



Maine Welfare Director's Association Newsletter



Volume I, Issue I

September 24, 2001

Annual Kick Off Meeting

MWDA held its September kick off meeting at the Department of Human Services in Portland on September 13, 2001. Guest speakers were; Barbara Feltes, Medicaid Program Manger; Cindy Boyd, General Assistance Program Manager; Mary McPherson, Health Care Specialist, Equal Justice Partners; Pat Ende, Litigation Director, Equal Justice Partners and Rose Masure, TANF Program Manager. Also, Antoinette Mancusi, MMA, gave an update of upcoming changes in the General Assistance Maximums. See From the Desk of Cindy Boyd on page 3 for overview.

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If anyone would like to join a committee, please contact either Sue Charron or the Chair of the Committee.

From the Desk of Cindy Boyd

Healthy Maine Prescription Card

The State of Maine has been working very hard to try to help the citizens of Maine to receive medical coverage. There are a number of different programs that the Department of Human Services determines eligibility for. The newest program is the Healthy Maine Prescription Card. The card will help eligible people to save up to 25% of the retail prescription cost. This is a savings of 14% to 16% of the Medicaid cost. The eligibility requirements are: Maine resident

Gross monthly income under
\$2148 for an individual
\$2903 for a couple
\$3658 for three people
No assets test
No age limit
Do not have to be over 65, blind, or disabled

All prescriptions are covered if Medicaid covers them. Some have to be prior approved. People need to apply for the card every year. If someone is receiving Medicaid, he/she cannot receive the Healthy Maine Prescription Card.

If you have not received a letter from the Department concerning this program, you soon will. The following is the main part of the letter.

On June 12, 2001, I sent out a letter concerning the Healthy Maine Prescription Card. Since that letter was mailed out the Bureau of Family Independence and the Bureau of Medical Services have agreed to allow the municipalities to cover an eligible recipient's portion of the cost. The term you will hear is the recipient's co-payment. The General Assistance policy states that municipalities are not to pay the Medicaid co-payment. The reason for this is that the pharmacies cannot refuse to dispense a prescription because the co-payment cannot be paid. General Assistance can be used to pay the co-payment needed by eligible recipients who have the Healthy Maine Prescription Card because the pharmacies can refuse to dispense the prescription when the recipient cannot pay the co-payment. This is the same as private insurances.

The procedure to use for the Healthy Maine Prescription Card is different then the procedure we currently use when we assist a General Assistance recipient with a prescription. Currently the municipality issues the recipient a voucher with the municipality's 3-digit Group Number on it. The recipient brings the voucher to the pharmacy. The pharmacist dispenses the medicine and then enters the necessary information into the computer. Goold Health Services uses the information that the pharmacist entered to determine the Medicaid rate for the prescriptions. A printout is generated each month and sent to the Department. The Department mails the printout to the municipality. Once the municipality receives the printout, it is matched with the voucher and the bill from the pharmacy and the bill is paid. If the recipient receives Medicaid before the printout is developed, Medicaid is charged for the prescription not the municipality. If there are errors on the printout please call 1-800-442-6003 and we will ask Goold Health Services to research the problem.

The procedure to use for eligible recipients with the Healthy Maine Prescription Card is going to be different because the computer system cannot be used to bill a 3rd party. If you assist a recipient who has a Healthy Maine Prescription Card you need to write on the voucher that the municipality is assisting with the recipient's portion (co-payment) of the cost of the prescription. The recipient needs to take the voucher to the pharmacist with the Healthy Maine Prescription Card. The pharmacist will swipe the card through a machine. Goold Health will respond on line with the recipient's portion (co-payment). The pharmacist will enter that amount on the voucher and return the voucher and a bill to the municipality. Once the municipality receives the voucher with the amount of the recipient's co-payment and a bill, the municipality can pay the bill. **There will not be a printout for these recipients.**

From the Desk of Cindy Boyd (continued)

The pharmacies are receiving a mailing from Goold Health Services explaining this change. They are being informed that they will now have two ways of dealing with General Assistance recipients. They will continue to enter information into the computer on recipients who do not have the Healthy Maine Prescription Card and they will have to provide the information on recipients with the Healthy Maine Prescription Card directly to the municipality by returning the voucher and a bill. This is effective on October 1, 2001.

