



MWDA Newsletter

INSIDE THIS ISSUE:

Cindy Boyd, GA	2
Corrina receives funds for Senior Project	3
Affordable Housing	4
Farmer's Almanac	4
BRAP	5
MWDA Officers	6
Calendar of Events	7
World Peace Day	7
Low Income Housing in Portland	8
Portland Housing Cont.	9
RAC Program	9
Bring Your Teddy Bear to Wok Day	9
September Kick-Off Agenda	10
Name Game	11
October MMA Convention Agenda	12
Affordable Housing Conference	12
Ovarian Cancer Awareness month	13
From the Desk of Cindy Boyd	14
Cindy Boyd Cont.	15
Recipe Corner	16
Pet Sterilization	17

From the Desk of Cindy Boyd

General Assistance

Every year I try to take a moment to look at the maintenance costs of the program. One of the reports that Steve Hallee does for me looks at how the money was spent by town and county. Steve ran a report of fiscal year 2003 on August 04, 2003. This report will change a little because of the fact that municipalities have 90 days to submit their reports. The actual year-end report for fiscal year 2003 will not be done until after September 2003.

I would like to share some of the information with you. In fiscal year 2002 (July 1, 2001 through June 30, 2002), the total amount of money spent by General Assistance was \$6,543,720.97. The amount that the State reimbursed to the municipalities was \$4,041,243 (62%). In fiscal year 2003, the amount spent was \$7,595,609.60. The State reimbursed \$4,611,310 (61%). There was an increase in spending of \$1,041,888.63.

The biggest increase was in housing. In fiscal year 2002, \$3,058,865.80 was spent on rents and mortgages. The amount spent on emergency housing which is a shelter or a hotel/motel was \$1,618,769.06. The total was \$4,677,634.86. The total amount spent in 2003 was \$5,563,637.02 (\$3,934,631.95 for rents and mortgages and \$1,629,005.07 for emergency housing). The increase in spending was \$886,002.16.

Because of the length of last year's winter and the temperatures and the cost of heating fuel, the amount of assistance given for heating fuel rose from \$178,841.37 in 2002 to \$295,116.40, which was an increase of \$116,275.03. A large number of municipalities are able to lock into a good price for heating fuel, which has helped keep the cost down some, but we saw more people who were not able to pay for their fuel. Even our clients who received LHEAP were not able to pay for some of their fuel.

GA Continued



The other areas that saw increases were: Electric (an increase of \$26,780.91), Propane (an increase of \$2,865.15), and Food (an increase of \$81,182.42). Prior to our new computer program, we did not break out diapers/baby supplies, household/personal, and other. In fiscal year 2002, they all showed up as other needs and the total was \$267,241.51. We now are able to show them separately. In 2003, we spent \$12,255.56 on diapers/baby supplies, \$192,110.08 on household/personal, and \$101,540.45 for all others. They totaled \$305,906.09. The increase was \$38,664.58.

The biggest decrease was in prescriptions and medical/dental needs. Because the Department was able to receive a Federal waiver for our Maine-Care program that makes it possible for adults who have income under 100% of the Federal Poverty Level to receive a medical card, we have saved \$90,270.54 on prescriptions and \$7,390.41 on medical/dental. The waiver started in October of 2002 so we should see an even bigger decrease in fiscal year 2004.

The amount of assistance for burials also went down. In 2002, we spent \$187,148.02 on burials and this year we only spent \$179,726.55. This was a savings of \$7,421.47.

I think these figures show that housing is the thing that most people go to General Assistance for help with. The two counties that spent the most on housing were Cumberland (\$2,805,590.69) and Penobscot (\$1,202,612.46). Both counties have cities that are Service Centers. Seventy-three percent of the assistance given is for housing. As long as we continue to see the high rental rates, I believe we will see the need for assistance continue.

The number of cases seen in a month averaged 2117. Some municipalities had months with no activity. Portland reported seeing 980 cases in April 2003. Based on the calls to the Hotline the cases seem to be more complicated. Municipalities are seeing more cases where the client is homeless and there is no available housing even if the municipality can help. Some of the resources that we have been using have to start waiting lists such as BRAP (Bridging Rental Assistance Program). Other programs are seeing their funding cut. General Assistance continues to be the program of "last resort". When people have nowhere else to go they go to their municipality.

