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117 State House Station
Augusta, ME 04333-0117

Phone
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Fax: 207-626-4471

www.maine.gov/veterans

From the Director

I am honored to present the Maine Bureau of Veterans’ Services comprehensive Veteran Benefits and Resources Guide. Veterans who choose to call Maine home are incredibly fortunate to have access to a wealth of benefits and resources – and we are grateful for the opportunity to honor their service.

The State of Maine provides nearly 20 different programs for veterans, including property tax exemptions, free education for dependents of 100% permanent and totally disabled veterans, and complimentary hunting licenses. Throughout the state, close to 400 organizations have established programs to assist veterans and service members wishing to continue their education, increase employment opportunities, access health care, and enjoy Maine’s great outdoors.

Our hope is that this Guide will help you gain a full understanding of the benefits, services, and programs available to you whether you’re a veteran, advocate, family member, are currently serving, or are transitioning from the military. We hear so often that veterans are unsure of what Maine offers its military community, and as the leading public advocate for our veterans, we remain committed to meeting the individual needs of our service members. This Guide will undoubtedly serve as a valuable tool in helping our veterans access the benefits they have both earned and deserve.

Please know that no matter where you are in your transition – or how long you’ve been out of the service – the Bureau’s goal is to support you by being a one-stop resource for all of your information needs and to offer exceptional advocacy for Maine’s veterans. Our success is dependent on the incredible relationships we have fostered with our community partners, and we thank them for their continued support and dedication to our veteran population.

In addition to this Resource Guide, we encourage you to visit our website (www.maine.gov/veterans) to learn more about the services and programs available. As always, please do not hesitate to contact our office with any questions.

Thank you for your support. Thank you for your service.

With Gratitude,

David A. Richmond
Acting Director, Maine Bureau of Veterans’ Services
david.a.richmond@maine.gov
207-430-6035
State and Federal Benefits

Burial, Dependents & Survivors’ Benefits

Maine Veterans’ Cemetery System
Maine Bureau of Veterans’ Services
860-694-3475/3699
207-430-5959 (office)
207-430-3559 (fax)
207-430-4218 (fax)
michelle.1.indianett2@maine.gov

Survivor Outreach Services is a holistic and multi-agency approach to delivering services to military families in their home communities. Outreach coordinators will:

- Provide expertise on state and federal survivor benefits, as well as connections to other entitlements and local resources
- Arrange for estate and financial advice as needed
- Connect survivors with appropriate mental health support and counseling as requested
- Educate the military command, community social services, and support agencies of the needs of military survivors
- Family members who have lost a loved one in military service should contact the Coordinator for connections to resources and assistance.

Dependency and Indemnity Compensation (DIC) is a tax free monetary benefit paid to eligible survivors of military servicemembers who died in the line of duty or eligible survivors of veterans whose death resulted from a service-related injury or disease. In order to qualify for DIC, a surviving spouse must meet one or more of the following criteria:

Survivor Outreach Services

Survivor Outreach Services Support Coordinator
HCRI Contractor
ARMG Survivor Services Program
Camp Keyes
194 Winthrop Street, Bldg 47
Augusta, ME 04333
207-430-5959 (office)
207-430-3559 (fax)
207-430-4218 (fax)
michelle.1.indianett2@maine.gov

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Dependency and Indemnity Compensation (DIC) is a tax free monetary benefit paid to eligible survivors of military servicemembers who died in the line of duty or eligible survivors of veterans whose death resulted from a service-related injury or disease. In order to qualify for DIC, a surviving spouse must meet one or more of the following criteria:
Was married to a service member who died on active duty, active duty for training, or inactive duty training

• Validly married the veteran before January 1, 1957

• Married the veteran within 15 years of discharge from the period of military service in which the disease or injury that caused the veteran’s death began or was aggravated

• Was married to the veteran for at least one year

• Had a child with the veteran

• Cohabited with the veteran continuously until the veteran’s death or, if separated, was not at fault for the separation

• Is not currently remarried

To learn more about DIC and apply, please:

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

• Visit the Togus Regional Office

• Visit Veteran Service Center

• Building 248, 2nd Floor

• Complete an Application for Pension (VA Form 21P-534ez) and send to the regional Pension Management Center

Department of Veterans Affairs
Claims Intake Center
Attention: Philadelphia Pension Center
P.O. Box 5206
Janesville, WI 53547-5206
Fax: 1-844-655-1604

Survivors Pension

The Survivors Pension benefit, which may also be referred to as the Death Pension, is a tax-free monetary benefit payable to a low-income, unmarried surviving spouse and/or unmarried children(ren) of a deceased veteran with wartime service.

The deceased veteran must have met the following service requirements:

• For service on or before September 7, 1980, the veteran must have served at least 90 days of active military service, with at least one day during a wartime period.

• If he or she entered active duty after September 7, 1980, generally he or she must have served at least 24 months or the full period for which called or ordered to active duty with at least one day during a wartime period.

• Was discharged from service under other than dishonorable conditions.

While an unmarried spouse is eligible at any age, a child of a deceased wartime veteran must meet one of the following criteria:

• Under 18, OR

• Under age 23 if attending a VA-approved school, OR

• Permanently incapable of self support due to a disability before age 18

Eligibility is also established by the survivor’s family income, which must be less than the amount set by Congress to qualify for the Survivors Pension benefit.

To learn more about Survivors Pension and apply, please:

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

• Visit the Togus Regional Office

• Veteran Service Center

• Building 248, 2nd Floor

• Complete an Application for Pension (VA Form 21P-534ez) and send to the regional Pension Management Center

Sponsors may be admitted to a certificate, associate’s, bachelor’s or master’s degree program. Children may use the benefit for an associate’s or bachelor’s program and must enroll before the age of 23.

• Is a member of the Armed Forces on active duty who has been listed for more than 90 days as missing in action, captured or forcibly detained in the line of duty

Schools covered under this program are those in the University of Maine System, Maine Community College System, and Maine Maritime Academy. Sponsors may be admitted to a certificate, associate’s, bachelor’s or master’s degree program. Children may use the benefit for an associate’s or bachelor’s program and must enroll before the age of 23.

The program is administered by the Maine Bureau of Veterans’ Services. More information can be found by contacting the Bureau via the above information.

Free In-State College Tuition for National Guard

On June 25, 2018, Governor LePage signed into law, LD 1736, “An Act To Broaden Educational Opportunities to Members of the Maine National Guard and Provide Financial Assistance to Veterans.”

Current law provides a 100% tuition waiver for service members released from active duty on or after January 1, 2013; the ability to use GI Bill benefits at technical and vocational schools; and expanded eligibility and housing allowance support for reserve components, among others. The GI Bill provides up to 36 months of education benefits that covers the following programs, among others:

• Undergraduate and graduate degrees at institutions of higher learning

• Entrepreneurship training

• Independent and distance learning

• Vocational/technical training

• National testing reimbursement

Financial support provided by the program may also include:

• Monthly housing allowance

• Annual books and supplies stipend

• One-time rural benefit payment

The Montgomery GI Bill assists active duty and Reserve/Active Duty with the pursuit of higher education degrees, certificates, and other education and training. There are two components to the program:

Education

Veterans’ Dependents Educational Benefits Program

Maine Bureau of Veterans’ Services
117 State House Station
Augusta, ME 04330
207-407-6535 (phone)
207-626-4471 (fax)
mainebvs@maine.gov
www.maine.gov/veterans/benefits

The State of Maine Veterans Dependents Educational Benefits (VDEB) program provides a 100% waiver for tuition and all related fees for spouses and dependents of veterans who have lived in Maine for at least five years and have a service-connected 100% total and permanent VA disability, or who meet the following criteria:

• Was killed in action;

• Died from a service-connected disability as a result of service;

• At the time of death was totally and permanently disabled due to a service-connected disability, but whose death was not related to the service-connected disability;

• Is a member of the Armed Forces on active duty who has been listed for more than 90 days as missing in action, captured or forcibly detained in the line of duty

Schools covered under this program are those in the University of Maine System, Maine Community College System, and Maine Maritime Academy. Sponsors may be admitted to a certificate, associate’s, bachelor’s or master’s degree program. Children may use the benefit for an associate’s or bachelor’s program and must enroll before the age of 23.

The program is administered by the Maine Bureau of Veterans’ Services. More information can be found by contacting the Bureau via the above information.

Survivors and Dependents Educational Benefits

There are two main GI Bill programs offering education assistance to survivors and dependents of veterans:

• The Marine Gunnery Sergeant John David Fry Scholarship (Fry Scholarship) is available for children and spouses of servicemembers who died in the line of duty after September 10, 2001.

• The Survivors’ and Dependents’ Educational Assistance (DEA) Program offers education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service-related condition or of veterans who died while on active duty or as a result of a service-related condition.

Surviving family members may be eligible for more than one of these programs, but most survivors will be required to choose between the two. Both will cover education opportunities, such as:

• College, business, technical, or vocational programs

• Certification tests

• Apprenticeship and/or on-the-job training

• Tutorial assistance

• Work-study

Each program differs in how benefits are allocated (monthly payments made to student vs tuition reimbursement and stipends paid to schools) and the duration of benefits.

To learn more and apply, please:

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

• Visit the Togus Regional Office

• Veteran Service Center

• Building 248, 2nd Floor

• Apply online at ebenefits (www.ebenefits.va.gov/ebenefits/homepage)

Education and Training Programs from the VA

The VA offers multiple programs to advance the education and skills of veterans and service members. Some might find that they are eligible for more than one benefit or that the programs are more suited to their education and training goals than another. Spouses and family members may also be eligible for education and training assistance. In fact, 25 percent of these beneficiaries from the VA education programs are non-veterans. Among the programs offered by the VA are:

• The Post-9/11 GI Bill, or “Forever GI Bill” offers higher education and training benefits to veterans, service members, and their families who served after September 10, 2001.

• Traditional eligibility included individuals who after September 10, 2001 - had 90 days or more of active duty service; were honorably discharged veterans; or were honorably discharged veterans who were discharged with a service-connected disability after 30 days.

• In November 2017, the Harry W. Colmery Educational Assistance Act of 2017, otherwise known as the “Forever GI Bill,” expanded eligibility to Purple Heart recipients and Reservists ordered to active duty for medical care or a disability exam on or after September 11, 2001 (effective August 1, 2018).

• Other provisions included eliminating the 15-year limitation for using GI Bill benefits for service members released from active duty on or after January 1, 2013; the ability to use GI Bill benefits at technical and vocational schools; and expanded eligibility and housing allowance support for reserve components, among others. The GI Bill provides up to 36 months of education benefits that covers the following programs, among others:

• Undergraduate and graduate degrees at institutions of higher learning

• Entrepreneurship training

• Independent and distance learning

• Vocational/technical training

• National testing reimbursement

Financial support provided by the program may also include:

• Monthly housing allowance

• Annual books and supplies stipend

• One-time rural benefit payment

The Montgomery GI Bill assists active duty and Reserve/Active Duty with the pursuit of higher education degrees, certificates, and other education and training. There are two components to the program:
Financial Assistance for High School Students from the MSAA

High school students with a parent who has a 100% permanent and total VA disability rating may be eligible to receive $1,000 a month under Chapter 35 of the GI Bill. Students must be 18 to receive this assistance. For more information, please contact the MSAA.

Veterans Upward Bound
Please see Resources, page 33, 90

Employment

Veteran Assistance at Maine’s CareerCenter

As part of the U.S. Department of Labor’s Veterans’ Employment and Training Services program (VETS), each of the CareerCenter in Maine has a Disabled Veterans’ Outreach Program (DVOP) representative and a Local Veterans’ Employment Representative (LVER), who offer expert advice to veteran job seekers and spouses who need assistance finding employment.

Through the DVOP and LVER programs, veterans and eligible spouses are given priority for:

- Translating military skills to match civilian job descriptions
- Developing resumes
- Strategizing job searching techniques and resources
- Identifying training and educational opportunities
- Assistance with applying for funding for training

To find a CareerCenter near you, please visit: www.mainecareercenter.gov/employment/veterans.shtml

State of Maine Vocational Rehabilitation Services

Bureau of Rehabilitation Services
Administrative Office
150 State House Station
Augusta 04333-0150
207-623-8709 (ph)
207-287-5292 (fax)
www.maine.gov/rehab/dvr/vr.shtml

The Division of Vocational Rehabilitation, also known as “VR,” is a Department of Labor program that helps people who have disabilities find and keep a job. VR helps people who have physical, mental, or emotional disabilities. There is no charge for diagnostic services, vocational evaluation, counseling, or job placement assistance. A VR counselor will first help you explore possible career opportunities by helping you assess your interests and aptitudes. From there, a VR counselor will:

- Identify skills and training needed to prepare you for a new career
- Locate or develop specific training programs with special accommodations to meet your needs
- Purchase tools, uniforms, or basic equipment needed to either start a new job or keep an existing job. Occasionally, VR will also be able to help pay for some medical/psychological services.

To be eligible you must:

- Have a disability that keeps you from getting or keeping a job; and
- Need VR services to find or keep a job.

For VR, please call or visit one of the Bureau of Rehabilitation Services offices to request an application.

Maine’s Occupational Licensing Initiative

Since 2012, Maine’s Department of Professional and Financial Regulation (DPFR) has taken great strides to accelerate the licensing process for veterans in the state. Spearheaded by Commissioner Anne Head, with the support of Governor LePage, Maine’s Occupational Licensing Initiative allows the state’s top licensing agencies to expedite military experience towards civil servant and continuing education requirements, thereby allowing veterans to pursue civilian jobs and licenses without having to pay for duplicative and expensive training and certifications.

The initial focus of the Licensing Initiative allowed for quicker licensing for veterans with demonstrable military experience in the areas of:

- Boiler
- Electrical
- Fire
- Plumbing

In 2017, the Legislature passed LD 1592, “An Act to Remove Barriers to Professional Licensure for Veterans,” which allowed the DPFR discretionary authority to review and determine on a case-by-case basis the licensing eligibility for veterans. The law also granted the DPFR the ability to waive examination and license fees for veterans. Ultimately, this law grants the DPFR authority to make individual decisions for veterans who wish to apply relevant military experience to any number of civilian licenses.

For more information, please visit:
www.maine.gov/pfr/military.html

Troops to Teachers – Maine

Troops to Teachers
6490 Saufly Field Road
Peninsula, PA 15229
1-800-231-6242
www.proudsovereagain.com/States?state=Maine
www.facebook.com/ITC.DANTEs
www.milva.gov

Troops to Teachers was established in 1993 to assist transitioning service members and veterans in beginning new careers as K-12 school teachers in public, charter, and Bureau of Indian Affairs schools. The program provides counseling and referral services for participants to help them meet education and licensing requirements to teach and subsequently helps them secure a teaching position. Since 1993, more than 20,000 veterans have successfully transitioned to a career in education.

Every service member interested in a career in teaching will receive assistance to transition his or her leadership, training, and career values to teaching in K-12 schools.

VA Vocational Rehabilitation and Employment

VA Center
Augusta, ME 04330-8795
207-623-8411 (ph)
207-621-4867 (fax)
1-800-622-1000
www.vetrec.gov

Vocational Rehabilitation and Employment (VRE) is the VA program that assists veterans with service-connected disabilities to achieve employment or enhance their ability to function independently at home and in the community.

Eligible veterans must have a VA service-connected disability rating of at least 20 percent with an employment handicap, or be rated 10 percent with a serious employment handicap. Eligible veterans must be discharged under other than dishonorable conditions.

Depending on your needs and goals, VA services may include:

- A complete evaluation to determine your abilities, skills, and interests for employment
- Vocational counseling and rehabilitation planning for employment services
- Employment services such as job training, resume development, and other work-readiness support
- On the Job Training (OJT), apprenticeships, and non-paid work experiences
- Post-secondary training at a college, vocational, technical, or business school
- Supportive rehabilitation services including case management, counseling, and medical referrals
- Independent living services if you are unable to work due to the severity of your disabilities

Healthcare

Maine Veterans’ Homes – Eldercare, Nursing, Rehabilitative Services
Please see Resources, page 75, 85, 97, 114, 121, 127, 133

Women Veterans’ Clinic at Togus
Please see Resources, page 60, 115

VA Health Benefits

Veterans with active military service and an honorable discharge may be eligible for VA health care. Enrollment in VA health care provides comprehensive care and services designed to promote good health, preserve your current health, or restore you to better health. This includes treating illnesses and injuries, preventing future health problems, improving functional abilities and enhancing quality of life.
There are multiple ways to apply for VA health care. You can:

- Apply in person at Togus
- Visit any Maine Bureau of Veterans’ Services office (www.maine.gov/veterans)
- Call the VA at 1-877-222-8387
- Apply online at: https://www.vets.gov/healthcare/apply

The VA also offers health care programs specific to certain veteran populations, including:

**Veterans Exposed to Agent Orange**

Agent Orange Help Line: 1-800-749-8387

Visit www.publichealth.va.gov/exposures/agentorange

Veterans who were exposed to Agent Orange or other herbicides during military service may be eligible for a variety of VA benefits, including disability compensation for diseases associated with exposure. Their dependents and survivors also may be eligible for benefits.

“Agent Orange” refers to a blend of tactical herbicides the U.S. military sprayed in the jungles of Vietnam and around the Korean demilitarized zone to remove trees and dense tropical foliage that provided enemy cover. Veterans who have been exposed to Agent Orange include veterans who were in Vietnam, the Korean Demilitarized Zone, or Thai Air Force bases, who flew or worked on C-123 Aircraft, and those who served on ships and boats around Vietnam at the time of the war.
Community agencies, and substance abuse counseling. For referrals to
family counseling, health care, disability compensation, referrals to
Services for MST may include individual or group counseling, marital
Any veteran who was sexually traumatized while serving in the military
Togus, ME 04330
1VA Center
Military Sexual Trauma (MST) Services
Veterans or family members seeking help for PTSD are encouraged to
Many places within VA provide PTSD treatment, including VA Medical
for disability compensation and benefits. Veterans experiencing PTSD may also be eligible
difficulties, including divorce
The VA operates a National Center for PTSD dedicated to research and education on trauma and PTSD. The intent of the National Center is to assure that the latest research findings on PTSD help those exposed to trauma. The VA offers a range of counseling options and medications for the treatment of PTSD. Veterans experiencing PTSD may also be eligible for disability compensation and benefits.
Many places within VA provide PTSD treatment, including VA Medical Centers, Community Based Outpatient Clinics (CBOCs), and Vet Centers. Veterans or family members seeking help for PTSD are encouraged to contact the above clinical outpatient coordinator or:
• Call the Veterans Crisis Line: 1-800-273-8255, press 1; text 82825
• Call the Vet Center Call Center: 1-877-WAR-VETS (927-8387)
• Visit any of the Maine Bureau of Veterans’ Services offices (www.

Military Sexual Trauma (MST) Services
VA Center
Togus, ME 04330
Katherine Rosi, LCSW, C-LASWCM
Military Sexual Trauma Program Coordinator
207-623-0411, x4296
katherine.rosi@va.gov
Any veteran who was sexually traumatized while serving in the military is eligible to receive counseling regardless of gender or era of service. Medical services are also available at each VA Medical Center and can be accessed by contacting the Military Sexual Trauma Coordinator (or Women Veterans Program Manager). Assessment and referral for sexual trauma counseling are available at all Vet Centers. Services for MST may include individual or group counseling, marital and family counseling, health care, disability compensation, referrals to community agencies, and substance abuse counseling. For referrals to services, please contact the coordinator.

TRICARE
Wendy Moody, Transition Assistance Advisor
207-430-5778
wmoody.j.m02.y.ctr@mail.mil
Husuma Military
TRICARE East Region Contractor
1-800-444-5445
https://tricare.mil
TRICARE is the health care program for uniformed service members and their families, including active duty and retired members of the: U.S. Army; U.S. Air Force; U.S. Navy; U.S. Marine Corps; U.S. Coast Guard; the Commissioned Corps of the U.S. Public Health Service; and the Commissioned Corps of the National Oceanic and Atmospheric Association.
TRICARE provides comprehensive coverage to all beneficiaries, including:
• Health plans – TRICARE provides up to 11 plans, depending on the service member’s eligibility.
• Special programs – Beneficiaries may be eligible for supplemental programs to address needs related to cancer, autism, chiropractic, assistive technologies, and cutting-edge treatments for some conditions.
• Prescriptions – TRICARE covers most prescription drugs approved by the U.S. Food and Drug Administration (FDA). Prescription drugs may be available as part of any other plan, such as Medicare or commercial insurance.
• Dental Plans – Dental care required to address a medical condition, injury, or disease is covered by TRICARE as part of the medical benefit.
• Non-Medical care, such as preventive services, restorative services, and orthodontic services are provided as part of the following plans:
• TRICARE Active Duty Dental Program
• TRICARE Dental Program
• TRICARE Retiree Dental Program

Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)
VHA Office of Community Care
CHAMPVA
PO Box 469063
Denver, CO 80246-9063
1-800-733-8387
Follow the directions for submitting mail via IRS at https://irs.citi.com/applicant http://www.va.gov/purchasedcare/

CHAMPVA is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with beneficiaries. Due to the similarity between CHAMPVA and TRICARE, the two are often mistaken for each other. CHAMPVA is a national VA program while TRICARE is a regionally managed health care program that primarily serves active duty and retired members of the military and their families or survivors.

In some cases, a veteran may appear to be eligible for both or either program on paper. However, if you are a military retiree, or the spouse of a veteran who was killed in action, you are and will always be a TRICARE beneficiary and cannot choose between the two programs. Specifically, to be eligible for CHAMPVA, you cannot be eligible for TRICARE.

CHAMPVA provides coverage to the spouse or widow(er) of a deceased veteran.

TRICARE West Region Contractor
1-800-444-5445
https://tricare.mil

TRICARE North Region Contractor
1-800-733-8387
https://tricare.mil

TRICARE South Region Contractor
1-800-733-8387

TRICARE Pacific Region Contractor
1-800-733-8387

Housing
Avesta Housing – Thomas Heights
Opened in mid-December 2015, Thomas Heights was named in honor of Thomas Paeck, a veteran and advocate for people experiencing homelessness. Thomas Paeck, who became homeless for a time after serving in the U.S. Navy, has been a strong advocate for veterans and affordable housing in Portland for years.

Thomas Heights features 18 efficiency apartments targeted to veterans whose income is under 50% of the median area income. Located on a bus route at the base of Munjoy Hill, Thomas Heights’ 18 households enjoy views of Back Cove, as well as easy access to services, shops, restaurants, and Portland’s Old Port.

For more information and to apply for residency, please visit: http://thomasheights.avestahousing.org

Maine Housing - SaluteME Mortgage Program
MaineHousing offers qualified active duty, veterans, and retired military personnel a 0.25% discount on its already low First Home Loan 30-year fixed interest rate through the Salute ME and Salute Home Again programs.

In appreciation for the commitment and sacrifices made by Maine’s current and former military, MaineHousing wishes to provide the most affordable way for veterans to either buy their first home or return to home ownership.

To be eligible for the Salute ME or Salute Home Again program, applications require:
• Remain on active duty or have been honorably discharged from military service
• Served on active duty for 180 days or within a war zone. (National Guard members who meet this qualification are eligible.)
• Be a first-time homeowner or returning homeowner whose new home will be their primary residence

VA HA Loans
The VA helps service members, veterans, and eligible surviving spouses become homeowners. The VA will provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.

VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.

• Purchase Loans help you purchase a home at a competitive interest rate often without requiring a down payment or private mortgage insurance.
• Cash Out Refinance loans allow you to take cash out of your home equity to take care of concerns like paying off debt, funding school, or making home improvements.
• Interest Rate Reduction Refinance Loan (IRRRL) also called the Streamline Refinance Loan can help you lower your interest rate by refinancing your existing VA loan.
• Native American Direct Loan (NADL) Program: help eligible Native American veterans finance the purchase, construction, or improvement of homes on Federal Trust Land, or reduce the interest rate on a VA loan.
• Adapted Housing Grants: help veterans with a permanent and total service-connected disability purchase or build an adapted home or to modify an existing home to accommodate their disability.

Housing Grant programs to service members and veterans with certain permanent and total service-connected disabilities to help purchase or construct an adapted home, or modify an existing home to accommodate a disability.

Two grant programs exist: the Special Adapted Housing (SAH) grant and the Special Housing Adaptation (SHA) grant.
Specially Adapted Housing (SAH) Grant

SAH grants help veterans with certain service-connected disabilities adapt or purchase a home to accommodate the disability. You can use SAH grants in one of the following ways:

- Construct a specially adapted home to be acquired
- Build a home on land already owned if it is suitable for specially adapted housing
- Remodel an existing home if it can be made suitable for specially adapted housing

- Apply the grant against the unpaid principal mortgage balance of an adapted home already acquired without the assistance of a VA grant

Special Housing Adaptation (SHA) Grant

SHA grants help veterans with certain service-connected disabilities adapt or purchase a home to accommodate the disability. You can use SHA grants in one of the following ways:

- Adapt an existing home the veteran or a family member already owns in which the veteran lives
- Adapt a home the veteran or family member intends to purchase in which the veteran will live

- Help a veteran purchase a home already adapted in which the veteran will live

To apply for a grant, please contact a Specially Adapted Housing (SAH) staff member via email at sahinfo.vbaco@va.gov or by phone at 1-877-827-3702. You may also:

- Apply online via www.obenefits.va.gov
- Download VA Form 26-4555, Application in Acquiring Specially Adapted Housing or Special Home Adaptation Grant and mail it to:
  
  Cleveland Regional Loan Center
  U.S. Department of Veterans Affairs
  1240 East Ninth St.
  Cleveland, OH 44114

  • Call the VA toll free at 1-800-827-1000 for questions and to have a claim form mailed to you
  • Visit the VA regional office at Togus:
    1 VA Center
    Veteran Service Center
    Building 246, 2nd Floor
    Augusta, ME 04330

Veterans’ Mortgage Life Insurance

Veterans’ Mortgage Life Insurance (VMLI) is mortgage protection insurance that can help families of severely disabled service members or veterans pay off the home mortgage in the event of their death. VMLI provides up to $200,000 mortgage life insurance and is payable only to the mortgage holder (i.e., a bank or mortgage lender), not to a beneficiary.

- Received a Specially Adapted Housing (SAH) grant to help build, remodel, or purchase a home, AND
- Have the title to the home, AND
- Have a mortgage on the home

Veterans must apply for VMLI before their 70th birthday. Service members or veterans who receive a grant for the purchase of a Specially Adapted Housing (SAH) will be advised by Loan Guarantor personnel if they are also eligible for VMLI to cover the unpaid mortgage on their home. The SAH agent will also assist with the VMLI application.

Recreational Access & Privileges

Free Park Access for Maine’s Veterans and Active Duty Personnel

Maine Bureau of Veterans’ Services

117 State House Station
Augusta, ME 04333-0117
207-436-6035 (ph)
207-626-4471 (fax)
mainebvs@maine.gov

www.maine.gov/veterans/benefits/recreational-licenses/index.html

Maine offers several ways for veterans and service members to take advantage of the state’s many parks and beaches. The Maine Resident Free Lifetime Veteran Park Pass provides a day use pass to Maine’s state parks and historic sites to veterans who are residents of Maine and receive an honorable discharge or general discharge under honorable conditions. The Veteran Park Pass does not expire and is valid for the lifetime of the holder.

The park pass is valid for the veteran only and is limited to Maine state parks and historic sites operated by the Maine Department of Conservation. Passes are non-transferable and may not be used by anyone other than the veteran. Please note that Maine veterans age 65 or older will not be issued a park pass as they are automatically entitled to free admission as a Maine senior citizen.

The Maine Resident Day Use Park Pass for Active Military Personnel entitles the holder, the holder’s spouse and unmarried children (when accompanied by the holder), to free admission at Maine’s state parks and historic sites.

Eligible service members must have Maine as their home of residence and must be serving in an enlisted grade in the armed forces as defined in 10 United States Code, Section 101(a)(16). Passes are issued for a calendar year and may be renewed upon application and verification of continuing eligibility. Neither pass may be used at the following locations:

- Acadia National Park
- Baxter State Park
- Allagash Wilderness Waterway
- Penobscot Corridor
- Penobscot Narrows Observatory
- Maine Wildlife Park

Disabled Veterans’ Free Use of State Parks

100% disabled veterans, their spouses, and unmarried children are exempt from paying:

- Regular day use entrance fees to Maine’s state parks
- Shelter reservation fees
- Family camping and reservation fees
- Group camping and reservation fees (applicable to disabled veteran only)

To take advantage of this benefit, the veteran must display either the special disabled veteran plate or similar placards and must be present in the car. Any group members that are not spouses or unmarried children are subject to regular use fees. State parks dictate that no more than 6 individuals may be on a family site and that the disabled veteran must be present for the entire reservation.

More details about each of these benefits and applications for the veterans lifetime park pass and the active duty personnel pass may be found at the above link.

Disabled Veterans: Hunting and Fishing Licenses

Complimentary Licenses

Inland Fisheries and Wildlife

41 State House Station
Augusta, ME 04333
207-287-6000 (ph)
207-287-4094 (fax)
mainebvs@maine.gov

www.maine.gov/ifw/hunting-trapping/disabilities.html

A disabled veteran who has a service-connected disability evaluated at 50% or more may obtain a complimentary license to fish, trap, and hunt (including archery, mudshoel, crossbow). Maine’s complimentary hunting and fishing license extends to: migratory bird, pheasant, spring/late wild turkey, coyote night hunt, one expanded archery antlerless deer permit, one expanded archery antelope deer permit, and — upon meeting the qualifications — a license to guide.

This license is available to disabled veterans who are residents of Maine, New Hampshire, and Vermont.

Maine provides a $6,000 property tax exemption for veterans and some qualifying family members. Eligible veterans must meet one or more of the following criteria:

- Have served during a federally recognized war period
- Been awarded the Armed Forces Expeditionary Medal
- Served as a member of the American Merchant Marine in Oceangoing Service between December 7, 1941 and August 15, 1945
- Received an honorable or general under honorable conditions discharge
- Be at least 62 years old by April 1 of the year for which the exemption is requested
- Receive a pension or compensation from the federal government for total disability, either service- or non-service-connected
- Receive pension or compensation from the federal government for
total disability because of injury or disease incurred or aggravated during active duty

Qualifying family members may include a parent or guardian making a claim on behalf of a veteran child and unremarried spousal of deceased qualifying veterans. All applicants (veterans and family members) must be legal residents of Maine whose primary residence is in the municipality in which the exemption is being claimed. All claims must be made in writing with the assessor of the municipality in which the veteran or family member resides and must be made by April 1 of the first year they apply.

Qualifying veterans who are paraplegic are eligible for an exemption from municipal property tax for up to $50,000 for specially adapted housing in Qualifying veterans who are paraplegic are eligible for an exemption from municipal property tax for up to $50,000 for specially adapted housing in

Income Tax Exemption for Military Pensions

Maine Revenue Services
Income Tax Division
P.O. Box 1060
Augusta, ME 04332-1060
207-624-6475 (ph)
207-624-0994 (fax)
www.maine.gov/revenue/forms, and submit the worksheet with your income tax return to claim a Pension Income Deduction.

VA Compensation and Pension Programs

Disability Compensation

Disability compensation is a monthly tax-free benefit paid to veterans who are at least 10% disabled by injuries or diseases that were incurred in or aggravated during active duty, active duty for training, or inactive duty training. A disability can apply to physical conditions, such as chronic knee issues, as well as mental health conditions, such as posttraumatic stress disorder (PTSD).

The benefit amount is increased according to the degree of the veteran’s disability on a scale from 10% to 100% (in increments of 10%). Compensation may also be paid for disabilities that are considered related or secondary to disabilities occurring in service and for disabilities presumed to be related to circumstances of military service, even though they may arise after service. Generally, the percentage of disabilities and related payment amounts are also designed to compensate for lost work time due to exacerbations or illnesses.

Eligible veterans with dependents who are rated at 30% or greater may receive an additional allowance for dependents. Total disability compensation may be offset for veterans receiving military retirement pay, disability severance pay, or separation incentive payments.

Veterans wishing to apply for disability compensation must provide medical evidence of a current physical or mental disability and evidence of a connection between that disability and an injury, disease, or event in military service. Medical records or medical opinions are required to establish this relationship.

To apply for disability compensation, please:

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/ veterans)

• Visit the Togus Regional Office

1 VA Center
Veteran Service Center
Building 248, 2nd Floor

• Apply online using eBenefits (www.ebenefits.va.gov/ebenefits/ homepage)

Special Monthly Compensation

Special Monthly Compensation (SMC) is an additional tax-free benefit that can be paid to veterans, their spouses, surviving spouses and parents. For veterans, SMC is a higher rate of compensation paid due to special circumstances such as the need of aid and attendance by another person or a specific disability, such as loss of use of one hand or leg. For spouses and surviving spouses, this benefit is commonly referred to as aid and attendance and is paid based on the need of aid and attendance by another person. Eligibility for SMC includes:

• You require the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, adjusting prosthetic devices, or protecting yourself from the hazards of your daily environment.

• You are bedridden

• You are a patient in a nursing home due to mental or physical incapacity.

• Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less

To apply for SMC, please:

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

• Visit the Togus Regional Office

1 VA Center
Veteran Service Center
Building 248, 2nd Floor

To apply for SMC, please:

• Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less

VA Life Insurance Programs

The VA offers a variety of life insurance programs to provide the families of veterans and service members with financial security and peace of mind.

Servicemembers’ Group Life Insurance

Servicemembers’ Group Life Insurance (SGLI) is a program that provides low-cost, term life insurance coverage to eligible service members. Service members who qualify for SGLI are automatically enrolled and issued the maximum coverage. SGLI provides automatic life insurance coverage of $400,000 to service members upon enlistment. Members with SGLI also get automatic coverage for their dependent children and spouses.

Service members automatically enrolled in SGLI include:

• Active duty members of the Army, Navy, Air Force, Marines, or Coast Guard

• Commissioned members of the National Oceanic and Atmospheric Administration (NOAA) or the U.S. Public Health Service (USPHS)

• Cadets or midshipmen of the U.S. military academies

• Members, cadets, or midshipmen of the Reserve Officers Training Corps (ROTC) engaged in authorized training and practice cruises

• Members of the Ready Reserve or National Guard who are scheduled to perform at least 12 periods of inactive training per year

• Service members who volunteer for a mobilization category in the Individual Ready Reserve (IRR)

Family Servicemembers Group Life Insurance

Family Servicemembers Group Life Insurance (FSGLI) is a program that provides term life insurance coverage to the spouses and dependent children of servicemembers insured under SGLI. The service member pays the premium for spousal coverage. Dependent children are insured at no cost.

Spouses and dependent children of the following are eligible for FSGLI:

• Active duty service members covered by full-time SGLI and

• Members of the National Guard or Ready Reserve of a uniformed service covered by full-time SGLI.

Family coverage is available only to members insured under the SGLI program. If you are covered under full-time SGLI, you are eligible to insure your spouse, regardless of whether your spouse is on active duty, retired, or is a civilian. FSGLI provides up to a maximum of $100,000 of insurance coverage for spouses, not to exceed the service members’ SGLI coverage amount, and $10,000 for dependent children.

Family Servicemembers’ Group Life Insurance Traumatic Injury Protection

Servicemembers’ Group Life Insurance Traumatic Injury Protection

To apply for SMC, please:

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)

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• Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veterans)
To access SOES, sign into www.dmdc.osd.mil/milconnect and go to the following schedule:

- Service members may decline SGLI coverage, select a lesser amount than coverage using the SGLI Online Enrollment System (SOES).
- Through the SOES, please visit: www.benefits.va.gov/INSURANCE/tsgli-claim-questionnaire.asp to November 30, 2005, regardless of the geographic location where the injury or death occurred. For injuries sustained between October 7, 2001 and November 30, 2005, the deadline is August 21, 2017, and for those whose deaths occurred after November 30, 2005, the deadline is November 30, 2013.

**Service-Disabled Veterans Insurance**

The Service-Disabled Veterans Insurance (S-DVI) program was established in 1951 to meet the insurance needs of certain veterans with service-connected disabilities. S-DVI is available in a variety of permanent plans as well as term insurance. Policies are issued for a maximum face amount of $10,000.

Veterans can apply for S-DVI if they meet the following four criteria:

- Released from active duty under other than dishonorable conditions on or after April 25, 1951
- Rated for a service-connected disability (even if only 0%)
- Are in good health except for any service-connected conditions
- Apply within 2 years from the date VA grants your new service-connected disability

To apply for S-DVI or S-DVI, please:

- Apply through eBenefits (www.ebenefits.va.gov/ebenefitshomepage)
- Visit the Togus Regional Office
- Veteran Service Center
- Building 248, 2nd Floor
- Visit any Maine Bureau of Veterans’ Services offices (www.maine.gov/veteran)

**Veteran Identification**

**Military Discharge Requests**

Maine Bureau of Veterans’ Services
117 State House Station
Augusta, ME 04330

- 207-430-6365 (ph)
- 207-624-4471 (fax)

mainedv@maine.gov

www.maine.gov/veterans/docs/VIVS%20Request%20form.pdf

Copies of military discharges (DD214 form or equivalent) are often required as proof of service when applying for state and federal veteran benefits, as well as programs from local municipalities and discounts from retailers. Discharge documents may be requested by an individual to prove veteran status for benefits or by:

- Case managers or social workers helping a veteran access benefits
- Funeral homes coordinating burials for veterans
- Family members who wish to join a veteran service organization or to learn more about their family member’s military career

The Maine Bureau of Veterans’ Services has an archive of nearly 50,000 discharge records, which are available for free to veterans and eligible family members. If you are a veteran who entered the military from the Maine Bureau of Veterans’ Services may have a copy of your DD214 (or equivalent) on file. The application form to request a DD214 or other discharge paperwork may be found at the above link.

