men & women, families
Mainestay	Portland	842-6890	unaccompanied youth, individuals with a mental illness/substance abuse, single men & women
Mid-Coast Hospitality House	Rockport	594-1422	victims of domestic abuse (who do not need a "safe" home, individuals with mental illness (connected with mid-coast mental health services) single men & women & families
Mid-Maine Homeless Shelter	Waterville	872-6550	families, single men & women, victims of domestic violence, including those with mental illness/substance abuse
Milestone	Portland	775-4790	single men & women with a substance abuse problem
My Choice	Portland	1-800-640-7550	Pregnant or parenting teens and women (& their children)
My Choice	Bangor	1-800-773-9595	Pregnant or parenting teens and women (& their children)
My Choice	Houlton	1-800-287-9358	Pregnant or parenting teens and women (& their children)
New Beginnings	Lewiston	795-4070	unaccompanied youth
New Hope for Women	Waldo, Knox & Lincoln Counties	594-2128	victims of domestic abuse
Oxford Street Shelter	Portland	761-2072	single men & women, who may suffer with mental illness/substance abuse
Peaceful Choices	Washington County	255-4934	victims of domestic violence
Portland Family Shelter	Portland	772-8339	homeless families, including victims of domestic violence
Preble Street Resource Center	Portland	775-0026	all homeless individuals
Preble Street Teen Center	Portland	874-1197	unaccompanied youth
Rural Community Action Homeless Shelter	Leeds	524-3791	families, victims of domestic violence, violence with children, single men and women with children
St. Francis Inn	Orland	469-6771	victims of domestic violence
St. Francis Community	East Orland	469-3018	families, single men & women, victims of domestic violence, including those with mental illness/substance abuse
St. Martin de Porres	Lewiston	786-4690	single men & women, victims of domestic violence, including those with mental illness/substance abuse
St. Michael's Center	Bangor	941-2855	unaccompanied youth
Salvation Army Lighthouse Shelter	Portland	774-6304	unaccompanied youth (ages 10-17)
Shaw House	Bangor	941-2874	unaccompanied youth
Sister Mary O'Donnell Shelter	Presque Isle	764-5114	families, single men & women, victims of domestic violence, including those with mental illness/substance abuse
Spruce Run	Penobscot County	945-5102	victims of domestic violence
Strathglass Shelter	Rumford	743-7716	families, single men & women, victims of domestic violence, including those with mental illness/substance abuse
Tedford Shelter	Brunswick	725-4871	families, single men & women, including those with mental illness/substance abuse
YANA	Saco	283-0069	single men with substance abuse problem



Coats for Kids Day
December 1, 2001

Coats for Kids

December 1, 2001 is the official kick off date for Coats for Kids. This campaign has grown to become a statewide donation drive. Thousands of children and their families are assisted each year. WCSH & WLBZ provide publicity and support for the project and the Salvation Army distrib-

utes the coats to families in need. On December 1 WCSH and WLBZ will broadcast live from 6 locations. At each of these locations viewers are invited to donate a coat. Over 8700 coats were donated last year. Shaw's, Shop-n-Save and Hannaford Supermarkets serve as drop off points across Maine and

Pratt-Abbott and Gold Star Cleaners clean the coats. For more information concerning this project contact Pat James at the Salvation Army, 774-6304. If you would like to receive coats for children in you area, contact one of the Salvation Army facilities listed below.

Salvation Army Facilities

Augusta	623-3752
Bangor	941-2990
Bath	443-3611
Belfast	338-3615
Houlton	532-2322
Lewiston	783-0801
Old Orchard Beach	934-4381
Portland	774-6304
Rockland	594-5326
Sanford	324-3134

"Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic."

"If you think you're too small to have an impact, try going to bed with a mosquito in the room."

Anita Koddick

Mary Ellen Retires



A surprise retirement party was held for Mary Ellen Emery at MWDA's monthly meeting in November. Mary Ellen will be retiring from her position as Welfare Director for the town of Houlton after 42 years. Brenda Harrington shared a few comical stories about Mary Ellen. Sue Charron, MWDA President and Chuck Jackson, MMA, presented her with plaques. Cindy Boyd, from DHS, also presented her with a letter of recognition for her dedicated years of service.



President Sue Charron presents Mary Ellen with her plaque

November is National Diabetes Awareness Month



What is Diabetes?