I want to take this time to thank all of you for the job that you do for your municipality and the citizens who live there. GA is not always an easy program to administer, but as the figures show there is a need. I know that you all play a valuable role in assisting those who are in need and eligible. Based on the hotline calls, I know that even when you are not able to help, you try to find other resources. The use of these resources also helps keep the cost of GA down. Thank you again for all your work.

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

Helen Keller

Corinna gets Funds for Senior Project

The beginning of what town officials hope is a sustained period of growth for Corinna's empty downtown was confirmed Tuesday when the Federal Home Loan Bank of Boston awarded a funding package of \$881,700 to construct 20 senior citizen apartments, build a senior citizen center and provide support services, such as transportation assistance. The city of Bath also received a \$300,000 award from the Boston bank to construct 18 new low-income units to be sold to new homeowners.

Corinna Town Manager Judy Doore said the funding will allow a silk purse to be created from a sow's ear, as the apartments will be built on the Eastland Woolen Mill Superfund site. The package consists of \$256,700 in outright grants and \$625,000 in advances. Each year the bank sets aside 10 percent of its net profits to provide grants and subsidized, below-market-rate loans through its affordable housing program.

"Now, I'm really excited," said Town Manager Judy Doore, who said she has been holding her breath while awaiting word on whether Corinna was successful in the very competitive award process.

Doore said that the apartments will be constructed on town-donated land near an existing substation overlooking Arundel Dam and Lake, near walking paths and close to future development.

"This is just the perfect site," said Doore. "It fits like a glove." Doore credited the community with looking inward to find strength and focus after the entire downtown was demolished and the mill removed because of carcinogens discovered on and around the former mill. "We are very proud of our residents and their efforts," said Doore. "We are especially thrilled that this is a regional project. Many, many people who worked in our mill were from the region outside Corinna."

Doore said the project will be under the guidance of Penquis Development Inc., a subsidiary of Penquis Community Action Program, which originally applied for the funding. Merrill Merchants Bank will provide construction and permanent financing through two FHLBB advances, while the grant will be used for other costs associated with the residential units.

Other financing will be provided through Low Income Housing Tax Credits and Maine State Housing Authority funds. According to a description provided by the bank, 12 of the 20 affordable apartments will be for very-low-income tenants. Support services will include congregate care, health assessment and counseling and transportation assistance.

Residents will participate in management through a residents' council, a senior wellness council and service on the sponsor's board of directors. "This is exactly the goal of the town's Reuse Plan for Corinna Village Center," said Doore



Affordable Housing Project Proposed

Coastal Enterprises Inc. of Wiscasset will be presenting plans this fall to develop a 15-unit affordable housing complex on Friendship Street.

The non-profit agency has purchased a 7.5-acre lot on the east side of Route 220 in Waldoboro near the OSRAM/Sylvania plant, John Egan, housing developer, said Tuesday.

"There is a dramatic shortage of housing on the coast," said Egan, who works for Coastal Enterprises Inc. "Waldoboro still has affordable land." Egan said preliminary plans project the development of 15 rental units, each with two to three bedrooms. Some of the units may be built as duplexes.

CEI would manage the complex through a limited partnership with another entity, yet to be identified. The non-profit agency currently manages apartments on Marble Avenue and owns several single-family homes in Waldoboro under a lease-purchase arrangement.

Egan said he already is aware of concerns by some neighbors about the development. He said that plans are still in the early engineering phase. The property has sufficient road frontage to meet the requirements of the town ordinance, Egan said. He noted existing vegetation should screen the project from the view of neighbors. The lot is serviced by town water and sewer.

Egan said he expected there are sufficient housing needs in the Rockland area to fill the units once they are developed.

"People may live here and work in Rockland," he said.

He said preliminary plans for site review may be ready to present to the Waldoboro Planning Board at its Sept. 10 meeting.

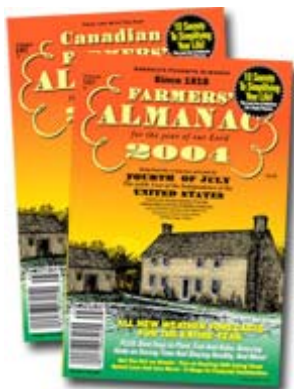
Farmer's Almanac Predicts Cold, Snowy Winter

The Farmers' Almanac, which hits the newsstands Tuesday, is predicting a barrage of storms will hit the eastern U.S. between February and early spring. The almanac, which is published in Lewiston, provides little solace to snow-weary New Englanders still thawing out from last winter. The 2004 forecast also calls for a showery spring followed by an extremely warm and humid summer.