Typically, the Bureau will not have DD214s for current Maine residents who entered the military from another state. If the Bureau does not have your DD214, you may wish to request it from the following resources:

- The website of the National Association of State Directors of Veterans Affairs provides a listing of other states’ departments of veterans’ services. Contact the veterans’ services department of your home state to determine if they have your discharge records. (www.nasdva.us)
- The National Archives and Records Administration may also be able to assist in providing you with a copy from the National Personnel Records Center. Please visit their website at www.archives.gov/veterans/military-service-records and follow the instructions for completing a request.

**Maine’s Military Service Driver’s License Designation**

Bureau of Motor Vehicles
101 Hospital Street, Augusta, ME
207-624-4000 (ph)
207-624-9013 (fax)

www.maine.gov/tas/os/tdcl/licenses/veteran.html

Maine offers a military service designation on driver’s licenses that allows veterans and service members to prove military status for discounts at businesses and retail outlets. To obtain this designation, applicants must:

- Be currently serving in the United States Armed Forces and show military ID
- Provide a DD214 verifying that they had an honorable discharge from the United States military
- Provide a VA ID or service-connected disability ratings letter to verify honorable veteran status
Please visit the above website to find the closest ID card office. Veterans interested in obtaining an ID card must provide their VA ratings letter and a copy of the citation will serve as proof of eligibility.

Maine Veterans’ License Plates, Decals & Fee Exemptions

The Bureau of Motor Vehicles (BMV) provides fourteen different veteran plates and decals. Applications must provide their DD214 to prove veteran status, as well as their VA ratings letter to confirm their service-connected disability.

Veterans’ Decal Program

The Bureau of Motor Vehicles offers qualified veterans specialized decals for their veteran license plates to allow veterans to display a special symbol of their service to our country.

Eligible family members include:

- Widow or Widower
- Parents (includes stepparents, parents through adoption, and foster parents)
- Children (includes stepchildren and children through adoption)
- Brothers/sisters (includes half-brothers/sisters)
- Grandparents of those who died after March 28, 1973

Family members may also request a Gold Star Family License Wall Plate to be used for ceremonial, display purposes.

Gold Star Family License Plates

Maine Bureau of Veterans’ Services
117 State House Station
Augusta, ME 04333-0117
207-626-6035 (ph)
207-626-4473 (fax)

In 2011, Public Law Chapter 246 was enacted by the First Regular Session of the 125th Legislature which established the Gold Star Family License Plate. To be eligible for the plate, a family member must have received a Gold Star Lapel Button (purple background) from the casualty branch of service, or be eligible to receive a Gold Star Lapel Button from the federal government. The Gold Star Lapel Button signifies that the service member was killed-in-action or died in a combat theater of operations.

In 2015, the 127th Legislature enacted Public Law Chapter 17, which amended the laws governing the Gold Star Family Plate. Specifically, this law allows issuance of gold star family registration plates for family members, including grandparents, of a person who died while on active duty, but not in combat. This plate features the Gold Star on a gold background, versus the purple background for those killed in combat.

The 2015 law also authorizes the issuance of gold star family vanity registration plates that feature the “GS” classification and can be customized with up to five characters.

Eligible family members for a Gold Star Family License Plate (must be Maine residents) include:

- Widow or Widower
- Parents (includes stepparents, parents through adoption, and foster parents)
- Children (includes stepchildren and children through adoption)
- Brothers/sisters (includes half-brothers/sisters)
- Grandparents of those who died after March 28, 1973

Eligible family members for a Gold Star Family License Plate must be Maine residents and must provide a completed application, as well as a DD Form 1300, Casualty Report, or other official paperwork indicating death on active duty in support of a combat or non-combat operation, and proof of relationship which may be copies of birth, marriage, or baptismal certificates.

Applicants and more details regarding eligibility requirements may be found at the above link. Once eligibility has been verified, the Bureau of Veterans’ Services will coordinate with the Bureau of Motor Vehicles for the issuance of license plates. Only one license plate or set of plates will be issued per qualifying family member. The Gold Star Family License Plate may only be used on a car or pickup truck rated 6,000 lbs. or fewer.

Statewide Veterans’ Resources

Behavioral Health/Therapy/Counseling

Maine’s Vet Centers

The Vet Center Program, established by Congress in 1979, provides a personal, informal atmosphere in which to assist eligible veterans and their families. Eligibilities include veterans who have served in combat areas and any veterans who have experienced sexual trauma. In addition to individual counseling, we provide therapy and activity groups. Family members and significant others are also eligible for readjustment counseling when related to the resolution of the veteran’s readjustment issues. The Vet Center program also focuses on educating the public on the effects of military trauma and veteran issues.

Services Offered Include:

- Individual and group counseling
- Couple/marital/family counseling
- Sexual trauma/harassment counseling
- Bereavement counseling
- Substance abuse counseling
- VA information and assistance
- Outreach and education about veteran issues and services

Bangor Vet Center
Kirk Grant, LCSW, Director
615 Ditman Road
Bangor, ME 04401
County: Penobscot
207-947-3391
8:30 a.m. – 5:00 p.m.

Caribou Vet Center
Alexander Leger-Kelley, LCSW, CCS
456 York Street
Caribou, ME 04736
County: Aroostook
207-496-3900
8:30 a.m. – 5:00 p.m.

Lewiston Vet Center
Scott Arbasie-Reed, Vet Center Director
35 Westminster Street
Lewiston, ME 04240
County: Androscoggin
207-780-3584
8:30 a.m. – 5:00 p.m.

Portland Vet Center
Clifford Trust, MD, MPH, Director
475 Stevens Ave.
Portland, ME 04103
County: Cumberland
207-780-3584
8:30 a.m. – 5:00 p.m.

Dirigo Counseling Clinic, LLC
557 Hammond Street
Bangor, ME 04401
County: Penobscot
207-973-0595
dirigo.counseling@gmail.com

Dirigo Counseling Clinic in Bangor enthusiastically welcomes veterans with appreciation for their service. We are experienced in engaging techniques of assessment and therapy that are particularly appropriate for this population. We broadly rely on Cognitive Behavioral Therapy but each treatment plan is unique to every individual. Our providers specialize in mental health assessment and treatment, substance abuse assessment and treatment, and an Intensive Outpatient.

Maine Bureau of Veterans’ Services

The Bureau of Motor Vehicles (BMV) provides fourteen different veteran plates and decals which are registration fee or excise tax exempt. The plates range from a veteran plate available to all honorably discharged veterans, to custom plates for Purple Heart recipients and disabled veterans.

Applicants must provide their DD214 to prove veteran status, as well as their VA ratings letter to confirm their service-connected disability.

An honorably discharged veteran may obtain up to three sets of veterans’ plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is $5.00 per plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is $5.00 per plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is $5.00 per plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is $5.00 per plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is $5.00 per plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is $5.00 per.
The Maine CDC has awarded Health Affiliates Maine a suicide prevention grant to provide services to National Guard members (ending in July 2017). HAM is part of the Veteran’s Choice network, Tricare, and most all other insurances. HAM also provides tele-counseling services.

**Health Affiliates Maine - Administrative Office**

Health Affiliates Maine (HAM) is a mental health and substance abuse treatment agency with a network of hundreds of licensed clinicians in private practice offices statewide. We serve veterans, service members, National Guard and Reserve members, and their families. We believe that all individuals suffer from the impact of mental health and substance abuse at some time in their lives, and we are committed to reducing the stigma of seeking help. The Maine CDC has awarded Health Affiliates Maine with a suicide prevention grant to provide services to National Guard members (ending in July 2017). HAM is part of the Veteran’s Choice network, Tricare, and most all other insurances. HAM also provides tele-counseling services.

**Health Affiliates Maine - Auburn**

Luanne Rhoades, LCPC, LADC, CCS 85 Stone St. Augusta, ME 04330 County: Kennebec 207-886-4304 info@healthaffiliatesmaine.com www.healthaffiliatesmaine.com

**Health Affiliates Maine - Ellsworth**

Luanne Rhoades, LCPC, LADC, CCS 66 Main St. Ellsworth, ME 04605 County: Penobscot 207-344-2232 info@healthaffiliatesmaine.com www.healthaffiliatesmaine.com

**Health Affiliates Maine - Portland**

Luanne Rhoades, LCPC, LADC, CCS 63 Aisne St. Portland, ME 04101 County: Cumberland 207-886-4304 info@healthaffiliatesmaine.com www.healthaffiliatesmaine.com

**Integrity**


INTENSITY is a multifaceted 501 c3 Veteran and Social Service Organization that encompasses Advocacy, Assistance, Education, and Empowerment for Disabled Veterans and their families. We associate ourselves as being a “stop gap” entity that can operate in multiple areas. We specialize in helping veterans with Hidden Disabilities, Behavioral Issues, and MST, and are not limited by large teams, operational constraints, geographical borders, or legislative issues. Since our beginning in 2014, we have traveled across the country and helped over 30,000 veterans (with direct and indirect services) get over $4,000,000 in back benefits and over $22,000,000 in future healthcare services.

**Kennecott Behavioral Health**

Dennis Dix, Director, Access Center 66 Stone St. Augusta, ME 04330 County: Kennebec 207-873-2136 ddk@kbnmaine.org http://www.kbnmaine.org Kennecott Behavioral Health’s mission is to promote the well-being of persons who experience mental illness, emotional difficulties or behavioral challenges.

The agency provides a continuum of high quality, innovative, community-based prevention, education, treatment and rehabilitation services. KBH provides one of the most comprehensive community mental health centers in Maine. With 21 sites in central Maine—and programs reaching from Rockland to Lewiston—KBH offers more than a dozen programs and services.

**Maine Air National Guard Psychological Health Program**

Tracy Souza, LCSW 109 Pesch Circle, Suite 423 Bangor, ME 04401 County: Penobscot 207-406-7633 Tracy.souza@maine.gov

Hi, my name is Tracy Souza, LCSW and I am The Director of Psychological Health at the 101st Air Refueling Wing. The Psychological Health Program was started in 2010 and has developed into a trusting agent for service members. I wanted to tell you about the resources our program provides to the Veterans in our Military Community:

- Provides referrals and resources to service members, family, and veterans for Mental Health Services, financial resources, relationship guidance, Employment and Reintegration and many other life negotiating skills.
- Brief Solution Counseling in a confidential place to process concerns with guidance.
- Crisis intervention for service member, families and veterans.
- Educates community providers with collaboration of veteran resources.

And much more…

**Maine Army National Guard Psychological Health Program**

Carla Mouwatt, LCSW 194 Whitten St. Augusta, ME 04333 County: Kennebec 207-430-3576 carla.mouwatt.ctr@mail.mil

6:30 a.m. – 10:30 p.m. 24/7 for crisis emergencies

The purpose of the Psychological Health Program (PHP) for the Maine Army National Guard is to provide preventative, remedial, and support services aimed at improving and sustaining the psychological health of the military members and their families. As part of the office of the State Surgeon, the PHP focuses on outreach, education and prevention, needs-based and psychological assessment, diagnosis, short-term problem resolution, crisis intervention and management, and provision or referral to evidenced-based interventions.

**Sweetser**

Andrea Brevers 2 Pendleton Drive Saco, ME 04072 County: York 207-284-4000 SP4itter@sweetser.org

Sweetser’s Veterans Services include support and counseling for active duty military members, veterans and their family members. We have clinicians on-staff who are veterans. All of our clinicians offer confidential evaluations and treatment, and many are fully certified in behavioral health care for veterans. Our services support recovery, rehabilitation and community reintegration. In addition to offering services and resources to support the transition between military and civilian life, we support those who may be experiencing social and personal well-being issues associated with military service. Sweetser also provides help for the families of veterans and military personnel. If you or someone you know needs support related to military service, contact Sweetser’s Promises at 1-800-434-3000.

**Tide Meadow Counseling**

Elizabeth Bardwell - LCPC 1132 US Route 1 Yarmouth, ME 04099 County: York 207-452-5050 Elizabeth@TideMeadowCounseling.com

If you are seeking someone with the training and experience to listen carefully, to try to understand where you are in your life and to help you get to where you’d like to be, I’d be honored to be of assistance. My professional inclination is toward brief, solution-based therapy. A counselor does need to understand your past, but I tend not to focus too long on the past. I work on what’s achievable in the future. I can be very difficult for you and challenging to those around you to change the way we think or behave. Therapy is hard work. I am trained to work with children, teens, adults, couples, and families in a wide range of issues. As a Navy brat myself, I have a unique perspective on veteran issues and hope to especially to helpful to families.

**VA Recreation Therapy**

Liz Marrone, CTARTC, TRA 1 VA Dr. Augusta, ME 04333 County: Kennebec (207) 623-8411 Elizabeth.Marrone@va.gov

Recreation Therapy® also known as Therapeutic Recreation, is a health and human service discipline that delivers treatment services designed to restore, remediate and/or rehabilitate functional capabilities for individuals with injuries, chronic illnesses and all types of disabling conditions. Therapeutic Recreation embodies a definition of “health” which includes not only the absence of “sickness” but extends to the enhancement of physical, cognitive, emotional, social and leisure development so that individuals may participate fully and independently in chosen life pursuits. Therapeutic Recreation is extremely individualized, incorporating a Veteran’s past, present and future interests and lifestyle. By incorporating the Veteran’s needs, interests, family and/or community, the therapy process becomes meaningful and relevant. We leverage the concept of healthy living into treatment will ensure improved functioning, enhanced independence and successful involvement in all aspects of life. Recreation Therapy® Services at VA Maine Healthcare offers a variety of adaptive sports, senior sports, aquatic, horticulture, and creative arts interventions, in addition to intensive 11 and small group programs for our Veteran population.

**Tri-County Mental Health Services**

Jerry Dubitz
1155 Lisbon St., Post Office Box 208 Lewiston, ME 04240 County: Androscoggin 207-783-9141 jadubitz@tcms.org www.tcms.org www.facebook.com/tcms

Tri-County Mental Health Services provides trauma-informed, integrated services that promote whole health and wellness. We work to create healthy communities that are inclusive and respectful of all. We believe that all children, adults, and communities deserve to have access to the resources needed to achieve optimal health status in all realms of well-being. We provide behavioral health services, substance-use disorder treatment, outpatient counseling, services for children and families, and more. Our Veterans Outreach Specialist works with veterans and their families to help them access programs and services to which they are entitled. From housing to education to healthcare to discharge materials, our Veterans Outreach Specialist is available to work with you.

**Tri-County Mental Health Services**

844 High St.
Farmington, ME 04939 County: Franklin 207-778-3556

www.maine.gov/veterans www.maine.gov/veterans
Club, as well as a PATH Premier Accredited Center with a 19-year history.

Equestrian Center of Excellence Program, an accredited Paralympic Sport Department of Veterans Affairs. The Academy is an International Paralympic Sports-LLC

The Veterans Program provides services for veterans and their immediate families. Embrace A Vet is a 501(c)(3) non-profit organization established in 2012 to behalf of Veterans and others in “Need.”

Riding To The Top
Sarah Bronson, Executive Director 14 Lilac Dr. Windham, ME 04062 County: Cumberland 207-852-2813 info@ridingtothetop.org www.ridingtothetop.org

Embrace A Vet Deborah Farnham Past Office Box 516 Topsham, ME 04086 County: Cumberland 207-440-9149 info@embraceavet.org www.embraceavet.org www.facebook.com/EmbraceAVet

Embraces A Vet is a 501(c)3 non-profit organization established in 2012 to provide direct and supportive services to Maine veterans and their families living with Posttraumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI). Our programs include:

• Embrace, LLC
• Behaviorial Health, Equeine Therapy and Service Dogs

Carlisle Academy Sarah Ammentrost 65 Drew Avenue Lyman, ME 04002 County: York 207-985-0374 info@carlisleacademymaine.com www.carlisleacademymaine.com

www.facebook.com/Carlisle-Academy-Integrative-Equine-Therapy-Sports-LLC 9 a.m. – 5 p.m. Mon-Sat

Established in 1998, Carlisle Academy, located in Lyman, Maine, operates a continuum of integrated equine-sports, therapy, and wellness programs. The Veterans Program provides services for veterans and their immediate family members, giving those who have served and their loved ones an opportunity to learn or rediscover equestrian sports and successfully master a new skill, while providing a foundation for positive relationships and improved well-being. First piloted in the summer of 2008 under the PATH International (Professional Association of Therapeutic Horsemanship) Equestrian Services for Heroes Program to assist veterans in their recovery and reintegration back into their communities. Carlisle’s Veterans Program has now expanded into recreational and competitive sport programs in partnership with United States Equestrian Federation and the U.S. Department of Veterans Affairs. The Academy is an International Para-Equestrian Center of Excellence Program, an accredited Paralympic Sport Club, as well as a PATH Premier Accredited Center with a 19-year history.

Operation Veteran Wellness Rob Foley P.O. Box 524 Westbrook, ME 04098 County: Cumberland 207-409-5001 info@operationveteranwellness.org

Operation Veteran Wellness, directed by Rob Foley, former Navy SEAL offers a broad spectrum of resources and activities that tap into the Emotional, Spiritual, Environmental and Physical dimensions of wellness. Operation Veteran Wellness, is a wellness provider and resource connector giving Veterans the resources to create their own self-directed PATH leading to an evolved process of social well-being. Operation Veteran Wellness will assist you “The Veteran” in kick-starting your own personal “Journey-Full Circle” and eventually becoming a “Servent Leader” utilizing your own powerful story and Life Experiences on behalf of veterans and others in “Need.”

A sample of services include:
• Outdoor Veteran Camp
• Transcendental Meditation
• Equeine Join Up
• Yoga
• Training & Paid Mental Health Job Opportunities

Healing Through Horses 51 Meadow Lane New Gloucester, ME 04240 207-926-0014 (phone) 207-926-7139 (fax)

Healing and Wellness Retreats: multi-day residential retreats introducing alternative therapies such as acupuncture, massage, yoga, energy therapies, and meditation along with seasonal recreational activities such as a climbing wall, fishing, and light hiking.

Paws for Peace: joint veteran/service dog training offering healing via canine therapy

Caregiver Support Groups: community-based peer led groups All programs are offered at no cost to Maine veterans.

K9s on the Front Lines Hagen Blazey, President P.O. Box #823 Portland, ME 04104 County: Cumberland 855-957-4635 info@K9sOnTheFrontline.org www.K9sOnTheFrontline.org www.facebook.com/K9sOTFL

K9s on The Front Line’s team facilitates a unique program that routinely sees superior outcomes. Many of our staff have first-hand knowledge of the effects of PTSD and have experienced the intimate process of tailoring each dog to the individual needs. All our trainers are active or retired police K9 handlers with many years of real world experience, arguably the best K9 trainers available. Our team also provides medical oversight, outcome studies and a positive group dynamic essential to kick start the healing process.

Pets for Vets Stephanie Daigref 118 Calais Street Portland, ME 04102 County: Cumberland 207-857-8423 portland-me@petsforvets.com www.petsforvets.com/portland-mc/ www.facebook.com/PetsForVetsPortlandMaine twitter.com/PetsForVets207

Pets for Vets goal is to help heal the emotional wounds of military veterans by pairing them with a shelter dog that is specially selected to match his or her personality. Professional animal trainers rehabilitate the dogs and teach the good manners to fit into the veteran’s lifestyle. Training may also include desensitization to wheel chairs or crutches as well as recognizing panic or anxiety disorder behaviors. Needy shelter dogs receive a second chance at life while giving our returning troops a second chance at health and happiness. The bonds of friendship formed between man and animal have the power to ease the suffering of our troops when they return from overseas.

Salute of Service Maine Kathy NIch 3520 East Commercial Drive Sioux Falls, SD 57105 County: Walworth 605-323-4660 info@saluteofservicemain.org www.saluteofservicemain.org

Salute of Service is a small Maine based 501c3 non-profit organization that helps veterans train their own service dogs to assist them with their disabilities. Our training is provided free of charge to veterans. We serve veterans from any era, with any disability, and there is no requirement for the disability to be service connected. We have developed a very successful and rigorous owner based service dog training program. It is a three phase training program which takes approximately 4 to 6 months to complete. Salute of Service offers training classes in various locations around the state. All the veteran needs is a copy of DD214, a letter from any provider stating that the veteran has a disability and would benefit from the use of a service dog, and a copy of the dogs rabies certificate.

Suicide Awareness and Prevention


VA Maine Healthcare System – Mental Health Services 1 VA Center, Building 208, Room 114 Augusta, ME 04330 County: Kennebec 207-623-8411 Ext. 5516 maine.va.gov/services/mental_health.asp

NAMI Maine Jenna Melwert, Executive Director 1 Ranger Street Augusta, ME 04330 County: Kennebec 207-873-0666 1-888-568-1112 maine.nami.org www.namimaine.org

211 Maine Nikki Busmanis, 2-1-1 Maine Program Manager 105 Kennedy Memorial Drive Waterboro, ME 04081 County: Kennebec 207-873-0666 info@211maine.org www.211maine.org

www.maine.gov/veterans

www.maine.gov/veterans 23

22 www.maine.gov/veterans
area by dialing 2-1-1 and talking with a trained, Maine-based Specialist, by texting your zip code to 898-211, or by searching the online directory at www.211maine.org.

2-1-1 Specialists provide information and referrals to address issues including but not limited to:

- Basic needs (food, clothing, shelter)
- Substance use disorders
- Health care
- Financial assistance, and more

Every month thousands of people contact 2-1-1 Maine to find services for themselves or someone else. 2-1-1 Maine is a collaborative effort of the United Way of Maine, the State of Maine, and The Opportunity Alliance.

The Silhouette Project
Linda Lajoie, Founder
67 Cobbossee Avenue
Gardiner, ME 04345
County: Kennebec
207-346-1131
llajoie@yahoo.com
veterans@ourtropproject.com

Education
Academy of Medical Professions
18 Pleasant Street, Suite 210
Brunswick, ME 04011
County: Cumberland
207-721-0714
www.academyofmedicalprofessions.com
facebook.com/AcademyOfMedicalProfessions

Beal College
Tasha Sullivan, Admissions Representative
99 Farm Road
Bangor, ME 04401
County: Penobscot
207-947-0200
admissions@bealcollege.edu
www.bealcollege.edu

Real College, we build careers, one student at a time. We have offered training for today’s most in-demand careers, in the Central Maine region for over 125 years. Our convenient Mod System helps fit college classes into your busy lifestyle, with personal attention, in a small campus setting. Real College is dedicated to assist Veteran students and their families with their educational and vocational needs. Certifying Officials act as the link between our students and the Department of Veterans Affairs. We understand that the transition from military to college life can be difficult and are committed to providing the best possible care in appreciation for your sacrifice and service.

Birthwise Midwifery School
Elizabeth McKeen
24 South High Street
Brigantine, ME 04005
County: Cumberland
207-647-5968
info@birthwiseofmaine.org

At Real College, we build careers, one student at a time. We have offered training for today’s most in-demand careers, in the Central Maine region for over 125 years. Our convenient Mod System helps fit college classes into your busy lifestyle, with personal attention, in a small campus setting. Real College is dedicated to assist Veteran students and their families with their educational and vocational needs. Certifying Officials act as the link between our students and the Department of Veterans Affairs. We understand that the transition from military to college life can be difficult and are committed to providing the best possible care in appreciation for your sacrifice and service.

Bowdoin College
Martin A. Duncan ’97, Registrar
Brunswick, ME 04011
County: Cumberland
207-725-3797
martin-duncan@bowdoin.edu
www.bowdoin.edu

Bowdoin College has been educating leaders on the coast of Maine since the dawn of the American republic. Founded in 1794, Bowdoin today is a highly selective college of approximately 1,800 students from across America and around the world who are admitted for their accomplishments and promise without regard for their financial circumstances. The College offers bachelor of arts degrees in more than forty majors, including interdisciplinary programs. Approximately 45 percent of Bowdoin students receive need-based financial aid. Loans are not required, and the average financial aid grant is in excess of $40,000 a year. Bowdoin proudly supports veterans and their families by accepting GI Bill benefits.

Build Green Maine
Front Desk
29 Purple Heart Highway
Brooks, ME 04012
County: Waldo
855-924-5447
207-323-1974
info@buildgreenmaine.org
www.buildgreenmaine.org

Since 2007, Build Green Maine has been training professional energy auditors to conduct residential building assessments. In 2010, we began offering Building Performance Institute (BPI) certification trainings and in 2012 were proud to begin offering trainings to Maine’s veterans as part of their VA benefits. Regardless of their certification (BPI, ES, MBRA, HEE, E2, QOC or GA) our students go on to significantly reduce energy consumption, utility bills and greenhouse gas emissions for homeowners and commercial enterprises alike. Build Green Maine taps the ethic of service and connects it with tangibly improving the day to day life of Maine residents and businesses.

Capilo Institute
Sabrina Corc, Office Administrator/SCO
38 Bridge Street
Augusta, ME 04330
County: Kennebec
207-621-9941
info@capilo.com

Aveda Institute Maine a Capilo School is located in Central Maine and offers a 1500 hour cosmetology program, 800 hour limited barber program, 600 hour esthetician program and a 200 hour nail technician program. Our spacious 30,000 square foot facility provides the ultimate learning environment for our staff and students and contains the latest on-line tools to assist our students in achieving their educational goals. As part of a global network of Aveda schools, our highly trained staff assist veterans and their family members to become successful professionals dedicated to providing the highest quality of hair care and services to their future clientele.

Center for Furniture Craftsmanship
Dorrie Butterfield High, Student Services Manager
25 Mill Street
Rockport, ME 04856
County: Knox
207-594-5151
www.woodschool.org

The mission of the Center for Furniture Craftsmanship is to provide the best possible education for people who want to design and build functional, beautiful, and expressive wood work out of wood to the highest standard of craftsmanship. At the heart of the Center’s mission is the belief that design and craftsmanship are deeply meaningful expressions of the human spirit. They contribute to individual fulfillment and inform the larger culture.

Our programs are for novice, intermediate, and advanced woodworkers who seek an inspiring learning experience in a supportive environment.

Central Maine Community College
John Bowis
1250 Turner St.
Auburn, ME 04210
County: Androscoggin
207-755-5328
fax@cmcc.edu

Our Financial Aid Office is responsible for certifying with the VA any students who are receiving veteran education benefits such as the GI Bill, Vocational Rehabilitation, or Dependent Education Assistance. Students should contact the school certifying official in the Financial Aid Office with any questions about applying for benefits, submission of documents, or about the VA programs.

Colby College
Jill A. Pierce, Associate Director of New Student Aid
4000 Mayflower Hill
Waterville, ME 04901
County: Kennebec
207-853-4807
japierce@colby.edu
www.colby.edu

College of the Atlantic
Judy Allen
105 Eden Street
Bar Harbor, ME 04609
County: Hancock
207-526-0235
inquiry@coa.edu
www.coa.edu/admissions

College of the Atlantic is a small liberal arts college of approximately 350 students, located on the coast of Frenchman Bay and next door to Acadia National Park. All COA students design their own program of study in human ecology, the relationship between humans and their natural, social, and built environments. The COA curriculum spans the arts, sciences, humanities, and social sciences, and focuses on complex, real-world environmental, social, and political issues. With a 10:1 student to faculty ratio, experiential courses, extensive fieldwork and research opportunities, and a required internship and capstone senior project, a COA education is designed to prepare students for careers and graduate study in an array of fields. The campus includes two organic farms and two offshore island research
Education, and for personal growth. Open to a holistic philosophy, DSM therapeutic massage for an entry-level professional career, for continuing training individuals in the professional health career field of Massage. The Downeast School of Massage was established in 1981 for the purpose to provide the highest quality education to individuals enrolled in our courses. The opportunity to sharpen their skills and improve their performance from over 40 years. Denver School of Massage Emily Waltz DSM, Director of Admissions 99 Morse Meadow Lane Waldoboro, ME 04572 County: Lincoln 207-354-5531 denvermassageschool@gmail.com www.denverschoolmassageschool.net www.facebook.com/DenverSchoolOfMassage 9:00 a.m. – 5:00 p.m.
The Denver School of Massage was established in 1981 for the purpose of training individuals in the professional health care field of Massage Therapy. The mission of DSM is to train individuals in the art and science of therapeutic massage for an entry-level professional career, for continuing education, and for personal growth. Open to a holistic philosophy, DSM provides a wide variety of traditional and alternative subjects, giving the students a firm foundation for growth and gaining skills necessary for practicing massage in a caring, competent manner. Our goal is to endeavor to provide the highest quality education to individuals enrolled in our program. DSM encourages each student to investigate personal growth physically, emotionally, spiritually, and intellectually in a friendly, supportive, country environment.

Eastern Aroostook Adult & Community Education
75 Bennett Drive Caribou, ME 04736 County: Aroostook 207-433-4272 (phone) 207-493-4255 damacalson@ata39.org www.r29.maineadulted.org

Eastern Maine Community College
Lake Bailey and Cardiac Ward 354 Hogan Rd. Bangor, ME 04401 County: Penobscot 207-974-4625 www.emcc.edu

Eastern Maine Community College is proud to serve those who have served our country. We are here to assist veterans, spouses and dependents of veterans access the resources that are available to help them in order to make the educational transition process as easy as possible. We are approved by the Veterans Administration for the training of eligible veterans, their spouses and dependents. We encourage you to apply for admission to the College and meet with our special-stoled School Certifying Official. This individual assists veterans by coordinating veterans education benefits programs and by certifying student enrollment with the Veterans Administration.

Empire Beauty School - Bangor
Bethany Mageau 639 Broadway Bangor, ME 04401 County: Penobscot 207-942-0039 bmageau@empire.edu www.empexplo.com

Empire Beauty School, centrally located to both downtown Bangor and surrounding towns, is a large campus with a full-service student salon. Offering hands on cosmetology education in a salon-centric setting, senior level students gain experience with real clientele. Empire Beauty School is a Veteran approved school. Along with preparing students for licensure in the Cosmetology industry, Empire Beauty School also provides students with business building techniques. With a 25:1 faculty to student ratio Empire offers knowledgeable educators who are there to support you, emphasize a real-world salon atmosphere, and hands-on approach to learning.

If you are ready to take the next step for your success, contact us today.

New England Bible College and Grace Evangelical Seminary
502 Odlin Road Bangor, Maine 04401 207-947-1665 info@nebc.edu www.nebc.edu

New England Bible College A Grace Evangelical Seminary offers its students quality higher education in a faith-filled Christian context at a price they can afford. In a time of impersonal online courses, NEBC/Grace Evangelical gives students the opportunity to learn face-to-face from biblical and theological scholars and practicing pastors. In a time of ever-increasing student debt, NEBC/Grace Evangelical keeps tuition costs consistently lower than other colleges and universities. And NEBC/Grace is adaptable to your students’ needs.

Helping Hands Trade School
Kim Cranley 419 China Road Winslow, ME 04901 County: Kennebec 207-872-9079 helpinghands@gl.netwww.helpinghandstradeschool.com

Helping Hands Trade School is a post-secondary educational institution that has been training students in medical careers since 1994. With specialized training for “Jobs with a Future”, Helping Hands Trade School puts the training emphasis on providing educational opportunities in career positions determined by both the State of Maine and the U.S. Department of Labor to be increasing in demand for the future. The classroom experience is held at our Winslow, ME location with hands-on training available throughout the Central Maine area with our medical partners in Long Term Care facilities, Medical Labs, Doctor and Dental offices and associated Hospital settings.

Husson University
Delanie Leighton 1 College Circle Bangor, ME 04401 County: Penobscot 207-941-1034 leighton@husson.edu www.husson.edu/admissions/veterans www.facebook.com/Husson/ twitter.com/husson/ husson-us Instagram.com/husson 8:00 a.m. – 4:30 p.m.

Husson University, in the heart of Maine, close to mountains, forests, streams and the shore. A safe, active campus with 21 NCAA DIII athletic teams. Husson is a university of choice for premier professional programs where students succeed, experiential learning is championed, and global engagement is emphasized. Husson has been designated a Military Friendly® School by Victory Media for eight consecutive years. Husson inspires and prepares students for careers in current and emerging fields on campus and online. With a 15:1 faculty to student ratio Husson offers knowledgeable faculty who have time for you, emphasize a real-world, hands-on approach to learning, and internship opportunities needed for professional success.

Purdue University Global
Colleen Ruggelo, Business Development Manager 207-523-9528 croggele@purdueglobal.edu www.purdueglobal.edu https://facebook.com/PurdueUniversityGlobal

Purdue University Global is an institution of higher learning dedicated to providing innovative undergraduate, graduate, and continuing professional education. Our programs foster student learning with opportunities to launch, enhance, or change careers in today’s diverse global society. The University is committed to general education, a student-centered service and support approach, and applied scholarship in a practical environment. Purdue University Global not only offers online programs, but campus-based, and blended programs in fields such as social and behavioral sciences, business, criminal justice, education, health sciences, information systems and technology, legal studies, and nursing. Students can earn associate’s, bachelor’s, and master’s degrees as well as certificates and diplomas.

Purdue University Global

Purdue University Global
265 Western Ave. South Portland, ME 04101 County: Cumberland 207-774-4726 aynethad@purdueglobal.edu www.KUMaine.com www.facebook.com/KaplanSouthPortlandCampus

Kennebec Valley Community College
Dr. Karlann Howard, Director of Financial Aid, School Certifying Official for Veterans Education Benefits 92 Western Ave Fairfield, ME 04937 County: Somerset 207-653-5150 khoaward@kvcc.me.edu www.KVCC.comwww.KaplanSouthPortlandCampus

Kennebec Valley Community College provides high-quality education ensuring that our graduates acquire the skills necessary to secure a satisfying profession, engage successfully in further study, or simply find joy in learning. With 36 degrees and certificate programs, Kennebec Valley offers a dynamic education relevant to all aspects of Maine’s labor market, with a consistently high job-placement rate and clear pathways for transfer to four-year institutions. The Aspin Institute has ranked KVCC among the top 120 community colleges in the United States three years in a row. The faculty and staff of Kennebec Valley are focused on student success. Classes and support services are designed to help veteran students meet their academic, professional, and personal objectives.
Landing School of Boatbuilding Design

Abigail Johnson-Rusczanski, Recruitment Manager
286 River Road
Arundel, ME 04046
County: York
207-875-7776
arscansky@landingschool.edu
www.facebook.com/LandingSchool

The Landing School effectively prepares men and women for careers in the maritime industry as professional designers, builders and systems technicians who work professionally on today’s vessels, adapting to the industry’s evolving technology and appreciating the traditions of the past while imagining and building the boats of the future.

Lewiston Adult Ed

Mike Reagan, Community Education and Marketing Coordinator
156 East Ave.
Lewiston, ME 04240
County: Androscoggin
207-751-4112
lewiston.maineadulted.org
www.facebook.com/LewistonAdultEducation

Maine College of Art

Certifying Official: Anne E. Dennison
522 Congress St
Portland, ME 04101
County: Cumberland
207-775-3052
dennison@meca.edu
www.meca.edu

We realize that the transition from military to civilian and academic life can be challenging. To help with the transition, we provide services and support through the academic career of our veteran students, as well as all veteran students receive the benefits and campus and community resources. Our commitment is to provide comprehensive and personalized services within the unique community that facilitates the students social and academic integration. From admission to achieving academic and professional goals— it’s about your success.

Maine Conservation Corps

Sara Knowles, Program Coordinator
54 Independence Drive
Augusta, ME 04333
County: Kennebec
207-622-6085
corps.conservation@maine.gov
www.mainegov/parks/get_involved/conservation_corps
www.facebook.com/MaineConservationCorps
7:30 a.m. – 4:00 p.m.

The Maine Conservation Corps (MCC) provides community service opportunities and career training. MCC members serve Maine’s communities, participate in the AmeriCorps program, and gain hands-on experience. MCC is dedicated to accomplishing outdoor recreation and conservation projects for the public, promoting and managing volunteer opportunities, providing conservation education, building self-esteem and leadership, and strengthening the future employability of members, while raising the aspirations of members and volunteers. The MCC actively seeks the engagement of military service members and veterans. Participants enrolled in long-term MCC training programs are eligible for GI Bill benefits. Come build great things, with great people.

Maine Criminal Justice Academy

15 Oak Grove Road
Vassalboro, ME 04989
County: Kennebec
207-877-8000
www.maine.gov/ocja/indyx.shtml

The Maine Criminal Justice Academy is the primary law enforcement and corrections training facility in Maine. The Academy training provides basic and in-service training for all law enforcement and correction officer in the State of Maine which is required training to be licensed to work in those professions. Our training model combines a variety of subject matter experts in our programs that allow individuals enrolled at our facility to have the most current instruction and hands on training available. Several of our programs have been approved through the GI Bill and the staff at the Academy work to assist our veterans in transitioning to the law enforcement and corrections professions. If you’re interested in the Academies offerings.

Maine Instrument Flight

215 Wharf Street
Augusta, ME 04330
County: Kennebec
207-622-1212
www.maineflightinstitute.com

Maine Instrument Flight is one of the largest flight schools in New England and one of the oldest civilian flight schools in the country. You’ll receive high quality, professional training with a diverse fleet of aircraft and instructors. You can earn a B.S. in Aviation with UMA while training to become a FAA certified commercial pilot with Maine Instrument Flight.