The Department is aware that this is an additional procedure that the municipalities are being asked to do. The municipality has the potential of saving about 14% of the cost of each prescription if the recipient has a Healthy Maine Prescription Card. You should be requiring all applicants to apply for the Healthy Maine Prescription Card if they are not already receiving Medicaid. There is a one-page application. The number to call for an application or information is 1-866-796-2463.

The Department believes that allowing the municipality to pay an eligible recipient's portion (co-payment) of the cost of prescriptions when the recipient has a Healthy Maine Prescription Card helps both the recipient and the municipality. The recipient is able to obtain the needed prescription and the municipality saves money on the cost of the prescriptions. If you have any questions please call me at 1-800-442-6003 or 287-3097.

General Assistance Questions and Answers

During the course of a year we receive hundreds of questions on the Hotline. Every now and then I call on one of the Assistant Attorney Generals to help me with one of them. Here are a few that she has answered recently.

- 1) A municipality called concerning a call that she had received from a high school. There was a young man attending school and working part time at Burger King. Both of his parents were living in Switzerland and they did not own land in Maine. He was here legally and he said the main reason he came here was to play hockey in the USA. He needed help with his rent. It turned out that he was 18 but at first we were thinking he was under 18. The question was "do we count the income of a full-time student who is working part time and is under 18 when the student is the only one in the household?"

22MRS§4301(7) is the definition of income. "Income" means any form of income in cash or in kind received by the household...4301(7)(c) is one of three instances when income does not count as income available to the household. 4301(7)(c) states "earned income of children below the age of 18 years who are full-time students and who are not working full time"

Nowhere in the statute does it say that if the student who is under 18 is the only member of the household, we can ignore 4301(7)(c). The Assistant Attorney General believes that since the statute does not state to treat students under 18 who are households of one differently, we have to ignore the income.

This means that in this case if the student had been under 18, the income he was making at Burger King would have been excluded. If he had unearned income such as money from his parents in Switzerland, that money would count. The municipality would have probably had to help him with the rent up to the rental maximum for a household of one if there was no unearned income and the municipality would have had to ignore the income from Burger King.

This young man was over 18; but if he had been under 18, the town might have wanted to make a referral to child protective.

- 2) The other case involved a Fair Hearing request. The client applied for General Assistance on July 18, 2001.

From the Desk of Cindy Boyd (continued)

The General Assistance director mailed the decision out of the office before 4:00P.M. on July 18, 2001. The client claims that he never received the decision. He called the Hotline on July 27th and when we called the town they said that they had a copy of the denial in the case. He wanted a copy to bring to the Salvation Army and went into the office to get the denial. He contacted Pine Tree Legal and on August 1, 2001, they requested a Fair Hearing and requested that our office look into it.

The town denied the request for the Fair Hearing based on the fact that more than 5 working days had gone by. Pine Tree was arguing that since he did not pick up the denial until July 27th, he was within the 5 days. We agreed with the municipality but I asked the Assistant Attorney General to look at it. 22MRSA§4322 states that "Within 5 working days of receiving a written decision or notice of denial, reduction, or termination of assistance, in accordance with the provisions of section 4321, or within 10 working days after any other act or failure to act by the municipality with regard to an application for assistance, the person may request an appeal."

I was worried that Pine Tree's argument would be the language "within 5 working days of receiving a written decision..." We can't control the mail. We have always told towns to either give the decision to the client or mail it within 24 hours. If this client won the hearing based on the fact that he did not receive the original that was mailed, then we have all been doing it wrong.

The answer I received from the Assistant Attorney General was that the town was right to deny the request for the Fair Hearing. She stated that the second part of 4322 was the argument that we should use. If the client felt the town had failed to act on the application he had 10 days to appeal. He appealed on the 11th day. She also said that she felt we were safe to continue to mail out decisions as long as we do it within the 24 hours.