The National Weather Service doubts anyone can predict weather with any degree of accuracy so far in advance, but the almanac claims to get it right about 80 percent of the time.

The work an unknown
good man has done is
like a vein of water
flowing
hidden underground,
secretly making the
ground green.

-- Thomas Carlyle



BRAP

BRAP was established in recognition that people with psychiatric disabilities are often unable to afford to rent safe, decent, and sanitary housing of their choice in the community. BRAP is designed to assist individuals with housing assistance for up to 24 months or until they are awarded a Housing Choice Voucher or other form federal subsidy, whichever comes first. For this reason, units subsidized by BRAP funding must meet Section 8 requirements (within Fair Market Rent and meet Housing Quality Standards) so recipients may continue to reside in their apartments once awarded a voucher.

Program Participants pay 51% of their gross income for rent. BRAP subsidizes the remaining portion of the rent, up to the Fair Market Rent as established by HUD.

The eligibility criteria for an individual to receive a BRAP rental subsidy is as follows:

- The participant must have a psychiatric disability (as defined by the BDS Adult Mental Health Services Priority Population Criteria) for which they are currently receiving or are in the process of being instated/reinstated Social Security Disability Income (SSDI) and/or Supplemental Security Income (SSI).
- The Individual must already have applied for or be willing to apply for federal Section 8 through their local Public Housing Authority or other management agencies and maintain waiting list status.

BDS has established four statewide priorities for recipients. The following is a list of priority populations to be served by BRAP.

- Eligible individuals who are leaving state psychiatric institutions (AMHI, BMHI) and individuals in private psychiatric hospital beds or those who have been discharged in the last six months from any of these institutions.
- Eligible individuals who are homeless as defined by the Stewart B. McKinney Homeless Assistance Act as funded by the U.S. Department of Housing and Urban Development.
- Eligible individuals who are moving from community residential programs funded by BDS to more independent living arrangements.
- Eligible individuals who are living in substandard housing in the community as defined by the U.S. Department of Housing and Urban Development.

MWDA's September kick-off meeting (9/23/03) will have a program on BRAP and Shelter plus Care.

No man or woman of the
humblest sort can really be
strong, gentle and
good, without the world
being better for it, without
somebody being
helped and comforted by
the very existence of that
goodness.

-- Phillips Brooks

MWDA Officers

New Officers

President—Judy Hardy-Goddard, Town of Lisbon
 Vice President— Jodi Hanson, Town of Lincolnville
 Second Vice President— Stacey Parra, Town of Rockport
 Secretary— Pauline Langmaid, Town of Yarmouth
 Treasurer—Linda Fossa, City of Waterville

Executive Board

Immediate Past President— Brenda Harrington, City of Rockland
 Past President—Sue Charron, City of Lewiston
 Mary Frances Bartlett, City of Augusta
 Vicky Edgerly, City of Biddeford
 Mary Reindl, Town of Brunswick

Legislative Committee

Brenda Harrington, Co-Chair—City of Rockland
 Judy Hardy Goddard, Co-Chair—Town of Lisbon
 Sue Charron—City of Lewiston
 Mary Frances Bartlett—City of Augusta
 Mary Ann Chalila—City of Bangor
 Vicky Edgerly—City of Biddeford
 Jodi Hanson—Town of Lincolnville

Professional Development

Jodi Hanson, Chairman—Town of Lincolnville
 Brenda Harrington—City of Rockland
 Judy Hardy Goddard—Town of Lisbon
 Pauline Langmaid—Town of Yarmouth
 Diane Mende—City of Belfast

Membership/Nominating

Stacey Parra, Chairman—Town of Rockport
 Deb Zorach—City of Bath
 Mary Reindl—Town of Brunswick
 Theresa Porter—City of Calais
 Wanda Cannell—Town of Cumberland
 Shiela Chaney—Town of York

The glory of friendship
 is not the outstretched
 hand, nor the kindly
 smile, nor the joy of
 companionship; it is the
 spiritual inspiration that
 comes to one when he
 discovers that someone
 else believes in him and
 is willing to trust him
 with his friendship.
 --Ralph Waldo Emerson