Maine Maritime Academy

Laura Nason
1 Pleasant St.
Castine, ME 04420
County: Hancock
207-326-4311
www.mma.edu

7:30 a.m. – 4:00 p.m.

Maine Maritime Academy welcomes all veterans–active and reserve–to learn to become seafarers. Many of those looking for a career in the maritime industry are transitioning from military life to an academic career. Our programs can be challenging. Faculty, staff and other veterans on campus encourage and support all students in their efforts to succeed, both academically and socially. Laura Nason-Moore, the certifying official, and other staff are available to assist with using VA benefits at Maine Maritime Academy.

Maine Media College

Kerry L. Curran, Director of Student Services
70 Camden St.
Rockport, ME 04855
County: Knox
207-236-6811
kcurran@mainemedia.edu
https://www.facebook.com/mainemedia

Maine Media Workshops + College educates and inspires visual artists and storytellers. The school delivers degree and certificate programs, workshops, internships, and cooperative labs geared to students pursuing creative work in fine arts and media-related professions. MM+VC is a welcoming community that provides lifetime opportunities to explore the practice and concepts of media arts in photography, filmmaking, design and book arts as well as the converging applications of these dynamic media forms. MM+VC embraces historical practices as well as leading-edge technologies in image-making and narrative expression. MM+VC is committed to fostering creativity, culture, and human communication in the world.

Maine State Approving Agency for Veterans Education

194 Wharf Street
Augusta, ME 04330
County: Kennebec
207-562-2710
hopej@husson.edu
www.husson.edu/messa
www.facebook.com/MESCom

The primary mission of the Maine State Approving Agency for Veterans Education Programs is to ensure the quality and integrity of programs of education and training for the use of GI Bill Benefits. We do this through the approval of education and training programs for the use of GI Bill benefits. We serve those programs in the State of Maine, the Fredericton region of New Brunswick, and the Talbot region of Nova Scotia.

Merrymeeting Adult Ed

Dann Wheeler, Project Coordinator
55 Republic Street
Topsham, ME 04086
County: Sagadahoc
207-229-3732
wheelerd@blinks75.org
www.merrymeeting.org
9:00am - 9:00pm Monday through Thursday
9:00am - 3:00pm Friday
Closed Holidays

Merrymeeting Adult Ed offers academic programming to assist people in completing their high school credential, and college preparatory courses to support individuals who would like to go to college and need to increase their Accuplacer test scores. A variety of schedules are offered to accommodate busy student work schedules and home lives. In addition to these opportunities, workplace certificate coursework is available in the booming medical field in classes such as Certified Nursing Assistant, Phlebotomy, and Medical Assistant and others. Other pathways students may pursue to meet their career goals are HVAC, Bus Driver training, Computer Skills Certificates, and CDL (Commercial Driver’s License).

Mid-Coast School of Technology

Jeffrey Hope, MA, Journalism Program Coordinator and Instructor
One College Circle
Bangor, ME 04401
County: Penobscot
207-973-1092
hopej@husson.edu
www.husson.edu/messa
www.facebook.com/MESCom

The New England School of Communications (MESCom) is part of Husson University. (See Husson for more information on programs for Veterans.) MESCom offers undergraduate degrees in audio engineering, live sound technology, video production, entertainment production, radio broadcasting, marketing, sports journalism and journalism. The journalism program has developed a class involving military history, veterans and journalism. The current version is called The Vietnam War: Journalism and Oral History Project. In the first two sections of the class students learn about the war and oral history techniques. The class culminates with an interview with a veteran following the rules of oral history and the Library of Congress, which accepts the interviews as part of its Veterans History Project archive.

New England School of Metalwork

7 Abbotson Way
Auburn, ME 04210
County: Androscoggin
207-777-3375
dglasser@newenglandschoolofmetalwork.com
www.newenglandschoolofmetalwork.com
www.midcoastadulted.com

A nonprofit educational facility to promote and strengthen Blacksmithing, Blacksmithing and hobby or industrial welding skills. Currently with three buildings each dedicated to its trade where every student is provided with their own work station and low student/instructor ratio of 8:1. We run all year, offering over 75 courses per year with nearly 80 percent of them being approved for VA benefits. Students choose and build their own curriculum. We provide courses for every skill level and in many topics. Students can train for the workforce or hobby interest. All students receive a certificate of completion or my opt to take certification tests. All are welcome.

New England School of Workforce Development

www.maine.gov/veterans

29
Thomas College
Kelsey Bragdon, Assistant Registrar and School Certifying Official
180 West River Road
Waterville, ME 04901
County: Kennebec
207-831-1423
regact@thomas.edu
www.thomas.edu/admissions/tuition-and-fees/military-veterans

Thomas College recognizes the motivation of this group to succeed academically and invites veterans of the U.S. Armed Forces to apply for admission within the guidelines stated for non-traditional students. Additionally, the College is a member of ConVal, the Concurrent Admissions Program with the Army Recruiting Command. This program admits eligible Army enlistees to Thomas College concurrent with their enlistment. Matriculation to the College will follow directly after the enlistee leaves active duty. Thomas College generally follows the recommendations of the American Council on Education for the granting of educational credit for such courses. Students wishing evaluation of their learning experiences during military service are encouraged to submit DD Form 295 or an AARTS Transcript to the Office of Admissions. Please contact your branch’s local recruiter for more details.

University of Maine - Augusta
46 University Drive
Augusta, ME 04330
County: Kennebec
800-UMA-1234
www.uma.edu

Since our founding in 1965 when a simple “Welcome Veterans” sign encouraged Vietnam-era Veterans to enroll, UMA has continued a rich tradition of supporting military-experienced students. UMA is the third largest public university in Maine. In addition to its main campus in the state’s capital, UMA also serves students at its campus in Bangor (UMA Bangor) and through University College centers around the state. With its multiple locations and long-term expertise in online and distance learning, UMA is generally considered the university of choice for people of all ages who want to attend college without uprooting their lives.

Our School Certifying Official is located in the Office of the Registrar in the Randall Student Center on the Augusta campus. There are Veteran Centers on both the Augusta and Bangor campus.

UMA Ellsworth Center
Mill Mall
248 State St., Suite 1
Ellsworth, ME 04605
(207) 667-3897
uma.edu/ellsworth

UMA Houlton Center
18 Military Street
Houlton, ME 04940
(207) 521-3100
uma.edu/houlton

UMA Rockland Center
Breakwater Building
91 Camden Street, Suite 402
Rockland, ME 04841
(207) 596-4906
uma.edu/rockland

UMA Rumford Center
60 Lowell Street
Rumford, ME 04276
(207) 364-7882
uma.edu/rumford

UMA Saco Center
4 Scammell Street, Suite 18
Saco, ME 04072
(207) 224-4111
uma.edu/saco

UMA South Paris Center
The Education Exhibition Hall
232 Main Street
South Paris, ME 04281
(207) 743-9322
uma.edu/south-paris

UMA Lewiston Site
51 Westminster Street
Lewiston, ME 04404
(207) 753-6600
uma.edu/lewenston

University of Maine - Bangor
1 University Drive
Bangor, ME 04401
County: Penobscot
877-UMA-1234
umaadm@maine.edu

Since our founding in 1965 when a simple “Welcome Veterans” sign encouraged Vietnam-era Veterans to enroll, UMA has continued a rich tradition of supporting military-experienced students. UMA is the third largest public university in Maine. In addition to its main campus in the state’s capital, UMA also serves students at its campus in Bangor (UMA Bangor) and through University College centers around the state. With its multiple locations and long-term expertise in online and distance learning, UMA is generally considered the university of choice for people of all ages who want to attend college without uprooting their lives.

Our School Certifying Official is located in the Office of the Registrar in the Randall Student Center on the Augusta campus. There are Veteran Centers on both the Augusta and Bangor campus.

University of Maine at Farmington
Susan Enman, Administrative Specialist & School Certifying Official
224 Main Street
Farmington, ME 04938
County: Franklin
207-778-7243
enman@maine.edu
www2.umf.maine.edu/merrillcenter/veteran-services

The University of Maine at Farmington is dedicated to assisting military veterans and their families navigate the process of enrolling at UMF, with the ultimate goal of obtaining a degree. We have a one-stop service center where we provide prompt and accurate customer service to assist veterans and their dependents with:

• Applying for educational benefits
• Helping veterans access benefits, services and programs that are available to them
• Acting as a liaison between the Veteran Regional Office in Buffalo with any questions or concerns
• Certifying attendance to activate benefits – notifying the VA of any academic changes
• Answering questions regarding benefits, university policies, graduation requirements and any academic or financial concerns

University of Maine at Fort Kent
23 University Drive
Fort Kent, ME 04743
207-834-7823
umfortk@maine.edu
www.umf.maine.edu/admissions/military

University of Maine at Machias
115 O’Brien Avenue
Machias, ME 04654
207-255-1200
machiavets@machsia.acadcalc/services/students-office/veterans-services

University of Maine at Presque Isle
Nola Belanger, Chief Veteran Services Officer
319 Even Street
Presque Isle, ME 04769
207-768-9540
belanger@maine.edu
www.umpi.edu/admissions/how-to-apply/#veteran

UMPI welcomes the application of military personnel and veterans of the armed forces as well as their spouses and dependents. In considering applicants, it is the policy of the University to recognize the advantages of the training and maturing aspects of the military. UMPI is an authorized institution for use of the Veterans Education Assistance Program benefits.

University of Southern Maine
Lorrie Spaulding, Veterans Services Coordinator
235 Luther Bonney Hall
Portland, ME 04101
County: Cumberland
207-780-4826
lorraine.spaulding@maine.edu
www.usm.maine.edu/veterans

The University of Southern Maine’s Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who engages in ongoing outreach. USM’s VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

University of Southern Maine - Gorham
Lorrie Spaulding, Veterans Services Coordinator
37 Colby Ave. Gorham, ME 04040
 County: Cumberland
207-780-4826
lorraine.spaulding@maine.edu
http://usm.maine.edu/veterans
www.facebook.com/USM VetServices

University of Southern Maine - Lewiston
Lorrie Spaulding, Veterans Services Coordinator
35 Westminster St.
Lewiston, ME 04404
County: Androscoggin
207-780-5232
lorraine.spaulding@maine.edu
usm.maine.edu/veterans
www.facebook.com/USM VetServices

University of Maine of Law School
Dudrée M. Smith
59 Exeter Street
(Mailing Address: 246 Deering Avenue)
Portland, ME 04102
County: Cumberland
207-780-4370

www.usm.maine.edu/veterans
www.facebook.com/usmVetsCLUB

University of Maine at Farmington
Susan Enman, Administrative Specialist & School Certifying Official
224 Main Street
Farmington, ME 04938
County: Franklin
207-778-7243
enman@maine.edu

University of Maine at Fort Kent
23 University Drive
Fort Kent, ME 04743
207-834-7823
umfortk@maine.edu
www.umf.maine.edu/admissions/military

University of Maine at Machias
115 O’Brien Avenue
Machias, ME 04654
207-255-1200
machiavets@machsia.acadcalc/services/students-office/veterans-services

University of Maine at Presque Isle
Nola Belanger, Chief Veteran Services Officer
319 Even Street
Presque Isle, ME 04769
207-768-9540
belanger@maine.edu
www.umpi.edu/admissions/how-to-apply/#veteran

UMPI welcomes the application of military personnel and veterans of the armed forces as well as their spouses and dependents. In considering applicants, it is the policy of the University to recognize the advantages of the training and maturing aspects of the military. UMPI is an authorized institution for use of the Veterans Education Assistance Program benefits.

University of Southern Maine
Lorrie Spaulding, Veterans Services Coordinator
235 Luther Bonney Hall
Portland, ME 04101
County: Cumberland
207-780-4826
lorraine.spaulding@maine.edu
usm.maine.edu/veterans
www.facebook.com/USM VetServices

The University of Southern Maine’s Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who engages in ongoing outreach. USM’s VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

University of Southern Maine - Gorham
Lorrie Spaulding, Veterans Services Coordinator
37 Colby Ave. Gorham, ME 04040
County: Cumberland
207-780-4826
lorraine.spaulding@maine.edu
http://usm.maine.edu/veterans
www.facebook.com/USM VetServices

University of Southern Maine - Lewiston
Lorrie Spaulding, Veterans Services Coordinator
35 Westminster St.
Lewiston, ME 04404
County: Androscoggin
207-780-5232
lorraine.spaulding@maine.edu
usm.maine.edu/veterans
www.facebook.com/USM VetServices

University of Maine of Law School
Dudrée M. Smith
59 Exeter Street
(Mailing Address: 246 Deering Avenue)
Portland, ME 04102
County: Cumberland
207-780-4370

www.usm.maine.edu/veterans
www.facebook.com/usmVetsCLUB

UMPI welcomes the application of military personnel and veterans of the armed forces as well as their spouses and dependents. In considering applicants, it is the policy of the University to recognize the advantages of the training and maturing aspects of the military. UMPI is an authorized institution for use of the Veterans Education Assistance Program benefits.
Established in 1970 as a program of the University of Maine School of Law, the Cumberland Legal Aid Clinic is a small legal services provider.

The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the Maine State Prison in Warren. The Clinic’s caseload includes family, juvenile, consumer, immigration, criminal, administrative, probate, and miscellaneous civil law issues. Because our resources are very limited, the Clinic cannot accept every case that meets our eligibility requirements. If we are unable to accept someone’s case, we can provide information about other potential resources for seeking legal help.

United Technology Center
David Berry
200 Negan Road
Banger, ME 04401
County: Penobscot
207-467-6474
pgillo@utc4me.org
www.utc.maine.edu
www.facebook.com/UTCAdultEd
Mon – Thurs, 12:30 p.m. – 8:30 p.m.
Fridays, 7:30 a.m. – 3:00 p.m.

The UTC Adult Education program, part of the Maine Adult Education system, offers evening courses for individuals hoping to advance their careers, secure a certification in various occupations or enrich their personal lives with continuing education. Courses currently approved by the Veteran’s Administration and available to veteran’s seeking to enroll are:

- Basic Structural Welding, and Advance Structural Welding. Contact the UTC Adult Education office for more information.

- Participants will also receive guidance on general college readiness, study skills, career development, and personal and leadership growth. The program is designed to assist 125 veterans each year and they may apply to any college of their choice.

- Washington County Community College
  Anne M. Donahue
  Coordinator of Enrollment & Student Services
  One College Drive
  Calais, ME 04619
  County: Washington
  207-448-1000
  www.wccc.me.edu
  7:30 a.m. – 4:00 p.m.

  WCCC’s programs are approved for the education and training of military personnel, veterans and their dependents by the state approving agency for veterans’ education programs. The registrar counselor serves as liaison to the Veterans Administration and the State of Maine’s agency responsible for approving veterans’ educational benefits.

Students who wish to apply for VA educational benefits should contact the Registrar’s Office when applying for admission.

A student who is eligible for veterans’ educational assistance and who has had previous post-secondary educational experience will have these experiences evaluated by the WCCC registrar for possible transfer credit.

WCCC is an approved Serviceman’s Opportunity College (SOC). Prior military learning experiences will be reviewed for credit. The amount of credit awarded depends upon course equivalency and the technology in which the student enroll.

Elder Services
Alpha One - Bangor
Ketrina Cross, OT/RL, Independent Living Specialist
11 Bangor Mall Blvd.
Bangor, ME 04401
County: Penobscot
800-640-7200
www.alphafmeweb.org

Alpha One – Center for Independent Living. Alpha One, managed and directed by people with disabilities, offers an array of services to promote independence for people with disabilities.

- Services offered include: Information and Referral, Independent Living Skills Assessment and Training, Assistive Technology Consultation, Access Design Services (individual and business); Peer Support, Homeward Bound, Youth in Transition Services and Personal Assistance Services. In addition we offer funding for assistive technology and/or home access through the mPower Loan Program, Title 7, Part B Grant, and HomePortfolio. We work with farmers, loggers, and individuals in the fishing industry through the ALEAGability Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our S. Portland location).

Alpha One - Presque Isle
Ketrina Cross, OT/RL, Independent Living Specialist
66 Spruce Street
Presque Isle, ME 04769
County: Aroostook
800-640-7200
www.alphafmeweb.org

Aroostook Agency on Aging
Tabatha Case, LSW
Director of Community and Family Caregiver Services
410 Eoss Street
Banger, ME 04401
County: Penobscot
207-941-2865
info@auaa.org
www.auaa.org
www.facebook.com/estmaineaa

1 Edgmont Drive, Suite 2
Presque Isle, ME 04769
County: Aroostook
207-764-3396
information@aroostookaging.org
www.aroostookaging.org
www.facebook.com/AroostookAreaAgencyOnAging

We work with the VA Medical and Benefits Center in Tomas and the Caribou VA clinic to provide Aroostook County veterans wanting to stay home and who are at risk of nursing home placement with home care options. This includes access to the Veteran’s Independence Program (VIP), assistance with bathing and dressing, homemaking, plus adult day respite service in Presque Isle. As an agency on aging we provide: services to people age 60 and older, whether veterans or not, including Meals-on-Wheels, help with Medicare and supplemental insurance options including prescription drug help; information and assistance with public benefits; family caregiver training, support, and counsel – especially for those caring for someone with memory decline, plus much more.

Disability Rights Maine-Deaf Services
68 Bishop St, Suite 3
Portland, ME 04103
County: Cumberland
800-526-3884 (V/TDD)
207.797.7656 (V/TDD)
207.766.7111 (VP)
dellafmecomm@dtme.org
www.drm.org
www.facebook.com/DRMDeafServices
8:30 a.m. – 5:00 p.m.

DRM Deaf Services serves individuals who are deaf, hard of hearing, late deafened, or Deaf-Blind and works with the agencies and businesses that provide support services, education, housing, and employment to these individuals to ensure “effective communication.”

- • Maine Relay Service makes it possible for anyone with a hearing loss or speech impairment to communicate by telephone with operator-assisted calls.
- • Maine’s Telecommunication Equipment Program provides specialized adaptive equipment to individuals with disabilities to use a standard telephone, often at no or low cost. Those ages 65+ may be eligible to choose a single hearing aid.
- • Residents with combined hearing and vision loss may qualify for equipment (e.g., computers, screen readers, text zooming software, iPad and more) to assist with distance communication.

Eastern Area Agency on Aging
Tabatha Case, LSW
Director of Community and Family Caregiver Services
410 Eoss Street
Banger, ME 04401
County: Penobscot
207-941-2865
info@auaa.org
www.auaa.org
www.facebook.com/estmaineaa
Eastern Area Agency on Aging (EAAA) has been serving Penobscot, Piscataquis, Hancock, and Washington counties since 1973. EAAA has specially trained and dedicated staff to provide seniors, adults with disabilities, and caregivers with a variety of options, resources, and referrals. EAAA strives to meet the unique and complex needs of those living in the area by providing direct services and connecting to partnering services. Contact EAAA to review eligibility requirements for one of their many programs: Food-Nutrition Services, Family Caregiver Support and Education, Alzheimer’s Respite, Transportation for medical and food needs, Medicare Education, Aging and Disability Resource Center, Enrichment and Wellness Programs, Money Menders, EZFix, Novel Seniors, Furry Friends, Senior College, Veteran’s Independence Program, and Home Technology Services.

Elder Abuse Task Force - Safe Voices
Kelley Gilden
PO Box 713
Auburn, ME 04212
207-795-6744
www.safevoices.org

The Androscoggin Elder Abuse Task Force is a community partnership dedicated to ending elder abuse, generating resources, educating the community, and advocating to meet the needs of elder abuse victims. Membership is open to individuals and organizations working with elders in Androscoggin County.

Friendship Cottage Adult Day Service Program
Annie N. Guastella, LSW
County: Hancock
207-374-5012
aegusa@whcap.org

Friendship Cottage, a program of Washington Hancock Community Agency, provides an Adult Day Service Program to adults living in Hancock County. Every Monday through Friday from 7:30 am – 3:30 pm activities, meals and personal care is offered to adults with physical, mental or memory challenges. Our team of trained professionals provide opportunities throughout the day for physical fitness, exploration of interests and socialization. Meaningful activities to move the body and stimulate the mind encourage our participants to achieve maximum functioning in a welcoming setting with individualized attention. Numerous payer sources make Friendship Cottage an affordable resource for your family. For individuals meeting specific eligibility requirements, funding may be available to assist you. Please contact the Director, Adult Day Service Program for additional information.

Independent Transportation Network
1 Westbrook Common, Suite 3
Westbrook, ME 04092
County: Cumberland
207-854-6505
americasbestindtotransport.org
http://itnportland.org
www.facebook.com/mitnportand
8:00 a.m. – 4:30 p.m. 7 days a week

IThPortland is a nonprofit organization that serves the Greater Portland area by providing door-to-door, arm-through-arm transportation services for seniors, adults with disabilities, and visually impaired adults. IThPortland relies on the support of our community to keep our riders independent, safe, and happy! Since 1995, we have provided over 315,000 rides for our members thanks to our paid and volunteer drivers.

Legal Services for the Elderly - Augusta & Administrative Office
Jill K. Randall, Helpline & Medicare Advocacy Services Director
5 Walton Street
Augusta, ME 04330
County: Kennebec
1-800-750-5535 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org
www.mainelse.org
9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Maine residents age 60 and older can call the Legal Helpline to get free and confidential help with legal problems. The Helpline Attorneys provide information and advice on a wide variety of non-criminal legal problems including elder abuse and protection orders, housing issues including eviction and foreclosures, consumer debt, public assistance benefits, guardianship, Medicare/MaineCare, Powers of Attorney, Health Care Advance Directives, and health care coverage disputes. LSE also has attorneys located in offices across the state that provide legal representation in some situations. If LSE can’t help, callers are offered referrals to private attorneys, potentially at reduced fees.

Anyone who is Medicare eligible can call the LSE Medicare Part D Unit if they are having trouble getting or affording prescription drugs.”

Legal Services for the Elderly
Jill K. Randall, Helpline & Medicare Advocacy Services Director
8 Falcon Road
Lewiston, ME 04240
County: Androscoggin
1-800-750-5535 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org
www.mainelse.org
9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Legal Services for the Elderly
Jill K. Randall, Helpline & Medicare Advocacy Services Director
1 Edgerton Drive
Presque Isle, ME 04769
County: Aroostook
1-800-750-5535 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org
www.mainelse.org
9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Legal Services for the Elderly
Jill K. Randall, Helpline & Medicare Advocacy Services Director
136 US Route 1
Scarborough, ME 04074
County: Cumberland
1-800-750-5535 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org
www.mainelse.org
9 a.m.–12 p.m.; 1 p.m. – 4 p.m.

Legal Services for the Elderly
Jill K. Randall, Helpline & Medicare Advocacy Services Director
450 Essex Street
Bangor, ME 04401
County: Penobscot
1-800-750-5535 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org
www.mainelse.org
9 a.m.–12 p.m.; 1 p.m. – 4 p.m.

Long-Term Care Ombudsman
61 Whetstone Road
Augusta, ME 04333
County: Kennebec
207-621-1079
mltcop@maineombudsman.org
www.maineseombudsman.org
8:00 a.m. – 4:30 p.m. Monday-Friday

The Ombudsman Program is an advocacy program for long-term care consumers. We serve residents in nursing homes, assisted living and residential care homes, as well as consumers receiving home care services and patients in hospitals experiencing barriers to discharge. The Ombudsman Program was formed as part of the Older Americans Act to address concerns about the care people receive while in nursing homes. An Ombudsman is a specially trained advocate who is given authority under federal and state law to investigate and resolve complaints made by or on behalf, of long-term care consumers. The purpose of the Ombudsman Program is to establish and maintain a presence in long-term care homes, investigate and resolve complaints and concerns in long-term care homes and for home care consumers, provide education regarding residents’ rights and monitor development of federal and state law, regulations and policies related to long-term care.

Senior Plus - Corporate Office
Holly Zielenki, Director of Community Services
181 Fairbanks Road
Farmington, ME 04938
County: Franklin
1-800-427-1241
www.seniorplus.org
www.facebook.com/seniorplus

Southern Maine Agency on Aging
Susan D. Gold, Coordinator of Volunteers and the Vet to Vet Project
Southern Maine Agency on Aging
136 U.S. Route One
Scarborough, ME 04074
County: Cumberland
207-396-6521
800-827-7411
sgold@smaa.org
www.smaa.org

SMAAA is a non-profit organization dedicated to planning and implementing social services for adults age 60 and older.

The Agency provides many services and programs for seniors on a variety of issues, be they financial, medical, or personal. SMAA offers seminars to help navigate the array of insurance and Medicare options, delivers important dietary and fitness practices, and provides older adults with the opportunity to stay active in the community via participation in recreation. No matter the reason for your interest, be assured SMAAA has the expertise to help find the answers you need.

Spectrum Generations
One Westcott Court
Augusta, ME 04330
County: Kennebec
207-622-9212
spectrumgenerations@gmail.com
www.spectrumgenerations.org
www.facebook.com/SpectrumGeneration
twitter.com/spectrumgenerations

Spectrum Generations, the Central Maine Area Agency on Aging and Disability Resource Center, has been a leading provider of information, referrals, programs and activities for adults for over 30 years. Today’s Spectrum Generations is poised to serve adults of all ages and backgrounds in a changing, challenging world. We are here for you to look forward to longer, more active lives and seek to engage in new physical and intellectual challenges. Some areas where we can be of service include: socialization, fitness & exercise.

Spectrum Generations
Spectrum Generations - Legacy Corps

County: Cumberland
136 U.S. Route One
Scarborough, ME 04074
County: Cumberland
207-396-6521
sgold@smaaa.org
www.smaaa.org/veterans.html
7:30 a.m. – 5 p.m., M-F

Spectrum Generations - People Plus

35 Union Street
Brunswick, ME 04011
County: Sagadahoc
207-720-0475

Spectrum Generations - Legacy Corps

County: Kennebec
207-873-4745
sgold@smaaa.org
www.smaaa.org/veterans.html
7:30 a.m. – 5 p.m., M-F

Spectrum Generations - People Plus

35 Union Street
Brunswick, ME 04011
County: Sagadahoc
207-720-0475

Spectrum Generations - Legacy Corps

County: Kennebec
207-873-4745
sgold@smaaa.org
www.smaaa.org/veterans.html
7:30 a.m. – 5 p.m., M-F

VA Maine Healthcare System
Geriatrics and Extended Care Service
Togus VA Hospital
1 VA Center
Augusta, ME 04330
207-623-841, x4453, or 1-877-421-8263
www.main.va.gov/services/geriatrics.org

The VA provides a variety of services to meet the needs of aging veterans with the goal of keeping them at home and in their communities. Residential or inpatient care may also be available to veterans, especially to those with service-connected needs. Eligible veterans must be enrolled and receiving primary care at the VA. Services include:

- Skilled Home Health Nursing - Karen Thibault, RN, Home Health Coordinator (x5577) or Laura Whitehaus, RN (x5934)
- Provides skilled home health care for veterans returning home from inpatient care at a VA hospital
- Homemaker Home Health Aid Program (HHHP) - Non-Institutional Respite - same contacts as above
- Offers in-home care for veterans who would otherwise need to reside in a nursing home, also provides respite for veterans - live-in, full-time caregivers
- Home Based Primary Care (HBPC) - Sandy Sneeked, Director, HBPC (x4605)
- Outpatient program that coordinates in-home care for veterans including nursing, case management, nutrition, and OT/FY. Other specialized care and services may be available, depending on the needs of the veteran.
- Community Adult Day Health Care (CADC) - Jason Muddocks, (x4679)
- Provides veterans with socialization and care at a licensed CADC facility, while also providing respite for live-in caregivers. Some programs are specific to veterans with dementia.
- Geriatric Outpatient Clinic - Vicki Lizotte, RN, (x4540)
- Clinic operates 5 days per week, providing initial evaluations, care management, and specialized services, based on need.
- Medical Foster Home (MFH) Program – Morgan Delatte (x4665)
- Provides nursing home care to veterans in their private homes. MFH partners with VA to coordinate the delivery of medical care in the veteran or caregiver’s home. Veterans in the MFH program must meet VA nursing home criteria.
- Community Residential Care (CRC) Program - Michelle Joliceur, LCSW, Social Worker (x5280)
- Outpatient program for veterans who do not need hospital or nursing home care, but cannot live alone because of medical or psychiatric conditions. CRC is available to veterans who do not have a caregiver or other support person to provide monitoring, supervision, or help with activities of daily living. Care is provided in assisted living facilities, personal care homes, group homes, and psychiatric community residential care homes.
- Community Living Centers (CLC) – CLC & Short-Term Rehab: Joel Hardwick, Social Worker (x5515); Inpatient Hospice and Palliative Care: Deb O’Neill, RN, Palliative Care Coordinator (x5663)
- VA Maine has four CLCs, offering a variety of inpatient nursing home services on the Togus campus: Patriot Place – 27 beds dedicated to specialized dementia care; Veterans Village – 37 beds for skilled care and hospice care; Togus Springs – 12 beds for inpatient hospice and palliative care; Independence Way – 12 bed skilled nursing and rehab unit providing short-term care, including physical, occupational, and speech therapies.
- Contract Nursing Home Program – Michelle Joliceur, LCSW, Program Coordinator, (x5380)
- Coordinates placements for veterans in VA-approved rehabilitation and long-term nursing home care at VA express. Eligibility depends on the percentage of the veteran’s service-connected disability and other factors. There are currently 19 VA-contracted nursing homes dispersed throughout Maine.
- State Veterans Homes – same contact as above
- State Veterans Homes are facilities that provide nursing home domiciliary, or adult day care. For eligible veterans, the VA will help defray costs associated with care at the Home. Although the Home accepts non-veteran spouses and gold star parents, the VA will only cover expenses for veterans. Eligible veterans are honorably discharged veterans who have served one or more days of active duty service outside of training purposes.
- Caregiver Support Program – Debra McNally, LCSW, Coordinator, (x5906)
- Provides support and assistance with referrals to caregivers of veterans. Referrals could include VA services such as Adult Day Health Care, Homemaker and Home Health Aid, Home Tele-health, Respite Care, as well connections to non-VA community resources.

Employment

Bonney Staffing Center - South Portland

Danielle M Napoleone, Staffing Supervisor
21 Donald D. Dean Drive, South Portland, ME 04106
County: Cumberland
207-773-3829

Bonney Staffing Center, Inc. is an independently owned and operated staffing firm, offering job placement opportunities in Maine, New Hampshire, North Carolina and Rhode Island since 1975. We have been connecting job seekers with top employers. Bonney provides temporary, temp-to-hire, and direct-hire employment options with our client companies in the Clinical/Administrative, Industrial, and Technical fields. For forty years, Bonney has been a leader in the industry, and we are the first call for those seeking employment with a reliable source. Bonney is an equal opportunity employer and there is NO FEE for applicants. Through our hiring process is thorough, it is designed to meet the specific needs of our clients and to find the best employment fit for you! Relevant work experience, average-average work references, a positive attitude, strong work ethic, and flexibility are all key criteria which will be considered. Please apply for this or any other position – we look forward to talking with you!

The right match is essential for everyone. Job seekers find meaningful opportunities to use their skills and experience. Businesses retain top talent and prevent excessive turnover. Managers get more done. At Bonney Staffing, our mission is to create lasting connections that make sense for both employers and job seekers. With experience and technology to surpass those of most office staffing, call center staffing or light industrial staffing agencies, Bonney Staffing helps you hire the right first time. You get faster, more accurate results, a higher level of service, and online tools that make it easy to manage your workforces. We work hard to find the right fit for every job seeker. We understand that you’re not just finding a job; you’re changing your life. That’s why we are committed to providing the tools and advice you need to manage your job search and reach your
Boots2Roots' mission is to bridge the gap between serving our country and strengthening Maine communities. Boots2Roots is a new Maine 501(c)3 nonprofit providing personalized and proactive support for active duty military members and their families who are transitioning to Maine. We focus on employment, navigating transition services, and community reintegration, and networking connections based on trust to form the foundation of our mission. If you are active duty, planning to separate or retire in the next 12 months, and want live and work in Maine, then YOU are exactly why Boots2Roots exists! Boots2Roots' mission was born out of lessons learned from personal transition experiences, and we strive to help facilitate your smooth and successful transition to Maine. Learn more at boots2roots.org.

Coastal Enterprises Inc. - Biddeford
Think Tank Biddeford, Pepperell Mill Campus
Liz Rogers
40 Main Street
Biddeford, ME 04005
County: York
207-805-3835
info@ceimaine.org
www.ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
Coastal Enterprises Inc. - Ellsworth
Maine SBDC Branch Office
Liz Rogers
210 Maine Street, Suite 7
Ellsworth, ME 04605
County: Hancock
207-664-2990
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises Inc. - Fairfield
Maine SBDC Branch Office
Liz Rogers
17 Main Street
Fairfield, ME 04437
County: Somerset
207-433-4258, ext 215
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises Inc. - Farmington
The Women's Business Center at CEI: Rural Maine
Liz Rogers
165 Front Street
Farmington, ME 04938
County: Franklin
207-776-6529
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises Inc. - Lewiston
Liz Rogers
415 Lisbon Street, Suite 4 - LAEGC
Lewiston, ME 04404
County: Androscoggin
207-241-5592
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
Coastal Enterprises Inc. - Machias
Liz Rogers
7 Ames Way
Machias, ME 04654
County: Washington
207-255-0938
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises Inc. - Portland
Liz Rogers
2 Portland Fish Pier, Suite 201
Portland, ME 04101
County: Cumberland
207-772-5365
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises Inc. - Wiscasset
Main SBDC Branch Office
Liz Rogers
287 Bath Road
Wiscasset, ME 04578
County: Lincoln
207-504-5947
info@ceimaine.org
facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Goodwill Industries Northern New England
Kelly Osborn, Executive Director
65 Washington Avenue, Suite 300
Portland, ME 04101
County: Cumberland
207-774-6323
kelly.osborn@goodwinelinc.org
www.goodwillllc.org
facebook.com/Goodwill

Goodwill’s Workforce Services works with individuals, like you, looking for career goals. Learn more about your career options or search office staff jobs, call center jobs or light industrial jobs.

Boots2Roots
Jen Fullmer
428 Fore Street, 3rd Floor
Portland, ME 04101
County: Cumberland
207-329-5077
boots2roots@boots2roots.org
facebook.com/Boots2RootsAmericanGI

Boots2Roots’ mission is to bridge the gap between serving our country and strengthening Maine communities. Boots2Roots is a new Maine 501(c)3 nonprofit providing personalized and proactive support for active duty military members and their families who are transitioning to Maine. We focus on employment, navigating transition services, and community reintegration, and networking connections based on trust to form the foundation of our mission. If you are active duty, planning to separate or retire in the next 12 months, and want live and work in Maine, then YOU are exactly why Boots2Roots exists! Boots2Roots’ mission was born out of lessons learned from personal transition experiences, and we strive to help facilitate your smooth and successful transition to Maine. Learn more at boots2roots.org.
for employment that is fulfilling, meaningful and supportive. We assess, then match, your interests and abilities to good jobs in the marketplace. Our employment specialists are skilled in helping you identify work interests, develop goals and find the job of your choice. We then stay in touch through job coaching, one-on-one counseling and other support services to ensure employment success.

Hire a Vet Campaign

Maine Department of Labor
54 State House Station
Augusta, ME 04333
County: Kennebec
207-624-5156
MaineHireAVet.DOL@maine.gov
www.facebook.com/MaineHireAVet

Our goal is to engage a minimum of 100 employers to hire 100-plus veterans in 100 days. As the Maine economy continues to grow with business expansion, the rebounding real estate market and relatively low unemployment, we still have way too many qualified military veterans and family members unemployed or underutilized.

Every one of these men and women, along with their spouses, partners, and children have willingly made great personal sacrifice so that we may enjoy our freedom, prosperity, and peace in our great nation and here in Maine!

As you know, veterans possess unique skills and abilities that are essential to effective organizations. Their inherent drive for job accomplishment, leadership and survival skills bring highly desired qualities that set the tone for an environment of a highly successful workplace. This year our campaign will include, the often overlooked immediate family members, who persevere while the veteran is away from home defending our freedoms.

Our veterans’ employment staff throughout the state will work with you to find the appropriate fit for your vacancies. Alternatively, if you are a veteran seeking employment, we’ll help you find that “right job.” We can assist you in translating military skills, language, culture, assimilation and retention.

Loring Job Corps
Roger Fells
13 Commerce Center Rd.
Limestone, ME 04751
County: Aroostook
207-373-4089
loring.jobcorps@maine.gov

The Loring Job Corps located in Limestone Maine offers training and educational opportunities in a residential setting. Job Corps places over 90% of its graduates in either advanced training, college, military or meaningful employment. Team Maine continues to lead the nation in providing training for Maine youth for the needs of Maine employers. For information on how you can join Job Corps and continue on your path to success

Maine AgrAbility
Lani Carlson, Project Coordinator, Maine AgrAbility Program
138 Pleasant Street, Suite #1

Fort Meigs, ME 04038
County: Franklin
207-946-1533
http://extension.umaine.edu/agrability

Maine AgrAbility is a non-profit collaboration of the University of Maine Cooperative Extension, Goodwill Industries of Northern New England, and Alpha One. Maine AgrAbility is part of a nationwide network of United States Department of Agriculture (USDA) programs begun through the 1990 Farm Bill. The goal of the National AgrAbility Project is to inform, educate, and assist farmers, fishermen and forest workers, and their families with disabilities, so they can continue to have successful careers in agriculture.