There were a number of other issues in this one case so I felt we were safe in our decision but I don't know how we could prove that a client did get the letter if the client said that it was not received. I asked if other mail was received, was there a change in address, could someone else have gotten the mail. The fact that the town had kept a copy was helpful. You should document in the case that you mailed the decision and when. That information would help a Hearing Officer make a decision.

General Assistance is not always an easy program to administer. If you have questions please call the Hotline (1-800-442-6003). We will try to assist you. If we cannot answer you immediately we will do some research and call

New GA Maximums

New GA Maximums Take Effect October 1st!

Within the next few weeks municipalities will be receiving the updated GA Maximums for the period of Oct. 1, 2001-Oct.1, 2002 . The new maximums take effect October 1st. Municipalities should start using the new figures on October 1st even if the Board of Selectpersons has not yet adopted the new maximums. The Board of Selectpersons must however adopt the maximums as soon as they are able to if possible prior to using the new figures. As soon as MMA receives the utility averages needed to generate the "Housing Maximums-Appendix C" they will send a packet via First Class mail.

MWDA Agenda for MMA Convention

Thursday, October 11, 2001

- 8:00AM **Registration/Visit the Vendor Area**
- 9:00AM **MWDA Business Meeting**
- 9:30AM **NAMI Maine**
 Access to Mental Health Care *Presented by Carrie Horne, Program Services Manager*
- How to access services initially
 What to do when help is not available
 Basic information on Dual Diagnosis
- 10:30 –10:45AM **Break**
- 10:45AM—12:00PM **NAMI Maine** (continued)
- 12:00 **Luncheon at the Holiday Inn**
- 1:30 - 3:00PM **Refugee/Secondary Migrant Presentation**
 What your municipality/agency needs to know in order to service the refugee/secondary migrant population *Presented by MWDA, MMA & DHS Staff*
- Title VI
 How to access interpreters and language lines
 What types of assistance and resources are available
- Culture, Customs and Experiences of a *Refugee* *Presented by Mohamed Awale, Human Services Counselor for the City of Portland*
- Mohamed will talk about his experiences as both a refugee seeking assistance and as a case manager delivering assistance to other refugees. He will share some of the culture and customs of Somalia.
- 3:00—4:00PM **On the Lighter Side**
 "Vive la Difference" Communication styles *Presented by Sue Poulin, MS.Ad.Ed*
- Learn how your communication style demonstrates your personality. Are you a BOX, RECTANGLE, TRIANGEL, CIRCLE or SQUIGGLE. (research support s this information). The session will be sprinkled with lots of humor and you'll leave not only knowing yourself better, but you will know your co-workers, family and friends better too!!



BALDACCI ANNOUNCES FEDERAL FUNDS FOR HEALTH CARE AND EDUCATION PROJECT THROUGHOUT MAINE

BANGOR, MAINE – U.S. Representative John Baldacci announced on Friday that the United States Department of Health and Human Services (DHHS) has awarded more than \$1.7 million to support worthy projects in Androscoggin, Aroostook, Franklin and Washington Counties. The grants will be used for a variety of purposes related to health care and education in Maine’s Second Congressional District.

Specifically, the Androscoggin Head Start and Child Care program has been awarded a grant of \$1,118,524 to support and expand its efforts in Androscoggin and Franklin Counties. Head Start is a federally-funded program which provides educational and nutritional services to young children.

Additionally, the DHHS has approved a grant of \$295, 660 for the Regional Medical Center at Lubec. This funding will be used to support a telemedicine program, which seeks to broaden access to health care services through telecommunication networks.

The Houlton Regional Hospital will also benefit from DHHS funding. A grant of \$200,000 has been awarded. These resources will be directed toward a rural health care outreach initiative.

Finally, DHHS funding has been approved for the Houlton Band of Maliseet Indians. The grant of \$124,444 will be used to support a native language program.

