

# Maine Welfare Director's Association Newsletter



October 2002

## Inside this issue:

Housing Bond Funds	2
Bath Homeownership	2
MaineCare	3
GA Maximums	4
TogetherRX	4
Maine Breast & Cervical Cancer	4
National Marrow Awareness Month	5
Convention Agenda	6
Hot Line Calls	6
Upcoming Events	7
From the Desk of Cindy Boyd	8
Cindy Boyd cont.	9
Word Search	9
Walking Challenge	10
Walking Challenge Cont.	11
MaineCare	12
Earl Edgerly Retires	13
Jackie Carrigan Retirement party	13
Maine Renewal grants	13
CarePartners	14

## Sue Charron Employee of the Year

Sue Charron, the city's general assistance administrator, was named the Lewiston employee of the year at the city's employee recognition banquet Thursday. "When you think about all of the changes this city has gone through in the past year, I don't think anyone's job has changed more than hers," City Administrator Jim Bennett said. "I don't think anybody in the city has had their job completely turned upside down like she has." Charron leads the city department that has been at the front lines helping the Somalis fit into the community. She's also been a good source of information for the community about the Somalis. "At the city's town meeting last summer, I think Sue was one of the most informed, credible people on the panel," Bennett said. "She's done an outstanding job in a difficult situation." Charron is the second Lewiston employee to receive the honor. This year, Bennett said an award of one week's paid vacation goes with the title. Charron was nominated by a handful of city employees and Lewiston residents, but Bennett made the final selection.



## Newly Elected Officers

### Officers

President: Brenda Harrington—Rockland  
 Vice President: Judy Hardy-Goddard—Lisbon  
 2nd Vice President: Dot Meager—Auburn

Diane Mende—Secretary  
 Linda Fossa—Treasurer

### Executive Board

Sue Charron, Immediate Past President—Lewiston  
 Warren Hatch, Past President—Damariscotta  
 Mary Frances Bartlett—Augusta  
 Donna Staples—Winthrop  
 Mary Reindl—Brunswick

## Housing Bond Funds

On June 28, Maine State Housing Authority officials presented their plans for administering the \$12 million housing bond funds. Their plans take into consideration comments generated at the three housing bond forums that the Maine Affordable Housing Network held in April. Areas to be funded are as follows:

### Land Acquisition (\$1.3 million):

\$600,000 for forgivable 0% loans for affordable housing subdivisions in "stressed areas"  
\$700,000 for a revolving loan fund for short-term bridge financing in "stressed areas"

### Housing For Mental Health Services Consumers (\$2.75 million):

\$1 mil. RFP for non-homeless consumers in the KEYS region (Kittery, Elliot, York, South Berwick)  
\$1 mil. RFP for chronically homeless MH consumers in Bangor & Portland Continuum of Care regions  
\$750,000 for the chronically homeless MH consumers in the balance of state

### Housing For People who are Homeless (\$2.75 million):

\$1.75 mil. for Continuum of Care program: perm. & trans. supportive housing, and SROs  
\$1 mil. RFP for housing for homeless youth

### Renovating/Replacing Affordable Apartments and Homes (\$2 million):

\$400,000 to MSHA's Lead Hazard Control Program (to leverage \$3 million from other sources)  
\$600,000 RFP for repairs for homes for elderly citizens  
\$1 mil. RFP for renovation/replacement of homes and apartments statewide

### Housing For Victims of Domestic Violence (\$2 mil):

MSHA is working with the Maine Coalition to End Domestic Violence to develop a program

### Predevelopment Costs for Nonprofit Housing Organizations (\$1.2 mil):

\$1.2 mil available in predevelopment loans; if a project is carried through, a portion of the loan will stay with the organization as a grant to further their housing development efforts.