Calendar of Events

Date	Day	Time	Event	Location
July, 18 2003	Friday	9:00am	Organizational Meeting	Rockland
August, 2003			NO MEETING/TRAINING	
September 4, 2003	Thursday	9:00am	Executive Board/Committee Meeting	MMA
September 11, 2003	Thursday	9:00am	Membership/Training	TBA
October 15, 2003	Wednesday	9:00am	MMA Convention	Augusta
October, 2003	TBA	9:00am	GA Certification training	TBA
November, 2003			NO MEETING/TRAINING	
November, 2003	TBA	9:00am	Basic GA Workshop	MMA
December 11, 2003	Thursday	9:00am	Membership/Training/Christmas Party	MMA
January, 2004			NO MEETING/TRAINING	
January 8, 2004	Thursday	9:00am	Executive Board/Committee Meeting	MMA
February, 2004			NO MEETING/TRAINING	
Feb. 2004	TBA	9:00am	Basic GA Workshop	MMA
March 11, 2004	Thursday	9:00am	Executive Board/Membership/Training	TBA
March, 2004	TBA	9:00am	GA Certification training	TBA
May, 2004	Monday & Tuesday	9:00am	Spring Seminar	TBA
June 10, 2004	Thursday	1:00pm	Membership/Training	MMA

World Peace Day



In 1981 the United Nations General Assembly passed resolution 36/67 declaring an International Day of Peace. In 2001, the United Nations General Assembly adopted a new resolution 55/282 declaring 21 September of each year as the International Day of Peace.

“The world is not to be put in order; the world is order; incarnate. It is for us to harmonize with this order.”

Henry Miller

“One day we must come to see that peace is not merely a distant goal we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means.”

Dr. Martin Luther King Jr.

LET'S GIVE PEACE A CHANCE...



Low Income Housing in Portland

A nonprofit housing corporation will submit plans to the city of Portland for a single-room-occupancy apartment building for the homeless.

The proposal by York-Cumberland Housing Development Corp. would provide badly needed transitional housing and support services. However, it also raises concerns among some neighbors about traffic and parking problems.



The 30-unit building, called Logan Place, would be located on Frederic Street, off Congress Street near Interstate 295. In addition to housing, the project would offer support services through the Preble Street Resource Center.

York-Cumberland, a nonprofit developer that focuses on low-income housing, will present plans to the Portland Planning Board for a contract zone. If the board approves the zone, it would go before the City Council, probably in early September.

The developers would then need to go through a site plan approval process before they could break ground.

The three-story, 18,300-square-foot building would be built on a half-acre lot at the end of the dead-end street. York-Cumberland plans to develop 22 mixed-income apartments across the street in roughly three years, after leases expire for the occupants of two existing commercial buildings.

Funding for the project would come from several state and federal housing department grants. The bulk of the more than \$4 million cost would be paid with \$2.5 million in federal housing tax credits.

Developers say Logan Place would help reduce the number of homeless people living in shelters. Maine had a 69 percent increase in homelessness between 1993 and 2000. In Portland, the increase was 102 percent during that period, according to the Maine State Housing Authority. "Most importantly, it's going to alleviate part of the homeless problem. It's folks that are chronic users of the homeless shelter that will really be assisted," said Dana Totman, York-Cumberland Housing president. Logan Place residents would pay 30 percent of their income in rent. Each of the 350-square-foot efficiencies would include a kitchenette, private bathroom and a living space. In addition, the first floor of the building would house a community room, community kitchen and staff office space.

To think bad thoughts is really the easiest thing in the world. If you leave your mind to itself it will spiral down into ever increasing unhappiness. To think good thoughts, however, requires effort. This is one of the things that discipline - training - is about.

-- James Clavell, in his novel "Shogun"

Portland, continued

Preble Street Resource Center staff members would be on hand at all times to maintain building safety, monitor the residents and provide help with independent living skills. Staff members also would call on outside services normally used at shelters, such as mental health agencies, at a resident's request.

Mark Adelson, director of Portland housing and neighborhood services, says the city has responded favorably to the developer's initiative. "Housing for homeless individuals has been a high priority for the city for many years," Adelson said. "We have been looking for this opportunity to fill this need. This is an opportunity to finally have that come to fruition."