Maine Conservation Corps
Deidrah Standfield
54 Independence Drive
Augusta, ME 04333
207-624-6085
corps.conservation@maine.gov
www.maine.gov/dfp/parks/get_involved/conservation_corps
www.facebook.com/MaineConservationCorps
8:00 a.m. – 4:30 p.m.

The Maine Conservation Corps (MCC) provides community service opportunities and career training. MCC members serve Maine’s communities, participate in the AmeriCorps program, and gain hands-on experience. MCC is dedicated to accomplishing outdoor recreation and conservation projects for the public, promoting and managing volunteer opportunities, providing conservation education, building self-esteem and leadership, and strengthening the future employability of members, while raising the aspirations of members and volunteers. The MCC actively seeks the engagement of military service members and veterans. Participants enrolled in long-term MCC training programs are eligible for GI Bill benefits. Come build great things, with great people.

Maine Department of Labor CareerCenter
(Augusta)
Autu Main, Veterans’ Program Manager
45 Commerce Drive
Augusta, ME 04333-0109
207-624-5120
augusta.careercenter.maine.gov
www.maine.gov/careercenter/mywet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Our mission at the Bureau of Employment Services is to build and sustain a successful workforce. Through 12 CareerCenters located across the state, staff connect job seekers and businesses with the employment, training and other services that help employers recruit and retain a qualified workforce and grow our economy, including an online job board - Maine Joblink. https://joblink.maine.gov/ for employers we provide worker recruitment, hiring incentives and incumbent staff training. For jobseekers we provide specialized employment and training services including job search, resume development, interviewing skills and more! Veterans receive priority of service at all CareerCenter locations statewide. In addition, Veterans Representatives are available to serve veterans at all of Maine’s CareerCenter locations.
If you are interested in starting your own business, the U.S. Small Business Administration (SBA) offers a variety of resources and services to help you get started, manage your business, and grow your business with the help of the Maine SBDC. The SBA provides counseling, business training, and financial assistance to small businesses. The SBA also administers a number of government programs designed to support small businesses, such as the Small Business Innovation Research (SBIR) program and the Small Business Technology Transfer (STTR) program.

Since its founding on July 30, 1953, the U.S. Small Business Administration (SBA) has been committed to helping small businesses succeed. The SBA offers a range of services and programs designed to help entrepreneurs start, manage, and grow successful businesses. The SBA provides counseling, business training, and financial assistance to small businesses, and administers a number of government programs designed to support small businesses, such as the Small Business Innovation Research (SBIR) program and the Small Business Technology Transfer (STTR) program.

Established in 2016, United Farmer Veterans of Maine is a core veteran organization that advocates, supports, and mentors Maine’s military veteran farmers in order to facilitate success in sustainable and secure agriculture throughout our communities in Maine. The organization provides resources and expertise, and protects the rights of farmers who are veterans or who have supported military service. For more information, please contact the Maine SBA District Office at 207-622-8551 or go to https://www.sba.gov/content/veteran-service-disabled-veteran-owned or go to https://www.sba.gov/sites/default/files/files/veteransbackbus.pdf. The program provides comprehensive services to veterans and their families, including counseling, support, and resources for starting, managing, and growing successful businesses. The program’s goals are to promote self-sufficiency, reduce unemployment, and improve the overall quality of life for veterans and their families.

The NECSP is a DOD/NG program which provides employment support/ opportunities to Maine National Guard Commanders, Uniformed Service Members, their families, and veterans throughout the state. The NECSP provides employment services to Service Members, their families, and veterans in the state through the National Guard Employment Support Program (NEESP). The NEESP is a program designed to support Service Members, their families, and veterans in seeking and securing employment opportunities. The NEESP provides a range of services, including counseling, job search assistance, and job placement services.

The NECSP is a DOD/NG program which provides employment support/ opportunities to Maine National Guard Commanders, Uniformed Service Members, their families, and veterans throughout the state. The NECSP provides employment services to Service Members, their families, and veterans in the state through the National Guard Employment Support Program (NEESP). The NEESP is a program designed to support Service Members, their families, and veterans in seeking and securing employment opportunities. The NEESP provides a range of services, including counseling, job search assistance, and job placement services.

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Homeless Services

Betsy Ann Ross House of Hope

Established in 2014, the Betsy Ann Ross House of Hope is the only transitional home in Maine for homeless or in need female veterans and their children. Our mission is to establish a support system specific to the individual female veteran that creates an atmosphere by providing housing for the veteran and her children, access to services, discovering individual opportunities for training, education and employment to achieve independence.

We offer a warm home, help with employment, benefits, and child care. Statewide, we have partnerships with numerous agencies to better serve our female veterans by bolstering employment opportunities, getting help with PTSD and other military induced stresses, improving access to education and training, reducing homelessness, adding with legal issues, and getting our female veterans financially stable.

Bread of Life Ministries

Eliza Qull, Veteran Case Manager

157 Water Street

Augusta, ME 04330

County: Kennebec

207-625-3345

veterans@bldhouseoflife.org

www.bldhouseoflife.org

Bread of Life Ministries’ mission was to reach the homeless, partnered with 7 other agencies BOM began to grow. BOM started as a Soup Kitchen on Water Street, soon growing to have a Family Shelter, the Veteran Shelter, 83 apartment units, etc. Our mission is to feed the hungry, shelter the homeless, and provide services that help people change their lives and take personal responsibility.

The Veterans Shelter is a 12 bed facility where veterans can access 24/7 a homelike environment with free access to food, laundry, and support from shelter staff and the onsite case manager. We offer veterans support to set and reach goals in their lives, and ultimately end their battle with homelessness.

Community Housing of Maine

One City Center, 4th Floor

Portland, ME 04101

County: Cumberland

207-879-0347

sarah@chomhousing.org

www.chomhousing.org

www.facebook.com/CHOMHousing

9:00 a.m. – 5:00 p.m.

Community Housing of Maine (CHOM) is a 501(c)(3) non-profit organization that provides advocacy supporting housing, community inclusion, and stability for homeless and special needs populations. CHOM develops, owns, and manages high quality, stable, service-enriched housing for people with low incomes and disabilities. Founded in 1993, CHOM has become the largest supportive housing developer in Maine. CHOM has provided stable homes to thousands of disadvantaged people. We at CHOM believe that housing, together with support services, provides stability, fosters dignity and respect, and transforms lives. CHOM focuses on supporting housing and advocacy as it works to create community inclusion and stability for homeless and special needs populations across the state. Recovery in all forms, happens in the community - that’s why CHOM focuses creating safe, stable, and vibrant inclusive communities where people can thrive.

Easter Seals Maine

125 Pre suspension St.

Portland, ME 04103

County: Cumberland

207-826-0744 ext 1004

www.easterseals.com/Maine

8:00 a.m. – 4:00 p.m.

At Easter Seals Maine - Military & Veteran Service program, we provide a one-of-a-kind Care Coordination program that delivers free and confidential support statewide, designed to meet the unique needs of Service Members, Veterans and their families. The program works in conjunction with the VA, Department of Labor and other community programs and resources.

Services are provided by experienced Care Coordinators who are familiar with military culture and are knowledgeable about a wide range of programs and services developed to meet the needs of our Veterans and their families. The Care Coordinators from the Easter Seals Military & Veteran Services program are trained to assist with, but not limited to, employment challenges, financial management, substance abuse struggles, mental health concerns and deployment-related issues. We also support Maine Veterans and Service Members through a financial assistance program, when unexpected emergencies arise.

If you or a family member might benefit from our program, please call theReferral Line listed above; our dedicated staff would be honored to serve you!

Furniture Friends

Jean Micaule, Executive Director

P.O. Box 631

Westbrook, ME 04098

County: Cumberland

207-210-5797

jmicaule@furniturefriends.org

www.furniturefriends.org

Furniture Friends is a 501(c)(3) nonprofit organization that provides donated furniture to people in need throughout Greater Portland. With ongoing support from the community, we are able to fulfill our mission of "Creating Homes. Rebuilding Lives." In 2016, Furniture Friends served over 400 households in need by providing the furniture that helped them create new homes for themselves. In so doing, we also supported them in beginning the process of rebuilding their lives. Furniture Friends partners with over 100 local social service providers, hospitals, faith-based organizations, municipalities, and schools to identify people in need who lack the financial resources to purchase furniture on their own. Among the clients we serve are people who have struggled with homelessness and/or substance abuse as well as those living with physical and mental disabilities. In 2016, Furniture Friends served over 1,500 veterans, survivors of domestic violence, and many immigrants beginning their new lives.

Gary Owens House - Waldo

Alex Allmayer-Beck, MSW, CSW, Executive Director

163 Augusta Road

Searsport, ME 04973

County: Waldo

207-336-310

greenejeffrey@yahoo.com

http://gawillowhouse.org

The Gary Owen’s House is a temporary homeless shelter for veterans. We currently have a capacity of 6v. Admission requires a DD 214 showing that the veteran was discharged under honorable conditions, that he not be addicted to drugs or alcohol, and that he is not listed on the Sex Offenders Registry.

Maine Elks

david@hassen.com

Augusta, ME

County: Kennebec

hassen545@aol.com

www.maineelks.org/programs/veterans

Maine Elks Association was instituted in 1928. The Maine Elks Association consists of the lodges of the Benevolent and Protective Order of the Elks of the United States of America.

Maine has 22 member lodges and over 10,000 men and women Elks. Elks Mission. So long as these there are, the Benevolent and Protective Order of Elks will never forget them. The Veterans Service Commission takes that pledge one step further, and promises service to our nation’s veterans and military members, with a special focus on service to those in need.

•  Elks Programs
•  Adopt a vet
•  Freedom Grants
•  VA
•  Veterans Leather
•  Welcome Home
•  Stand Down meal
•  VAEX
•  Maine Children’s Cancer Program
•  Homeless Veterans support

Maine Homeless Veteran Action Committee

Maine Continuum of Care

Meeting locations and call-in information vary

Bob Liscum, Committee Chair

rliscum@preblestreet.org

Maine Bureau of Veterans’ Services Veteran Coordinator

mblmsv@maine.gov

The Maine Homeless Veteran Action Committee (MHVAC) is a multi-agency group dedicated to cross-collaboration to address homeless veterans’ needs in Maine. Members of the MHVAC include the VA Homeless Team, Preble Street, Easter Seals of Maine, Veterans, Inc., Volunteers of America, Mainehousing, and the Maine Bureau of Veterans’ Services. Particular emphasis is placed on identifying – by name – all homeless veterans in Maine, developing a plan for those individuals, and placing them into stable housing.

The MHVAC meets on the 1st Tuesday of every month, with one meeting per month open to the public. Since the group began in early 2016, the MHVAC has successfully named approximately 100 homeless veterans and reduced the number of days to be housed from 250 to 105. Any veteran who has served in the military is eligible to be served by the MHVAC.

Maine Homeless Veterans Alliance

Kerry Polyst-Stephani, BA, LSW, MHRT/C

Vocational Rehabilitation Counselor II

P.O.Box 1695

Portland, ME 04104

207-632-9842

Maine Homeless Veterans Alliance seeks to provide assistance and resources to homeless and otherwise needy veterans of United States Armed Forces, with a focus on Southern Maine, and to educate the
public about the needs and contributions of homeless and otherwise needy veterans and their families.

MHVA’s principal activities consist of (collecting donations of food, clothes and furniture; housing placement assistance; mental health services; substance abuse services; police on-site for safety; toiletries, linen, emergency supplies and community referrals available. They have beds for women but very limited.

### Preble Street Veterans Housing Services (Portland)
- **36 Preble Street**
- **Portland, ME 04101**
- **County: Cumberland**
- **Phone:** 207-377-5709
- **Website:** www.preblestreet.org
- **Facebook:** www.facebook.com/PrebleStreet
- **Hours:** 8:00 a.m. – 4:30 p.m.

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Fine Tree Legal Assistance.

### VA Homeless Services
- **Arum Agas**
- **1 VA Medical Center 116A**
- **Augusta, ME 04330**
- **County: Kennebec**
- **Phone:** 207-424-2838

The VA Maine Healthcare System is committed to ending homelessness by supporting Veterans in obtaining housing and appropriate resources, including accessing healthcare (medical and mental health) employment support and benefits.

- **Grant and Per Diem Transitional Housing- Veterans Career House in Biddeford, Host House in Saco, Veterans Inc in Lewiston**
- **HUB-VASH Supported Housing - multiple service areas throughout the state**
- **Emergency Contract Shelter - Augusta**

### Volunteers of America Northern New England Veterans Services
- **Mike Merrill, Program Director**
- **335 Lincoln Street**
- **Saco, ME 04072**
- **County: York**
- **Phone:** 207-371-3539
- **Email:** michael.merrill@voanne.org

Since 2001, we have been serving homeless veterans with:
- Outreach to veterans living in shelters and on the streets
- Safe, supportive housing
- Transition services
- Career counseling to help veterans ready themselves for employment
- Access to health, behavioral and substance abuse services
- Gender-specific, cognitive-behavioral programming and support

We’re committed to ending homelessness for the men and women of our region who served their county — and to helping all our veterans come “all the way home.”

### Veteran’s Inc.
- **Tanya Fossett**
- **www.facebook.com/GaryGordonVeteranCenter**
- **docnelson133@yahoo.com**

County: Penobscot
- **118 Main Street**
- **Lincoln, ME 04457**
- **John Nelson, Director**

All of the above listed activities are performed by volunteers.

### Veterans, Inc.
- **393 Main St**
- **Lewiston, ME 04240**
- **County: Androscoggin**
- **Phone:** 800-482-2565
- **Website:** www.veteransinc.org
- **Hours:** 24/7

Our residential facility in Lewiston is home to case management, employment & training, and supportive services staff who are ready to assist Maine veterans and their families. In addition, Veterans Inc provides mobile outreach and services at offices in Lewiston and Portland and at partner locations across the state.

### Volunteers of America Northern New England
- **Volunteers of America Northern New England**
- **Mike Merrill, Program Director**
- **335 Lincoln Street**
- **Saco, ME 04072**
- **County: York**
- **Phone:** 207-371-3539
- **Email:** michael.merrill@voanne.org

This organization was founded in 1882 by General William T. Sherman. We believe in the transformation of lives of the homeless and all members of our community.

### Preble Street Veterans Housing Services (Bangor)
- **7 VIP Drive**
- **Machias, ME 04654**
- **County: Washington**
- **Phone:** 207-242-9700
- **Email:** vhs@preblestreet.org

Preble Street Veterans Housing Services (Machias) is a non-profit organization that provides transitional and permanent housing to veterans who are homeless or at risk of becoming homeless.

### Maine Homeless Shelter
- **Tanya Deveau, President**
- **County: Aroostook**
- **John Deveau, President**
- **County: Aroostook**
- **John Deveau, President**
- **County: Aroostook**

Mid-Maine Homeless Shelter is an emergency shelter for single adults and families. They have beds for women but very limited.

### Oxford Street Shelter - City of Portland
- **203 Oxford Street**
- **Portland, ME 04101**
- **County: Cumberland**
- **Phone:** 207-761-2072
- **Website:** www.portlandmaine.gov

Oxford Street Shelter is an emergency shelter for single adults and families. They have beds for women but very limited.

### Preble Street Veterans Housing Services (Augusta)
- **318 Whitten Road**
- **Augusta, ME 04330**
- **County: Kennebec**
- **Phone:** 207-492-2190
- **Email:** Tanya@shelterme.org
- **Phone:** 207-872-8082
- **Email:** Tanya@shelterme.org

The Mid-Maine Homeless Shelter is an emergency shelter for single adults and families. They have beds for women but very limited.

### VA Homeless Services
- **207-872-8082**
- **Email:** Tanya@shelterme.org
- **Website:** www.shelterme.org

The VASCA (Veterans Assistance Services and Community Outreach) program is a program in Maine that will house homeless male and female veterans, as well as their families. Each home is an energy-efficient, ADA-accessible residential cabin (16 one-bedrooms and 5 two-bedrooms), dedicated to get connected to VA homeless services.

### Veterans, Inc.
- **393 Main St**
- **Lewiston, ME 04240**
- **County: Androscoggin**
- **Phone:** 800-482-2565
- **Website:** www.veteransinc.org
- **Hours:** 24/7

Our residential facility in Lewiston is home to case management, employment & training, and supportive services staff who are ready to assist Maine veterans and their families. In addition, Veterans Inc provides mobile outreach and services at offices in Lewiston and Portland and at partner locations across the state.

### Volunteers of America Northern New England
- **Volunteers of America Northern New England**
- **Mike Merrill, Program Director**
- **335 Lincoln Street**
- **Saco, ME 04072**
- **County: York**
- **Phone:** 207-371-3539
- **Email:** michael.merrill@voanne.org
- **Website:** www.voanne.org

Since 2001, we have been serving homeless veterans with:
- Outreach to veterans living in shelters and on the streets
- Safe, supportive housing
- Transition services
- Career counseling to help veterans ready themselves for employment
- Access to health, behavioral and substance abuse services
- Gender specific, cognitive-behavioral programming and support

We’re committed to ending homelessness for the men and women of our region who served their county — and to helping all our veterans come “all the way home.”

### Volunteers of America Northern New England - Cabin in the Woods
- **Maine VA Medical Center**
- **VA Center**
- **Augusta, ME 04330**
- **County: Kennebec**
- **Phone:** 207-423-8411, x2892
- **Website:** www.voanne.org/citw

Cabin in the Woods is a supportive rural community of 21 cabins providing permanent homes for veterans and their families on the grounds of TOGUS VA Medical Center. It’s the first project of its kind in Maine, and the only program in Maine that will house homeless male and female veterans, as well as their families. Each home is an energy-efficient, ADA-accessible residential cabin (16 one-bedrooms and 5 two-bedrooms), dedicated to get connected to VA homeless services.
The Veterans Career House offers a Clinical Treatment Model for Veterans that addresses ongoing physical, mental health, substance use disorder, and social work needs from the hospital or facility they are leaving. That model offers reentry education and vocational training. Transfers of Veterans who are homeless and identified and evaluated in hospital and emergency departments and in patient care settings. Respite care is a medical model to address the housing and recuperative care needs of homeless veterans who have been hospitalized. Veterans who qualify for our Hurt House program must have HIGH Activity Daily Living skills score, as well as a post-discharge care management plan that addresses ongoing physical, mental health, substance use disorder, and social work needs from the hospital or facility they are leaving. These programs to provide placement are need with the referral framework before an interview is established.

Volunteers of America Northern New England - Veterans Career House
Brian Bouthot, Case Manager/Assistant Program Manager
482 West Street
Biddeford, ME 04005
County: York
207-286-9641

Veterans Career House is in a rural setting and offers private or semi-private rooms with shared and social work needs from the hospital or facility they are leaving. These programs to provide placement are need with the referral framework before an interview is established.

Volunteers of America Northern New England - Veterans Career House
Brian Bouthot, Case Manager/Assistant Program Manager
482 West Street
Biddeford, ME 04005
County: York
207-286-9641
brian.bouthot@voanne.org
www.voanne.org/veterans

The Veterans Career House is a designated Grant Per Diem program for transitional housing and supportive respite care. We accept direct transfers of Veterans who are homeless and identified and evaluated in hospital and emergency departments and in patient care settings. Respite care is a medical model to address the housing and recuperative care needs of homeless veterans who have been hospitalized. Veterans who qualify for our Hurt House program must have HIGH Activity Daily Living skills score, as well as a post-discharge care management plan that addresses ongoing physical, mental health, substance use disorder, and social work needs from the hospital or facility they are leaving. These programs to provide placement are need with the referral framework before an interview is established.

Volunteers of America Northern New England - Veterans Career House
Brian Bouthot, Case Manager/Assistant Program Manager
482 West Street
Biddeford, ME 04005
County: York
207-286-9641
brian.bouthot@voanne.org
www.voanne.org/veterans

The Veterans Career House offers a Clinical Treatment Model for Veterans who are homeless and have a specific diagnosis of mental illness and/or substance use disorder. Clinically focused treatment is offered in conjunction with services effective in helping homeless Veterans secure permanent housing and increase income through employment and/or entitlements. This seven-room, eight-bed program is in a rural setting and offers private or semi-private rooms with shared living, dining, kitchen, recreation, and bathroom areas. Heat, laundry, electricity, internet and hot water are included.

Housing and Home Renovation Services
Avesta Housing
Sara Davis, Director of Development and Communications Manager
307 Cambell Avenue
Portland, ME 04101
County: Cumberland
207-245-3352
sdaavis@avestahousing.org
www.avestahousing.org

Avesta Housing operates the Thomas Heights apartment complex in Portland for homeless veterans. Thomas Heights features 18 efficiency apartments targeted to veterans whose income is under 50% of the median area income. Located on a bus route at the base of Munjoy Hill, Thomas Heights’s 18 household-enjoy views of Back Cove, as well as easy access to services, shops, restaurants and Portland’s Old Port. For more information, please visit http://thomashights.avestahousing.org.

Department of Housing and Urban Development
M.C. Smith Federal Bldg, Rm. D2000
202 Harlow Street
Bangor, ME 04401
County: Penobscot
207-945-0467
me_webmanager@hud.gov

Active Duty Military/Veterans and their families have been at the heart of many of the programs of the U.S. Department of Housing and Urban Development (HUD) for many years. HUD provides a number of resources to benefit veterans. These include FHA mortgage insurance for homeownership, rental subsidies for affordable housing, and housing assistance for the homeless veterans. HUD funds can also be used to make needed repairs to veteran’s houses to allow them to stay home as long as possible.

Home Depot Foundation
Bruce W. Calmes
154 Topsham Fair Mall Road
Topsham, ME 04086
County: Sagadahoc
207-796-6931
hd_foundation@homedepot.com

The mission of The Home Depot Foundation is to improve the homes and lives of U.S. military veterans and their families. Through partnerships with local nonprofits and the volunteer efforts of Team Depot, we focus on addressing the critical housing needs of US veterans. Improving Homes for Veterans. We work hard every day to make a difference for the veterans in our communities. Whether it’s working with our associates to make an injured veteran’s home wheelchair accessible or transforming permanent supportive housing facilities that provide both housing and services to veterans, we strive to make a lasting impact.

MaineHousing
353 Water Street
Augusta, ME 04330
County: Kennebec
207-626-4600
www.mainehousing.org

MaineHousing is a quasi-independent state agency created in 1969 to address the need for safe, affordable housing. The mission of MaineHousing is to assist Maine people in obtaining and maintaining quality affordable housing and services suitable to their housing needs. We have a variety of initiatives within independent departments of MaineHousing that provide housing and related services to veterans and their families.

- Veteran family Homebuyers: the housing offer offers veterans and active duty military home loan rates starting at 3.25% (1.50 APR, 0 points) and $3,500 for down payment and closing costs. http://mainehousing.org/programs-services/homebuyer/veterans
- Rental Assistance for Veterans: Applicants for Section 8 Housing Choice Vouchers are given a preference on the waiting list for rental assistance. Veterans Affairs Supported Housing (VASH) are for veterans needing housing and services who are referred by the VA for rental assistance vouchers. www.mainehousing.org/programs-services/rental
- Housing Development: MaineHousing offers Federal Low Income Housing Tax Credits (LIHTC) on a competitive basis for multifamily housing developments which may serve homeless veterans, seniors, and families. MaineHousing also offers National Housing Trust Fund funding with a preference for housing developments that serve homeless populations. www.mainehousing.org/programs-services/housing-development
- General Resources for Anyone Experiencing Homelessness: MaineHousing additionally provides grants to emergency shelters and agencies serving people who are homeless or at risk of becoming homeless. This funding is allocated to the 38 sub-recipients in the Emergency Shelter and Housing Assistance Program (ESHAP). Additional Information about ESHAP funds is available here: http://mainehousing.org/programs-services/homeless/emergency-shelter-and-housing-assistance-program.
- For a listing of Emergency Shelters in Maine please see: http://mainehousing.org/programs-services/homeless/emergency-shelters.

Legal/Financial Issues
Consumer Credit Protection Bureau
David M. Loach, MPA, Principal Consumer Credit Examiner
35 State House Station
Augusta, ME 04333
County: Kennebec
207-624-8527
david.m.loach@maine.gov
www.credit.mainegov

The Maine Bureau of Consumer Credit Protection is a non-bank regulator of credit in Maine State Government. The Bureau’s regulated entities include: mortgage companies, credit reporting agencies, debt collectors, finance companies, general creditors, payday lenders, buy-here-pay here auto dealers, rent-to-own companies, and money transmitters. The agency accepts and investigates consumer complaints, and has a helpful hotline for consumer credit related questions. The Bureau offers four guides to Mainers on the following topics: Mortgages, auto buying and financing, student loan, credit cards, elder financial protection, debt collection rights, high interest rate loans, credit reports and credit scores, personal money management, and recognizing and fighting financial scams.

Disability Rights Maine
24 Stone St, Suite 204
Augusta, ME 04330
County: Kennebec
800-452-1948 (VTTY)
207-624-2774 (TTY)
advocate@drme.org
www.drme.org
www.facebook.com/DisabilityRightsMaine
8:00 a.m. – 5:00 p.m.

Established in 1977, Disability Rights Maine (DRM) is Maine’s federally-funded protection & advocacy agency for individuals with disabilities. Through its operation of multiple federal and state funded programs, DRM advocates for individuals with disabilities whose rights have been violated, who are at risk of abuse/ neglect, or who have faced discrimination on the basis of disability. DRM seeks redress where rights concern related housing, education, physical access, public accommodations, rehabilitation, health care, community supports and employment. Additionally, DRM works toward public policy reform through training, outreach and systemic advocacy.

Finance Authority of Maine
BID Norbert
5 Community Drive
Augusta, ME 04332
County: Kennebec
207-624-3510
cmross@famaine.com
www.FAMaine.com

FAME is a quasi-independent state agency that provides innovative financial solutions to help Maine people and businesses pursue educational and business opportunities. FAME helps to lead the creation of good paying jobs for Maine citizens by working at the nexus between economic and workforce development. We offer a variety of financing options for businesses as well as individuals planning to attend some form of higher education. On the business financing side, our two most popular programs are commercial loan insurance and direct loans, and through FAME’s Commercial Loan Insurance (CLI) program, we can offer up to 100% loan insurance to a lending institution to assist in a loan made to a veteran.

Goodwill Industries Northern New England Veterans Fund
Beth Cradock
73 Washington Avenue, Suite 300
Portland, ME 04101
County: Cumberland
207-774-6323
elizabeth.cradock@goodwillmaine.org

The Veterans Fund was created to assist veterans with short term needs where no other financial resources are available. Each application is reviewed for complete details of request and depth of need. The Veterans Fund Committee considers each application on an individual basis.

Who is Eligible?
All statewide veterans, regardless of discharge status, currently living in

50
www.maine.gov/veterans

51
Philo Executive Services: A Philo Company, 855-555-3434, info@philoexecutiveservices.com, https://www.philoexecutiveservices.com

Philo raises the bar on professional, personal executive level support. We deliver results, not just tasks. Call 855-555-3434 for a customized plan to fit your needs.

Maine Community Law Center
Elizabeth Street
5 Pearl Street, Suite 470
Portland, ME 04101
County: Cumberland
207-449-3822

mainecommunitylaw.org

The Maine Community Law Center (MCLC) is a non-profit, general practice law firm and Maine’s first Legal Incubator. MCLC is dedicated to improving access to the civil and justice system for the people of Maine by providing affordable legal services to fill the gaps of modest means, increasing access to justice for all Maine citizens. In furtherance of that goal, MCLC offers flexibility in representation options and legal fees, operating on a $45 per hour fee scale based on household income or a flat rate agreement.

Maine Fallen Heroes Foundation
835 West Main Street
Auburn, ME 04210
County: Androscoggin
207-229-0229

info@mainefallenheroes.org

www.mainefallenheroes.org

Maine Fallen Heroes Foundation is a 501(c)(3) organization dedicated to providing financial assistance to the families of fallen military heroes. The financial assistance is provided in the form of tuition assistance and other financial aid.

Maine State Bar- LRIS, Lawyer Referral Service
PO Box 788
Augusta, ME 04302-0788
County: Kennebec
207-622-7523

rmarchard@mainebar.org

www.mainebar.org

Our business is helping you find the right lawyer for your specific situation, whatever that may be. The Lawyer Referral Service is a program of the Maine State Bar Association. The purpose of the Lawyer Referral Service is to connect people who need legal help with qualified attorneys.

Military and Family Life Program - Bangor
Jennifer Loom CFP, Military and Family Life Program - Bangor
County: Penobscot
207-713-2943

anne.archibald@va.gov

The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the Maine Correctional Center or Southern Maine Re-Entry Center (who may have court cases arising anywhere in the state). The Clinic’s caseload involves family, juvenile, consumer, immigration, criminal, administrative, probate, and miscellaneous civil law issues. Because our resources are very limited, the Clinic cannot accept every case that meets our eligibility requirements. If we are unable to accept someone’s case, we can provide information about other potential resources for seeking legal help.

Military and Family Life Program - Brunswick
Susan Pollock CFP, Personal Financial Counselor
Brunswick, ME
County: Cumberland
207-274-3987

PFC2.ME.NG@zeiders.com

8:00 a.m. – 5:00 p.m.

Maine Fallen Heroes Foundation (MFLH) is a 501(c)(3) organization dedicated to providing financial assistance to the families of fallen military heroes. The financial assistance is provided in the form of tuition assistance and other financial aid.

Pine Tree Legal Assistance - Augusta
County: Kennebec
207-470-3229

veterans@ptla.org

PTLA’s Veterans Legal Services team (located in Augusta) is able to help veterans who have been referred from Preble Street Veterans Housing Services or the VA Maine Healthcare System for assistance with:

• Housing issues: eviction, foreclosures, bed bugs, or medical conditions that make it difficult to live in your current home;
• Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g., overpayments), student loan debt; and
• Discharge status upgrades and character of service determinations.

Please visit your VA or Preble Street provider for a referral for services!

Pine Tree Legal Assistance - Bangor
County: Penobscot
207-470-3229

veterans@ptla.org

PTLA’s Veterans Legal Services team (located in Augusta) is able to help veterans who have been referred from Preble Street Veterans Housing Services or the VA Maine Healthcare System for assistance with:

• Housing issues: eviction, foreclosures, bed bugs, or medical conditions that make it difficult to live in your current home;
• Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g., overpayments), student loan debt; and
• Discharge status upgrades and character of service determinations.

Please visit your VA or Preble Street provider for a referral for services!

Pine Tree Legal Assistance - Machias
County: Washington
207-470-3229

veterans@ptla.org

Pine Tree Legal Assistance - Presque Isle
County: Aroostook
207-470-3229

veterans@ptla.org

Pine Tree Legal Assistance - Portland
County: Cumberland
207-470-3229

veterans@ptla.org

Seth Levy Law
Seth Levy
P.O. Box 31
Brunswick, ME 04011
County: Cumberland
207-379-4431

mailto:SethLevyLaw@gmail.com

www.sethlevylaw.com

Seth Levy has been the defense counsel for the Veteran’s Court in Augusta since 2011. He represents veterans in matters involving criminal defense, and also does wills and estate planning depending on the course of his work with veterans he has developed an understanding of the unique issues facing veterans in the criminal justice system.

University of Maine School of Law - Cumberland Legal Aid Project
Dudra M. Smith, Professor and Director
55 Exeter Street
Portland, ME 04102
County: Cumberland
207-780-4370

culaw.info@maine.edu

mainelaw.maine.edu/public- services/cbc

8:00 a.m. – 5:00 p.m.

Established in 1970 as a program of the University of Maine School of Law, the Cumberland Legal Aid Clinic is a small legal services provider. Clients are represented by student attorneys, law students specially licensed by the state and federal courts to provide legal services to low-income clients under faculty supervision. Our faculty supervisors are experienced members of the Maine bar. The Clinic’s mission is two-fold: educating law students through an intense, high-quality clinical and mentoring experience, while providing free legal services to those in need. The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the Maine Correctional Center or Southern Maine Re-Entry Center (who may have court cases arising anywhere in the state). The Clinic’s caseload involves family, juvenile, consumer, immigration, criminal, administrative, probate, and miscellaneous civil law issues. Because our resources are very limited, the Clinic cannot accept every case that meets our eligibility requirements. If we are unable to accept someone’s case, we can provide information about other potential resources for seeking legal help.

VA - Veterans Justice Outreach
Anne Archibald
Augusta, ME
County: Kennebec
207-713-2943
www.archibald@va.gov

The Veterans Justice Outreach (VJO) Initiative was created by the Veterans Administration (VA) to link eligible veterans involved with the local justice systems to their local Veterans Legal Clinics for health care services which target the symptoms implicated in their criminal justice case. Please contact the VJO Coordinator if you or a family member are a veteran in jail, or have gotten out of jail and want to be connected to VA Maine Healthcare system.

Or, if you or a family memberfriend are a veteran already receive VA Maine Healthcare, but need help with access to specialty care (homeless services, residential treatment) to fulfill your agreement with the criminal justice system.
Mainers with low incomes facing civil legal issues. provides free legal information, assistance, and representation to the Maine Volunteer Lawyers Project is a legal aid organization that assures better outcomes for justice involved veterans. (NAPSA) and enjoys accreditation currently. Maine Pretrial Services provides support, and supervision. It was the first pretrial agency in the United States in Portland in 1974. Since then, it incorporated in 1983, and has grown originally known as the Cumberland County Bail Project, first started work in counties. Maine Pretrial Services is dedicated to providing pretrial services, with available medical and therapy providers, and any other need that might arise. If you are a vet in need, give us a call. We can help.

Veteran Treatment Court/Maine Pre-Trial Services
Elizabeth Simoni 9 Green Street Augusta, ME 04330 County: Kennebec 207-622-8292, 1-800-432-1599 veteranmentorsproject.org/overview/ Veteran Mentors Project James Orr or Ziggie Lawrence 9 Green Street, Suite 3A Waterville, ME 04903 County: Kennebec 207-622-8233 www.veteranmentorsproject.org VMM was established in 2015 to assist all veterans in accessing available resources that promote the health, welfare and dignity of veterans in recognition of their service to the nation. Although serving all veterans who need these services, VMM has focused on mentoring vets that have become involved in the Maine criminal justice system. We work as an independent adjunct to the Maine Superior Court Volunteer’s Court Program, and provide vets with the necessary guidance, housing, food, transportation, interaction with available medical and therapy providers, and any other need that might arise. If you are a vet in need, give us a call. We can help.

Legislative Affairs
Congressman Jared Golden - Lewiston P.O. Box 7108 124 Lisbon Street Lewiston, ME 04240 207-228-1872TTY: 202-225-1904

Office of Congresswoman Chellie Pingree - Portland 2 Portland Fish Pier, Suite 304 Portland, ME 04101 County: Cumberland 207-774-5019 rep.chellie.pingree@mail.house.gov https://pingree.house.gov www.facebook.com/ChelliePingree 8:30 a.m. – 5:00 p.m. Portland and Waterville

Office of Congresswoman Chellie Pingree - Waterville 1 Silver Street Waterville, ME 04901 County: Kennebec 207-875-5713 rep.chellie.pingree@mail.house.gov https://pingree.house.gov www.facebook.com/ChelliePingree 8:30 a.m. – 5:00 p.m. Portland and Waterville

Office of Conventionwoman Chellie Pingree - Washington, DC Senator Susan Collins' Maine Constituent Service Centers for assistance. Senator Susan Collins - Augusta Michelle Michaud and Chuck Mahaleris 64 Sewall Street, Room 507 Augusta, ME 04330 County: Kennebec 207-774-5019 rep.chellie.pingree@mail.house.gov www.maine.gov/veterans Office of Senator Susan Collins - Bangor Carol Woodcock, Kathy Cutlass, Doreen Grant, and Michael Noyes 202 Harlow Street, Room 20100 Bangor, ME 04401 County: Penobscot 207-945-0417 www.collins.senate.gov/contact Office of Senator Susan Collins - Biddeford Alexandra Pelzar 160 Main Street Biddeford, ME 04005 County: York 207-283-1191 office@collins.senate.gov 8:00 a.m. – 5:00 p.m.

Office of Senator Susan Collins - Caribou Tricia House and Kathy Finnemore 25 Swanwood Street, Suite A Caribou, ME 04736 County: Aroostook 207-493-8763 Collins.Senate.gov/contact 8:00 a.m. – 5:00 p.m.

Office of Senator Susan Collins - Caribou Tricia House and Kathy Finnemore 25 Swanwood Street, Suite A Caribou, ME 04736 County: Aroostook 207-493-8763 Collins.Senate.gov/contact 8:00 a.m. – 5:00 p.m.

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Office of Senator Susan Collins - Caribou Tricia House and Kathy Finnemore 25 Swanwood Street, Suite A Caribou, ME 04736 County: Aroostook 207-493-8763 Collins.Senate.gov/contact 8:00 a.m. – 5:00 p.m.

Office of Senator Susan Collins - Caribou Tricia House and Kathy Finnemore 25 Swanwood Street, Suite A Caribou, ME 04736 County: Aroostook 207-493-8763 Collins.Senate.gov/contact 8:00 a.m. – 5:00 p.m.
Offices of Senator Susan Collins – Lewiston

Carlene Tremblay and Ginger Kieffer
55 Lisbon Street
Lewiston, ME 04240
County: Androscoggin
207-784-6969
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.