The document outlining their plans is available on-line at [www.mainehousing.org/download/HousingBondUsesMemo.pdf](http://www.mainehousing.org/download/HousingBondUsesMemo.pdf). Maine State Housing Authority is accepting comments by e-mail: [housing-bond@mainehousing.org](mailto:housing-bond@mainehousing.org)

## Bath Homeownership

Bath Housing Development Corporation recently announced the completion of Phase II of their affordable homeownership program for the first-time homebuyer in Bath. BHDC received several homes in the Tarbox Hill neighborhood as a donation from Bath Iron Works, and has been able to rehabilitate and renovate these homes, all of which have become homes for low and moderate-income families. On July 1, they began accepting applications for the final house, at 5 Tarbox Street. A lottery to rank the applications received will be held in the fall. The Affordable Housing Home Ownership program is a good example of a public, private and nonprofit partnership to support affordable housing. A portion of the rehabilitation costs for three of the homes was supported by the City's Housing Improvement program, funded by a Community Development Block Grant from the Maine DECD. BHDC deed restrictions and the soft second mortgage provided by the City help ensure that the homes remain affordable for families at or below 80% of median income.

## MaineCare Fall Workshops

Presented by members of the Covering Kids and Teens Campaign, with representation from Consumers for Affordable Health Care, Maine Ambulatory Care Coalition and the Maine Equal Justice Project.

### About the workshop:

There are approximately 10,000 children and adults who are eligible but not enrolled in MaineCare full-benefit coverage plans. Beginning this fall, an additional group of adults--those aged 21-64 years old who have low incomes and no children living at home-- will become eligible for coverage. Individuals and families whose incomes fall within set limits are entitled to a range of benefits under these programs, including eye and dental examinations, well child check-ups, prescriptions and more. Action taken by the Maine legislature in 2001 changed the names of Medicaid, Cub Care and all related coverage plans and services to MaineCare, extended enrollment periods for children and adults, and revised the eligibility rules to make coverage available to more adults. Nearly a year after the launch of the Healthy Maine Prescriptions program last summer, over 125,000 consumers remain eligible but unenrolled in this plan to purchase prescription drugs at discounts of up to 25%.

This workshop will provide updated information about Maine's publicly funded health insurance programs including services covered, cost, eligibility guidelines and the application process. In addition, participants will discuss outreach strategies for working with their constituencies. After attending this workshop, participants will be able to offer information and application assistance to families applying for the Medicaid and Cub Care programs.

DAMARISCOTTA - September 17  
AUGUSTA - October 16  
PORTLAND - October 29  
MACHIAS - November 13

Presenter: Mary McPherson  
Maine Equal Justice Partners  
126 Sewell St.  
Augusta  
(207)626-7058 ext. 208  
(207)677-2031 fax  
Mmcpherson@mejp.org

YORK - November 14  
ROCKLAND - December 3

Presenters: Lisa Webber and Ann Woloson  
Consumers for Affordable Health Care  
P.O. Box 2490  
Augusta  
(207)622-7083  
(207)622-7077 fax  
Lwebber@mainecahc.org

PORTLAND - September 27  
NORWAY - October 8  
CARIBOU - November 6  
BANGOR - November 19

Presenter: Martin Sabol  
Maine Primary Care Association  
P.O. Box 390  
Manchester  
(207)621-0677  
(207)621-0577 fax  
Msabol@mepca.org

### To Register:

If you would like to register, please contact the workshop presenter for your preferred location and date. Send your name, address, phone and fax numbers, e-mail address and preferred location and date. There is no charge for registration and refreshments will be provided.

We can do no great things  
Only small things with great love.

-Mother Teresa

### GA Maximums

New General Assistance maximums take effect on October 1 and will be used for the period of October 1, 2002–October 1, 2003. Municipalities should adopt the new maximums (Appendixes) by October 1, 2002, or as soon as possible thereafter, realizing that there is often a delay in getting the new Appendixes to municipalities.

Municipalities should commence utilizing the Appendixes on October 1 even if there is a delay in their adoption.