"I am pleased that the United States Department of Health & Human Services has awarded these significant grants. They will support a wide variety of important health care and education projects. These resources represent a valuable partnership between the federal government and community organizations. These grants will make a difference in people’s lives," Baldacci commented.

Release date 8/10/01

MWDA Word Search Puzzle

F	R	A	U	D	A	S	S	I	S	T	A	N	C	E	Application
U	A	T	S	A	P	P	L	I	C	A	T	I	O	N	Assistance
O	D	E	E	N	T	E	M	N	U	G	E	E	N	T	Decision
G	W	P	S	T	N	E	M	E	R	I	U	Q	E	R	Eligibility
N	M	P	M	P	Q	M	A	R	G	O	R	P	K	W	Emergency
I	N	C	O	M	E	M	I	S	S	P	E	N	T	H	Expenses
R	E	I	F	G	S	E	I	T	I	L	I	T	U	O	Fair Hearing
A	M	A	X	I	M	U	M	S	F	O	O	D	W	U	Food
E	E	E	Y	T	I	L	I	B	I	G	I	L	E	S	Fraud
H	R	A	H	D	L	O	H	E	S	U	O	H	L	I	Household
R	G	B	P	C	E	R	A	F	K	R	O	W	F	N	Housing
I	E	E	X	P	E	N	S	E	S	I	M	K	A	G	Income
A	N	S	E	I	T	I	S	S	E	C	E	N	R	J	Maximums
F	C	C	G	D	E	C	I	S	I	O	N	F	E	L	Misspent
E	Y	D	W	J	E	C	N	A	N	I	D	R	O	Y	MWDA

"When you reach the end of your rope, tie a knot in it and hang on."
-Thomas Jefferson

TANF News



Two bills have been enacted relating to TANF issues. The first deals with sanctions in the ASPIRE Program. The bill puts into place some procedural protections against sanctions for people in the ASPIRE Program. Typically, people in the Program have been sanctioned for missing meetings or not being able to comply with other requirements. Under the new bill, caseworkers must take some extra steps before they can impose a sanction. Now, caseworkers must:

Review the file to look for possible good cause to explain why the ASPIRE participant did not comply with a requirement;
Notify the participant in writing and in detail about good cause;
Give the participant a chance to respond to the caseworker; and

Get supervisory approval before imposing a sanction.

The Maine Equal Justice Partners (MEJP) and the Maine Association of Interdependent Neighborhoods (MAIN) proposed this bill. MEJP and MAIN were concerned about the large number of parents who were being sanctioned or forced into inappropriate work situations despite serious health problems or other barriers.

The second bill focuses on child care payments. In the past, parents on TANF have been required to pay up to \$40/week of child care up front before they even get their first paycheck. This can be a difficult, even impossible, barrier for some parents to overcome. Under the new bill, the TANF Program will pay childcare assistance directly to the childcare provider. Parents

wishing to get the child care payment themselves, however, can opt out of the system. The new bill, therefore, offers greater flexibility and should remove the child-care barrier to getting a job. This new system will need technical computer work by DHS before it can be used. The bill will not go into effect until the new computer system is running, or March, 2002, whichever is earlier.



Shaw House
136 Union Street
Bangor, Me 04001
207-941-2874

SHAW HOUSE OPEN TRANSITIONAL RESIDENCE FOR YOUTH

Shaw House located at 136 Union Street in Bangor now offers transitional housing for boys and girls, 12 to 17 years of age. The residence features 8 private rooms, lounge, fully-equipped kitchen and library/computer lab. The rooms are completely furnished with furniture hand crafted

by one of the staff from Shaw house. A new van has been purchased and will be used for field trips, as well as other transportation needs.