Portland Press Herald

RAC Program

The Pilot Rental Assistance Coupon plus (Rac+) program, currently offered in Bangor and Portland, is proving successful in helping hardcore homeless households, according to homeless advocates.

The program uses FedHOME rental assistance to help families and individuals who have been homeless for seven or more consecutive days and who have other issues, such as poor references or poor rental history, which are likely to prevent them from using other housing assistance programs.

Program participants agree to undertake such approaches as counseling, support groups for parenting, anger management or abuse, continuing education, and so on. They must also be willing to take part in a 'self actualization' program. The goal is to have these participants lead a less dependent life and to end the individual's or family's homelessness.

MSHA is using \$1.3 million grant from the federal Department of Housing and Urban Development (HUD) to operate this program. The aim is to help about 100 homeless households over the two-year grant period.

As of the end of May, the program was assisting 40 households with affordable housing in Portland and 15 households in Bangor.

Bring your Teddy Bear to Work Day

Oct 9 is "National Bring Your Teddy Bear To Work Day". A celebration of the help, stress relief and joy that teddy bears bring into the lives of people of all ages and stages

'Tis better to be silent
and be thought a fool,
than to speak and
remove all doubt.

Abraham Lincoln



September Kick-Off Meeting 9/23/03

AGENDA



Take time to laugh - it is
the music of the soul.

From an old
English prayer.



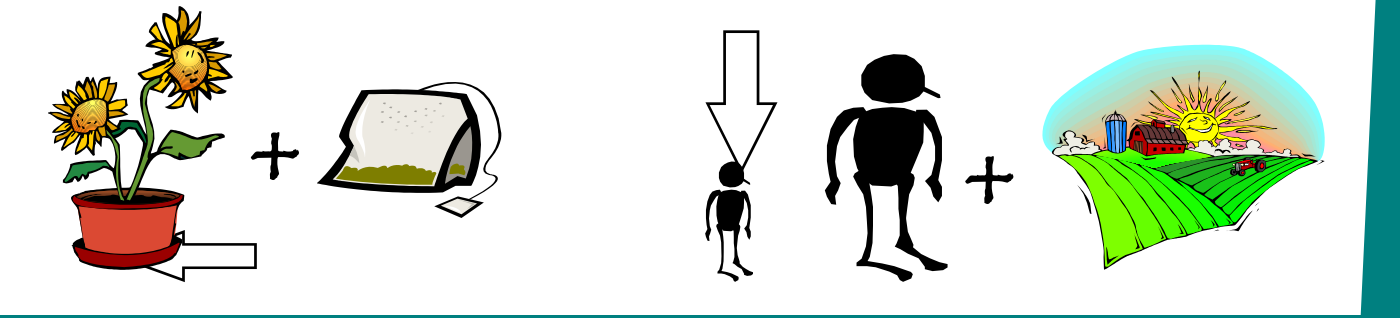
- 9:00am to 9:30am MWDA membership meeting
1. Call to order/Introduction
 2. Approval of minutes
 3. Treasurer's Report/ Linda Fossa
 4. Committee Reports
 - Legislative Update—Judy Hardy-Goddard
 - Professional Development—Jodi Hanson
 - Nominating/Membership—Stacey Parra
 5. MMA Update— Antoinette Mancusi
 6. DHS Update—Cindy Boyd
 7. Adjourn
- 9:30am to 10:00am DHS/BDS Merger
Cindy Boyd, Program Manager, DHS
Update
- 10:00am to 10:45am Funerals (Invite your local Funeral Director)
Antoinette Mancusi, Technical Advisor, MMA.
An overview of GA and funeral assistance with an
interactive session (Q&A) between GA administrators
and funeral directors which should answer questions
and shed light and on this difficult area of GA
administration.
- 10:45 to 11:00 Break
- 11:00 to 12:00 Funerals Continued
- 12:00 to 1:00 Lunch
- 1:00 to 2:00 Hotline Questions
Cindy Boyd, Program Manager, DHS
A synopsis of Hotline topics.
- 2:00 to 3:00 Affordable Housing
BRAP—Sheldon Wheeler
Shelter Plus Care—Mary Ann Chalila
- 3:00 to 3:30 Ice Cream Sundae Social
A great opportunity to mingle with your
fellow welfare directors.