NOTE: Unlike the past several years where only modest changes in the HUD FMR's occurred, this year the overall maximum levels of assistance have increased rather remarkably. An average

statewide increase of \$22.00 (per household) was noted. The largest increases occurred in Cumberland and York SMSA's where average increases of \$53.20 and \$49.00 respectively were noted.

Ordinance maximums can be obtained from the MMA web site.



### Together Rx

FREE membership for qualified Medicare enrollees. Together Rx is a prescription savings program that provides savings to eligible Medicare enrollees on more than 150 widely prescribed medicines—right at the pharmacy counter.

Multiple pharmaceutical companies participate in Together Rx, each with its individual savings program. Savings of approximately 20-40% off the amount you usually pay for prescriptions and, in many cases, substantially more.\*

Acceptance at many retail pharmacies starting June 2002.

For more info: 1-800-865-7211

[www.together-rx.com](http://www.together-rx.com)



October is Breast Cancer Awareness Month

### Maine Breast and Cervical Health Program

The Maine Breast and Cervical Health Program (MBCHP) provides breast and cervical cancer screening for Maine women who qualify. The program is funded by a grant from the Centers for Disease Control and Prevention (CDC), and is limited in what it offers for covered services.

#### Maine Women May Get No Cost Services If:

- You are a Maine woman, age 50 or older,
- You have no insurance, or
- Your insurance does not cover mammograms or Pap tests or you have a high deductible, and
- You meet these income limits:

Family Size	Weekly Income	Yearly Income
1	\$401	\$20,875
2	\$541	\$28,125
3	\$680	\$35,375
4	\$820	\$42,625
5	\$959	\$49,875
6	\$1,099	\$57,125
7	\$1,238	\$64,375

## National Marrow Awareness Month

Thousands of lives have been touched by the National Marrow Donor Program® (NMDP). However, many patients do not receive life-saving therapy simply because they do not know it is available until it is too late. If you or a loved one has been told that a blood stem cell transplant could be a cure, the NMDP Registry may have a match.

- More than 70 life-threatening diseases can be treated. Each year, more than 30,000 people in the United States will be diagnosed with leukemias, anemias, myelodysplastic disorders and other life-threatening diseases. Blood stem cell transplantation can be a viable and successful treatment option for these patients.
- The NMDP Registry has more than four million potential donors. When you or a loved one needs a blood stem cell transplant and there is not a matched donor in your family, search the NMDP. The NMDP is the only organization that offers one place to find all sources of blood stem cells: bone marrow, peripheral blood stem cells and umbilical cord blood. And, more than 13,000 patients have received the unrelated blood stem cells that they needed through the NMDP Registry.
- Free searches can be done. You or your physician can request a free preliminary search to see if a potential matching donor is in the NMDP Registry. Don't wait. Studies have shown that the earlier a transplant is done, the better the result.

Second Chance Saturdays is a nationwide effort to recruit volunteer donors and increase patient awareness of unrelated blood stem cell transplantation as a treatment option. Each Saturday in November, NMDP Donor Centers and Recruitment Groups across the country will hold donor recruitment drives in their communities. It is a time for people to come together, learn about what is involved in becoming a donor and then decide to join the NMDP's Registry of potential volunteer donors.

Of utmost urgency is the need for more minorities to become volunteer donors - specifically African Americans, Asian and Pacific Islanders, Hispanics, and American Indians/Alaska Natives. Transplants require matching certain tissue traits of the donor to the patient. Because these traits are inherited, the most likely donor will come from the person's same racial or ethnic group.

Joining the Registry is a simple process - all it takes is a small blood test. However, becoming a volunteer donor is a serious commitment. Those who join the Registry are asked to remain committed to donating for any patient, anywhere in the world, regardless of sex, age, race or ethnicity. This commitment can mean the difference between life and death for a patient.




---

If you find it in  
your heart to  
care for  
someone else,  
you will have  
succeeded.