Maine Bureau of Veterans’ Services Offices

Maine Bureau of Veterans’ Services – Central Office
194 Whoop Street (Mailing Address: 117 State House Station)
Augusta, ME 04333-0117
207-430-6051 (ph)
207-626-4471 (fax)
mailvsome@va.gov
www.maine.gov/veterans
www.facebook.com/maineveterans

Our field offices provide community-based support for veterans, their families, and their community. Each month, our Officers submit hundreds of claims and are successful in winning millions of dollars in awards for veterans and their families.

Bangor Field Office
35 State Hospital Drive
Bangor, ME 04401
County: Penobscot
207-324-1839
www.BangorVetsAcuClinic.org
BangorVetsAcuClinic@gmail.com
www.facebook.com/BangorVetsAcuClinic
Welcome all veterans, active duty personnel, and their families for Free Acupuncture. We model our clinic from Acupuncturists Without Borders’ Military Stress Recovery Project. Acupuncture is a safe, gentle modality with a long history as whole health care. Acupuncture often enhances the effectiveness of other treatments. Our clinic is using an our protocol (3 tiny sterile needles placed in each ear), which has proven to be effective in alleviating symptoms resulting from stress and trauma. Treatments have cumulative effects, and participants regularly report:

- Increased mental clarity, concentration, memory
- Improved ability to cope
- Ease in hyper vigilance
- Improved sleep, reduction of nightmares
- Reduced pain- acute and chronic
- Reduced stress, anxiety, depression and irritability
- Reduced intrusive recall (flashbacks)

Bangor Veterans’ Acupuncture Clinic
Marie Arnderg, Tom Jamiessson
193 Union Street
Bangor, ME 04401
County: Penobscot
info@BangorVetsAcuClinic.org
Thursday 6:45 – 8 p.m.
Bangor Veterans Acupuncture Clinic (BVAC) is a free Auricular (ear) acupuncture clinic offered weekly to veterans, active duty military and their family members to alleviate physical and emotional stress. In operation since 2012, BVAC is one of four free-standing veterans acupuncture clinics operated by volunteer acupuncturists in Maine. Acupuncture is a gentle and safe therapy which works well as a complement to other treatments. Visitors to BVAC have reported decreased symptoms associated with post-traumatic stress and a greater sense of general well-being. For more information, please visit our website.

Medical/VA Facilities

Augusta Veterans’ Acupuncture Clinic
Libby Sichcher
9 Green St.
Augusta, ME 04347
County: Kennebec
info@AugustaVetsAcuClinic.org
www.AugustaVetsAcuClinic.org
Bangor Veterans’ Acupuncture Clinic
Libby Sichcher
508 Union Street
Augusta, ME 04330
County: Kennebec
info@BangorVetsAcuClinic.org
www.facebook.com/maineveterans

Welcome all veterans, active duty personnel, and their families for Free Acupuncture. We model our clinic from Acupuncturists Without Borders’ Military Stress Recovery Project. Acupuncture is a safe, gentle modality with a long history as whole health care. Acupuncture often enhances the effectiveness of other treatments. Our clinic is using an our protocol (3 tiny sterile needles placed in each ear), which has proven to be effective in alleviating symptoms resulting from stress and trauma. Treatments have cumulative effects, and participants regularly report:

- Increased mental clarity, concentration, memory
- Improved ability to cope
- Ease in hyper vigilance
- Improved sleep, reduction of nightmares
- Reduced pain- acute and chronic
- Reduced stress, anxiety, depression and irritability
- Reduced intrusive recall (flashbacks)

Maine Veterans’ Home—Augusta, ME

Maine Veterans’ Home is an independent, nonprofit organization serving Maine’s veterans and their families. Our Augusta Home provides 24-hour nursing coverage in three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit; a 40 bed long-term care unit and a 40 bed succeeds-long term care unit for memory care residents, and a 20 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services:

- Skilled Nursing Care
- Skilled Rehabilitation
- Speech-Language Therapy
- Occupational Therapy
- Physical Therapy
- Long-Term Care
- Residential Care
- Memory Care
- Respite Care
- Comfort Care

All MH/M facilities have achieved elite National SILVER Quality Award for Achievement in Quality by the American Health Care Association, placing them in the top 4% of nursing homes nationally.
VA Community Based Outpatient Clinic - Lewiston/Auburn
15 Challenger Drive
Lewiston, ME 04240
County: Androscoggin
207-236-2700 or 877-421-8263 x2700
www.mains.va.gov/locations/lewiston_auburn.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Lincoln
95 River Road
Lincoln, ME 04457
County: Penobscot
207-623-6401 x7490 or 877-421-8263 x7490
www.mains.va.gov/locations/lincoln.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Portland
144 Fore Street
Portland, ME 04101
County: Cumberland
207-277-4811 x7490 or 877-421-8263 x7490
www.mains.va.gov/locations/portland.asp
7:30 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Rumford
431 Franklin Street
Rumford, ME 04276
County: Oxford
207-369-3200
www.mains.va.gov/locations/rumford.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Saco
655 Main Street
Saco, ME 04072
County: York
207-224-8611 x7490 or 877-421-8263 x7490
www.mains.va.gov/locations/saco.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA - Togus Women Veterans’ Clinic
450 Togus Road
Augusta, ME 04330
County: Kennebec
207-623-4410 ext 4017
www.mains.va.gov/locations/togus_womens.va.gov
8:00 a.m. – 4:00 p.m. Monday-Friday

VA Maine HealthCare System is committed to meeting the unique needs of our Women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our VA facility has a full-time Women Veterans Program Manager ready to assist you in getting timely access to the health care YOU need and deserve.

Friendship Cottage - Washington Hancock Community Agency
248 Buckspoor Road
Ellsworth, ME 04605
County: Hancock
207-664-2424
www.whcacq.org
The Washington Hancock Community Agency is the premier social service organization in eastern Maine, serving over 5,000 families in Washington and Hancock counties each year. With a mission to bring community resources together to help people in Washington and Hancock counties achieve self-sufficiency and a better quality of life, WHCA offers programs and support in the areas of transportation, elder services, home energy assistance, food security, home nurse visits for at risk infants, Affordable Care Act navigation, and free income tax preparation. WHCA has several social workers on staff who work with families and individuals in a holistic manner to help them create a plan to achieve their goals.

Maine Army National Guard - Sexual Assault Response Coordinator
Camp Chamberlin
23 Blue Star Avenue
Augusta, ME 04330
County: Kennebec
207-430-5824
www.msa.nga.army.mil/contact/vaca.aspx
www.facebook.com/Maine.SAPR
7:30 a.m. – 4:00 p.m.

The Maine National Guard Sexual Assault Response Program provides responsive, confidential advocacy and support to service members who have been victims of sexual assault. Joint Force Headquarters and Wing Sexual Assault Response Coordinators serve as points of contact to provide sexual assault awareness, prevention and response training to Soldiers, Airmen, leadership, and family members; coordinate for medical treatment, including emergency care, for eligible victims of sexual assault; and track the services provided to victims from the initial report through final disposition and resolution.

Military Sexual Trauma Coordinator - VA
Katherine Rusin, LCSW, CASWOM
1 VA Center
Augusta, ME 04330
County: Kennebec
207-623-8411, x4296
Katherine.rusin@va.gov
8:00 a.m. – 4:00 p.m. Monday-Friday

Every VA facility must have an MST Coordinator to monitor and help ensure that national and VISN-level policies related to MST screening and treatment are implemented at the facility and associated CBOCs; monitor and help ensure that national and VISN-level policies about informational outreach related to MST are implemented; serve as a point of contact; source of information, and problem solver for MST-related issues at the facility and associated CBOCs; and communicate with national, VISN, facility-level leadership and other stakeholders. The MST Coordinator serves both female and male clients in individual and group formats.

Martin’s Point Health Care System
335 Veranda St.
Portland, ME 04101
County: Cumberland
207-820-2402
info@martinspoint.org
www.martinspoint.org
8:00 a.m. – 4:30 p.m.

In paying for medical services, private commercial health insurance plans are accepted; as well as government plans like Medicaid (Maine Care), Medicare, and TRICARE. The Martin’s Point web site gives information about the specialties and providers available at each of the health care centers.

Health insurance plans: Martin’s Point also offers two health plans: for Medicare beneficiaries; Generations Advantage; for TRICARE beneficiaries, the US Family Health Plan. The web site has information about eligibility for and enrolling in Generations Advantage or the US Family Health Plan. Both of these plans offer a wide network of providers throughout the state of Maine. Members of the plans may but are not required to use Martin’s Point providers or facilities for medical services.

Martin’s Point Health Care System - Biddeford
61 Barra Road
Biddeford, ME 04005
County: York
207-263-1441
info@martinspoint.org
www.martinspoint.org
8:00 a.m. – 4:30 p.m.

Martin’s Point Health Care System - Brunswick/ Bowdoin
6 Farley Rd.
Brunswick, ME 04011
County: Cumberland
207-725-8079
info@martinspoint.org
www.martinspoint.org
8:00 a.m. – 4:30 p.m.

Martin’s Point Health Care System - Brunswick/ Cook’s Corner
575 Main St.
Gorham, ME 04070
County: Cumberland
207-839-2559
info@martinspoint.org
www.martinspoint.org
8:00 a.m. – 4:30 p.m.

Martin’s Point Health Care System - Gorham
153 US Route 1
Scarborough, ME 04070
County: Cumberland
207-799-8596
info@martinspoint.org
www.martinspoint.org
8:00 a.m. – 4:30 p.m.

The State of Maine is home to four veteran cemeteries, overseen by the Maine Bureau of Veterans’ Services. Our two cemeteries in Augusta and in Springfield and Caribou provide a beautiful resting place for veterans and their family members.

Our two cemeteries in Augusta, Springfield and Caribou provide Memorial Walkways where families, veteran organizations, and businesses may pay tribute to a loved one. We are indebted to the committed work of our volunteer-led cemetery associations who maintain the beautification of our cemeteries.

Veterans, spouses, and their dependents are eligible to be interred at the Martin’s Point Cemetery System (MVCs), and they may choose to be interred at any of the four cemeteries. For more information about eligibility requirements and preparing for burial, please call us, contact us by e-mail or visit our website.

Central Maine Veterans’ Cemetery - Civic Center Drive
143 Blue Star Avenue
Augusta, ME 04347
County: Kennebec
207-287-3481
www.martinspoint.org
8:00 a.m. – 4:00 p.m. Monday through Friday

Front Gate is open on weekends (unless weather conditions require closure).

Maine Veterans’ Memorial Cemetery – Civic Center Drive provides cremation niche monuments year-round. Currently, the cemetery is at capacity for casketed burials, so only pre-existing reservations and new niche inurnments are available.

The cemeteries’ Garden of Remembrance allows memorial honors those who have not returned home. Visitors are invited to travel the Memorial Walkway to view the many customized stones paying tribute to veteran organizations and loved ones.

www.maine.gov/veterans
Central Maine Veterans’ Cemetery - Mt. Vernon Road
163 Mt. Vernon Rd.
Augusta, ME 04330
County: Kennebec
207-257-3481
mvmcs@maine.gov
www.maine.gov/veterans
7:30 a.m. – 4:00 p.m. Monday through Friday

Visitors to the cemetery are invited to view tribute stones for veteran organizations and loved ones on the Memorial Walkway. Memorabilia donated by veterans and family members buried at the cemetery is on display in the cemetery’s main office and is open to the public.

The volunteers of the Southern Maine Veterans’ Memorial Cemetery Association host events, in addition to providing beautification enhancements such as trees and granite benches.

Northern Maine Veterans’ Cemetery
37 Lombard Rd.
Caribou, ME 04736
County: Aroostook
207-492-0577
mvmcs@maine.gov
www.maine.gov/veterans
Summer Hours: May 1 to November 15, 7:30 AM to 4:00 PM, Monday through Friday. Open on weekends. Winter Hours: Same hours as above, however, the cemetery is closed for in-ground burials from November 15th to April 30th.

Northern Maine Veterans’ Cemetery provides cremation niche inurnments year-round and cremated burials from April to December (weather permitting). Visitors to the cemetery may wish to pay tribute at the Garden of Remembrance/MIA Memorial. Throughout the year, the volunteers of the Northern Maine Veterans Cemetery Corporation host events, especially at Memorial Day and Veterans Day. In addition to beautification enhancements, such as trees and granite benches.

Southern Maine Veterans’ Cemetery
83 Stanley Rd.
Saco, ME 04072
County: York
207-287-3481
mvmcs@maine.gov
www.maine.gov/veterans
Summer Hours: May 1 to November 15, 7:30 AM to 4:00 PM, Monday through Friday. Open on weekends. Winter Hours: 7:30 a.m. – 4:00 p.m. Monday through Friday. Closed for in-ground burials from November 15th to April 30th.

Southern Maine Veterans’ Cemetery provides cremation interments year-round, with cremated burials available from April to December (dependent on weather).

Visitors to the cemetery are invited to view tribute stones for veteran organizations and loved ones on the Memorial Walkway. Memorabilia donated by veterans and family members buried at the cemetery is on display in the cemetery’s main office and is open to the public.

The volunteers of the Southern Maine Veterans’ Memorial Cemetery Association host events, in addition to providing beautification enhancements such as trees and granite benches.

Museum/Military History
All the Way Home - Veterans’ Story Exchange
Marty Pettengill
127 High Street
South Portland, ME 04106
County: Cumberland
marty@artwork.us
www.artwork.us

All The Way Home! is a 4 year story exchange project with Southern Maine veterans dealing with PTS. Art At Work and Terra Moto Inc. mission is to bring the transformative power of creativity to creating a more just and equitable society for all. We are a project-based arts nonprofit working in Maine since 2005.

All The Way Home has included story exchanges with Main Veterans Home, UH UHK Vet’s Services, LAIE, Maine Military Community Network and the Portland Vet. Centers. Other All The Way Home projects include working with southern Maine vets and professional artists to create comic book/graphic novels about their battles and successes in dealing with PTS as well as performances for veteran events.

Cole Land Transportation Museum
Jim Neville
24 Perry Road
Bangor, ME 04401
County: Penobscot
207-980-3600
jnevillage@comcast.net
www.colelandtransportationmuseum.org
www.facebook.com/colelandtransportationmuseum

Our purpose at the Cole Land Transportation Museum is to collect, preserve, and display (before they disappear forever) a cross section of Maine’s land transportation equipment from which this and future generations will gain knowledge of the past.

We also wish to remember, record and display U.S. military memorabilia to forever remind this and future generations of the high price our comrades have paid to protect our freedom. In doing so, we hope to inspire and challenge the young people of today to continue on in the footsteps of pioneers who have built our state and country.

Kittery Historical & Naval Museum
P.O. Box 453
Kittery, ME 03904
207 - 429 - 3080
kitteryhistoricalmuseum.net
www.kitterymuseum.com

The Fifth Maine Museum
PO Box 41
Peaks Island, ME 04108
207-766-3330
curator@fifthmainemuseum.org
www.fifthmainemuseum.org

The Fifth Maine Memorial Hall was built in 1888 as the “Headquarters” of the Fifth Regiment Maine Volunteer Infantry 1861-1864. For nearly sixty years the veterans and their familiessummered here, enjoying the cool ocean breezes and magnificent view from the verandah of their beloved cottage. Under the stewardship of an elected board of directors, the Hall is maintained as a Civil War and local history museum and a cultural center for our island community.

The Knox Museum
30 High Street
Thomaston, ME 04861
County: Knox
207-354-8062
ghkmuseum@knoxmuseum.org
www.knoxmuseum.org
www.facebook.com/KnoxMuseum
10:00 a.m. – 4:00 p.m.

The General Henry Knox Museum (dba Knox Museum) honors the life, times, and legacy of American Revolutionary War General Henry Knox; the heritage of Montpelier - a memorial to the original retirement home he built in Thomaston, Maine; and the veterans and families who have served, and continue to serve our nation. Special veteran programming has included hosting Vietnam Veterans of America’s The Moving Wall, screenings of Soldier On: Life After Deployment, and Welcome to Lee, Maine; special exhibitions like Blood, Dust & Mud – Capt Beth Parks’ photographs of her tour of duty in a surgical unit in Vietnam; and Maine Women Veterans from The Revolutionary War to The Global War on Terror, and special presentations like MAJ Mary Jennings (M.J.) Hegar’s on her book Shoot Like A Girl: One Woman’s Dramatic Fight in Afghanistan and on The Home Front. Our facilities are always available for veteran and military meetings and activities.

The Thomas Hill House - Bangor Historical Society
17 Union Street
Bangor, ME 04401
207-942-1100
info@bangorhistoricalsociety.org
www.bangorhistoricalsociety.org/the-thomas-a-hill-house

Home to the Bangor Historical Society, the Thomas A. Hill House is the heart of the organization’s collection—and certainly its largest object! A Greek Revival style home commissioned by Thomas A. Hill who was a lawyer, amateur architect (Hill was responsible for the design of the 1831 Penobscot County jail) and speculator, the house was built and completed in 1836 by famous architect Richard Upjohn.
World War II Families for the Return of the Missing (WWIIFM) was formed to help families find answers about their lost loved ones from WWII and to bring lost service member home. After our own search to find answers proved to be a challenge, we decided to help other families of the missing 78,000 from WWII. Unite we can make a difference and return our missing heroes home to the American soil that they so selflessly defended. We are here to help you with your research, genealogy, interact with government agencies, advocate for change and connect you with researchers world-wide.

Recreation

Back in the Maine Stream - Portland
Marc Bilodeau, Founder
1945 Congress Street
Portland, ME 04102
County: Cumberland
207-998-3569
info@backinthemainestream.org
www.facebook.net/~hamma/Pics/BITMS.htm
www.facebook.com/BITMS
WE are a group of disabled American veterans, helping other veterans through recreational fishing activities. We meet monthly in Augusta and Portland. Each of us is involved to the degree we can, considering our disabilities. We have seen first hand the power of veterans helping other veterans when we spend time together in this sporting activity. We have seen attitudes change positively, and lives enriched as we recognize our abilities. Most of us have had physical and emotional trauma that has sidelined us, and today it is good to be “Back in the Maine Stream.”

Back in the Maine Stream - Augusta
Marc Bilodeau, Founder
306 Eastern Avenue
Augusta, ME 04330
County: Kennebec
207-998-3569
info@backinthemainestream.org
www.facebook.net/~hamma/Pics/BITMS.htm
www.facebook.com/BITMS
WE are a group of disabled American veterans, helping other veterans through recreational fishing activities. We meet monthly in Augusta and Portland. Each of us is involved to the degree we can, considering our disabilities. We have seen first hand the power of veterans helping other veterans when we spend time together in this sporting activity. We have seen attitudes change positively, and lives enriched as we recognize our abilities. Most of us have had physical and emotional trauma that has sidelined us, and today it is good to be “Back in the Maine Stream.”

Maine Adaptive Sports - Veterans No Boundaries
Barbara T. Schneider, Executive Director
8 Sundance Lane
Norway, ME 04261
County: Oxford
207-534-3440
info@maineadaptive.org
www.maineadaptive.org
www.facebook.com/maineadaptive
Maine Adaptive Sports & Recreational is a 501(c)(3) organization whose mission is to promote education and training to children and adults with physical disabilities to develop skills and provide enjoyment through active recreation. Our year-round educational programs in a variety of sports take place throughout Maine and are offered free of charge. We provide equipment and volunteer instructors, and cover all access fees to enable disabled individuals, including veterans, to learn alpine skiing, Nordic skiing, snowboarding, snowshoeing, tennis, golf, paddling, cycling, and climbing. Our Veterans No Boundaries Program offers two specialized week-long camps, summer and winter, for veterans and active duty service members with disabilities and their families or caregivers. Run by dedicated volunteers who understand the needs of active duty service personnel and veterans, these camps allow veterans to learn new sports and skills, gain self-confidence, meet new friends, and reconnect with family members in a stress-free environment.

VA Recreational Therapy
Liz Murrone, CTRS, ATRIC
elizabeth.murrone@va.gov
www.facebook.com/VeteransAdaptiveSportsTraining
1 VA Center
Augusta, ME 04330
County: Kennebec
207-623-4411
vets@maineadaptive.org

Kieve Wavus Veterans Camp
Marge
42 Kieve Rd.
Nobleboro, ME 04548
County: Lincoln
207-549-3719
veterans@kievewavus.org
Kieve-Wavus says Thank You for your service by offering you and your family a week or weekend long program at one of our Veterans Camps on beautiful Damariscotta Lake in mid-coast Maine. There are 3 Family Camps to choose from and 2 specialty camps – Vietnam and Women’s only camp.

Maine Adaptive Sports
Recruitment Therapy (RT), also known as Therapeutic Recreation, is a health and human service discipline that delivers treatment services designed to restore, remediate and/or rehabilitate functional capabilities for individuals with injuries, chronic illnesses and all types of disabling conditions. Recreational Therapy focuses on enhancement of physical, cognitive, emotional, social and leisure development so that individuals may participate fully and independently in chosen life pursuits. Recreational Therapy is extremely individualized, and incorporates a veteran’s needs, interests, family and/or community. RT Services at VA Maine Healthcare offer a variety of adaptive sports, senior sports, aquatic, horticulture, and creative arts interventions, in addition to intensive 1-2 and small group programs for our Veteran population.

Conditions addressed by Recreation Therapy include:
• Substance Use Disorder
• TBI and other neurological disorders
• Spinal Cord Injury
• Pain Management
• Severe Mental Illness including PTSD
Among the targeted outcomes of RT are:
• Increased self-efficacy, self-confidence, and acceptance of ability
• Increased communication, trust and cooperation skills
• Increased skills at managing stressors, anxiety, and boredom
• Decreased social isolation and increased affiliation with others
• Lowered levels of depression
• Improved ability to cope with substance-related stressors
• Increased relaxation and ability to effectively manage stress

VAST Program
Kristina Sabatannski, OTR/L, Director
15 Farm View Drive
New Gloucester, ME 04260
County: Cumberland
207-316-6064
kristina@pineleaffarm.org
www.pineleaffarm.org/recreation/vast
www.facebook.com/VeteransAdaptiveSportsTraining
The goal of our VAST program is to promote lifelong health and well-being of veterans with disabilities through regular participation in a VAST array of physical activities and sports. Any and all veterans are encouraged to volunteer and enjoy some outdoor activities and a sense of camaraderie with fellow veterans. Weekly programming year round on Wednesdays - 9 am to 12 noon; includes: xc skiing, snowshoeing, cycling, archery, disc golf, bocce, pellet rifle shooting, WC Basketball and Tennis. Additionally, we host 1 day events and 3-4 day camp sessions / year for Nordic Skiing, Turkey Hunt, multi-sport camps and other sport specific activities. All of our programming is FREE for veterans with physical disabilities, TBI, PTSD, as well as for Veterans that would like to volunteer.

Morale Welfare Recreation Center at Great Pond
9 Dow Pine Rd.
Great Pond, ME 04408
County: Hancock
207-584-2000
www.facebook.com/GreatPondDAC
We strive to deliver high quality, customer-focused programs and services that contribute to resiliency, retention, readiness, and quality of life. Here at Great Pond, we take our mission statement seriously. We go above and beyond for customers to provide the best experience.
possible in rural Maine. Our facility is located on 375 acres of waterfront property that boasts a sand beach, excellent fishing, boating, wildlife viewing opportunities, and is far removed from the hustle and bustle of modern urban life.

We offer a variety of rentals for Active Duty, 100% disabled, retired and civilian military personnel. Those rentals include; cabins, campsites with electric/water hook-ups, yurts, wilderness sites, canoes, kayaks, motorboats, bicycles, stand up paddleboards, fishing equipment, camping equipment. In the winter, snowshoes, cross-country skiis, ice skates, ice fishing equipment and ice shacks.

Our facility is located on 375 acres of waterfront property that boasts a sand beach, excellent fishing, boating, wildlife viewing opportunities, and is far removed from the hustle and bustle of modern urban life.

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One Warrior Won
97A Exchange Street, Suite 301
Portland, ME 04101
207-632-0893
www.onewarriornow.org

One Warrior Won (OWW) is a national 501(c)3 organization dedicated to providing education and support to past and present Service Members and their families on how to, initially, survive the struggles of PTSD/TBI, find peace in their place of new normal and finally begin to thrive while living a fulfilling life, free from the War that has raged within them.

Pine Grove Programs
823 Ridge Rd.
Pleasant Ridge Plantation, ME 04358
County: Somerset
207-672-3000
info@pinegroveprogram.com
www.pinegroveprogram.com
www.facebook.com/Pine-Grove-Program-133083150230223

Pine Grove Programs provides free fishing, hunting, and other outdoor activities to all military members and veterans. This is provided to all military and veterans with no disability requirement, and we do this as a token of appreciation for your service. All activities offered are at no cost to the participants. Members notified of upcoming events primarily by email. Sign up for the program required either in person, by phone, or from the website. All information given to us is confidential and will not be shared with any other person or organization.

Pine Grove Programs
45 Columbia St.
Bangor, ME 04401
County: Penobscot
207-672-3000
info@pinegroveprogram.com
www.pinegroveprogram.com
www.facebook.com/Pine-Grove-Program-133083150230223

The Pine Grove Programs has been providing free fishing, hunting, and other outdoor activities to all military members and veterans since 1976. Since being founded in 2007, Heroes on the Water has been organizing no-expense kayak fishing trips for active-duty military and veterans serving in the U.S. armed forces and their families. In 2018, we began serving first-responders and their families through the same proven ecotherapy. Heroes can reflect in solitude or connect in groups as they learn kayaking and kayak fishing basics. Recurrent activities give heroes and their families camaraderie and a lifelong social network with like-minded people. Plus, no experience or equipment is needed, and kayak fishing is adaptive to those with disabilities.

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Southern Maine Heroes on the Water
Pete Chart
73 Jordan Ave.
Brunswick, ME 04011
County: Cumberland
207-504-0184
seeotherheroes@heroesonthewater.org

Since 1976, the founder of this licensed non-profit organization has been providing free fishing, hunting, and other outdoor activities to all military members and veterans. This is provided to all military and veterans with no disability requirement, and we do this as a token of appreciation for your service. All activities offered are at no cost to the participants. Members notified of upcoming events primarily by email. Sign up for the program required either in person, by phone, or from the website. All information given to us is confidential and will not be shared with any other person or organization.

Sportsman’s Alliance of Maine
Bucky Morrell
205 Church Hill Rd.
Augusta, ME 04330
County: Kennebec
207-624-4589
Bucky@portsmanalliancemaine.org
www.sportsmansallianceofmaine.org

Since 1976, the founder of this licensed non-profit organization has been providing free fishing, hunting, and other outdoor activities to all military members and veterans. This is provided to all military and veterans with no disability requirement, and we do this as a token of appreciation for your service. All activities offered are at no cost to the participants. Members notified of upcoming events primarily by email. Sign up for the program required either in person, by phone, or from the website. All information given to us is confidential and will not be shared with any other person or organization.

Wilderness Walk for Warriors
Chris Robinson
8 Reserve Hill
Houlton, ME 04743
County: Aroostook
Wilderness Walk for Warriors

Wilderness Walk for Warriors is a (not) for profit organization formed in 2014. Our purpose is to assist service members - veterans and or their family members as well as honor the memories of those who have served. Wilderness Walk for Warriors motto is “ Assisting the Living, Honoring the Deceased.”

The organization each year forms a hiking team that treks the Maine 100 Mile Wilderness as a major fundraiser. This annual hike also honors in various forms deceased service members.

Wilderness Walk for Warriors also organizes and arranges for many additional fund raising activities throughout the course of the year. All the monies that are collected are then redistributed to Veterans, Service Members and or their families that are in need.
Military and Community Network
https://mainemcn.org
1-888-365-9287

The Military and Community Network is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community.

Regional Groups (please see the Resources by County page for more information):
- Aroostook County MMCN
- Washington County MMCN
- Hancock County MMCN
- Greater Bangor MMCN
- Somerset County MMCN
- Kennebec County MMCN
- Lewiston & Auburn MMCN
- Mid-Coast MMCN
- Greater Portland MMCN
- York County MMCN

Mid-Coast Veterans Resource Center
Read Rich, Director, MCVR
62 Peguisson Street, Suite 101
Brunswick, ME 04011
County: Cumberland
207-405-4103
director@mid-coastveteranscouncil.org
www.mcd.coastveteranscouncil.org

Wednesdays 6pm – 7:15pm (Doors open 5:45, please be seated by 6)

The Mid-Coast Veterans Resource Center has the following services available: Resource VA, VRAP available 1st and 3rd Tuesday of the month, by appointment, to establish or upgrade veteran claims. 6:00 pm – 7:45 pm – Acupuncture – Alicia Yip, Therapist

Supportive Services for Military and Veteran Families
Airman & Family Readiness Office
Andrew Matthews
101 MAElec Ave., Suite 105
Bangor, ME 04401
County: Penobscot
207-406-7494
usa.me.101.air.family-services@mail.mil
www.facebook.com/MaineLecs-Yellow-Ribbon-154982704541284
M-F, 7:30 am – 4:00 pm, same hours on drill weekends.

Our mission is to provide access to a wide range of support services to assist the airman and families of the MAANG in gaining greater personal readiness and self-reliance. These services include but are not limited to:
- Deployment cycle support
- Life skills education workshops
- Volunteer opportunities
- Transition assistance
- Emergency assistance
- Information & referral services

While our primary focus is on the airman and their families, we will also provide support services for service members and families of any branch of the U.S. military, retirees, and veterans.

American Red Cross - Headquarters
2401 Congress Street
Portland, ME 04102
County: Cumberland
207-876-1192
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 am – 5:00 pm, Mon-Fri

For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication between the American public and service members anywhere in the world and so much more. We offer psychological resiliency training, information on local resources to assist veterans, and family members, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination.

American Red Cross - Aroostook County
7 Hath Street, Ste #1
Caribou, ME 04736
County: Aroostook
207-483-6620
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 am – 5:00 pm Mon-Fri

American Red Cross - Central and MidCoast (Topsham)
16 Community Way
Topsham, ME 04086
County: Sagadahoc
207-844-6035
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 am – 5:00 pm Mon-Fri

American Red Cross - Central and MidCoast (Lewiston)
475 Pleasant Street, Ste #25
Lewiston, ME 04240
County: Androscoggin
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 am – 5:00 pm Mon-Fri

American Red Cross - Northern and Eastern Maine
145 Exchange Street, Ste #1
Bangor, ME 04401
County: Penobscot
207-941-2003
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 am – 5:00 pm Mon-Fri

Army National Guard Family Assistance Center - Augusta
194 Winthrop Street
Augusta, ME 04333
County: Kennebec
207-430-5914
pag.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/Family
www.facebook.com/MaineMFAC

Army National Guard Family Assistance Center - Caribou
120 Sincoc Rd.
Caribou, ME 04736
County: Aroostook
1-888-365-9287
pag.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/Family
www.facebook.com/MaineMFAC

ID Cards/DEERS - Augusta
194 Winthrop Street
Augusta, ME 04333
County: Kennebec
207-430-5914
Mon – Fri, 7:00 – 3:00. No Appointment Required. Closed 11:15-12:00. Last customers accepted at 11:15 and 2:45

ID Cards/DEERS - Bath
574 Washington St.
Bath, ME 04030
County: Kennebec
207-442-2773
Mon – Wed, 7:30 – 11:00. Thursday 12:00 – 3:00. Friday Closed

ID Cards/DEERS - Bangor
102 Ashley St.
Bangor, ME 04401

• Legal Resources and Referral
• TRICARE Medical and Dental Resources and Referral
• Crisis Intervention and Referral
• Community Information and Referral
• Employment Information and Referral

Additionally, the FAC provides monthly outreach to the designated point of contact for each deployed Army National Guard Soldier in the state. The Family Assistance Center is truly your “One call does it all” resource for all things military in the state of Maine.
Department of Health and Human Services
Veteran Advocate
Julie Bragg, Veteran Advocate, Program Integrity Specialist
DHHS, Office for Family Independence
19 Union Street
Augusta, ME 04333
207-624-4195
julie.bragg@maine.gov

Maine Veterans Project
13 Perry Lane
Cherryfield, ME 04622
County: Washington
415-553-0523
www.maineveteransproject.org

Maine Veterans Project (MVP) was founded in July 2015 as a Fiscal Agent non-profit dedicated to suicide prevention specifically within the Maine veteran community. MVP is a 100% volunteer organization that operates with the highest integrity we expect from the veterans, we serve. By utilizing a volunteer organization structure and relying heavily on strategic partnerships, MVP has been able to provide close to $250,000 worth of goods/services on less than $100,000 of donated dollars. We as an organization feel it is our duty to constantly think outside-the-box to provide innovative solutions to even the most complex problems with the lowest money calling possible. The most important aspect of MVP is our teamwork, mentorship, understanding fully that without you there is no MVP and we will only win as a team.

MVP focuses solely on suicide prevention and reduction of PTSD/similar stressors amongst a unique demographic of combat veterans and other veterans that have felt the rigors of their service. By focusing specifically on the demographic we are able to reach out to veterans that may otherwise be overlooked or may not ask for services themselves. MVP provides an array of services including making home improvement (urgent and emergent repairs), vehicle donations when there are no other options for the veteran, and by providing events for veterans to come together.

Washington Hancock Community Agency
248 Buckport Road
Edmund, ME 04005
County: Hancock
207-664-2424
assame@whcap.org
www.whcap.org

The Washington Hancock Community Agency is the premier social service organization in eastern Maine, serving over 5,000 families in Washington and Hancock counties each year. With a mission to bring community resources together to help people in Washington and Hancock counties achieve self-sufficiency and a better quality of life, WHCA offers programs and support in the areas of transportation, elder services, home repair, energy assistance, food insecurity, home nurse visits for at-risk infants, Affordable Care Act navigation, and free income tax preparation. WHCA has several social workers on staff who work with families and individuals in a holistic manner to help them create a plan to achieve their goals.

Transportation Resources
Aroostook Transportation System
Tammie Gagnon, Assistant Director
24 Hathorne Road
Presque Isle, ME 04769
County: Aroostook
Office: 207-764-1260
Bus Information: 207-764-5246
800-442-3320
arts@me.tcom.com
www.aroostooktransportation.org

Aroostook Regional Transportation System (ARTS) has provided transportation services within Aroostook County, patterned in Penobscot County, Danforth in Washington County for over 40 years. ARTS provides transportation services from every town into a HUB community (the City of Presque Isle, Houlton and Presque Isle) at least once a day a week. Veterans and their spouse may use our bus services to meet their transportation needs within our bus schedules. Certain bus schedules provide transportation services into Canton where there are VA services. Elderly and individuals with disabilities ride for half price of a general public fare. All vehicles are ADA accessible.

Bath City Bus
Debby Labrecque
55 Front Street
Bath, ME 04530
County: Sagadahoc
207-443-8363
adeci@cityofbath.com
www.cityofbath.com/citybus
8 a.m. to 5:30 p.m.

The Bath City Bus is operated by the City of Bath. It provides transportation to anyone within Bath, from and to places where you live, work, and shop! The City Bus operates Monday-Friday from 8 am to 5:30 pm. There are two service regions in town: the north loop, serving areas north of Route 1 and the south loop, serving areas south of Route 1. The bus will make pick-ups anywhere along its travel path on the north and south loops, but since this is a flex service, it is guaranteed that the bus will pick you up at one of the check points shown on the service maps. Each ride on the regular service is $1. Service is provided to Mid Coast Hospital in Brunswick twice daily, when requested in advance. An appointment is required and must be made 24 hours in advance. Morning service is provided from City Hall, leaving at 9:30am and returning at 10:00am; afternoon service is provided from City Hall, leaving at 1:30pm and returning at 2:00pm. Each direction costs $2. Additional information, reservations, and schedules are available online at http://www.cityofbath.com/citybus or 207-443-8363.

BSO08/ShuttleBus/ZOOM
13 Pomerene Street
Biddeford, ME 04005
County: York
207-282-5408
www.shuttlebus-zoom.com
Mon-Fri 9 a.m.– 4:30 p.m.

The Biddeford-Saco-Old Orchard Beach Transit Committee, dba ShuttleBus-Zoom, is the provider of public transportation in the Tri-Town area of Maine, just south of Portland.

The following routes are offered:

• Tri-Town Connector: This local route runs through of Biddeford, Saco and Old Orchard Beach seven days per week. Route terminus are at the shops at Biddeford Crossing and the Cascade Shopping Place in Old Orchard Beach.

• Tri-Town Intercity: This route provides seven days per week service between Biddeford, Saco, Old Orchard Beach, Scarborough and Portland. Starting at SMHC in Biddeford, after passing Old Orchard Beach, the line travels along US 1 and US 9 to serve Scarborough. It then allows passengers to disembark at the Maine Mall in South Portland or to travel to Downtown Portland.

• Old Orchard Beach/Camp Ellis Trolley: This summer-only tourist trolley shuttles visitors around Old Orchard Beach and Camp Ellis Beach. ZOOM Tampke Express: This service provides peak-hour weekday service between Biddeford and Downtown Portland. The line makes two stops, at the Biddeford Park & Ride adjacent to Maine Tampke exit 32 and at the Saco Park & Ride adjacent to exit 36.

• Nor’aster Express: This route runs seven days per week during normal academic terms to provide a service from Biddeford to the University of New England. Transportation is free to all students with valid ID.

Community Concepts Transportation Program
240 Bates Street
Lewiston, ME 04240
County: Androscoggin
207-795-4065
rides@community-concepts.org
www.community-concepts.org/transportation
Mon-Fri 8:00 a.m.– 4:30 p.m.