COMMUNITY ACTION AGENCIES

Aroostook Community Action Programs 1-207-764-3721

P O Box 1116, Presque Isle, ME. 04769-1116

Services offered: (Head Start, Outreach Referral, Housing & Weatherization, (Fuel Assistance 768-3053or 800-585-3053), Job/partnership/employment and training Me.Job Start, Section 8 rental, affordable housing, lead paint inspection, pre-school care, and much more)

Coastal Economic Development Corp 800-221-2221 / 442-7963

39 Andrews Road, Bath, ME. 04530

Services offered: (Emergency, Public Assistance, Advocacy, Children's Services, Employment/Training, Adult Education, Elderly, Health Information & Services, Housing & Shelters, Legal Services, Mental Health & Special Needs, Substance Abuse)

Community Concepts, Inc. Market Sq., P O Box 278, So. Paris, Me. 04281 1-207-7437716

2 Court Street, Auburn, ME. 04210 1-207-795-4065

100 York Street, Rumford, ME. 04276 1-207-364-3721

Services offered: (Emergency, Public Assistance, Children's Services, Elderly programs, Informational Services, Housing & Shelters, Substance Abuse, Energy Assistance - Electric-Telephone Subsidies,)

Kennebec Valley Community Action Program 1-207-873-2122

101 Water Street, P O Box 1529, Waterville, ME. 04903-1529

Services offered: (Emergency, Public Assistance, Children's Services, Elderly programs, Informational Services, Housing & Shelters,)

Mid-Coast Human Resources Council 1-207-596-0361

43 Park Street, P O Box 808, Rockland, ME. 04841

Services offered: (Emergency, Public Assistance, Children's Services, Elderly programs, Informational Services, Housing & Shelters,)

Penguin Community Action Program 1-207-973-3500

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

Services offered: (Child Development, Outreach Referral, Housing, Energy, Services Weatherization, Transportation, Family Resource Center)

Peoples Regional Opportunity Program 1-207-874 -1140

510 Cumberland Avenue, Portland, ME. 04101

Services offered: (Child Development, Outreach Referral, Housing, Energy, Services, Weatherization, Transportation, Commodities, Dentures, Case Management, Family Resource Center, Adolescent Services)

Waldo County Committee for Social Action 1-207-338-6809

175 High Street, P O Box 130, Belfast, ME. 04915-030

Services offered: (Special Projects-CSBG/CCFP, Head Start, FEMA/TEFAP, Outreach Referral, Housing & Weatherization, Transportation)

Washington-Hancock Community Agency 800-828-7544

P O Box 280, Milbridge, ME 04658 546-7544

Machias 1-207-255-8652

Services offered: (Emergency, Public Assistance, Children's Services, Elderly programs, Informational Services, Housing & Shelters)

Western Maine Community Action Inc. 1-207-645-3764

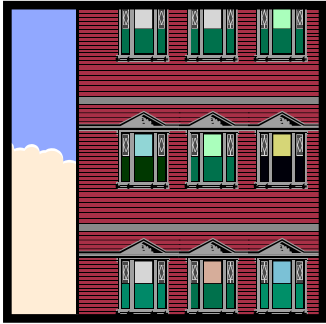
Church Street, P O Box 200, East Wilton, ME. 04234

Services offered: (Emergency, Public Assistance, Children's Services, Elderly programs, Informational Services, Housing & Shelters,)

York County Community Action Corporation 1-207-324-5762

11 Cottage Street, P O Box 72, Sanford, ME. 04073

Services offered: (Emergency, Public Assistance, Children's Services, Elderly programs, Informational Services, Housing & Shelters,)

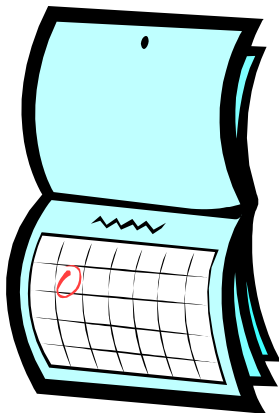


MSHA News

Residents in eight Maine communities will be eligible for up to \$16.6 million in MSHA loans and grants under the agency's expanded New Neighbors program. MSHA reviewed the community proposals in August. The funding will be distributed on a first come, first served basis. The communities that applied to participate in the program are Auburn, Augusta, Bangor, Bath, Lewiston, Norway, Portland and Westbrook. MSHA will offer training in September for the communities and the lenders participating in the expanded program. MSHA will start accepting applications October 1. The New Neighbors program offers reduced interest rate loans and 100% financing for the cost of the home and re-