Maya Angelou

## MWDA Agenda for MMA Convention

### Convention Program

**Wednesday, October 16**

9:00-10:15 **MMA Opening Session**



Mac Fulfer, Face Reading Specialist. Fulfer, who has practiced law for 23 years in Fort Worth, Texas, will demonstrate how reading the very structure of the face and its accompanying features reveals the thinking style of the owner. Face reading can also identify the problem solving preferences, stress level, degree of openness, and even the basic truthfulness of a person, His workshops help people increase their ability to communicate and gain the insight into unique personality traits. They also aid participants in identifying character strengths and the challenges and appreciating the uniqueness in themselves and others. The session is sponsored by MMA's Risk Management Services.

10:15-10:45 **MWDA Business Meeting**

10:45-12:00 **ASPIRE PROGRAM**

Speaker: Faye Ivers

12:00-1:15 **Lunch (Miller's Restaurant)**

1:30-3:00 **Affordable Housing**

3:00-4:00 **HUD—Section 8**

4:00 **Adjourn**

**Thursday, October 17**

9:00-11:00 Tour of the Bangor Housing

A van will pick up those interested at 9:00am in front of the Civic Center.

Please send a RSVP to [jhardygoddard@lisbonme.org](mailto:jhardygoddard@lisbonme.org) or call Judy at 353-3000

---

The best  
portion of a  
good man's life  
is his little,  
nameless,  
unremembered  
acts of  
kindness and  
of love.  
William Wordsworth

## Hotline Calls

We receive a number of calls every day on the Hotline. A slow day might be 15 calls and a busy day might be 42 calls. Most of the calls are a request for us to check the computer to find out what benefits a client is receiving. These are fairly easy. Some calls can be very complicated so it is helpful to us if you try to have all the information when you call. There are times that one of us has told a municipality to determine the case one way and then the next day a second call comes in on the same case and a new piece of Information causes us to say that the case should have been determined a different way. We try to be consistent but we give you an answer based on the information that you provide us or that we have in our computer system.



One of the calls that we receive every now and then from a client is that a municipality has refused to take an application because the municipality says that the municipality has no money. A municipality cannot refuse to take an application based on the municipality having no money set aside for General Assistance. The State statutes (22MRSA§4304 and 4305) mandate that each municipality have a General Assistance Program. Most municipalities determine their General Assistance budget each year. Once assistance has been granted and paid for, a request for reimbursement can be submitted to the State. Should the municipality spend more money than was budgeted, the municipality would need to allocate more if a client applied for General Assistance and was determined eligible. There

are times that a client might appear to not be eligible for assistance based on information that is provided over the phone, but the client has the right to complete a written application. The information provided in the written application might cause the GA administrator to determine the eligibility differently.

**22MRSA§4307(1) states: “Any municipality which illegally moves or transports a person, or illegally denies assistance to a person which results in his relocation, in addition to the other penalties provided in this chapter, shall reimburse twice the amount of assistance to the municipality which provided the assistance to that person.” This means that if Town A told a client that Town A did not have a General Assistance Program because there was no money and the client moved to Town B and then applied for assistance to cover basic needs, Town A could be required to reimburse Town B twice the assistance given.**

## Upcoming Events

General Assistance Basics  
General Assistance Certification

Christmas Party/Winter Issues

Friday, November 8 at MMA  
Wednesday, November 13 in Bangor  
(General Assistance Office)  
Thursday, December 12 at MMA



## From the Desk of Cindy Boyd

### CHANGE

One of the things that I have learned since I came to work for the State of Maine is that things are always changing. As soon as I become comfortable with a procedure they change it on me. I begin to know someone and develop a good working relationship and one of us changes positions. Luckily I can usually go with the flow and most of the time I find change exciting. This past year there have been a number of changes in both General Assistance and the Department of Human Services.