Community Concepts Transportation Program has provided door to door specialized transportation services to residents of Androscoggin, Franklin and Oxford Counties for over 30 years. We offer regularly scheduled van routes, flexible routes through our trained volunteer driver network, and a wheelchair van service. Free rides are available based on funding to medical appointments for those with no other means of transportation and for all cancer patients.

Downeast Transportation
Paul Murphy
117 Gateway Center Drive
Bremen, ME 04537
County: Hancock
207-676-5796
Paul@norcountycab.com
www.downeasttrans.org

Service area: Hancock County

Type of service: Flex route, subscription, seasonal shuttle service

Geographic area: Downeast Transportation, Inc. (DTI) is a private, non-profit agency that...
Applications for METRO Reduced Fare Cards are available at the METRO • Seniors – Picture ID with birth date, Medicare Card, or METRO Reduced
Valid ID:
with valid ID . $ .75 for one-way fare on local service and $1 .50 for METRO
Seniors (65+) and persons with disabilities receive a reduced fare discount
Regular one-way fare for local service is $1 .50; express service is $3 .00 . Exact
features ten daily  weekday trips Mon-Fri, and five on Saturday . Expanded
South Portland with connections to ferry, train and other regional transit
throughout Portland, Westbrook,  Falmouth and the Maine Mall area of
With annual ridership of 1 .8 million, METRO provides local bus service
www.gpmetrobus.com
207-774-0351, ext. 19
Portland, ME 04102
114 Valley Street
Denise Beck, Director of Marketing
Greater Portland Transit District
County: Cumberland
ITN Portland - Central Office
Belinda Hutchinson, Transportation Supervisor
207-774-0350
www.facebook.com/meitnportland
8:00 am – 4:30 pm.
ITNPortland is a nonprofit organization that serves the Greater Portland
area through door-to-door, arm-through-arm transportation services for seniors and visually impaired adults. ITNPortland relies on
the support of our community to keep our riders independent, safe, and happy! Since 1995, we have provided over 315,000 rides for our members thanks to our paid and volunteer drivers.
KVCAP Transportation Services
Jim Wood, Transportation Development Director
97 Water Street
Waterville, ME 04901
County: Kennebec
1-800-542-8227, 217-1-807-1500
jimw@kvcap.org
www.kvcap.org
Kennebec Valley Community Action Program has made a firm commitment to providing the citizens of Central Maine with safe, dependable transportation services. K venebecSomatic Explorer is a flex-route public bus service with operations throughout the greater Waterville-Augusta area and the Greater Skowhegan area. KV Van offers door-to-door para-transit van and volunteer driver service to passengers who are eligible under specific social service organization guidelines. KV Van provides door-to-door transportation service to disabled, elderly and low-income passengers throughout Kennebec and Somerset Counties. Common destinations for passengers using KV Van services are doctors’ offices, hospitals, adult day care programs, social service agencies, mental health facilities, protective services, children’s services and other medical and developmental services.

Lynd-Penquis Transportation
Marcia Larkin
262 Harlow Street
Banger, ME 04401
County: Penobscot
207-973-3695
mlarkin@penquis.org
www.facebook.com/penquis HELPINGtodaybuildingtomorrow
8:30 am. – 4:30 p.m.
Penquis/Lynx Mobility Services offers transportation services to Veterans in Penobscot & Piscataquis counties. Lynx requires three (3) full business days notice for all rides. Lynx will transport for medical, shopping, volunteerizing or any other needs. Some restrictions may apply. For more information please contact Lynx at the number above.

Regional Transportation Program
Belinda Hutchinson, Transportation Supervisor
127 Saint John Street
Portland, ME 04102
County: Cumberland
207-774-2666, x1,
bhutchinson@rtprides.org
www.rtprides.com
Mon-Fri, 5:30 a.m. – 5:00 p.m.
RTP has provided transportation for the residents of Cumberland County for over 40 years. Ride times based on how much space you need on the bus. Application forms are available by calling our office or downloading on our website. RTP also operates the Lakes Region Explorer Shuttle (LRE) which provides 4-round trips from Bridgeport to Togus area by providing stops in Hakin, Casco, Raymond, Windham & Westbrook along the way) daily Monday through Friday. Fares & Schedule for the LRE are also available on our website. All vehicles are ADA accessible.

South Portland Bus Service
Art Handman, Director of SPBS
46 O’Neill Street
South Portland, ME 04106
County: Cumberland
207-567-5555
ahandman@southportland.org
The South Portland Bus Service (SPBS) operates a fixed-route, public transit service throughout South Portland, into downtown Portland, and into Scarborough along the shopping area off Payne Road near the Maine Mall. Three routes operate Monday through Friday and two routes operate on Saturday and Sunday. All SPBS buses are lift equipped, wheelchair accessible, and are fitted with bicycle racks. The SPBS connects with the Portland METRO Bus System and the Shuttlebus/ Zoom service through a free transfer arrangement providing its riders a broad, regional travel area with access to the Biddeford-Saco-Old Orchard Beach Shuttlebus, the Airport, Casco Bay Ferries, Greyhound Bus, Concord Coach, Amtrak Downeaster, as well as medical, shopping and other high activity centers in the area. Fares are $1.50 per ride ($0.75 for elderly and persons with disabilities). 10-ride tickets and monthly passes are also available. See City of South Portland Web Site for schedules and routes.

VA Maine Healthcare System Transportation Services
Gissella White, Mobility Manager
One VA Center
Augusta, ME 04330
County: Kennebec
207-623-8411, x5696
giselle.white@va.gov
www.va.gov/HEALTHBENEFITS/vtp/index.asp
Mon-Fri, 7:30 a.m. – 4:00 p.m.
VA Transportation Services provides rides for veterans who may require a special mode transport (wheelchair van) to Trips for appointments. A travel consult would be required from the veteran’s physician for special mode, or if the veteran has exhausted all other options for a ride to Trips. Please also check with the DAV office (5790) for their transportation schedule. Also provided are shuttle services to the Boston VA Medical Center. Please see web site for details.

VA Maine Healthcare System Voluntary Transportation Network - DAV
Linda Neptune, Deb Mallett, Leila Mills, Hospital Service Coordinators
PO Box 3415
Augusta, ME 04330
County: Kennebec
1-877-421-8263, x5790, 207-623-5790
www.davenmornhospital.org/tnw
Mon-Fri, 7:30 a.m. – 3:30 p.m.
Type of Service: 10 passenger vans, must be able to load and unload independently. Not handicap accessible and unable to transport large oxygen bottles. Serving many areas throughout the State of Maine. Rides are being offered on a first-come first-served basis. Prior to appointment to reserve a seat.
Waldo CAP
9 Field Street, Suite 201
Belfast, ME 04915
207-338-6803 (phone)
207-338-6812 (fax)
info@waldocap.org
https://waldocap.org

Western Maine Transportation Services
76 Mowrery Road
Auburn, ME 04210
County: Androscoggin
207-333-6512 ext. 208
info@westernmaine trans.org
www.wmtbus.org

• WMATS operates lift-equipped buses providing daily weekend, public transportation in Androscoggin, Franklin and Oxford Counties.
• WMATS also operates the lift-equipped Brunswick Explorer and Lisbon Connection day trips, weekday and Lewiston–Auburn day trips, Monday-Saturday bus services.
• Service is provided on a weekly basis from Farmington and Rumford to the Lewiston Certified.
• Lisbon Connection and citylink services provide daily access to the Lewiston Certified.

York County Community Action Corp.
Robert Carini, Transportation Director
P.O. Box 72
Sanford, ME 04073
County: York
207-459-2930
robert.carini@yccac.org
www.yccac.org
York County with having the second highest concentration of veterans within the State of Maine, York County Community Action Corporation (YCCAC) recognized the need to address the shortfall of transportation services for veterans. In February 2014 YCCAC had sought strategic partnerships with local organizations to address the critical transport need for veterans within our region. We are most fortunate to have established a collaborative effort with the Patriot Riders of America- Maine Chapter One, the YWV and VMVTS that helped establish available funding for trips that could not be provided by other VA van services. With offering individual service, we can assist veterans with scheduling their transportation needs through our volunteer driving program or agency vehicles.
American Legion Department of Maine

Paul W. Harris, Adjutant
5 Vert Drive
Winslow, ME 04901
County: Kennebec
207-873-3229
legions@maineloggion.org
paul@maineloggion.org
www.maineloggion.org
www.facebook.com/MaineAmericanLegion
twitter.com/LegionMaine

The American Legion Department of Maine was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to helping veterans of every conflict. The Department has over 16,000+ members in 172 posts scattered throughout Maine that support veterans and their families. We have a fully staffed Veterans Service Office on the campus of VA Togus, in Augusta, Maine, providing assistance to veterans, their families and survivors in filing claims for VA compensation and pension as well as other benefits. We also have a robust roster of veteran’s resources at our disposal. We are the nation’s largest wartime veterans service organization, committed to veterans rehabilitation, Youth programs, Americanism and National Security.

AMVETS Department of Maine

Marshall F. Archer
147 Alfred St
Biddeford, ME 04005
County: York
207-576-0376
jdewitt@tcmhs.org

AMVETS is one of America’s leading veterans service organizations with more than 250,000 members, AMVETS has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens. Membership in AMVETS is open to anyone who has served honorably, or currently serving, in the U.S. Armed Forces, including the National Guard and Reserves.

AMVETS members in more than 1,400 posts nationwide promote and support “quality of life” community-service programs ranging from Special Olympics and ROTC to scouting and organ-donor projects.

Mission Statement:
To enhance and safeguard the entitlements for all American Veterans who have served honorably and to improve the quality of life for them, their families, and the communities where they live through leadership, advocacy and services.

Combat Veterans Motorcycle Association Maine Chapter 17-1

Paul Witten
County: Cumberland
combatvetermaine@gmail.com
www.coms17-1.com

We are an Association of Combat Veterans from the United States Armed Forces who ride motorcycles as a hobby. Our mission is to support and defend those who have defended our country and our freedoms.

The CVMA is committed to welcoming home Combat Vets of all our wars and remembering those who are still not home yet. We are a fellowship of veterans, and those who support our veterans, not a motorcycle club. If you are a Combat Vet and ride a motorcycle over 50cc you are eligible for membership.

Combat Veterans Motorcycle Association Maine Chapter 17-3

Bill Linsell
bill_linsell@hotmail.com
www.coms17-3.com/about
www.facebook.com/groups/1159397302346820

We sponsor and participate in many motorcycle-related charity events each year, and as a 501(c) nonprofit organization, we donate to various veteran care facilities and charities.

Daughters of the American Revolution

Carolyn Kelly
207-861-2724
kathy.morrison@gmail.com
www.dar.org

The Daughters of the American Revolution (DAR) is a lineage-based membership service organization for women who are directly descended from a person involved in the United States’ struggle for independence. A non-profit group, they work to promote historic preservation, education, and patriotism.

Most of DAR’s volunteer work is accomplished by the grassroots efforts of chapters on local levels which focus on the mission areas of DAR by encouraging members to become involved in these initiatives in their local communities. Learn what DAR does to promote Historic Preservation, Education and Patriotism.

Disabled American Veterans

UK Medical Center
Togus, ME 04301
County: Kennebec
(207) 623-5725
digmmainedv@gmail.com
www.davmainemotorportal.org/me

DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year. The organization provides more than 670,000 rides for veterans attending medical appointments and assists veterans with more than 292,000 benefit claims annually. In 2016, DAV helped attain more than $4 billion in new and retroactive benefits to care for veterans and their families and survivors.

Honor Flight Maine

Laurie Sidefinger, Board Chairperson
P.O. Box 1770
Portland, ME 04104
County: Cumberland
207-370-1770
mainehonorflight@gmail.com
www.honorflightmaine.org

Honor Flight Maine is a nonprofit organization created solely to honor America’s Veterans for all their service and sacrifice. We transport our heroes to Washington D.C. to tour, experience and reflect at their memorials. This priority is given to our WWII Veterans, and terminally Ill Veterans of all conflicts. We will naturally transition our focus to Korean, Vietnam and subsequent war Veterans as those Veterans get older. According to the Department of Veteran Affairs, an estimated 540,000 WWII Veterans die every day. Our time to express our gratitude to these most senior heroes is rapidly running out. Honor Flight Maine is committed to fulfill the dreams of our veterans.

Korean War Veterans Association

Shelia Fitts, Membership Administrative Assistant
PO Box 407
Charleston, IL 61920-0407
Ph: (217) 365-4414
membership@kivva.us
www.kivva.us

Maine Elk

David Hasson
hascon5454@aol.com
http://maineekls.org/programs/veterans

Maine Elk Association was instituted in 1928. The Maine Elk’s Association consists of local lodges of the Benevolent and Protective Order of the Elks of the United States of America.

Maine has 22 member lodges and over 10,000 men and women Elk members.

Elks Mission: So long as there are veterans, the Benevolent and Protective Order of Elks will never forget them.

Honor Flight

www.maine.gov/veterans
Marine Corps League
families with a myriad of nation-wide programs by Chapters and National
restricted to the combat wounded, we support all veterans and their
is composed of military men and women who received the Purple Heart
Chartered by Congress in 1958, The Military Order of the Purple Heart
207-239-8111
County: Kennebec
Building 248, Room 205k
Anthony Webster
Military Order of the Purple Heart

The Marine Corps League memorializes deceased veterans and
by a certificate of appreciation listing names of all the individuals who helped in creating the case.

Marine Corps League
Wayne Caron
Adjudant For Master
Cyr Plantation, ME 04675
County: Aroostook
207-834-2419
wcaron10@yahoo.com
The Marine Corps League memorializes deceased veterans and participates in parades. Membership is open to Marines, Navy corpsmen and chaplains. The group meets four times per year.

Military Officers Association of America
P.O. Box 2145
South Portland, ME 04106
County: Cumberland
www.moya.maine.org

MOAA is the nation’s largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization. In addition to representing your interests before Congress, MOAA offers a wide range of personal and financial services exclusive military officers . It is an independent, nonprofit, politically nonpartisan
MOAA is the nation's largest and most influential association of

Paralyzed Veterans of America
1 VA Center
Augusta, ME 04330
County: Kennebec
207-621-7394
www.pva.org

Paralyzed Veterans of America, a Congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members – veterans of the armed forces who have experienced spinal cord injury or dysfunction.

PVA will use that expertise to be the leading advocate for:
• Quality health care for our members,
• Research and education addressing spinal cord injury and dysfunction,
• Benefits available as a result of our members’ military service,
• Civil rights and opportunities that maximize the independence of our members. To enable Paralyzed Veterans to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for Paralyzed Veterans of America to achieve its mission.

Patriot Guard Riders
Mike Edgcomb, Business Development Manager
136 Center Street
PO Box 433
Old Town, ME 04468
County: Penobscot
207-877-5530
MESC@PatriotGuard.org
www.patriotguard.org
www.facebook.com/groups/107981904876280

Our mission is to help local military Veterans and families in any manner we possibly can. There are Veterans in our communities who go without proper shelter (if any), food, and essential every day necessities due to a variety of factors including injuries, illness, low wage, job loss, and age.
While all of us are susceptible to hard times, Veterans have given their services and signed to risk, if not lose their lives for our country, and should not have to struggle to survive. Learn more about our organization by contacting us or visiting our Facebook page or website.
Southern Maine Veterans Cemetery Association
83 Stanley Rd.
Springvale, ME 04083
County: York
207-455-7394
robert.macleod@maine.gov
www.southernmaineveteranscemetery.org/ewpress
GATE OPEN: Saturday – Sunday (24 hours a day)
OFFICE HOURS: Monday – Friday, 7:30 a.m. – 4:00 p.m.

The Southern Maine Veterans’ Memorial Cemetery Association is a non-profit organization staffed totally by volunteers. Our mission is to beautify the cemetery where families and friends of veterans may come to visit the final resting place of their loved ones that is both beautiful and peaceful. Our meetings are held on the second Thursday of each month and are open to the public.

We are currently raising funds to erect a POW/MIA monument with ground breaking in early 2017, with the monument in place in 2018. Our vision for future projects include re-furbishing the committal grounds, erecting other monuments, and building a southern Maine Veteran’s cemetery. Our meetings are held on the second Thursday of each month and are open to the public.

Team Rubicon
Dana Braueman, Region I Administrator (New England)
County: Cumberland
310-640-8767 x 1 1 2
brae@teamrubiconusa.org
www.teamrubiconusa.org
www.facebook.com/teamrubicon

Team Rubicon is a non-profit disaster response organization that unites the skills and experiences of military veterans with first responders to rapidly deploy disaster response teams, free of charge to communities across the country. Team Rubicon is active regionally, across the New England region, and locally in Maine. Team Rubicon’s disaster response capabilities include incident management, expedient home repair, damage assessment, debris management, hazard mitigation, and spontaneous volunteer management. In addition, Team Rubicon offers members engagement and community-building opportunities through service projects, fitness and wellness events, social events, and leadership development programs.

Vietnam Veterans of America
Joseph Armstrong
508 Elm Street
Biddaford, ME 04005

Team Red, White & Blue
Mark LaScossa, Chapter Captain
Portland, ME 04101
County: Cumberland
Mark.lasocc@teamroeb.org
www.teamroeb.org
www.facebook.com/teamRWBMaine

Founded in 2010, Team RWB and its over 100,000 members are bringing veterans, their families, and American citizens together through authentic social interaction, community physical fitness and shared experiences in over 187 communities across the globe. Our mission, simply stated, is to enrich the lives of America’s veterans by connecting them to their community through physical and social activity. Whether we meet for a run, ruck, yoga, workout or social event, our Central Maine chapter provides opportunities for veterans, active duty and civilian members to create positive, meaningful connections. Members share the Eagle Ethos – passion, people, positivity, commitment, camaraderie, and community.

Team Rubicon
Dana Braueman, Region I Administrator (New England)
County: Cumberland
310-640-8767 x 1 1 2
brae@teamrubiconusa.org
www.teamrubiconusa.org
www.facebook.com/teamrubicon

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Joseph Armstrong
508 Elm Street
Biddaford, ME 04005

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Mark LaScossa, Chapter Captain
Portland, ME 04101
County: Cumberland
Mark.lasocc@teamroeb.org
www.teamroeb.org
www.facebook.com/teamRWBMaine

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Team Rubicon
Dana Braueman, Region I Administrator (New England)
County: Cumberland
310-640-8767 x 1 1 2
brae@teamrubiconusa.org
www.teamrubiconusa.org
www.facebook.com/teamrubicon

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Vietnam Veterans of America
Joseph Armstrong
508 Elm Street
Biddaford, ME 04005

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Mark LaScossa, Chapter Captain
Portland, ME 04101
County: Cumberland
Mark.lasocc@teamroeb.org
www.teamroeb.org
www.facebook.com/teamRWBMaine

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Team Rubicon
Dana Braueman, Region I Administrator (New England)
County: Cumberland
310-640-8767 x 1 1 2
brae@teamrubiconusa.org
www.teamrubiconusa.org
www.facebook.com/teamrubicon

Team Rubicon is a non-profit disaster response organization that unites the skills and experiences of military veterans with first responders to rapidly deploy disaster response teams, free of charge to communities across the country. Team Rubicon is active regionally, across the New England region, and locally in Maine. Team Rubicon’s disaster response capabilities include incident management, expedient home repair, damage assessment, debris management, hazard mitigation, and spontaneous volunteer management. In addition, Team Rubicon offers members engagement and community-building opportunities through service projects, fitness and wellness events, social events, and leadership development programs.

Vietnam Veterans of America
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508 Elm Street
Biddaford, ME 04005

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Mark.lasocc@teamroeb.org
www.teamroeb.org
www.facebook.com/teamRWBMaine

Founded in 2010, Team RWB and its over 100,000 members are bringing veterans, their families, and American citizens together through authentic social interaction, community physical fitness and shared experiences in over 187 communities across the globe. Our mission, simply stated, is to enrich the lives of America’s veterans by connecting them to their community through physical and social activity. Whether we meet for a run, ruck, yoga, workout or social event, our Central Maine chapter provides opportunities for veterans, active duty and civilian members to create positive, meaningful connections. Members share the Eagle Ethos – passion, people, positivity, commitment, camaraderie, and community.
We believe that all individuals suffer from the impact of mental health and substance abuse at some time in their lives, and we are committed to reducing the stigma of seeking help. The Maine CIC has awarded Health Affiliates Maine with a suicide prevention grant to provide services to National Guard members (ending in July 2017). HAM is part of the Veteran’s Choice network, Tricare, and most all other insurances. HAM also provides tele-counseling services.

Tri-County Mental Health Services
Jerry Devitt
1155 Libram Street
Past Office Box 208
Lewiston, ME 04240
207-783-9141
jdevitt@ctchs.org
www.ctchs.org
www.facebook.com/ctchs

Tri-County Mental Health Services provides trauma-informed, integrated services that promote whole health and wellness. We work to create healthy communities that are inclusive and respectful of all. We believe that all children, adults, and communities deserve to have access to the resources needed to achieve optimal health status in all realms of wellbeing. We provide behavioral health services, substance-use disorder treatment, outpatient counseling, services for children and families, and more. Our Veterans Outreach Specialist works with veterans and their families to help them access programs and services to which they are entitled. From housing to education to healthcare to discharge materials, our Veterans Outreach Specialist is available to work with you.

Bates College
Margaret Lamoreaux
2 Andrews Road
Lewiston, ME 04240
207-786-6255
mralmoreau@bates.edu

Bates College was founded in 1855 by Maine abolitionists, and since its founding, Bates has never allowed on campus and will never allow — organizations that promote a wide variety of non-criminal legal problems including elder abuse and protection orders, housing issues including eviction and foreclosure, consumer debt, public assistance problems, guardianship, Medicare/Medicaid, Power of Attorney, Health Care Advance Directives, and health care coverage disputes. LSE also has attorneys located in offices across the state that provide legal representation in some situations. If LSE can’t help, callers are offered referrals to private attorneys, potentially at reduced fees.

Central Maine Community College
John Bowlie
1250 Turner St.
Auburn, ME 04210
207-755-5328
fiscal@cmcc.edu

Our Financial Aid Office is responsible for certifying with the VA any students who are receiving veteran education benefits, such as the GI Bill, Vocational Rehabilitation, and Dependents Education Assistance. Students should contact the school certifying official in the Financial Aid Office with any questions about applying for benefits, submission of documents, or about the VA programs.

Purdue University Global
Colleen Ruggels, Business Development Manager
207-525-9952
cruggepis@purdueglobal.edu
www.purdueglobal.edu

Purdue University Global is an institution of higher learning dedicated to providing innovative undergraduate, graduate, and continuing professional education. Our programs foster student learning with opportunities to launch, enhance, or change careers in today’s diverse global society. The University is committed to general education, a student-centered service and support approach, and applied scholarship in a practical environment. Purdue University Global not only offers online programs, but campus-based, and blended programs in fields such as social and behavioral sciences, business, criminal justice, education, health sciences, information systems and technology, legal studies, and nursing. Students can earn associates’, bachelors’, and masters degree as well as certificates and diplomas.

We support our military in the following ways:
- Reduced tuition rates and fee waivers for military students
- Participation in the Yellow Ribbon Program
- Free college credits as part of an educational policy
- Acceptance of military credits earned through DANTES/CLEP exams
- Advisors specially trained to assist with military and VA benefits

New England School of Metalwork
7 Allston Way
Auburn, ME 04210
207-777-3375
dglazer@newenglandschoolofmetalwork.com
www.newenglandschoolofmetalwork.com

Metalsmithing 8:00 a.m. – 5 p.m.
Welding days: 7:30 a.m. – 3:30 p.m. and 4:00 p.m. – 9 p.m. evening

The New England School of Metalwork was established in 2000 as a nonprofit educational facility to promote and strengthen Blacksmithing, Blacksmithing and hobby or industrial welding skills. Currently with three buildings each dedicated to its trade where every student is provided with their own work station and low student/instructor ratio of 8:1. We run all year, offering over 75 courses per year with nearly 80 percent of them being approved for VA benefit. Students choose and build their own curriculum. We provide courses for every skill level and in many topics. Students can train for the workforce or hobby interest. All students receive a certificate of completion or my opt to take certification tests. All are welcome.

Northeast Technical Institute - Lewiston
20 East Ave.
Lewiston, ME 04240
207-855-8000
inquiry@ntinow.edu
www.ntinow.edu

Headquartered in Scarborough, Maine, Northeast Technical Institute is the region’s leading provider of short-term, career focused training, and has been working with Veterans since its inception. NTI is a proudly held Maine career school that continues to grow and expand its course offerings, which now include Health Care, Information Technology, Truck Driving, HVACR and more. Over the past four decades, the owners of NTI have established partnerships with hundreds of organizations within the business community to provide them with well-trained, professional employees. The commitment to the success of our graduates is unrivalled, and our instructors employed have many years of experience in their fields and take pride in teaching their skills in a professional and friendly manner.

University of Southern Maine - Lewiston
Lorrie Spalding, Veterans Services Coordinator
35 Westminster St.
Lewiston, ME 04240
207-780-5322
lorrainspalding@mains.edu

The University of Southern Maine’s Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who embraces our Outreach Outreach Unit. USM’s VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

Elder Abuse Task Force - Safe Voices
Kelley Gilden
P.O. Box 712
Auburn, ME 04212
207-795-4744
www.safevoices.org

The Androscoggin Elder Abuse Task Force is a community partnership dedicated to ending elder abuse, generating resources, educating the community, and advocating to meet the needs of elder abuse victims. Membership is open to individuals and organizations working with elders in Androscoggin County.

Legal Services for the Elderly
Jill K. Randall, Helpline & Medicare Advocacy Services Director
8 Falcon Road
Lewiston, ME 04240
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org

Anyone who is Medicare eligible can call the LSE Medicare Part D Unit if they are having trouble getting or affording prescription drugs.”

Seniors Plus
Holly Zielinski, Director of Community Services
8 Falcon Road
Lewiston, ME 04240
1-800-427-1241
207-795-4050
www.seniorsplus.org

Established in 1972, SeniorPlus is the designated Agency on Aging and Disability Resource Center (ADRC) serving Franklin, Oxford, and Androscoggin counties. We are your trusted source for information, options, and services designed to meet your needs. We are a private 501(c)3 organization supported in part by funds from the Maine Department of Health and Human Services, grants and contributions. Our mission is to ensure the lives of seniors and adults with disabilities are fulfilled. SeniorPlus believes in supporting the independence, dignity, and quality of life of those we serve. Our veteran services also include the Veteran Independence Program (VIP) which helps qualified veterans remain independent and self-sufficient in their homes and communities. Depending on circumstances and health needs financial assistance is available to obtain services such as grounds maintenance; housekeeping; personal care; access to nutrition; health and support services provided by a health professional. VIP does not replace other federal, provincial or municipal programs but instead complements existing programs to help the veteran’s needs.

Bonney Staffing Center - Auburn
Danielle M. Napolitano, Staffing Supervisor
135 Center St.
Auburn, ME 04210
207-783-1416
www.bonneystaffing.com

Bonney Staffing Center, Inc. is an independently owned and operated staffing firm, offering job placement opportunities in Maine, New Hampshire, North Carolina and Rhode Island. Since 1975, we have been connecting job seekers with top employers. Bonney provides temporary, temp-to-hire, and direct-hire employment opportunities with our client companies in the Clinical/Administrative, Industrial, and Technical fields. For forty years,
Bonney has been a leader in the industry, and we are the first call for those seeking employment with a reliable source. Bonney is an equal opportunity employer, and there is NO FEE for applicants. Though our hiring process is thorough, it is designed to meet the specific needs of our clients and to find the best employment fit for you! Relevant work experience, above-average work references, a positive attitude, strong work ethic, and flexibility are all key criteria which will be considered. Please apply for this or any other position—we look forward to talking with you!

The right match is essential for everyone. Job seekers find meaningful opportunities to use their skills and experience. Businesses retain top talent and prevent excessive turnover. Managers get more done. At Bonney Staffing, our mission is to create lasting connections that make sense for both employers and job seekers. With experience and technology to support those connections, call center staffing or light industrial staffing agencies, Bonney Staffing helps you hire right the first time. We get faster, more accurate results, a higher level of service, and online tools that make it easy to manage your workforce. We work hard to find the right fit for every job seeker. We understand that you’re not just finding a job; you’re changing your life. That’s why we are committed to providing the tools and advice you need to manage your job search and reach your career goals. Learn more about your career options or search office staff jobs, call center jobs, or light industrial jobs.

Coastal Enterprises Inc. - Lewiston
Liz Rogers
415 Lisbon Street, Suite 4 - LASC
Lewiston, ME 04240
207-751-5972
info@coastalme.org
www.coastalme.org
www.facebook.com/CEIMaine
www.twitter.com/coastalme
9:00 a.m. – 5:00 p.m.
Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envision a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

Maine Department of Labor CareerCenter (Lewiston)
5 Mollison Way
Lewiston, ME 04240
207-751-9909
lwc.careercenter@maine.gov
www.careercenter.gov
www.facebook.com/MaineCareerCenters
5:00 p.m. – 8:00 p.m.
Our mission at the Bureau of Employment Services is to build and sustain a skilled workforce. Through 12 CareerCenter located across the state, staff connect job seekers and businesses with the employment, training and other services that help employers recruit and retain a quality workforce and grow our economy, including an online job board - Maine Joblink: http://joblink.maine.gov/audd. For employers we provide worker recruitment, hiring incentives and incumbent staff training. For jobseekers we provide specialized employment and training services including job search, resume development, interviewing skills and more! Veterans receive priority of service at all CareerCenter locations statewide.

Pine Tree Legal Assistance - Lewiston
207-460-3229
veterans@ptla.org
PTLA’s Veterans Legal Services team (located in August) is able to help veterans who have been referred from Preble Street Veterans Housing Services or the Maine Healthcare System for assistance with:• Housing issues: eviction, foreclosure, bed bugs, or medical conditions that make it difficult to live in your current home;• Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g. overpayments), student loan debt; and• Discharge status upgrades and character of service determinations.
Please visit your VA or Pine Street provider for a referral for veterans.
Congressman Jared Golden - Lewiston
P.O. Box 7108
124 Lisbon Street
Lewiston, ME 04240
207-228-1872
https://jaredgoldencongress.com/contact
www.facebook.com/JaredGoldenforCongress

Congressman Jared Golden - Washington, DC
U.S. House of Representatives
Washington, DC 20515
202-224-3121
TTY: 202-225-1904
Office of Senator Susan Collins - Lewiston
Carlene Tremblay and Ginger Kieffer
55 Lisbon Street
Lewiston, ME 04240
207-784-6969
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.
As a daughter of a World War I Purple Heart recipient and a life member of the VFW Auxiliary in Caribou, Senator Collins knows that the heroes who wear the uniforms of America’s armed forces are patriotic, caring men and women who have put aside the comforts of civilian life to advance the cause of freedom. We owe them a great debt. Senator Collins is a strong advocate of all those who are serving or have served in our nation’s Armed Forces and has worked hard to ensure that the federal government maintains a strong commitment to service members and veterans alike. Anyone who is having difficulty with a federal agency can contact one of Senator Collins’ Maine Constituent Service Centers for assistance.
members of the military and their families, access to safety training and resiliency training, information on local resources to assist veterans, the healing of our service men and women, served as the medium of For over 130 years, the American Red Cross has provided help with 9:00 a.m. – 5:00 p.m. Mon-Fri American Red Cross - Central and MidCoast and meeting schedule. Please visit our website for updated information on our group New members are always welcome – by joining the Network, you is comprised of 10 Regional Groups where federal, state, and local effort to understand, prevent, and help address the challenges faced by Additionally, a new 16 unit Fisher House for families of Togus inpatient Veterans will be built across from the Togus Hospital beginning in 2018. Maine Military and Community Network - Lewiston/Auburn Area 1155 Lisbon Street Lewiston, ME 04240 207-537-0311 jdewitt@tcmhs.org https://mainencm.org/regional/groups/lewistonaustrum-mcmn The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you will become connected to comprehensive information and will be better equipped to help military families in your community. The Lewiston & Auburn MMCN meets monthly on the fourth Wednesday of the month. Please visit our website for updated information on our group and meeting schedule. American Red Cross - Central and MidCoast 475 Pleasant Street, Ste. 425 Lewiston, ME 04240 www.maine.redcross.org www.facebook.com/MaineRedCross 9:00 a.m. – 5:00 p.m. Mon-Fri For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication between the American public and service members anywhere in the world and so much more. We offer psychological resiliency training, information on local resources to assist veterans, members of the military and their families, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination. Community Concepts Transportation Program 240 Bates Street Lewiston, ME 04240 207-795-4065 ride@communityconcepts.org www.communityconcepts.org/transportation Mon-Fri, 8:00 a.m. – 4:30 p.m. Community Concepts Transportation Program has provided door to door specialized transportation services to residents of Androscoggin, Franklin and Oxford Counties for over 30 years. We offer regularly scheduled van routes, flexible routes through our trained volunteer driver network, and a wheelchair van service. Free rides are available based on funding to medical appointments for those with no other means of transportation and for all cancer patients. Western Maine Transportation Services 76 Merrow Road Auburn, ME 04210 (207) 333-6772 ext. 208 info@westernmainetrans.net www.wmtsbus.org • WMTS operates lift-equipped buses providing daily, weekday, public transportation in Androscoggin, Franklin and Oxford Counties. • WMTS also operates the lift-equipped Brunswick Explorer and Lisbon Connection daily, weekday and Lewiston–Auburn citylink daily, Monday-Saturday bus services. • Service is provided on a weekly basis from Farmington and Rumford to the Lewiston CBOC • Lisbon Connection and citylink services provide daily access to the Lewiston CBOC. Military Talent Source Matt Leonard, Chief Executive Officer 441 Lake Shore Drive Auburn, ME 04210 207-560-3705 solutions@militarytalentsource.com www.militarytalentsource.com www.facebook.com/MilitaryTalentSource UMA Lewiston Site 51 Westminster Street Lewiston, ME 04240 (207) 733-6000 uma.edu/lewisston Aroostook County Caribou Vet Center Alexander Leger-Kelly, LCSW, CCS 456 York Street Caribou, ME 04736 207-436-3900 Alexander.Leger-Kelly@va.gov 8:30 a.m. – 5:00 p.m. The Vet Center Program, established by Congress in 1979, provides a personal, informal atmosphere in which to assist eligible veterans and their families. Eligible includes veterans who have served in combat areas and any veterans whom have experienced sexual trauma. In addition to individual counseling, we provide therapy and activity groups. Family members and significant others are also eligible for relationship, group, and counseling when related to the resolution of the veteran's readjustment issues. The Vet Center program also focuses on educating the public on the effects of military trauma and veterans issues. Services Offered Include: • Individual and group counseling • Couples/marital/family counseling • Sexual trauma/harassment counseling • Reassurance counseling • Substance abuse counseling • VA Information and assistance • Outreach and education about veteran issues and services University of Maine at Presque Isle Nola Belanger, Admin. Specialist & School Certifying Official 181 Main St Presque Isle, ME 04769 207-768-9540 nola.belanger@maine.edu www.uml.edu/admissions/how-to-apply/veteran www.facebook.com/umlnolvn www/facebook.com/CaribouVB/177754966388/homepage_panel UMPI welcomes the application of military personnel and veterans of the armed forces as well as their spouses and dependents. In considering applicants, it is the policy of the University to recognize the advantages of the training and maturing aspects of the military. UMPI is an authorized institution for use of the Veterans Education Assistance Program benefits. Alpha One - Presque Isle Katra Crosetto, MSW, Independent Living Specialist 66 Spruce Street Presque Isle, ME 04769 800-660-7200 www.alphaonewm.org Alpha One – Center for Independent Living Alpha One, managed and directed by people with disabilities, offers an array of services to promote independence for people with disabilities. Services offered include: Information and Referral, Independent Living Skills Assessment and Training, Assistive Technology Consultation, Access Design Services (individual and business), Peer Support, Homeward Bound, Youth in Transition Services and Personal Assistance Services. In addition we offer funding for assistive technology and home access through the InfoPower Loan Program, Title 7, Part B Grant, and Homefit. We work with farmers, loggers, and individuals in the fishing industry through the AgAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at S. Portland location).

Aroostook Agency on Aging 1 Edgmont Drive, Suite 2 Presque Isle, ME 04769 207-764-3396 information@aroostookaging.org www.aroostookaging.org www.facebook.com/AroostookAgencyOnAging 8:00 a.m. – 4:30 p.m. We work with the VA Medical and Benefits Center in Togus and the Caribou Vet Center in Loring to provide Aroostook County veterans wishing to stay home and who are at risk of nursing home placement with home-care options. This includes access to the Veteran’s Independence Program (VIP), assistance with bathing and dressing, homemaking, plus adult day respite service in Presque Isle. As an agency on aging we provide services to people age 60 and older, whether veterans or not, including Meals-on-Wheels; help with Medicare and supplemental insurance options including prescription drug help; information on legal assistance with public benefits; family caregiver training, support, and counsel - especially for those caring for someone with memory decline, such as Alzheimer’s. Legal Services for the Elderly K. Randall, Helpline & Medicare Advocacy Services Director 1 Edgmont Drive Presque Isle, ME 04769 1-400-750-5333 (Legal Helplines) 1-877-774-7772 (Medicare Part D Unit) JRandall@mainelaw.org www.mainelaw.org 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m. Maine residents age 60 and older can call the Legal Helpline to get free and confidential help with legal problems. The Helpline Attorneys provide information and advice on a wide variety of non-criminal legal problems including elder abuse and protection orders, housing issues including eviction and foreclosure, consumer debt, public assistance benefits, guardianship, Medicare/MaineCare, Powers of Attorney, Health Care Advance Directives, and health care coverage disputes. LSE also has attorneys located in offices across the state that provide legal representation in some situations. If LSE can’t help, callers are offered referrals to private attorneys, potentially at reduced fees. Anyone who is Medicare eligible can call the LSE Medicare Part D Unit if they are having trouble getting or affordng prescription drugs.