Name Game

Sound out the names, each row has a first and last name .

Answers on the last page



October MMA Convention Agenda

9:00 - 10:00

SSI Ticket to Work—Robert Clark

The ticket to Work Self-Sufficiency Program is the centerpiece of the ticket to Work Incentives improvement Act of 1999, and a key component of President Bush's New Freedom Initiative. The goal of the Ticket Program is to give disability beneficiaries the opportunity to achieve steady, long-term employment by providing them greater choices and opportunities to go to if they choose to do so. The legislation also removes barriers that previously influenced people's choices between healthcare coverage and work. The Program is under the authority of SSA and administered nationally by MAXIMUS, Inc. the contract Program manager.

10:15 to Noon

“How to Deal with Difficult Clients: - Pam Fogg

Noon to 1:30

Lunch– Holiday Inn

1:30 to 2:00

MWDA Membership/Business Meeting

2:00 to 4:00

“Using humor in Creative Problem Solving— Joey Novick

(Co-sponsored with MTCCA, MMTCTA, and MMA) He is a member of the City Council of Flemington, New Jersey and has presented to a number of municipal leagues. He has appeared on MTV, Rascal's Comedy Hour, and Comedy Central. He is featured regularly at comedy clubs Catch a Rising Star, the Comedy Zone and Dangerfiled's and has studied with Chicago's famed Second City improvisational theater director Del Close.

“You live and learn. At any rate, you live.”

Douglas Adams

Annual Affordable Housing Conference

The Governor's Annual Affordable Housing Conference will be held this year on September 29th at the Augusta Civic Center. The theme for the 11th annual conference is “Back to the Future—Shaping Maine's housing future by building on its past” Governor John Baldacci will be the lead-off speaker, tentatively scheduled to address the conference attendees at 9 am.

The Governor's Annual Affordable Housing Conference is Maine's only affordable housing meeting. This year's theme reflects the new trend in housing and community development, known as Placed Based Community Development. It refers to a type of housing and economic development that builds on a community's past, it's strengths and uniqueness through the years. Other topics include Fair Housing, a panel discussion on model housing programs, and other breakout sessions.

To attend call 207-626-4682.

Ovarian Cancer Awareness Month



September is Gynecologic Cancer and Ovarian Cancer Awareness Month. How aware are you?

What is ovarian cancer?

Ovarian cancer is cancer that begins in the cells that make up the ovaries. Cancer that originates at another site (e.g., breast or colon) and spreads to the ovaries is not considered ovarian cancer.

There are many types of tumors that can start in the ovaries. Ovarian cysts are examples of other growths that can occur on the ovaries. Most ovarian cysts are not cancerous. They are fluid-filled sacs that form on the surface of the ovary. Cysts usually go away without treatment, but a doctor may recommend removal, especially if it seems to be growing, to ensure that they do not become cancerous.

Symptoms

Many people and many medical textbooks still hold the erroneous opinion that there are no symptoms. Our experience {Ovarian Cancer National Alliance} and the literature is beginning to show that there are symptoms:

- Abdominal pressure, bloating or discomfort
- Nausea, indigestion or gas
- Urinary frequency, constipation or diarrhea
- Abnormal bleeding
- Unusual fatigue
- Unexplained weight gain or loss
- Shortness of breath

Symptoms are often associated with the location of the tumor and its impact on the surrounding organs. They tend to be non-specific and can mimic non-gynecologic conditions such as irritable bowel syndrome, etc. Many of us experience these symptoms from time to time - do not be alarmed! But if they persist and are unusual for you, then seek a professional opinion.

General Ovarian Cancer Statistics

Ovarian cancer, the deadliest of the gynecologic cancers, is the fifth leading cause of cancer death among U.S. women.

- Ovarian cancer occurs in one out of 55 women.
- Currently, 50 percent of the women diagnosed with ovarian cancer die from it within five years; among African-American women only 48 percent survive five years or more.
-

Ovarian cancer is very treatable when it is detected early, but the vast majority of cases are not diagnosed until the cancer has spread beyond the ovaries.