Carol Champagne left GA and went to work for Bureau of Land and Water Quality. Heather Dutton is now handling the SSI Interim Assistance Reimbursement Program, the disqualification hotline, and all my clerical needs. Because we will be loosing the WELFRE system, Heather and I will have to work on a new computer program for the disqualifications. I don't think that it will impact on the municipalities but it will be another new computer program for all of us here at DHS to learn.

Steve Hallee is the person responsible for processing your reimbursements and for doing all my statistical reporting. He was involved in developing the new reimbursement program and the new forms. We believe this was a good change, but it is another new computer program for us to learn.

Carol Arnold retired in April and because of the freeze, I haven't been able to fill the position. Patty Littlefield, Hazel Beers, and I met recently and divided her area of the state up. That means some of you will have a new auditor doing your review this year. Because of the budget issues we are being asked to find ways to save money. One of the ways is to cut down on mileage, so a large number of you will receive mail-in reviews this year instead of on-site audits. This will be a big change and hopefully it will be for this year only. One of the things that the auditors like doing the best is the training. This year we cannot do one-on-one trainings. If you need training, please ask at least four or five other municipalities to come at the same time so that we can do you as a group.

Probably the biggest change this year is ACES. We were all very comfortable using WELFRE and now we are learning ACES. For my staff it means learning where to find the information and how to interpret the granting time frames. We are all slow at it right now and I am sure that we sound confused some of the time. This is a more difficult change so please bear with us. We are having it a lot easier than the eligibility specialists who have to learn the whole system. They are all feeling some discomfort with this change. They want to get the benefits out to their clients and there are times that it isn't happening in the timeframes that they are used to. People who are very good at their job doubt their ability to do the job. With some time and experience that will change. For those of us you don't have to go through as big a change it is hard to see our co-workers and clients having a difficult time. As I've said before I think this system will be great in the future, but the learning process is slow.

There are more changes coming. One is the MaineCare (This is another change. You all know MaineCare as Medicaid) waiver that will provide medical coverage for 21 to 64 year olds who are not eligible for MaineCare under one of the other programs and are under 100% of the Federal Poverty Level. This starts in October and will save municipalities some money in prescription costs. If someone is on Food Stamps, the Department will look at the case and if the person is eligible for MaineCare, the Department will grant the MaineCare and send the client a letter. The client can opt to stay on the MaineCare or close the case.

In 2003, the Electronic Benefit Card will finally begin to be used by the State of Maine. The card will be for Food Stamps and TANF. The pilot will be in the Portland, Biddeford, and Sanford DHS offices. Again this is a good change but it will be confusing for our clients at first and the GA offices might receive more requests for things like toilet paper, soap, etc. There will be no change given the client and I believe a lot of clients use the change from the Food Stamps to buy non-food items.

As for changes that might happen in GA. There is a committee looking at the adequacy of the overall maximums. We sent out a survey to 99 municipalities and received 92 back. That was an excellent return and I want to thank everyone who took the time to respond. There will be a report given to the Legislature in February and our



## Cindy Boyd continued

recommendations. Depending on whether there is a bill presented to accept the recommendations of the committee or not, the way that we calculate the overall maximums might change.

There is also a committee looking at the relationship between General Assistance and homeless people staying in shelters. This committee has to report to the Legislature in December. There may be a bill that comes out of the committee that attempts to change the language around residency. This is an area that often causes some confusion.

Almost every week we receive word that a GA administrator has retired or changed jobs, so I know that you are all used to dealing with change. Please remember that whether you are new at the job or you've been administering GA for a long time, you can call the Hotline (1-800-442-6003) and we will try to help.

I try to remember to thank you for the wonderful job you all do administering GA and helping the citizens of your municipalities, but I know that I sometimes forget to do so. I realize that Maine is changing and municipalities have to change also. Municipalities now need to provide interpreting services for our clients who don't speak English. Forms need to be translated into other languages. GA administrators need to learn about and understand other cultures. These changes make your job more challenging and I believe you need to be acknowledged for the work you do. The GA administrator is often the first person a new resident to the community meets and you are asked to provide a number of different services. Thank you again for a job well done.