Loring Job Corps Roger Felix 113 Commerce Center Rd. Limestone, ME 04750 207-328-4044 https://loring.jobcorps.gov/contact-us
The Loring Job Corps Center located in Limestone Maine offers training and educational opportunities in a residential setting. Job Corps places over 80% of its graduates in either advanced training, college, military or meaningful employment. Team Maine continues to lead the nation in providing training for Maine youth for the needs of Maine employers. For information on how you can join Job Corps and continue on your path to success.

Maine Department of Labor CareerCenter (Presque Isle)
68 Spruce Street, Suite 1
Presque Isle, ME 04769
207-703-6130
presqueiselabccareercenter.maine.gov
www.maine.gov/dolec
www.facebook.com/MaineDOL
www.facebook.com/MaineHireAVet
www.mainecareercenter.gov
presqueisle.careercenter@maine.gov
207-760-6300
66 Spruce Street, Suite 1
Presque Isle, ME 04769
115 Main St #3
Bangor, ME 04401
877-377-5709
877-421-8263 X 7490
Houlton, ME 04730
Houlton Regional Hospital
VA Access Point - Houlton
8:00 a.m. – 4:30 p.m. (Thursdays Only)
www.maine.va.gov/locations/fort_kent.asp

United Veterans of Maine, Inc.
John Deveau, President
358 Washburn Road
Caribou, ME 04736
207-492-2190
www.unitedveteransmaine.org
www.facebook.com/un107
Established in 2015, the United Veterans of Maine works to provide housing for homeless veterans.
Our mission is to improve veterans lives through community based programs and support.
Our Vision is to determine the root cause for the veteran becoming homeless, provide wrap around services, and rapid rehousing for past and present members of the Armed Forces of the United State, Reserve and National Guard.
Our goal is to provide job training while at our location for them to get back on their feet and become an active member of their community.

Pine Tree Legal Assistance - Presque Isle
207-492-3229
veterans@ptla.org
PTLA’s Veterans Legal Services team (located in Augusta) is able to help veterans who have been referred from Presque Isle Veterans Housing Services or the VA Maine Healthcare System for assistance with:
• Housing issues: eviction, foreclosures, bad debts, or medical conditions that make it difficult to live in your current home;
• Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g. overpayments), student loan default, and;
• Discharge status upgrades and character of service determinations.
Please visit your VA or Presque Isle provider for a referral for services!

Office of Senator Angus King - Presque Isle
169 Academy St, Suite 1
Presque Isle, ME 04769
207-765-5124
Helping ensure that federal government agencies are responsive to Maine’s needs is one of my most important jobs as your United States Senator. I am proud to work on your behalf.
We have an obligation to ensure our nation’s veterans are provided with the most comprehensive and accessible assistance programs available. We must not only redouble our efforts to care for those who have already served in the armed forces, but as a new generation of Soldiers, Sailors, Airman, Coast Guardsmen and Marines return from home around the globe, we must also make certain that they have continued access to the health, education, and employment services they undeniably deserve.

Northern Maine Veterans’ Cemetery
37 Lombard Rd.
Caribou, ME 04736
County: Aroostook
207-623-8411 X 7490
207-834-1572
va.gov/mgov/locations/caribou
VA Access Point - Fort Kent
3 Mountain View Drive
Fort Kent, ME 04743
207-834-1572
www.maine.va.gov/locations/caribou

VA Access Point - Houlton
Houlton Regional Hospital
207-623-8411 X 7490
207-834-1572
va.gov/mgov/locations/houlton

For information on how you can join Presque Isle and Pine Tree Legal Assistance to Maine’s entrepreneurs. Start or confidential business advising and training to Maine’s entrepreneurs. Start or confidential business advising and training to Maine’s entrepreneurs. Start or confidential business advising and training to Maine’s entrepreneurs.

Office of Senator Susan Collins – Caribou
Tricia House and Kathy Finnemore
25 Sweden Street, Suite A
Caribou, ME 04736
207-629-7873
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.
As the daughter of a World War II Purple Heart recipient and a life member of the VFW Auxiliary in Caribou, Senator Collins knows that the heroes who wear the uniforms of America’s armed forces are passionate, caring men and women who have put aside the comforts of civilian life to advance the cause of freedom. We owe them all a great debt. Senator Collins is a strong advocate of all those who are serving or have served in our nation’s Armed Forces and has worked hard to ensure that the federal government maintains a strong commitment to service members and veterans alike. Anyone who is having difficulty with a federal agency can contact one of Senator Collins’ Maine Constituent Service Centers for assistance.

Maine Bureau of Veterans’ Services (Caribou)
14 Access Highway, Suite 5
Caribou, ME 04736
207-492-1173
Caribou.MaineBVS@maine.gov
8:00 a.m. – 4:00 p.m.
Our field offices provide community-based support for veterans, service members, and their families. At each office, our Veteran Service Officer is available to assist veterans and family members with:
• Enrolling in the VA system to access healthcare services and VA benefits
• Filing a disability claim with the VA
• Obtaining a copy of DD 214s and other military records
• Applying for free park passes and hunting and fishing licenses

Newly hired Veteran Service Officers (VSOs) are available to help you — for free — understand the VA system and to help you access your earned benefits. Each month, our Officers submit hundreds of claims and are successful in winning millions of dollars in awards for veterans and their families.

Maine Veterans’ Home - Caribou
Melissa Graham, Administrator
163 Van Buren Rd, A2
Caribou, ME 04736
207-498-6074
info@MaineVets.org
https://mainevets.org/locations-2/caribou

Maine Veterans’ Home is an independent, nonprofit organization serving Maine’s veterans and their families. Our Augusta Home provides 24-hour nursing coverage in three separate nursing units: a 40-bed rehabilitation and skilled nursing care unit, a 40-bed long-term care unit and a 40-bed secured long-term care unit for memory care residents and a 30-bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services
• Skilled Nursing Care
• Skilled Rehabilitation
• Speech-Language Therapy
• Occupational Therapy
• Physical Therapy
• Long-Term Care
• Residential Care
• Memory Care
• Ragdale Care
• Comfort Care

All MVH facilities have achieved elite National Silver Quality Award for Achievement in Quality by the American Health Care Association, placing them in the top 4% of nursing homes nationally.

Northern Maine Veterans’ Cemetery provides cremation niche inurnments year-round and casketed burials from April to December (Weather permitting). Visitors to the cemetery may wish to pay tribute at the Garden of Remembrance/MIA Memorial. Throughout the year, the volunteers of the Northern Maine Veterans Cemetery Corporation host events, especially at Memorial Day and Veterans Day, in addition to beautification enhancements, such as trees and granite benches.
For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication between the American public and service members anywhere in the world and so much more. We offer psychological resiliency training, information on local resources to assist veterans, members of the military and their families, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination.

Aroostook County Maine Military and Community Network
Houlton Higher Education Center (meeting location) 18 Military Street Houlton, ME 04470 and Cary Medical Center (meeting location) 163 Van Buren Road Caribou, ME 04736

Leaders: Jean Henderson, University of Maine; John Dufva, United Veterans of Maine
https://mainemcn.org/regional-groups/arostook-county-remc-houlton
Jean.henderson@maine.edu
207-521-3100, x1013

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community. The Aroostook County MNAC meets quarterly, rotating between Houlton and Caribou. Please visit our website for updated information on our group and meeting schedule.

Army National Guard Family Assistance Center - Caribou
8 Reservoir Hill Road Caribou, ME 04736
207-521-3100

Leaders: Daniel Bowers, Director; Andrea Ray, Director of Operations

FACs focus on 7 main services:
- Financial Resources and Referral
- ID cards and DEERS Referral
- Legal Resources and Referral
- TRICARE Medical and Dental Resources and Referral
- Crisis Intervention and Referral

For an “At a Glance” of all the services offered by the 50 Network FACs contact the Maine Military Assistance Center.

American Red Cross - Aroostook County
7 Hatch Street, Ste. 41 Caribou, ME 04736 207-493-4620 www.maineredcross.org www.facebook.com/MaineRedCross

For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication between the American public and service members anywhere in the world and so much more. We offer psychological resiliency training, information on local resources to assist veterans, members of the military and their families, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination.

Aroostook County Maine Military and Community Network
Houlton Higher Education Center (meeting location) 18 Military Street Houlton, ME 04470 and Cary Medical Center (meeting location) 163 Van Buren Road Caribou, ME 04736

Leaders: Jean Henderson, University of Maine; John Dufva, United Veterans of Maine
https://mainemcn.org/regional-groups/arostook-county-remc-houlton
Jean.henderson@maine.edu
207-521-3100, x1013

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community. The Aroostook County MNAC meets quarterly, rotating between Houlton and Caribou. Please visit our website for updated information on our group and meeting schedule.

Army National Guard Family Assistance Center - Caribou
8 Reservoir Hill Road Caribou, ME 04736 207-521-3100

Leaders: Daniel Bowers, Director; Andrea Ray, Director of Operations

FACs focus on 7 main services:
- Financial Resources and Referral
- ID cards and DEERS Referral
- Legal Resources and Referral
- TRICARE Medical and Dental Resources and Referral
- Crisis Intervention and Referral

For an “At a Glance” of all the services offered by the 50 Network FACs contact the Maine Military Assistance Center.
Pets for Vets arguably the best K9 trainers available. Our team also provides medical oversight; outcome studies and a positive group dynamic essential to kick start the healing process.

Pets for Vets
Stephanie Daggett
118 Cadle Street
Portland, ME 04102
207-415-8423
portland-me@petsforvets.com
http://www.petsforvets.com/portland-me

Pets for Vets goal is to help heal the emotional wounds of military veterans by pairing them with a shelter dog that is specially selected to match his or her personality. Professional animal trainers rehabilitate the dogs and teach them good manners to fit into the veteran’s lifestyle. Training may also include desensitization to wheel chairs or crutches as well as recognizing panic or anxiety disorder behaviors. Needy shelter dogs receive a second chance at life while giving our returning troops a second chance at health and happiness. The bonds of friendship formed between man and animal have the power to ease the suffering of our troops when they return from overseas.

Academy of Medical Professions
18 Pleasant Street, Suite 210
Brunswick, ME 04011
207-721-0714
www.academyofmedicalprofessions.com

Academy of Medical Professions offers programs onsite or online and our instructors are all currently working in their respective field. Our programs include books, national certifications and resume assistance. We currently offer programs onsite or online and our instructors are all currently working in the field that they teach. We offer Medical Billing, Medical Coding, Pharmacy Technician, Medical Front Office (Medical Office Specialist), Dental Assisting, Phlebotomy, Medical Transcription and Group Fitness and Personal Training. For more information contact one of our partnering Adult Education Centers, SMCC or The Academy of Medical Professions.

Bowdoin College
Martin M. Duncan ’97, Registrar
Brunswick, ME 04011
207-725-1797
mduncan@bowdoin.edu

Bowdoin College has been educating leaders on the coast of Maine since the dawn of the American republic. Founded in 1794, Bowdoin today is a highly selective college of approximately 1,800 students from across America and around the world who are admitted for their accomplishments and promise without regard for their financial circumstances. The College offers bachelor of arts degrees in more than forty majors, including interdisciplinary programs. Approximately 45 percent of Bowdoin students receive need-based need-based aid. Grants, not loans, are awarded, and the average financial aid grant is in excess of $40,000 a year. Bowdoin proudly supports veterans and their families by accepting GI Bill benefits.

Dale Carnegie Maine
Dan Collins Operations Manager
465 Congress St., Suite 600
Portland, ME 04101
603-303-5711
dan.collins@dalecarnegie.com

Dale Carnegie Training has evolved from one man’s belief in the power of self-improvement to a performance-based training company. Its 10,000 offices worldwide help people in business the opportunity to sharpen their skills and improve their performance in order to build positive, steady, and profitable results.

Purdue University Global
Colleen Ruggolo, Business Development Manager
207-523-9528
cruggelo@purdueglobal.edu
www.purdueglobal.edu

Purdue University Global is an institution of higher learning dedicated to providing innovative undergraduate, graduate, and continuing professional education. Our programs foster student learning with opportunities to launch, enhance, or change careers in today’s diverse global society. The University is committed to general education, a student-centered service and support approach, and applied scholarship in a practical environment. Purdue University Global not only offers online programs, but campus-based, and blended programs in fields such as social and behavioral sciences, business, criminal justice, education, health sciences, information systems and technology, legal studies, and nursing. Students can earn associate’s, bachelor’s, and master’s degrees as well as certificates and diplomas.

We support our military in the following ways:

- Reduced tuition rates for military students
- Participation in the Yellow Ribbon Program
- Military-friendly change of orders withdrawal policy
- Acceptance of military credits earned through DANTES/CLEP exams
- Advisors specially trained to assist with military and VA benefits

Maine College of Art
Anne E. Denison, Designating Official
522 Congress St.
Portland, ME 04101
207-775-3052
admission@meca.edu
www.meca.edu
8:00 am – 4:00 pm

We realize that the reintegration from military to civilian and academic life can be challenging. To help with the transition, we provide services and support through out the academic career of our veteran students, as well as ensure that all veteran students receive Department of Veteran Affairs educational benefits. MECA Vets assist active and reserve military, veterans, spouses and dependents at Maine College of Art to navigate the academic environment through programs, support services, the certification of educational benefits and campus and community resources. Our commitment is to provide comprehensive and personalized services within the unique learning community that facilitates the students social and academic integration. From admission to achieving their academic and professional goals — it’s about your success.

New Hampshire Institute of Therapeutic Arts
27 Sandy Creek Rd.
Bridgton, ME 04009
207-657-3794
nhita@nhita.com
www.nhita.com

Established in 1984, with locations in Bridgton, Maine and Hudson, NH, NHITA offers massage therapy certification program of day or evening classes.

NHITA has been helping students achieve their career goals for over 30 years. We train individuals in a diversity of skills, giving you options to work in private practice, group practice or in a range of other settings such as spas, health clubs, hospitals, physical therapy and chiropractic offices.

New Hampshire Institute for Therapeutic Arts is the only school in the states of Maine and New Hampshire that is accredited by the Commission on Massage Therapy Accreditation (COMTA). COMTA is the only independent accrediting agency for the massage therapy profession recognized by the United States Department of Education. Being accredited by this agency means NHITA has achieved recognition for meeting detailed and challenging standards.

Northeast Technical Institute - Scarborough
51 U.S. Route 1
Scarborough, ME 04074
207.805.8000
inquiry@ntinow.edu
www.ntinow.edu

Northeast Technical Institute - Scarborough is a privately held Maine career school that continues to grow and expand its course offerings, which now include Health Care, Information Technology, Truck Driving, HVAC/R and more. Over the past four decades, the owners of NTI have established partnerships with hundreds of organizations within the business community to provide them with well-trained, professional employees. The commitment to the success of our graduates is unwavering, and our instructors employed have many years of experience in their fields and take pride in teaching their skills in a professional and friendly manner.
Southern Maine Community College

Amy Lainoff
2 Fort Road
South Portland, ME 04106
207-741-5296
alainoff@smccme.edu
www.smccme.edu

Southern Maine Community College is Maine’s largest, oldest and most diverse community college. The college offers an affordable and accessible education with courses at its South Portland Campus, its Midcoast Campus in Brunswick, seven satellite locations and online. SMCC has nearly 6,000 students and more than 40 degree and certificate programs that emphasize hands-on learning with faculty who maintain active partnerships with employers and community leaders. SMCC offers many resources for veterans, including a dedicated advisor for veterans, college credit for military experience, and a student veterans club to provide support and a forum for those interested in veterans’ issues.

Southern New Hampshire University

10 Tiltons Drive, Suite 200
Brunswick, ME 04011
207-725-6486
brunswick@snhu.edu

SNHU has been educating civilians, service members, veterans and their families in Maine for more than 45 years. SNHU is the worldwide education partner of the USO and became a GI Jobs Military Friendly® School in 2009. SNHU’s Brunswick Center offers more than 200 education partner of the USO and became a GI Jobs Military Friendly® Schools in Maine for more than 45 years. SNHU is the worldwide education partner of the USO and became a GI Jobs Military Friendly® School in 2009. SNHU’s Brunswick Center offers more than 200

Spa Tech Institute

Angela Paradis, Admissions
100 Larrabee Rd.
Westbrook, ME 04092
207-591-4141
www.spatech.edu
www.facebook.com/SpaTech ME

The wellness and beauty industries are great careers for mission and service oriented people. As a practitioner, you help people succeed in all aspects of their lives. Whether it’s by teaching them to manage stress, heal a wound or illness, or by helping them feel more confident by looking their best, it’s very satisfying to see the difference you make in people’s lives on a daily basis. With full-time day and part-time evening programs for massage or natural skin care and day programs for cosmetology, you can be starting your new career in 7 to 14 months. Whether for someone else or have your own business, having a career that is both creative and makes a meaningful contribution to your community is a gift for both you and your clients. Call us today to learn more about the growth of the industry, schedules and financial aid for qualified students.

St. Joseph’s College

David McCall
278 Whites Bridge Road
Standish, ME 04084
800-752-4723
dmccall@sjcme.edu

The University of Southern Maine’s Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who engages in ongoing outreach. USM’s VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

University of Maine School of Law

Duaine M. Smith
59 Eater Street (Mail Handling Address: 346 Dining Avenue)
Portland, ME 04102
207-780-4370
clac.info@maine.edu
www.mainelaw.maine.edu/public-service.clac
8:00 a.m. – 5:00 p.m.

University of Maine School of Law

Lorrie Spaulding
235 Luther Bonney Hall
Portland, ME 04103
207-780-5232
lorraeen.spaulding@maine.edu
http://usm.maine.edu/veterans

Alphone One - South Portland

Ketra Crosson, OTR/L, Independent Living Specialist
127 Main Street
South Portland, ME 04106
800-640-7201
www.alphonemoww.org

Alpha One, managed and directed by people with disabilities, offers an array of services to promote independence for people with disabilities. Services offered include: Information and Referral, Independent Living Skills Assessment and Training, Assistive Technology Consultation, Access Design Services (individual and business), Peer Support, Homeward Bound, Youth in Transition Services and Personal Assistance Services. In addition we offer funding for assistive technology and/or home access through the mPower Loan Program, Title II, Part Grant, and HomeNet. We work with farmers, loggers, and individuals in the fishing industry through the AgAbility Program. We also offer Adaptive Driver Evaluation Services (we are a VA approved vendor, available at our 5, Portland location).

Disability Rights Maine-Deaf Services
68 Bishop St, Suite 3
Portland, ME 04103
972-7656 (V/TTY)
www.mainelaw.maine.edu/public-service.clac

8:00 a.m. – 5:00 p.m.
www.mainelaw.maine.edu/public-service.clac

**The University of New England is Maine’s largest private university, an innovative educational community with two distinctive coastal Maine campuses. UNE’s new campus in Brewer, Maine and a robust offering of degree and certificate programs online. UNE attracts internationally recognized scholars in the health sciences, life sciences, business, education, the social sciences and the humanities, allowing both our graduate and undergraduate students to engage in research and scholarship alongside dedicated faculty. UNE is a proud participant in the Yellow Ribbon Program.**

Vets Upward Bound
Aaron Dombovski
102 Bedford Street
Portland, ME 04101
207-869-1812
aaron.dombovski@une.edu

The U.S. Veterans Upward Bound (VUB) program is a free pre-college program to help low-income veterans develop the academic and personal skills necessary for success in post-secondary education. Eligible veterans seeking to become first-generation college students will receive intensive year-round support, including academic tutoring, VAB advising, preparation for college entrance exams, information on federal student financial aid programs, as well as assistance on economic and financial literacy. Participants will also receive guidance on general college readiness, study skills, career development, and personal and leadership growth. The program is designed to assist 125 veterans each year and they may apply to any college of their choice. To learn more, please visit the website.

University of New England - Portland

Shawn M. Plants, Enrollment Specialist, Certifying Official for VA Benefits
716 Stevens Avenue
Hancock Hall Rm. 119
Portland, ME 04103
207-221-4246
splantes@une.edu
www.une.edu/registrar/veterans-benefits

The University of New England is Maine’s largest private university, an innovative educational community with two distinctive coastal Maine campuses. UNE’s new campus in Brewer, Maine and a robust offering of degree and certificate programs online. UNE attracts internationally recognized scholars in the health sciences, life sciences, business, education, the social sciences and the humanities, allowing both our graduate and undergraduate students to engage in research and scholarship alongside dedicated faculty. UNE is a proud participant in the Yellow Ribbon Program. **The University of New England is Maine’s largest private university, an innovative educational community with two distinctive coastal Maine campuses.**

University of Southern Maine - Gorham

Lorrie Spaulding, Veterans Services Coordinator
37 College Ave.
Gorham, ME 04010
207-780-4826
lorraeen.spaulding@maine.edu

The University of Southern Maine’s Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who engages in ongoing outreach. USM’s VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

University of Southern Maine - Gorham

Lorrie Spaulding, Veterans Services Coordinator
37 College Ave.
Gorham, ME 04010
207-780-4826
lorraeen.spaulding@maine.edu

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University of Southern Maine - Gorham

Lorrie Spaulding, Veterans Services Coordinator
37 College Ave.
Gorham, ME 04010
207-780-4826
lorraeen.spaulding@maine.edu

The University of Southern Maine’s Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who engages in ongoing outreach. USM’s VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

University of Southern Maine - Gorham

Lorrie Spaulding, Veterans Services Coordinator
37 College Ave.
Gorham, ME 04010
207-780-4826
Legal Services for the Elderly

Jill K. Randall
Helpline & Medicare Advocacy Services Director
136 US Route 1
Scarborough, ME 04074
1-800-750-5253 (Legal Helpline)
1-877-572-7722 (Medicare Part D Unit)
JRandall@maimainc.org

New Hampshire Agency on Aging

Susan D. Gold, Coordinator of Volunteers and the Vet to Vet Project
136 US Route One
Scarborough, ME 04074
207-396-6521
1-800-427-7411
sgold@smaaa.org

Boots2Roots' mission is to bridge the gap between our country and strengthening Maine communities. Boots2Roots is a program that connects veterans with other veterans and community members who are transitioning to Maine. We focus on employment, navigating transition services, and community reintegration, and networking connections based on trust form the foundation of our mission.

Boots to Roots
Jen Fullmer
940 Roosevelt Trail
Westbrook, ME 04092
207-852-2266
www.bootstoots.com
www.facebook.com/bootstoots

Goodwill Industries Northern New England
Kelly Olber, Executive Director-Workforce Services
75 Washington Avenue, Suite 201
Portland, ME 04101
207-320-5057
kelly.obrien@goodwill.org
www.goodwill.org

Coastal Enterprises Inc. - Brunswick
Liz Rogers
35 Federal Street
Brunswick, ME 04011
207-504-5365
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally- sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

Goodwill's Workforce Services works with individuals, like you, looking for employment that is fulfilling, meaningful and supportive. We assess, match your interests and abilities to good jobs in the marketplace. Our employment specialists are skilled in helping you identify work interests, develop goals and find the job of your choice. We then stay in touch through job coaching, one-on-one counseling and other support services to ensure employment success.

Bonney Staffing Center, Inc.

Bonney Staffing Center, Inc. is an independently owned and operated staffing firm, offering job placement opportunities in Maine, New Hampshire, North Carolina and Rhode Island. Since 1975, we have been helping connect job seekers with top employers. Bonney provides temporary, temp-to-hire, and direct-hire employment options with our client companies: a Clinical/Administrative, Industrial, and Technical fields. For forty years, Bonney has been a leader in the industry, and we are the first call for those seeking employment with a reliable source. Bonney is an equal opportunity employer and there is NO FEE for applicants. Though our hiring process is thorough, it is designed to meet the specific needs of our clients and to find the best employment fit for your Relevant work experience, above-average work references, a positive attitude, strong work ethic, and flexibility are all key criteria which will be considered. Please apply for this or any other position — we look forward to talking with you!

Commercial Entrance - Brunswick
Liz Rogers
35 Federal Street
Brunswick, ME 04011
207-504-5365
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine

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Boots2Roots' mission is to bridge the gap between our country and strengthening Maine communities. Boots2Roots is a non-profit providing personalized and proactive support to veterans, their families members and their families who are transitioning to Maine. We focus on employment, navigating transition services, and community reintegration, and networking connections based on trust form the foundation of our mission. If you are active duty, planning to separate or retire in the next 12 months, and want live and work in Maine, then YOU are exactly what Boots2Roots exists! Boots2Roots' mission was born out of lessons learned from personal transition experiences, and we're here to help facilitate your smooth and successful transition to Maine. Learn more at boots2roots.org.

Legal Services for the Elderly

Jill K. Randall
Helpline & Medicare Advocacy Services Director
136 US Route 1
Scarborough, ME 04074
1-800-750-5253 (Legal Helpline)
1-877-572-7722 (Medicare Part D Unit)
JRandall@maimainc.org

Southen Maine Agency on Aging

Susan D. Gold, Coordinator of Volunteers and the Vet to Vet Project
136 US Route One
Scarborough, ME 04074
207-396-6521
1-800-427-7411
sgold@smaaa.org

SMAA is a non-profit organization dedicated to planning and implementing social services for adults age 60 and older. The Agency provides many services and programs for seniors on a variety of issues, including elder abuse, fitness, Medicare, and energy assistance. Senior Centers also offer a variety of activities and services to help prevent and present excessive turnover. Managers get more done. At Bonney Staffing, our mission is to create lasting connections that make sense for both employers and job seekers. With experience and technology to surpass those of most office staffing, call center staffing or light industrial staffing agencies, Bonney Staffing helps you get the right first. You get faster, more accurate results, a higher level of service, and online tools that make it easy to manage your workforce. We work hard to find the right fit for you and the job seeker. We understand that you’re not just finding a job, you’re changing your life. That’s why we’re committed to providing that tool and advice you may need to manage your job search and reach your career goals. Learn more about your career options or search office staff jobs, call center jobs or light industrial jobs.

Veterans to Vet Program

Susan D. Gold, Coordinator of Volunteers and the Vet to Vet Project
136 US Route One
Scarborough, ME 04074
207-396-6521
sgold@smaaa.org

Vet to Vet utilizes volunteers as a bridge to the gap between our country and strengthening Maine communities. Boots2Roots is a non-profit providing personalized and proactive support to veterans, their families members and their families who are transitioning to Maine. We focus on employment, navigating transition services, and community reintegration, and networking connections based on trust form the foundation of our mission. If you are active duty, planning to separate or retire in the next 12 months, and want live and work in Maine, then YOU are exactly what Boots2Roots exists! Boots2Roots' mission was born out of lessons learned from personal transition experiences, and we're here to help facilitate your smooth and successful transition to Maine. Learn more at boots2roots.org.

Coastal Enterprises Inc. - Brunswick
Liz Rogers
35 Federal Street
Brunswick, ME 04011
207-504-5365
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine

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Goodwill Industries Northern New England
Kelly Olber, Executive Director-Workforce Services
75 Washington Avenue, Suite 300
Portland, ME 04101
207-320-5057
kelly.obrien@goodwill.org
www.goodwill.org
www.facebook.com/goodwill

Goodwill’s Workforce Services works with individuals, like you, looking for employment that is fulfilling, meaningful and supportive. We assess, match your interests and abilities to good jobs in the marketplace. Our employment specialists are skilled in helping you identify work interests, develop goals and find the job of your choice. We then stay in touch through job coaching, one-on-one counseling and other support services to ensure employment success.
Maine Department of Labor CareerCenter (Brunswick)
L.L. Bean Learning Center
28 Small Street
Brunswick, ME 04011
207-721-6210
mainecareercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Our mission at the Bureau of Employment Services is to build and sustain a skilled workforce. Through 12 CareerCenter located across the state, staff connect job seekers and businesses with the employment, training and other services that help employers recruit and retain a quality workforce and grow our economy, including an online job board: Maine Joblink. https://joblink.maine.gov/ada/r/. For employers we provide workforce development, hiring and incumbent staff training. For jobseekers we provide specialized employment and training services including job search, resume development, interviewing skills and more! Veterans receive priority of service at all CareerCenter locations statewide. In addition, Veterans Representatives are available to serve veterans at all of Maine’s CareerCenters.

Maine Small Business Development Centers (Portland)
55 Essex St., 1st Floor
Portland, ME 04101
207-780-0494
mainesbdc@maine.edu
www.mainesbdc.org
@MainesBDC
Appointment Only

Maine Small Business Development Centers (Portland) provide free, confidential business advising and training to Maine’s entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as business feasibility, business plan development, capital acquisition, financial management, marketing and sales, and much more. Start or grow your business with the help of the Maine SBDC. Helping small businesses succeed since 1997.

Small Business Administration
Brad Currie, Senior Area Manager Southern Maine
312 Fore St., Room 104
Portland, ME 04101
207-780-1013
bradley.currie@sba.gov
www.sba.gov/me
9:00 a.m. – 5:00 p.m.

Since its founding on July 1, 1935, the U.S. Small Business Administration has delivered millions of loans, loan guarantees, contracts, counseling sessions and other forms of assistance to small businesses. If you are interested in starting your own business, the U.S. Small Business Administration (SBA) provides loan guarantees and technical assistance specifically for local veterans, service-disabled veterans, and Reserve Component members. The Maine District Office has designated Veteran’s Business Development Officers who can assist veteran entrepreneurs with starting, managing and growing successful small businesses. For more information, please contact the Maine SBA District Office at 207-622-8511 or go to https://www.sba.gov/content/veteran-service-disabled-veteran-owned or https://www.sba.gov/sites/default/files/file/vehicles/backups.pdf.

Community Housing of Maine
One City Center, 4th Floor
Portland, ME 04101
207-879-6347
sarah@chomhousing.org
www.CHOMhousing.org
www.facebook.com/CommunityHousing
@CHOMhousing
9:00 a.m. – 5:00 p.m.

Community Housing of Maine (CHOM) is a 501(c)(3) non-profit organization that provides advocacy, supportive housing, community inclusion and stability for homeless and special needs populations. CHOM develops, owns, and maintains high quality, affordable, service-enriched housing for people with low incomes and disabilities. Founded in 1993, CHOM has become the largest supportive housing developer in Maine. CHOM has provided stable homes to thousands of disadvantage people! We at CHOM believe that housing, together with support services, provides stability, fosters dignity and respect, and transforms lives. CHOM focuses on supportive housing and advocacy as it works to create community inclusion and stability for homeless and special needs populations across the state. Recovery, in all forms, happens in the community – that’s why CHOM focuses creating safe, stable, and vibrant inclusive communities where people can thrive.

Easter Seals Maine
125 Presson St.
Portland, ME 04103
County: Cumberland
207-828-0754 x1004
www.easterseals.com/Maine
8:00 a.m. – 4:00 p.m.

At Easterseals Maine - Military & Veteran Service program, we provide a one-of-a-kind Care Coordination program that delivers free and confidential support statewide, designed to meet the unique needs of Service Members, Veterans and their families. The program works in conjunction with the VA, Department of Labor and other community programs and resources.

Services are provided by experienced Care Coordinators who are familiar with military culture and are knowledgeable about a wide range of programs and services developed to meet the needs of our Veterans and their families. The Care Coordinators from the Easterseals Military & Veteran Services program are trained to assist with, but not limited to, employment challenges, financial management, substance abuse struggles, mental health concerns and deployment-related issues.

We also support Maine Veterans and Service Members through a financial assistance program, when unexpected emergencies arise.

If you or a family member might benefit from our program, please call the Easterseals Line listed above; our dedicated staff would be honored to serve you!

Furniture Friends
Jenn McAdoo, Executive Director
P.O. Box 63
Wells, ME 04098
207-210-5797
jmcadoo@furniturefriends.org
www.furniturefriends.org

Furniture Friends is a 501(c)(3) nonprofit organization that provides donated furniture to people in need throughout Greater Portland. With ongoing support from the community, we are able to fulfill our mission of “Creating Homes. Rebuilding Lives.” In 2016, Furniture Friends served over 400 households in need by providing the furniture that helped them create new homes for themselves. In so doing, we also supported them in beginning the process of rebuilding their lives. Furniture Friends partners with over 100 local social service providers, hospitals, faith-based organizations, municipalities, and schools to identify people in need who lack the financial resources to purchase furniture on their own. Among the clients we serve are people who have struggled with homelessness and/or substance abuse, as well as those living with physical and mental disabilities. We also serve veterans, survivors of domestic violence, and many immigrants beginning their new lives.

Maine Homeless Veterans Alliance
Kerry Postle-Stefani, RA, LSW, MRTC
Vocational Rehabilitation Counselor II
P.O. Box 140
Portland, ME 04104
207-632-9842
MHoV2017@gmail.com
www.facebook.com/maine

Maine Homeless Veterans Alliance seeks to provide assistance and resources to homeless and otherwise needy veterans of United States Armed Forces who have served in Wyoming and the recently focused Southern Maine, to educate the public about the needs and contributions of homeless and otherwise needy veterans and their families.

MHVA’s principal activities consist of (a) soliciting donations of food, clothes and furnishings; (ii) arranging storage of furnishings and non-perishable donations; iii) driving around parts of Portland Maine and surrounding communities where MHVA believes homeless and financially and/or emotionally struggling veterans might be hiding or seeking shelter in order to locate veterans or others in need, including those who may not have the capacity to find help; (iv) providing donated food and clothing to homeless veterans and other homeless people; (v) providing referrals to agencies or other nonprofits (including the Veterans Administration and the veterans’ coordinator at local shelters) for those homeless veterans who are able to seek help; (vi) helping homeless veterans who are able to secure housing, arranging delivery of donated furniture and supplies to help the veteran get established.

All of the above listed activities are performed by volunteers.

Maine Homeless Veterans Action Committee
Rob Liscord, Committee Chair
maineBHVA@maine.gov

The Maine Homeless Veteran Action Committee (MHVAC) is a multi-agency group dedicated to cross-collaboration to address homeless veterans’ needs in Maine. Members of the MHVAC include: the VA Homeless Team, Preble Street, Easter Seals of Maine, Veterans, Inc., Volunteers of America, Mainehousing, and the Maine Bureau of Veterans’ Services. Particular emphasis is placed on identifying – by name – all homeless veterans in Maine, developing a care plan for those individuals, and placing them into stable housing.

The MHVAC meets on the First Tuesday of every month, with one meeting per month open to the public. Since the group began in early 2016, the MHVAC has successfully named approximately 100 homeless veterans and reduced the number of days to be housed from 250 to 105. AnyMaine who has served in the military is eligible to be served by the MHVAC.

96
www.maine.gov/veterans
www.maine.gov/veterans

97
Preble Street Veterans Housing Services
38 Preble Street
Portland, ME 04101
207-377-5709
vhs@preblestreet.org
www.preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 4:30 p.m.

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

Avesta Housing
Sara Olson, Development and Communications Manager
307 Cumberland Ave.
Portland, ME 04101
207-246-3372
Solsonavestahousing.org
www.avenesthousing.org

Avesta Housing operates the Thomas Heights apartment complex in Portland for homeless veterans. Thomas Heights features 18 efficiency apartments targeted to veterans whose income is under 50% of the median area income. Located on a bus route at the base of Munjoy Hill, Thomas Heights’ 18 households enjoy views of Back Cove, as well as easy access to services, shops, restaurants and Portland’s Old Port. For more information, please visit http://thomashights.avestahousing.org.

Goodwill Industries Northern New England Veterans Fund
Beth Crootek
75 Washington Avenue, Suite 300
Portland, ME 04101
207-780-1147
Elizabeth.crootek@goodwillnne.org
www.goodwillnne.org

The Veterans Fund was created to assist veterans with short term needs where no other financial resources are available. Each application is reviewed for complete details of request and depth of need. The Veterans Fund Committee considers each application on an individual basis.

Who is Eligible?
All statewide veterans, regardless of discharge status, currently living in Maine, New Hampshire & Vermont (priority given to those who have served in combat zones).

How will funds be distributed?
Goodwill NNE is a third-party payer; funds will not be provided directly to the applicant, but will be paid directly to the resource.

Jackson & MacNichol
Francis Jackson
238 Western Ave.
South Portland, ME 04106
207-772-0000
mail@jackson-macnichol.com

Chances are, if you need Social Security or Veterans Administration benefits, your need is serious and urgent – leaving you overwhelmed, unsure what to do next, and with little time to prepare your benefits application. Or perhaps your benefits claim is already on file with the federal government, leaving you wondering what will happen next. Maybe you’ve even been told that your claim was denied. Whatever your situation you have questions about the complex claims administration process, what it means for you, and how you can maximize your chances of receiving all of the benefits to which you’re entitled.

Maine Community Law Center
Elizabeth Street
75 Pearl Street, Suite 470
Portland, ME 04101
207-482-3832
staff@mainecommunitylaw.org
www.mainecommunitylaw.org

The Maine Community Law Center (MCLC) is a non-profit, general practice law firm and Maine’s first Legal Incubator. MCLC is dedicated to improving our legal and justice system for the people of Maine by providing affordable legal services to Mainers of modest means, increasing access to justice for all Maine citizens. In furtherance of that goal, MCLC offers flexibility in representation options and legal fees, operating on a sliding fee scale based on household income or a flat rate agreement.