pairs to eligible borrowers purchasing one-four unit owner occupied properties in designated areas of the participating communities. Unlike other MSHA homebuyers loans, borrowers do not have to be first time homebuyers. Prior to the start of this new program, New Neighbors was available only in Portland, Lewiston and Bangor. MSHA invited the 69 service center communities in the state to apply for the "SmartGrowth" funding, which includes the expanded New Neighbors program. The more that \$16 million in loans and grants, along with another \$1 million in grants slated to help rehabilitate downtown properties into new rental housing, is part of MSHA's commitment to help revitalize downtowns,

one of six emerging housing issues the agency has identified as priorities. Gail McBride, MSHA's Homeownership Division Director, noted that in addition to the \$16 million in reduced interest rate loans MSHA is providing, some of the communities are eligible for funding from a \$600,000 federal Rural Housing and Economic Development grant from the Department of Housing and Urban Development (HUD). The three eligible communities are Augusta, Bath and Norway. The grant money must go to the towns with populations less than 20,000 that are not located in a Metropolitan Statistical Area (MSA).



Upcoming Events

General Assistance - Basics
 Wednesday, October 24, 2001
 Maine Municipal Association
 Exit 31 off I-95, Augusta
 9:00 a.m. - 4:00 p.m.
FEE: \$45.00 per person--includes lunch

Monthly Meeting - November 8, 2001

Monthly Meeting /Christmas Party -December 13, 2001

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Martin Luther King



BundleMeUp Program

Top Ten Energy Tips

1. Set your thermostat back
2. Insulate heat pipes and duct work
3. Replace incandescent light bulbs with screw-in fluorescent bulbs
4. Tune up your heating system
5. Close all unoccupied areas and reduce the heat
6. Close flue dampers on fireplace
7. Remove and vacuum your furnace filter every month. Replace it when it cannot be vacuumed clean
8. Close storm windows; use drapes and shades at night to conserve heat
9. Insulate, caulk, and weather-strip your home as needed
10. Install faucet flow restrictors and low flow shower heads

BundleMeUp Program

Central Heating Improvement Program (CHIP) – Provides funds to repair or replace central heating systems in homes of low-income households. The income limits of eligible applicants is the same as in the LIHEAP and Weatherization programs. Persons interested in applying for a CHIP grant should contact their regional CAP agency

Weatherization Program – Provides grants to low income homeowners to fund energy-related repairs or improvements to the home. The income limits of eligible applicants are the same as in the LIHEAP program. Persons interested in applying should contact their regional CAP agency. Generally the Weatherization program pay for such things as adding insulation, weather-stripping, storm doors and windows, and similar energy savings improvements. The average grant amount is generally \$1,100 to \$1,500.

Low Income Home Energy Assistance Program (LIHEAP) – Provides money to low income homeowners and renters to help pay heating bills (see income limits to see if you qualify). In most instances the money is paid directly to the fuel vendor. Persons interested in applying for LIHEAP should contact their regional CAP agency.

Habitat for Humanity Maine Affiliate List

Androscoggin HFH
Phone: (207)786-2598

Bangor, HFH of Greater
Phone: (207)942-8977

Bath Brunswick Area, HFH/
Phone: (207)729-0311

Mid Coast HFH
Phone: (207)236-4974

Hancock County HFH
Phone: (207)667-8484,
Fax: (207)288-5159

York County, HFH
Phone: (207)985-4850

Southern Kennebec Co HFH
Phone: (207)622-5820

Portland, HFH/Greater
Phone: (207)772-2151,
Fax: (207)772-8113

Aroostook County HFH

Women Building a Legacy



HFH/
Greater
Portland
and HFH/
Bath
Brunswick
seeks

volunteers for a Women Building A Legacy build. Women celebrities, state first ladies and women from all walks of life are working together to build a legacy of better housing for children whose health, growth and potential are threatened by substandard housing. Realizing they can transform children's lives by simply ensuring that children have decent and safe places to lay

their heads at night, "Women Building A Legacy" volunteers will build at least 100 Habitat for Humanity houses. "Women Building A Legacy," an 18-month program of Habitat for Humanity International's Women Build department, empowers women to address the crisis of substandard housing and adds to the more than 250 Habitat houses built by women since 1991. For more information, please contact David Snyder (Greater Portland) by phone at (207) 791-7822, or by e-mail at hfhgpn@gwi.net or