## MWDA Word Search

Y R N M Y A E I A P F F N R E  
 D T O E W C E L I M U O E L N  
 E F I T C A N H E E O T O O R  
 C D E L A E S E L C N U I D E  
 I S E B A R S D G I T T N R I  
 S E R L E T T S W R A R A T I  
 I C R B B N N S I C E C I I N  
 O N M A E A E E I T E M C C T  
 N E C F F T S F D N I O E I E  
 M P L R O L I I I I I E S F R  
 K X I Z O R E A D T F M S E V  
 N E E D E H M W O J S N D D I  
 K G N V W O R K F A R E O A E  
 D E T E R M I N A T I O N C W  
 I F N O I T A C I L P P A L R

ADMINISTRATOR  
 AMOUNT  
 APPLICATION  
 BENEFITS  
 CLIENT  
 CONFIDENTIALITY  
 DECISION  
 DEFICIT  
 DETERMINATION  
 DISABLED  
 ELECTRIC  
 EMERGENCY  
 EXPENCES  
 FOOD  
 FORM  
 FUEL  
 INTERVIEW  
 MAINECARE  
 MEMBERSHIP  
 NECESSITIES  
 NEED  
 VERIFICATION  
 WELFARE  
 WINTER  
 WORKFARE

---

Work like you  
 don't need the  
 money, love  
 like you've  
 never been hurt,  
 and dance like  
 there's nobody  
 watching.

## Making Light of WALKING

As health conscious consumers, we all know that **walking** is the best overall exercise. It's available to each and everyone of us and all that is needed is a good pair of walking shoes. Do consider joining in a simple walk each day by following the walking plan in this article. Let us know how your doing. Have fun enjoy your time with a friend or take along your walk-man.

### 12 WEEK BEGINNER SCHEDULE

Having a hard time getting started ... here is an easy to follow beginner schedule that will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	15 min	15 min	20 min	15 min	20 min	15 min	20 min
<b>Week 2</b>	15 min	20 min	20 min	15 min	20 min	15 min	25 min
<b>Week 3</b>	15 min	25 min	20 min	15 min	25 min	20 min	25 min
<b>Week 4</b>	20 min	30 min	20 min	20 min	25 min	20 min	30 min
<b>Week 5</b>	20 min	30 min	30 min	20 min	30 min	20 min	35 min
<b>Week 6</b>	25 min	30 min	30 min	25 min	30 min	25 min	40 min
<b>Week 7</b>	25 min	30 min	40 min	30 min	30 min	30 min	40 min
<b>Week 8</b>	25 min	30 min	40 min	30 min	40 min	30 min	50 min
<b>Week 9</b>	30 min	40 min	40 min	30 min	40 min	40 min	50 min
<b>Week 10</b>	30 min	40 min	50 min	30 min	50 min	40 min	50 min
<b>Week 11</b>	40 min	40 min	50 min	30 min	50 min	40 min	50 min
<b>Week 12</b>	40 min	40 min	60 min	30 min	60 min	40 min	60 min



### **DID YOU KNOW?**

The following are some quick facts about walking:

- On average, every minute of walking can extend your life by 1.5 to 2 minutes. That's about a 2 for 1 trade-off!
- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- To burn off 1 plain M&M candy, you need to walk the full length of a football field. Think about that next time you dip your hand into a candy bowl at someone's office!
- Longer, moderately-paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight.
- Shorter, faster walks (20-25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.
- Improves your self-esteem
- Increases sexual vigor

## Walk it Off Challenge

### Intermediate Walkers

**Rest Days**—Do a slow paced walk.

**Easy Days** - Do a slow to moderate (comfortable) paced walk. Use this as an "active" rest day. This is a great time to practice technique and form.