Diabetes is a condition that affects the way the body uses energy in food. People who have diabetes have trouble controlling their blood sugar, or blood glucose, levels. With diabetes, the body doesn't produce enough insulin or can't use it properly, and as a result, the body cannot use energy nutrients – carbohydrates, protein and fat – in their usual way. Glucose accumulates in blood, causing blood sugar levels to rise. Rather than being used for energy, blood sugar passes out of the body through urine. That makes extra work for the kidneys, causing frequent urination and excessive thirst.

Symptoms of Diabetes

Common symptoms of diabetes include: fatigue, increased thirst, increased urination, infections and cuts that don't heal, blurred vision, hunger and weight loss.

Testing for Diabetes

Diabetes is often detected by a urine test, given as a routine part of most physical exams. If positive, blood glucose readings are taken to measure blood sugar levels. However, everyone age 45 and over should have a blood glucose test every three years.

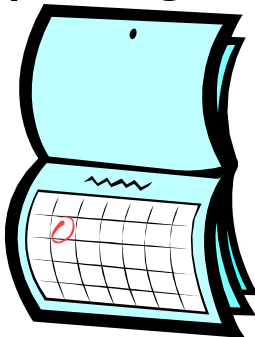
Did you know there are three types of diabetes?

Type 1 (Insulin-dependent) diabetes is less common. It happens when the pancreas can't make insulin, or at least not enough. Often this form of diabetes begins in childhood or young adult years, but people of any age can get it. Insulin shots are required daily.

Type 2 (Non-insulin-dependent) diabetes is more common. Typically it runs in families. And people of African-American, Hispanic, and Native American descent have a higher risk. It's a disease that develops slowly and usually becomes evident after age 40. Being overweight is a common risk factor for this type of diabetes. Often it can be controlled through diet, weight control and exercise.

Gestational diabetes may occur during pregnancy, as a result of changes in hormone levels. Although it usually disappears when the baby is born, it still needs careful control during pregnancy. Women with gestational diabetes often develop diabetes later in life, and usually in later pregnancies.

Upcoming Events



December 13, 2001

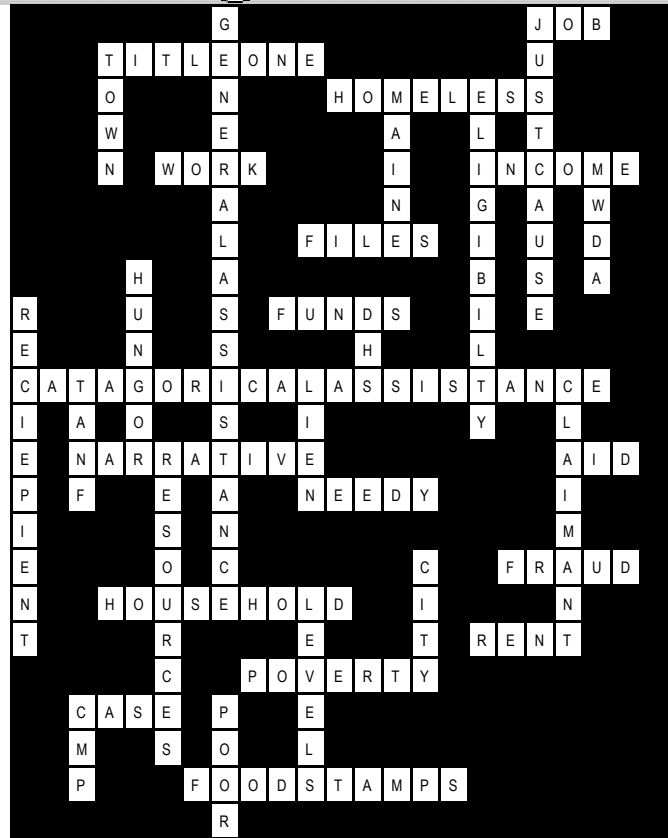
MWDA Christmas Party
Augusta, ME

January 8, 2002

Guest Speaker Michael Finnegan, MSHA
Maine Municipal Association
Augusta, ME

The Professional Development Committee would like to hear from members of MWDA regarding speakers. If there is a subject matter of interest, and it affects GA directors, give one of them a call. They are open to suggestions.

HAPPY HOLIDAYS



MWDA
Maine Municipal Association
60 Community Drive
Augusta, ME 04330