Kathleen O' Connor by phone at (207) 729-0311, or by e-mail at hfhbba@juno.com. See also the affiliate's Web site, located at www.maine.com/community/habitat.



October is Breast Cancer awareness month and thousands will pin on the pink ribbon to promote breast cancer awareness and support the 190,000 women who are diagnosed each year.

BREAST CANCER FACTS AND FIGURES 1999/2000 (American Cancer Society, 8610.99). A booklet containing the most up-to-date statistics on breast cancer, including incidence, survival and trends. Contact the American Cancer Society, (800) ACS-2345 or www.cancer.org.

Breast Cancer Facts

* Breast cancer is the most common form of cancer in women in the United States. Both its cause and the means for its cure remain undiscovered. Over two million breast cancer survivors are alive in America today.

* Men can develop breast cancer too, although its incidence is low. In 2001, 1,500 male cases are projected to be diagnosed, and 400 men will die from the disease.

* In the United States, one out of nine women will develop breast cancer in her lifetime -- a risk that was one out of 14 in 1960. This year, a breast cancer will be newly diagnosed every three minutes, and a woman will die from breast cancer every 13 minutes.

* Breast cancer can be detected at an early, treatable stage in women age 40 and older. More widespread use of regular screening mammography has been a major contributor to recent improvements in the breast cancer survival rate. A screening mammogram is a simple, low-dose x-ray procedure that can reveal breast cancer at its earliest stage, up to two years before it is large enough to be felt.

* In the United States, over 80 percent of biopsied breast abnormalities are proven benign, but any breast lump must be evaluated by a physician. New, less invasive biopsy procedures (such as stereotactic core needle biopsy) permit removal and evaluation of breast tissue in a surgeon's or radiologist's office, and require no special preparation or recovery period.

* If detected early, breast cancer can be treated effectively with surgery that preserves the breast, followed by radiation therapy. This local therapy is often accompanied by systemic chemotherapy and/or hormonal therapy. Currently, 62 percent of breast cancers are discovered at an early, "localized" stage, and five-year survival after treatment for early-stage breast cancer is 96 percent.

* Breast cancer incidence increases with age, rising sharply after age 40. About 80 percent of invasive breast cancers occur in women over age 50. Average age at diagnosis is 64.

For more Breast Cancer facts visit NABCO at www.nabco.org or call (212) 889-0606.

Maine Breast and Cervical Health Program

MBCHP offers no cost mammograms and pap tests to women 50 and older if certain guidelines are met.	Family Size	Weekly Income	Yearly Income
	1	\$401	\$20,875
	2	\$541	\$28,125
1. Maine woman, age 50 or older	3	680	\$35,375
2. You have no insurance or	4	820	\$42,625
3. Your insurance does not cover mamaograms or Pap tests or you have a high deductible, and	5	959	\$49,875
4. You meet the income guidelines	6	1099	\$57,125

For more info call 1-800-350-5180 and press 1

Meet the Editor

My name is Judy Hardy-Goddard, and I have been administering General Assistance for over ten years for the Town of Lisbon. I was recently elected as 2nd Vice President for MWDA and will be responsible for creating the quarterly newsletter. Filling my predecessor's shoes will be no easy task, Brenda Harrington did a great job publishing the newsletter. Please feel free to send me any items of interest that you would like to see published.

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A clean desk is a sign of a cluttered desk drawer.

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**Soon to be on
the Web!**

Mailing Address