**Medium Days**- A medium distance walk should be at the same approximate speed as you will use during the marathon. For instance, if your goal is to finish in approximately 6 1/2 hours, that's a marathon pace of about 15 minute miles. Hence, during your training, on the "medium" days you should walk the mileage indicated at the 15 minute mile pace. (For those who are really interested in speed, they can supplement their "medium" days by doing some intermittent interval training).

**Long Days** - Walk the longer distances at a comfortable pace. Time should not be a concern.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	rest	easy	medium	easy	rest	medium	long
<b>Week 1</b>	3 miles	5 miles	3 miles	5 miles	0	4 miles	8 miles
<b>Week 2</b>	3 miles	5 miles	3 miles	6 miles	0	4 miles	9 miles
<b>Week 3</b>	3 miles	6 miles	3 miles	6 miles	0	4 miles	7 miles
<b>Week 4</b>	3 miles	6 miles	3 miles	6 miles	0	4 miles	10 miles
<b>Week 5</b>	3 miles	7 miles	3 miles	7 miles	0	4 miles	11 miles
<b>Week 6</b>	3 miles	7 miles	3 miles	7 miles	0	4 miles	9 miles
<b>Week 7</b>	3 miles	8 miles	4 miles	8 miles	0	4 miles	13 miles
<b>Week 8</b>	3 miles	8 miles	4 miles	8 miles	0	4 miles	14 miles
<b>Week 9</b>	3 miles	9 miles	4 miles	9 miles	0	4 miles	11 miles
<b>Week 10</b>	3 miles	9 miles	4 miles	9 miles	0	4 miles	15 miles
<b>Week 11</b>	3 miles	9 miles	5 miles	9 miles	0	4 miles	17 miles
<b>Week 12</b>	3 miles	6 miles	5 miles	6 miles	0	5 miles	14 miles

**Next issue look for Advanced walking schedule and winter walking tips!**

## Walking Meditation

**Think about this while you walk...**

One day at a time: Even if you've "fallen off the wagon" the day before -- or several days in a row -- today is a totally new day. Tell yourself that today is the day you're going to accomplish great things and move one step closer to achieving your goals.

## MaineCare

### Full Benefits

- Individuals under 21
- Parents residing with their children under age 18
- Pregnant Women

#### Children under the age of 19

- No asset test
- Income under 200%FPL
  - Under 150% + Free
  - 150% - 200% Premium
- 12 months of Coverage

#### Parent residing with children under age 18

- Asset Maximum + \$2000.00
- Income maximum + 150% FPL

Caretaker relatives of children under the age of 18 (grandparents, aunts, uncles) may also be enrolled.

#### Individuals 19 and 20

- Asset Maximum = \$2000.00
- Income Maximum = 150% FPL

#### Pregnant Women

- Medically Confirmed Pregnancy
- Assets—not counted
- Income Maximum + 200% FPL

(May increase household size by 1 if needed to enroll)

#### Children with a Disability

- Under the age of 19
  - IF: no other full coverage option medical need: SSI & nursing level of care
  - THEN: child income (\$1635/mo.) & assets (\$2000) only

- Breast/Cervical Cancer
- Individuals with a disabling condition
- Age 65 or older
- Age 21–64

#### Breast/Cervical Cancer

- Age 40-64
- No Asset test
- Income maximum—250% FPL
- Without insurance
- Positive test by Bureau of Health's screening Program
- Apply through Bureau of Health 287-6024

#### Age 65 and over

- Income Maximum = 100% FPL
- Asset Maximum = \$2000 per individual  
\$3000 per couple

#### Individuals who have a disability

- Disability guidelines same as SSI decision by Medical Review Team (MRT)
- *Without Earnings*
  - Income under 100%FPL
  - Asset Max = \$2000/individual  
\$3000/couple
- *With Earnings*
  - Income: unearned only = 100% FPL and
  - Earned and unearned = 250% FPL (over 150% premiums)
  - Asset Maximum = \$8000/individual  
\$12000/couple