- In cases where ovarian cancer is detected before it has spread beyond the ovaries, more than 90 percent of women will survive longer than five years.
- Only 25 percent of ovarian cancer cases in the U.S. are diagnosed in the beginning stages. When diagnosed in advanced stages, the chance of five-year survival is only about 25 percent.
- Ovarian cancer may be difficult to diagnose because symptoms are easily confused with other diseases, and because there is no reliable, easy-to-administer screening tool.

From the Desk of Cindy Boyd



Changes

I think one of my previous articles for the newsletter was on change and it's time to share some more changes with you. Last Friday, August 22nd, marked my 15th year with the Department of Human Services. I started out in the Lewiston office doing AFDC and Food Stamps. My workspace was in the basement at 200 Main Street in Lewiston. AFDC is now TANF (Temporary Assistance for Needy Families) and the people working for DHS in Lewiston are in a beautiful renovated building. If I still worked as an Eligibility Specialist, I'd be using ACES (Automated Client Eligibility System) to determine eligibility for TANF, PAS, Transitional Services, Alternative Aid, Food Stamps, and MaineCare.

When I changed positions from eligibility to ASPIRE, I left 200 Main Street and went to a small brick building on Park Street in Lewiston behind the Unemployment Office. The ASPIRE case managers now work out of 200 Main Street and the Unemployment Office is gone. There are now Call Centers and Career Centers. People use computers to help themselves find jobs. As an ASPIRE case manager I used to have the people on my caseload come in for an orientation. I had the ability to excuse someone from an orientation. Now in order to receive TANF, all adults must attend the orientation first. An Eligibility Specialist, an ASPIRE case manager, and someone from Support Enforcement conduct the orientation.

From ASPIRE I went to Emergency Assistance. I supervised a unit of nine people. We were all together at 268 Whitten Road in Augusta. We took applications for the whole state. We did everything over the phone and through the mail. The Eligibility Specialist now administers Emergency Assistance in each of the regional offices. We used to send a voucher to the vendor and then pay the vendor once we received the voucher back with a bill. The vendor is now paid through ACES. There is no voucher.

My next job as a supervisor was at the Portland Regional Office on Forrest Avenue in Portland. When I first arrived my unit processed TANF, Food Stamps, Medicaid, which is now MaineCare, and Long Term Care, which is MaineCare for nursing home clients. The decision was made to specialize units and I had a unit that just processed TANF and Food Stamps. ACES had not arrived yet. Probably the biggest change for me while in Portland was learning to work with people from so many different cultures. We started to use the Interpreter Hotline for our clients who speak a language other than English. I believe I really learned a lot during my time in Portland. They are now in a beautiful building on Marginal Way. The units are going back to administering all the programs. They have ACES and since April of 2003 EBT (Electronic

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.

Eleanor Roosevelt

Cindy Boyd Continued

Benefit Transfer). Each client receives a card and they use a PIN number to access their Food Stamps or TANF. Many of the newest employees are from other countries originally and they speak more than one language. They are bringing the Department closer to our goal of being a diversified workforce.

I have been in this position since June of 1998. I am back at 268 Whitten Road in Augusta. It is basically the same building but there have been a few renovations. For over a year there have been only two Field Examiners. This year we divided the State up between Hazel and Patty. Many of you have received mail-in reviews instead of on site reviews. I have been told that it will be a year before I can fill the position. Once I do we will go back to mostly on site reviews.

Throughout all my changes and the program changes and the building changes the one thing that has remain the same for me was the fact the Judy Williams was in Central Office. For years she was the Assistant Bureau Director and since the mid nineties she has been the Bureau Director. As of September 29th she is retiring from DHS and going to work at the Department of Labor. She has worked for the Department for 31 years. I know that many of you have worked with Judy either on committees or at the Legislature. She has done a great deal for the Department and she will be missed.

The next change that is going to happen will be the restructuring. The goal is to combine the Department of Human Services and the Department of Behavioral and Developmental Services. There are numerous committees working are the restructure. There are approximately 2600 employees in DHS and 1700 in DBDS. The restructuring is supposed to save \$5.8 million. The Governor's office wants to see the savings start in July 2004.

Everyday I hear that something is changing. The change might be a co-worker retiring or changing their position, it might be a policy change in one of the other programs, it might be a systems change (they are constantly updating technology), or it might be a call from one of you that you are moving on. There are days that I'd like to yell, "STOP" but that would not help. Even though all of my changes have had some discomfort to them, I believe they have all been good changes. When we change we grow. I will try to tell you more about the restructuring at the September Welfare Directors' meeting and keep informed of other changes that affect us.