#### Age 21-64

- Income maximum = 100% FPL
  - Asset Max = \$2000 for 1 person  
\$3000 for a couple
- Not living with a child under the age of 18

Effective 10/02

## Earl Edgerly Retires (Auburn)



A retirement party was held for Earl Edgerly at June's monthly meeting. Earl started in 1979 as a caseworker and was promoted to Director in 1985. During his stay with the City he actively served as a member and a term with MWDA. He was presented a plaque from MWDA, MMA and a letter of recognition from Cindy Boyd of DHS. He is currently on the board of appeals for Farmington and the Pastor of Farmington Baptist Church.

*Earl and Sue Charron*

---

Failure is the opportunity to begin again more intelligently.

Henry Ford

## Jackie Carrigan Retires (Portland)

A surprise retirement party was held for Jackie Carrigan at September's monthly meeting. Jackie is retiring from Portland after several years of service. Brenda Harrington presented Jackie a plaque on behalf of MWDA. Jackie also received a plaque from MMA and a letter of recognition from the Department of Human Services. Jackie is looking forward to more time with her family and hobbies.



*Brenda Harrington and Jackie*

## Maine Renewal Grants

On October 1st the Department of Housing and Urban Development (HUD) has awarded renewal grants totaling \$341,344 to the Maine State Housing Authority and local housing authorities in Augusta, Bangor, Caribou, Mount Desert, Portland and Westbrook. The grants are to develop local strategies to provide Family Self-Sufficiency (FSS) rental assistance under HUD's Housing Choice Voucher (HCV) program. The HCV program combines public and private resources to help low income enrollees achieve economic self-sufficiency

The Maine renewal grants HUD announced today are:

- Maine State Housing Authority - \$110,714
- Augusta Housing Authority - \$30,000
- Bangor Housing Authority - \$33,879
- City of Caribou - \$45,000
- Mount Desert Housing Authority - \$34,951
- Portland Housing Authority - \$49,300
- Housing Authority of the City of Westbrook - \$37,500



## CarePartners

CarePartners offers its members access to a wide variety of health services. They will become a patient of a local healthcare provider who has chosen to volunteer to participate in the CarePartners network. Their healthcare provider will be available to see them when they have a health problem and for routine visits such as physical, so that they can stay healthy. Lab, x-ray and hospital services are also provided through CarePartners. They can get prescription medications and CarePartners will provide them with a care manager who will work with them to get the resources that they will need to improve and maintain their health.

CarePartners is not a health insurance but a network of volunteer physicians, hospitals and other healthcare providers who have agreed to provide services to CarePartners enrollees for no or low cost. CarePartners cannot guarantee the availability of care for every medical need but will work to maintain a network of providers that is able to meet healthcare need.

The cost of an office visit is \$10.00 and 45.00 for prescriptions. Lab, x-ray and other hospital services are free of charge.

For more info contact CarePartners at 1-877-883-1797

### CarePartner's Eligibility

- You are between the ages of 19-64
- You live in Kennebec county, Lincoln County or Greater Portland
- You are not eligible for employee sponsored or government funded insurance live Medicare or Mainecare
- You have a monthly household income of less than the amounts on the chart below: *(if your income is above the amount on the chart call CarePartners. Certain expenses may be taken out of household income)*

Family Size	Monthly Income
1	\$1,108
2	\$1,493
3	\$1,878
4	\$2,263
<b>For each additional family member ass \$385 per month</b>	

- You Have countable assets less than
  - \$10,000 for single
  - \$12,000 for families or couples

# Happy Halloween

---

WE'RE ON THE WEB  
[WWW.MAINEWELFAREDIRECTORS.ORG](http://WWW.MAINEWELFAREDIRECTORS.ORG)

---

We make a  
living by what  
we get, but we  
make a life by  
what we give.

*Norman  
MacFinan*

**MWDA  
Maine Municipal Association  
60 Community Drive  
Augusta, ME 04330**