Did you Know?

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Far away in the
sunshine are my highest
aspirations. I may not
reach
them, but I can look up
and see the beauty,
believe in them and try
to follow where they
lead.

-- Louisa May Alcott



Recipe Corner



Broccoli Cauliflower Salad

Use a good quality mayonnaise 1/2 to 3/4 cup. In that mix red wine vinegar until somewhat soupy. These ingredient amounts relate directly to how much broccoli, cauliflower you use. Mix all this together with x -sharp grated cheddar cheese and about 1/2 lb (or more) of crisply fried bacon. These last two ingredients should go on just before serving. Enjoy!!



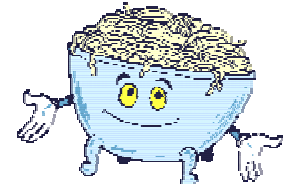
Submitted by Pauline Langmaid



Pasta with Asparagus and Peas



- 1 pound penne rigate
- 1 bunch asparagus, cut into 2-inch pieces
- 2 cups fresh shelled peas
- 1 clove garlic, minced
- 1/4 cup loosely packed, freshly grated Parmesan
- 1 teaspoon olive oil
- 2 tablespoons fresh, chopped oregano
- Salt and freshly ground black pepper



Place penne in a large pot of rapidly boiling, salted water. When pasta is about 2 minutes from being done, add the asparagus and peas and cook for 2 to 3 minutes or until the pasta and asparagus are cooked. Reserve 1 cup of cooking liquid. Drain pasta and return to the pot. Place the pot over low heat. To the pasta and veggies, add only as much water as is necessary to create a nice "sauce". Cook for 1 minute, stirring constantly. Remove from the heat and add the garlic, cheese, olive oil, and oregano and toss to combine. Taste and season with salt and pepper.



Submitted by Judy Hardy-Goddard

If you have a recipe you would like to add to our new Recipe Corner, please forward them to either Jhardygoddard@lisbonme.org or Rockport@midcoast.com.

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Pet sterilization offered to low-income Mainers

Animal advocates are lining up behind a new state effort to help low-income pet owners have their cats and dogs spayed or neutered. The program, to be launched next year, would be patterned after one that has been proved effective in New Hampshire. That program has reduced sharply the number of pets admitted to shelters and the numbers being euthanized.

The Maine program is supported by a new law funded by higher fees for dog licenses, which takes effect this fall.

Norma Worley, the new director of Maine's Animal Welfare Program, said the neutering effort will begin with \$100,000 set aside for funding in the first year. She hopes that will increase as the program continues.

The state's Animal Welfare Advisory Council, made up of representatives of a wide array of animal-related interests, including pet shops, animal shelters and animal advocacy groups, is drafting guidelines for the program.

They're considering how to determine eligibility, a reasonable co-payment by owners, and how much to reimburse veterinarians.

The state authorized the establishment of a low-income spay-neuter program several years ago, but the measure was not put into effect.

Worley, who began her job in January after a 21-year animal control career in California, said that "after working in this field for so many years, I knew and understood that spay-neuter is one of the most important parts of the puzzle to control pet population, reduce shelter intakes, and reduce complaints."

She worked with Spay Maine, a consortium of animal welfare advocates and groups dedicated to creating the program, to get the legislation passed. Gov. John Baldacci signed it in June.

"People, regardless of income, enjoy pets and want pets, but when it comes down to the choice of putting food on the table and taking the dog to be altered, the food is going to win out every time," she said.

The cost of sterilizing a dog or cat varies, but ranges from \$40 to \$120, depending on the age, sex and size of the animal.

In connection with the license fee increase, Worley plans to launch a state-wide education program this fall to get more dog owners to license their animals. She wants to create a program to allow owners to license their dogs online and to enlist the aid of vets in putting up posters and passing out fliers about the importance of licensing.



"You can't keep a good man down -- or an over affectionate dog."

--Anonymous "

October 15th
National Grouch Day
Simply acknowledges that grouchy people exist.



Don't take this
personally, but...
**Happy National
GrouCh Day!**

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Answers to the Name Game
Brenda Harrington
Jack Roberts
Patty Littlefield
Sue Charon
Nancy Sargent

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