Military and Family Life Program
Jennifer Loo CP CPL, Military and Family Life Program – Personal Financial Counselor
Bangor, ME
County: Penobscot
571-469-1659
PFCME.06024@ders.com
8:00 a.m. – 5:00 p.m.

Personal Financial Counselors provide Free and Confidential Personal Financial Counseling services and education for all Military members, as well as recently separated Veterans, to assist in establishing a basic level of financial literacy, good financial behavior and habits, benefit utilization and long term financial planning to include retirement planning.

Pine Tree Legal Assistance - Portland
207-408-3229
veterans@ptla.org

PTLA’s Veterans Legal Services team (located in Augusta) is able to help Maine veterans who have been referred from Preble Street Veterans Housing Services or the VA Maine Healthcare System for assistance with:

- Housing issues: eviction, foreclosure, bad bags, or medical conditions that make it difficult to live in your current home;
- Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g. overpayments), student loan debt; and
- Discharge status upgrading and character of service determinations.

Please visit your VA or Preble Street provider for a referral for services!

Seth Levy Law
Seth Levy
FBO Box 31
Brunswick, ME 04011
207-319-4431
Seth.Uriah@gmail.com
www.sethlevylaw.com

Seth Levy has been the defense counsel for the Veteran’s Court in Augusta since 2011. He represents veterans in matters involving criminal defense, and also does wills and estate planning documents. In the course of his work with veterans he has developed an understanding of the unique issues facing veterans in the criminal/justice system.

University of Maine School of Law - Cumberland Legal Aid Project
Deidre M. Smith, Professor and Director of the Cumberland Legal Aid Clinic
56 Easter Street
Portland, ME 04102
207-780-4370
clac.info@maine.edu
http://mainelegalec.org/public-service/clac
8:00 a.m. to 5:00 p.m.

Established in 1970 as a program of the University of Maine School of Law, the Cumberland Legal Aid Clinic is a small legal services provider. Clients are represented by student attorneys, law students specially licensed by the state and federal courts to provide legal services to low-income clients under faculty supervision. Our faculty supervisors are experienced members of the Maine bar. The Clinic’s mission is twofold: educating law students through an intense, high-quality clinical and mentoring experience, while providing free legal services to those in need. The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the House of Corrections and Southern Maine Re-Entry Center (who may have court cases arising anywhere in the state). The Clinic’s counseling involves family, juvenile, consumer, immigration, criminal, administrative, probate, and miscellaneous civil law issues. Because our resources are very limited, the Clinic cannot accept every case that meets our eligibility requirements. If we are unable to accept someone’s case, we can provide information about other potential resources for seeking legal help.

Office of Senator Susan Collins - Portland
Kate Simon, Sara Holcomb Lund, and Rose Hyland
One Canal Plaza, Suite 802
Portland, ME 04101
207-780-3575
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.

As the daughter of a World War II Purple Heart recipient and a life member of the VFW Auxiliary in Caribou, Senator Collins knows that the heroes who wear the uniforms of America’s armed forces are patriotic, caring men and women who have put aside the comforts of civilian life to advance the cause of freedom. We owe them all a debt. Senator Collins is a strong advocate of all of those who are serving, or have served in our nation’s Armed Forces and has worked hard to ensure that the federal government maintains a strong commitment to service members and veterans alike. Anyone who is having difficulty with a federal agency can contact one of Senator Collins’ Maine Constituent Service Centers for assistance.

Office of Senator Angus King - Scarborough
One Canal Plaza, Suite 802
Scarborough, ME 04074
207-863-1588
www.anguskingsenate.gov/contact

Helping ensure that federal government agencies are responsive to Mainers’ needs is one of my most important jobs as your United States Senator. I am proud to work on your behalf.

We have an obligation to ensure our nation’s veterans are provided with the most comprehensive and accessible assistance programs available. We must not only rebuild our efforts for care to those who have already served in the armed forces, but as a new generation of Soldiers, Sailors, Airmen, Coast Guardmen and Marines return home from around the globe, we must also make certain that they have continued access to the health, education, and employment services they undeservedly deny.

Pine Tree Legal Assistance
Director of the Cumberland Legal Aid Clinic
207-780-4370

As a liaison between you and the federal government, my staff and I can often help you answer questions, find resources, or resolve problems. While we cannot ask an agency to circumvent its rules, force it to decide a question in your favor, or change a decision that is already final, we can make inquiries about the status of your situation and review the steps taken thus far to ensure your case is being handled properly.
Maine Bureau of Veterans’ Services (South Portland)

151 J apprentices Blvd.
Portland, ME 04102
207-822-2391

MaineHistor@maine.gov
8 a.m. – 4 p.m.

Our field offices provide community-based support for veterans, service members, and their families. At each office, our Veteran Service Officer is available to assist veterans and family members with:

- Enrolling in the VA system to access healthcare services and VA benefits
- Filing a disability claim with the VA
- Obtaining a copy of DD 214 and other military records
- Applying for free park passes and hunting and fishing licenses

Our highly trained Veteran Service Officers (VSOs) are available to help you—free of charge. They will help you access your earned benefits.

Maine Veterans’ Home - Scarborough

305 US Rt. 1
Scarborough, ME 04074
207-885-3500
info@mainservet.org
www.mainservet.org
8:30 a.m. – 3:30 p.m.

Maine Veterans’ Home is an independent, nonprofit organization serving Maine’s veterans and their families. Our Augusta Home provides 24-hour nursing coverage in three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit and a 40 bed secured long-term care unit for memory care residents, and a 30 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services

- Skilled Nursing Care
- Physical Rehabilitation
- Speech/Language Therapy
- Occupational Therapy
- Physical Therapy
- Long-Term Care
- Residential Care
- Memory Care
- Respite Care
- Comfort Care

All MVH facilities have achieved elite National Silver Quality Award for Achievement in Quality by the American Health Care Association, placing them in the top 4% of nursing homes nationally.

VA Community Based Outpatient Clinic - Portland

144 Fore Street
Portland, ME 04101
207-629-8141 x 7940 or 877-421-8263 x 7940
www.maine.va.gov/locations/portland.aspx
7:30 a.m. – 4:30 p.m. Monday-Friday

VA Maine Healthcare System (HCS) is a joint Commission accredited facility which serves over 42,000 Maine Veterans. It is comprised of the Togus VA Medical Center in Augusta along with 6 Full-time Community-Based Outpatient Clinics (CBOC) and 3 part-time Access Points. All 12 facilities provide Primary Care and Mental Health at a minimum and VA Maine HCS has a wide-range of Specialty Care and services. Although the majority of Specialty Care is located at the Togus VAMC, we are expanding some of these services to CBOCs. Participants are increasingly using the use of telehealth for Specialty Care to reduce travel for the Veterans.

The Togus campus also hosts the Togus VA Regional Office which provides various Veteran services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, etc.

The Togus VAMC campus is the site of a Veterans of America project that will provide 21 “Cabin in the Woods” for homeless veterans in 2018. Additionally, a new 16 unit Fisher Home for families of Togus inpatient Veterans will be built across from the Togus Hospital building in 2018.

Maine Veterans’ Home - Scarborough

Maureen Carland, Administrator
203 US 1
Scarborough, ME 04074
207-838-7164
info@Mainservet.org
https://mainservet.org/locations-2/scarborough

Maine Veterans’ Home is an independent, nonprofit organization serving Maine’s veterans and their families. Our Augusta Home provides 24-hour nursing coverage in three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit and a 40 bed secured long-term care unit for memory care residents, and a 30 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services

- Skilled Nursing Care
- Physical Rehabilitation
- Speech/Language Therapy
- Occupational Therapy
- Physical Therapy
- Long-Term Care
- Residential Care
- Memory Care
- Respite Care
- Comfort Care

All MVH facilities have achieved elite National Silver Quality Award for Achievement in Quality by the American Health Care Association, placing them in the top 4% of nursing homes nationally.

Health insurance plans: Martin’s Point also offers two health plans for Medicare beneficiaries, Generations Advantage, for TRICARE beneficiaries, and the US Family Health Plan. The web site has information about eligibility for and enrolling in Generations Advantage or the US Family Health Plan. Both of these plans offer a wide network of providers throughout the state of Maine. Martin’s Point also may be not required to use Martin’s Point providers or facilities for medical services.

Martin’s Point Health Care System - Brunswick/ Cook’s Corner

575 Main St.
Gorham, ME 04038
207-839-2559
info@martinspoint.org
www.martinspoint.org
8:30 a.m. – 4:30 p.m.

Martin’s Point Health Care System - Gorham

151 US Route 1
Scarborough, ME 04070
207-799-8936
info@martinspoint.org
www.martinspoint.org
8:30 a.m. – 4:30 p.m.

All the Way Home - Veteran Story Exchange

Marty Pettengell
121 High Street
South Portland, ME 04106
marty@artatwork.us
http://www.artatwork.us

All The Way Home is a 4-year story exchange project with Southern Maine veterans dealing with PTS. Art At Work aka Terra Moto Inc. mission is to bring the transformative power of creativity to creating a more just and equitable society for all. We are a project-based arts nonprofit working in Maine since 2005.

All The Way Home has included story exchanges with Main Veterans Home, ULA, USM Vets Services, UNE, Maine Military Community Network and the Portland Vets Center. Other All The Way Home projects include working with southern Maine vets and professional artists to create comic book/graphic novels about their battles and successes in dealing with PTS as well as performances for veteran events.

Maine Historical Society

Dan Epiphonio, Communications Manager
489 Congress Street
Portland, ME 04101
207-776-1822

info@mainehistory.org
www.mainehistory.org
facebook.com/mainehistory
@mainehistory
10 a.m. – 5 p.m.

My Maine Stories is a participatory storytelling forum that provides an online space for sharing recollections about Maine, or being a Maininer. Stories could include your experiences in Maine, memories of your family, ancestors, or town, your work life, or impacts a historical event (like going to war) had on you. An ongoing initiative of My Maine Stories is to collect personal histories from or about veterans. These stories are archived on Maine Memory Network, Maine’s digital museum.

Maine Historical Society - My Maine Stories

Kate McBrien
489 Congress Street
Portland, ME 04101
207-774-1822
info@mainememory.org
www.mainememory.net/mymainestories
facebook.com/groups/mainememorynetwork
10 a.m. – 5 p.m.

Maine Military Museum

50 Perry Terrace
South Portland, ME 04106
207-553-4851
mainemilitarymuseum.info

The museum is now in its seventh year and will soon double in size to over 1200 square feet of exhibits beginning with the Revolutionary War up to current times. Every artifact is 100% authentic. All the items have been donated by Mainers or their families ensuring that everything is authentic. We do however, accept artifacts from all over the county. We are not funded by anyone. Maine. Our goal is to teach history to Mainers through artifacts and telling the stories of the folks represented by their items. Just this fall we have hosted over 500 school children from all over the state with many more this coming year. The museum is free, but donations are welcome.

Back in the Maine Stream - Portland

Marc Bilodeau, Founder
1945 Congress Street
Portland, ME 04102
207-998-3506
info@backinthemeanestream.org
www.fairpoint.net/~hamma/Pics/BITMS.htm
www.facebook.com/BITMS

Established in 2010, House in the Woods organizes free hunting, fishing, and recreational activities to bring veterans and their families together in the great outdoors. Our mission is to assist the military community through therapeutic, recreational, and educational retreats that honor the veterans service and sacrifice and assists them on their journey towards healing the mental and physical pain of loss. By creating camaraderie across generations, veterans have the opportunity to share their military and post- military experiences with one another. Sometimes the only person who can understand a vet is another veteran. As we grow, we are dedicated to
improving service by connecting to other veteran programs across the county. This networking allows us to help Maine veterans by offering them additional outdoor opportunities.

VAST Program
Kristina Subastianakis, OTR/L, Director
15 Farm View Drive
New Gloucester, ME 04260
207-774-0155
kristina@pinelandfarms.org
www.pinelandfarms.org/recreation/vast
www.facebook.com/Vets-Achieve-SportsTraining
The goal of our VAST program is to promote wellness and well-being of veterans with disabilities through regular participation in a VAST array of physical activities, and sports. Any and all veterans are encouraged to volunteer and enjoy some outdoor activities and a sense of camaraderie with fellow veterans. Weekly programming year round on Wednesdays – 10:30 a.m. to 12 noon. Includes walking, snowshoeing, cycling, archery, disc golf, bocce, pellet rifle shooting, VBC Basketball and Tennis. Additionally, we host 1 day events and 3-4 day camps / week for Navy / Battalion, a Turkey Hunt, multi-sport camps and other sport specific activities. All of our programming is FREE for Veterans with physical disabilities, TBI, PTSD, as well as for Veterans that would like to volunteer.

Southern Maine Heroes on the Water
Pete Chart
73 Jordan Ave.
Brunswick, ME 04011
207-754-0144
southernmaine@heroesonthewater.org
Since being founded in 2007, Heroes on the Water has been organizing no-expense kayak fishing trips for active-duty military and veterans of the U.S. armed forces and their families. In 2018, we began serving first-responders and their families through the same proven ecotherapy Heroes can reflect in solitude or connect in groups as they learn kayaking and kayak fishing basics.

Recurring activities give heroes and their families camaraderie and a lifelong social network with like-minded people. Plus, no experience or equipment is needed, and kayak fishing is adaptable to those with disabilities.

The Summit Project
Greg Johnson
50 Box 8130
Portland, ME 04101
207-402-0626
greg@thesummitproject.org
www.thesummitproject.org
www.facebook.com/thesummitproject
The Summit Project is a living memorial that pays tribute to fallen heroes from Maine who have died during their military service since the attacks of 9/11. The mission of The Summit Project is to honor our state’s newest warrior casualties and the faithful spirit of all Mainers. The surviving families of our fallen Maine heroes have opened their homes, shared the stories of their heroes’ character and service, and unearthed special stories that represent their fallen loved one. Those stories have been engraved with the names of these heroes and carried by countless members of the surrounding community on tribute treks throughout the state of Maine, across the country, and around the world.

Greater Portland Maine Military and Community Network
University of Southern Maine – Portland Campus (meeting location)
Lutcher Banny Room, Room 237
96 Falmouth Street
Portland, ME 04101
Leaders: Camden Dyer, Lorrie Spaulding, University of Southern Maine
https://mancmc.org/regional-groups/greater-portland-mncm/
camden.ego@maine.edu
207-228-8544
The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify internet needs and develop community-based solutions. New members are always welcome – by joining the Network, you will become connected to comprehensive information and will be better equipped to help military families in your community. The Greater Portland meets quarterly on the second Tuesday of the quarter. Please visit our website for up-dated information on our group and meeting schedule.

American Red Cross - Headquarters
2401 Congress Street
Portland, ME 04102
207-876-1192
www.americanredcross.org
www.facebook.com/MaineRedCross
9:30 a.m. – 5:00 p.m. Mon-Fri
For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication for the American public and service members anywhere in the world and so much more. We offer psychological counseling training, information on local resources to assist veterans, members of the military and their families, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland home office, the Portland office will also serve as a headquarters for the Red Cross volunteer. We are a Red Cross chapter of the Maine Military and Community Network. The Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify internet needs and develop community-based solutions. New members are always welcome – by joining the Network, you will become connected to comprehensive information and will be better equipped to help military families in your community. The Greater Portland Network meets quarterly on the second Tuesday of the quarter. Please visit our website for up-dated information on our group and meeting schedule.

Greater Portland Transit District
Denise Beck, Director of Marketing
144 Kelley Street
Portland, ME 04102
207-751-5424
Tues – Thurs: 8:00 – 5:00
Direct: 207-517-3027
dbeck@greaternortheast.com
With annual ridership of 1.8 million, METRO provides local bus service throughout Portland, Westbrook, Falmouth and the Maine Mall area of South Portland with connections to ferry, train and other regional transit options. All buses are wheelchair accessible.

METRO provides express service between Portland, Yarmouth and Freeport features ten daily weekday trips Mon-Fri, and five on Saturday. Expanded service to Brunswick begins in August 2017. The Southern Maine Transit Tracker (smttracker.com) provides "real time" bus arrival information for METRO and other area transit options.

• Regular one-way fare for local service is $1.50; express service is $3.00
• Exact change is required.

• Seniors (65+) and persons with disabilities receive a reduced fare discount with valid ID. $0.75 for one-way fare on local service and $1.00 for METRO express service.

ITN Portland - Central Office
Annie Boissiere, Community Outreach Coordinator
1 Westbrook Common, Suite 3
Westbrook, ME 04092
207-854-0505
annie.boissiere@itnportland.org
http://itnportland.org
207-774-2666, ext. 19
http://itnportland.org
207-741-5424
kristina@pinelandfarms.org
207-310-8694
New Gloucester, ME 04260
15 Farm View Drive
VAST Program
8:00 a.m. – 4:30 p.m
ITNPortland is a nonprofit organization that serves the Greater Portland area by providing door-through-door, arm-through-arm transportation services for seniors and visually impaired adults. ITNPortland relies on the support of our community to keep our riders independent, safe, and happy! Since 1995, we have provided over 315,000 rides for our members thanks to our paid and volunteer drivers.

Regional Transportation Program
Belinda Hutchinson, Transportation Supervisor
127 Saint John Street
Portland, ME 04102
207-774-2666, ext. 10
bl Hutchinson@trridges.com
www.trridges.org
8:00 a.m. – 5:00 p.m
RTP has provided transportation for the residents of Cumberland County for over 40 years. Ride times based on how someone qualifies (Income, MainersCare-Bunker, AID, EHH, referral, General Public, etc.) Applications are available by calling our office or downloading on our website. RTP also operates the Lakes Region Explorer Shuttle (LRE) which provides 4-round trips from Bridgton to Portland (with stops in Naples, Casco, Raymond, Windham & Westbrook along the way) daily Monday through Friday. Fares & Schedule for the LRE are also available on our website. All vehicles are ADA accessible.

South Portland Bus Service
Art Handman, Director
40 O’Neil Street
South Portland, ME 04106
207-767-5556
ahandman@southportland.org
The South Portland Bus Service (SPBS) operates a fixed-route, public transit service throughout South Portland, into downtown Portland, and into Scarborough along the shipping area off Payne Road near the Maine Mall. Three routes operate Monday through Friday and two routes operate on Saturday and Sunday. All SPBS buses

• Seniors – Picture ID with birthdate, Medicare Card, or METRO Reduced Fare Card

• Persons with Disabilities – Medicare Card, METRO Reduced Fare Card

Applications for METRO Reduced Fare Cards are available at the METRO Pulse at Elm Street and through METRO’s website (click for application). Applicants who qualify for Social Security Disability Income (SSI); Supplemental Security Income (SSI) or a disability under the Department of Veterans Affairs (VA) and can provide a copy of the most current qualifying letter they received from one of these agencies can apply for a METRO Reduced Fare Card.

www.maine.gov/veterans
are lift equipped, wheelchair accessible, and are fitted with bicycle racks. The SPBS connects with the Portland METRO Bus system and the Shuttlebus/Zoom service through a free transfer arrangement providing its riders a broad, regional travel area with access to the Biddeford-Saco-Old Orchard Beach Shuttlebus, the Jetport, Casco Bay ferries, Greenbush Bus, Concord Coach, Amtrak Downeaster, as well as medical, shopping and other high activity centers in the area. Fares are $1.50 per ride ($0.75 for elderly and persons with disabilities). 10-ride tickets and monthly passes are also available. See City of South Portland Web site for schedules and routes.

Combat Veterans Motorcycle Association Maine Chapter 17-1
Paul Witten
combatveterainesmaine@gmail.com
207-370-1770
Portland, ME 04104
P.O. Box 1770

We are an Association of Combat Veterans from the United States Armed Forces who ride motorcycles as a hobby. Our mission is to support and defend those who have defended our country and our freedoms. The CVMA is committed to welcoming home Combat Vets of all our wars and remembering those who are still not home yet. We are a fellowship of veterans, and those who support our veterans, not a motorcycle club. If you are a Combat Vet and ride a motorcycle over 50cc you are eligible for membership. We sponsor and participate in many motorcycle-related charity events each year, and as a 501(c) non-profit organization, we donate to various Veteran care facilities and charities.

Honor Flight Maine
Laurel Sidebottom, Board Chairperson
P.O. Box 1770
Portland, ME 04104
207-770-1779
mainehonorflight@gmail.com
www.honorflightmaine.org

Honor Flight Maine is a non-profit organization created solely to honor America’s Veterans for all their service and sacrifice. We transport our heroes to Washington D.C. to tour, experience and reflect at their memorials. Top priority is given to our WWII Veterans, and terminally ill Veterans of all conflicts. We will naturally transition our focus to Korean, Vietnam and subsequent war Veterans as those Veterans get older. According to the Department of Veteran Affairs, an estimated 640 WWII Veterans die every day. Our time to express our gratitude to these most senior heroes is rapidly running out. Honor Flight Maine is committed to fulfill the dreams of our Veterans.

Maine Wood Carvers Association - Eagle Canes Project
Herb Blake
546 Mayall Road
New Gloucester, ME 04260
207-808-9361
hblake12@mcm.com
http://mainewoodcarvers.com/eagle-canoe-project

The Eagle Canoe Project was introduced in Maine in 2008. A collaborative effort involving Maine Wood Carvers Association and Maine Woodturners, the aim of the project is to present quality, hand-carved and highly personalized Eagle Head Canes to Maine’s Veterans with service related disabilities in recognition and appreciation for their service to our country. Using tapered dowels purchased locally from Neway Manufacturing in Ellington, Maine, Maine Woodturners members turn the tenons and adaptors. Finally the carver assembles the cane, adds the hand-crafted eagle head, attaches replica of the requested medals and ribbons, adds the personalization and applies a finish. Wherever possible, canes are presented in person, accompanied by a certificate of appreciation listing names of all the individuals who helped in creating the cane.

Military Officers Association of America
P.O. Box 2145
South Portland, ME 04106
www.moaachurchmaine.org
www.moa.org

MOAA is the nation’s largest and most influential association of military officers. It is an independent, nonprofit, nonpolitical organization. In addition to representing your interests before Congress, MOAA offers a wide range of personal and financial services exclusive to MOAA membership. Whatever the stage of your career, your MOAA membership delivers benefits geared specifically to you - and your family. From active-duty service through retirement, MOAA can help you make the most of your career as an officer.

Patriot Riders of America - Maine Chapter Two
179 Park Row
Brunswick, ME 04015
www.facebook.com/PatriotRidersOfAmericaMaineChapterTwo

Our chapter meets the first Tuesday of every month. Our mission is to help local military Veterans and families in any manner we possibly can. There are Veterans in our communities who go without proper shelter (if any), food, and essential every day necessities due to a variety of factors including injuries, illness, low wage, job loss, and age. While all of us are susceptible to hard times, Veterans have given their service and signed to risk, if not loss their lives for our country, and should not have to struggle to survive. Learn more about our organization by visiting our Facebook page.

Rolling Thunder Maine
Tim and Cindy DeCosta
27 Beach Road
Windham, ME 04062
207-450-5333
RTMaine2@yahoo.com
www.facebook.com/groups/242004596210338

Rolling Thunder” was incorporated in 1995 to bring the government to full accountability for the Prisoners of War-Missing in Action. We continue to advocate for the families of all service members who have not returned home.

We are also committed to help American veterans from all wars by providing support in many different ways. We attend community events to educate the public, we help with projects that veterans may not be able to complete on their own such as moving and home repairs, and we hold fundraisers for programs and/or veterans in need.

Student Veterans of America
235 Lutheran Home Hall
Portland, ME 04104
207-228-8534
camden.ege@maine.edu
studentveterans.org
www.facebook.com/huskyvets

The Husky Veterans are an approved chapter of Student Veterans of America and serve as an advocate and social support network for students at the University of Southern Maine. Our mission is to provide support to veteran, active duty, and dependent students in all aspects of life. The transition from service to higher education is riddled with factors including injuries, illness, low wage, job loss, and age. The transition from service to higher education is riddled with unique, and often unexpected challenges. The Husky Veterans provide a meaningful way to connect veterans with veterans and succeed academically and socially.

Team Red, White & Blue
Mark Lussac, Chapter Captain
Portland, ME 04101
Mark.Lussac@trwb.org
www.teamrwb.org
www.facebook.com/TeamWBBMaine

Founded in 2010, Team RMB and its over 150,000 members are bringing veterans, their families, and American citizens together through authentic social interaction, community physical fitness and shared experiences in over 187 communities across the globe. Our mission, simply stated, is to enrich the lives of America’s veterans by connecting them to their community through physical and social activity. Whether we meet for a run, ruck, yoga, workout or social event, our Central Maine chapter provides opportunities for veterans, active duty and civilian members to create positive, meaningful connections. Members share the Eagle Ethos - passion, people, positivity, commitment, camaraderie, and community.

Team Rubicon
Dana Brausman, Region I Administrator (New England): 310-640-8737 x112
bravenmaine@teamrubiconusa.org
www.teamrubiconusa.org
www.facebook.com/teamrubicon

Team Rubicon is a non-profit disaster response organization that unites the skills and experiences of military veterans with first responders to rapidly deploy disaster response teams, free of charge to communities across the country. Team Rubicon is active nationally, across the New England region, and locally in Maine. Team Rubicon’s disaster response capabilities include incident management, expedient home repair, damage assessment, debris management, hazard mitigation, and spontaneous volunteer management.

In addition, Team Rubicon offers members engagement and community-building opportunities through service projects, fitness and wellness events, social events, and leadership development programs.

UMA Brunswick Center
Orion Hall
12 Sewall Street
Brunswick, ME 04011
(207) 442-7736
uma.edu/corporate

Team Rubicon is a non-profit disaster response organization that unites the skills and experiences of military veterans with first responders to rapidly deploy disaster response teams, free of charge to communities across the country. Team Rubicon is active nationally, across the New England region, and locally in Maine. Team Rubicon’s disaster response capabilities include incident management, expedient home repair, damage assessment, debris management, hazard mitigation, and spontaneous volunteer management.

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Franklin County
Tri-County Mental Health Services
144 High St.
Farmington, ME 04938
207-778-3556
www.facebook.com/TeamWBBMaine

Tri-County Mental Health Services provides trauma-informed, integrated services that promote whole health and wellness. We work to create healthy communities that are inclusive and respectful of all. We believe that all children, adults, and communities deserve to have access to the resources needed to achieve optimal health status in all realms of well-being. We provide behavioral health services, substance-use disorder treatment,
Coastal Enterprises, Inc. - Farmington The Women's Business Center at CEI: Rural Maine

Liz Rogers
165 Foxtrot Street
Farmington, ME 04348
207-776-8529
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine
https://twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling people, especially those with low incomes, to reach their full potential.

Maine AGrability
Lani Carlson, Project Coordinator
138 Pleasant Street, Suite #1
Farmington, ME 04348
207-944-1533
http://extension.umaine.edu/agribilities

Maine AGrability is a non-profit collaboration of the University of Maine Cooperative Extension, Goodwill Industries of Northern New England, and Alpha One. Maine AGrability is part of a nationwide network of United States Department of Agriculture (USDA) programs begun through the 1990 Farm Bill. The goal of the National Agribility Project is to inform, educate, and assist farmers, fishermen and forest workers, and their families with disabilities, so they can continue to have successful careers in agriculture.

Preble Street Veterans Housing Services
37 Park St.
Lewiston, ME 04240
877-377-5709
vhs@preblestreet.org
www.preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 5:30 p.m.

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

Maine Department of Labor CareerCenter (Wilton)

Wilton CareerCenter, 32 Route 28
Wilton, ME 04294-6649
207-645-5800
wilton.careercenter.maine.gov
www.mainecareercenter.maine.gov
www.facebook.com/MaineHereforVet
www.facebook.com/MaineCDD
8:00 a.m. – 5:00 p.m.

Friendship Cottage Adult Day Service Program

Anne N. Osuama, LSW
207-374-5612
annosuama@mac.org

Friendship Cottage, a program of Washington Hancock Community Agency, provides an Adult Day Service Program to adults living in Hancock County. Every Monday through Friday from 7:30 a.m. to 3:30 p.m activities, meals and personal care is offered to adults with physical, mental or memory challenges. Our team of trained professional provides opportunities throughout the day to physical fitness, exploration of interests and socialization. Meaningful activities to move the body and stimulate the mind encourage the participants to achieve maximum functioning in a welcoming setting with individualized attention. Numerous payer sources make Friendship Cottage an affordable resource for your family. For individuals meeting specific eligibility requirements, funding may be available to assist you. Please contact the Director, Adult Day Service Program for additional information.

Coastal Enterprises, Inc. - Ellsworth Maine SBDC Branch Office

Liz Rogers
210 Main Street, Suite 7
Ellsworth, ME 04605
207-664-2990
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

Maine Small Business Development Centers (Ellsworth)

210 Main Street, Suite 7
Ellsworth, ME 04605
207-664-2990
mainsbdc@maine.edu
www.mainsbdc.org
www.facebook.com/mainsbdc
Appointment Only

Maine Small Business Development Centers (Maine SBDC) provide free, confidential business advising and training to Maine’s entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as business feasibility, business plan development, capital acquisition, financial management, marketing and sales, and much more. Start or grow your business with the help of the Maine SBDC. Helping small businesses succeed since 1977.

Preble Street Veterans Housing Services
Machias, ME 04654
877-377-5709
vhs@preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 4:30 p.m.

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

Make a Difference - Get Involved - Make a Difference
The Washington Hancock Community Agency is the premier social service organization in eastern Maine, serving over 5,000 families in Washington and Hancock counties each year. With a mission to bring community resources together to help people in Washington and Hancock counties achieve self-sufficiency and a better quality of life, WHCA offers programs and support in the areas of transportation, elder services, home repair, energy assistance, food security, home nurse visits for at-risk infants, Affordability Care Act navigation, and free income tax preparation. WHCA has several social workers on staff who work with families and individuals in a holistic manner to help them create a plan to achieve their goals.

Morale Welfare Recreation Center at Great Pond
9 Dows Fins Rd.
Great Pond, ME 04408
207-544-2000
www.facebook.com/GreatPondDAC

We strive to deliver high quality, customer-focused programs and services that contribute to resiliency, retention, readiness, and quality of life.

Here at Great Pond, we take our mission statement seriously. We go above and beyond for customers to provide the best possible experience in rural Maine. Our facility is located on 375 acres of waterfront property that boasts a sand beach, excellent fishing, boating, walking opportunities, and is far removed from the hustle and bustle of modern urban life. We offer a variety of rentals for Active Duty, 100% disabled, retired and civilian military personnel. These rentals include: Cabins, campsites with electricity/water hook-ups, yurts, wilderness sites, canoes, kayaks, motorboats, bicycles, stand up paddlesboards, fishing equipment, camping equipment. In the winter: snowshoes, cross-country skis, ice skates, ice fishing equipment and ice shacks.

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Washington Hancock Community Agency
248 Buckport Road
Ellsworth, ME 04605
207-667-4242
www.whcap.org

The Washington Hancock Community Agency is the premier social service organization in eastern Maine, serving over 5,000 families in Washington and Hancock counties each year. With a mission to bring community resources together to help people in Washington and Hancock counties achieve self-sufficiency and a better quality of life, WHCA offers programs and support in the areas of transportation, elder services, home repair, energy assistance, food security, home nurse visits for at-risk infants, Affordability Care Act navigation, and free income tax preparation. WHCA has several social workers on staff who work with families and individuals in a holistic manner to help them create a plan to achieve their goals.

Morale Welfare Recreation Center at Great Pond
9 Dows Fins Rd.
Great Pond, ME 04408
207-544-2000
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Maine Military and Community Network - Hancock County

Tarah Young
140 State Street
Ellsworth, ME 04605
207-661-7717
tarah@healthyscadia.org
https://mainememc.org/regional-groups/hancock-county-memc

The Maine Military and Community Network is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you will be linked to comprehensive information and will be better equipped to help military families in your community.

Regional Groups (please see the Resources by County pages for more information)

Downeast Transportation
Paul Murphy
117 Gateway Center Drive
Trenton, ME 04689
207-667-5795
Paul exploreamadia.com
www.downeasttrans.org

Service area: Hancock County

Type of service: Flex route, subscription, seasonal shuttle service

Geographic area:

Downeast Transportation, Inc (DTI) is a private, non-profit agency that operates a year-round flex route bus service in Hancock County (Downeast Transportation) as well as the summer Acadia National Park Island Explorer Shuttle Service.

Downeast Transportation. DTI serves Ellsworth, all of Mount Desert Island, the Blue Hill peninsula including Brooklin, Sedgwick, Deer Isle and Stonington, the coastal towns of Hancock, Sullivan, Gouldsboro and Winter Harbor in eastern Hancock County and the Town of Buckport in western Hancock County.

Island Explorer. DTI operates a seven day per week seasonal service between Trenton, Mount Desert Island and Acadia National Park (Island Explorer Shuttle Bus System) as well as seven day per week seasonal service on Schoodic Peninsula.

UMA Ellsworth Center

UMA Ellsworth Center
140 State Street, Suite 1
Ellsworth, ME 04605
(207) 667-3897
uma.edu/ellsworth

Island Explorer. DTI operates a seven day per week seasonal service between Trenton, Mount Desert Island and Acadia National Park (Island Explorer Shuttle Bus System) as well as seven day per week seasonal service on Schoodic Peninsula.

U.S. Army Medical Research and Materiel Command

Island Explorer. DTI operates a seven day per week seasonal service between Trenton, Mount Desert Island and Acadia National Park (Island Explorer Shuttle Bus System) as well as seven day per week seasonal service on Schoodic Peninsula.

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140 State Street, Suite 1
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140 State Street, Suite 1
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U.S. Army Medical Research and Materiel Command

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Helping Hands Trade School
Kim Cranley
410 China Road
Windsor, ME 04090
207-872-9075
helpinghands@pvi.net
www.helpinghandstradesschool.com

Helping Hands Trade School is a post-secondary educational institution that has been training students in medical careers since 1994. With specialized training for “life after a career”, Helping Hands Trade School puts the training emphasis on providing educational opportunities in career positions determined by both the State of Maine and the U.S. Department of Labor to be in high demand for the future. The classroom experience is held at our Windsor, ME location with hands-on training available throughout the Central Maine area with our medical partners in Long Term Care facilities, Medical Labs, Doctor and Dental offices and associated Hospital settings.

Purdue University Global
Colleen Ruggles, Business Development Manager
207-523-0528
cruggelo@purdueglobal.edu
https://www.facebook.com/PurdueGlobal

Purdue University Global is an institution of higher learning dedicated to providing innovative, undergraduate, graduate, and continuing professional education. Our programs foster student learning with opportunities to launch, enhance, or change careers in today’s diverse global society. The University is committed to general education, a student-centered service and support approach, and applied scholarship in a practical environment. Purdue University Global not only offers online programs, but also provides support services, like career services, to prepare students for their professional and personal goals.

Maine Conservation Corps
Sara Knowles, Program Coordinator
54 Independence Drive
Augusta, ME 04333
207-624-6085
corps.conservation@maine.gov
www.maine.gov/corps/involved-conservation_corps

The Maine Conservation Corps (MCC) provides community service opportunities and career training. MCC members serve Maine’s communities in the AmericanCorps program, and gain hands-on experience. MCC is dedicated to accomplishing outdoor recreation and conservation projects for the public, promoting and managing volunteer opportunities, providing conservation education, building self-esteem and leadership, and strengthening the future employability of members, while raising the aspirations of members and volunteers. The MCC actively seeks the engagement of military service members and veterans. Participants enrolled in long-term MCC training programs are eligible for GI Bill benefits. Come build great things, with great people.

Maine Criminal Justice Academy
15 Oak Grove Road
Vassalboro, ME 04989
207-877-8000
www.maine.gov/mpa/mja/index.shtml

The Maine Criminal Justice Academy is the primary law enforcement and corrections training facility in Maine. The Academy training provides basic and in-service training for all law enforcement and correction officer in the State of Maine which is required training to be licensed to work in these professions. Our training model combines a variety of subject matter experts in our programs that allow individuals enrolled at our facility to have the most current instruction and hands on training available. Several of our programs have been approved through the G.I. Bill and the staff at the Academy will assist our veterans in transitioning to the law enforcement and corrections professions.

Maine State Approving Agency for Veterans Education
194 Whitten Street
Mail Address: Maine State House Station
Augusta, ME 04333-0117
207-582-1921
robert.buxley@maine.gov
www.mssa.maine.edu

The primary mission of the Maine State Approving Agency for Veterans Education Programs is to ensure the quality and integrity of programs of education and training for the use of GI Bill benefits. We do this through the approval of education and training programs for the use of GI Bill benefits. The scope of responsibility runs the gamut from high schools, adult education centers, employers providing on-the-job training and apprenticeship training, license and certification testing, vocational training, as well as all certificate and degree levels of post-secondary education. We are also a resource for individuals needing assistance in accessing or applying for GI Bill education benefits.

Thomas College
Kelley Bradgon, Assistant Registrar and School Certification Official
180 West River Road
Waterville, ME 04901
207-859-1423
regaast@thomas.edu
www.thomas.edu/admissions/tuition-and-fee/military-veterans

Thomas College recognizes the motivation of this group to succeed academically and invites veterans of the U.S. Armed Forces to apply for admission within the guidelines stated for non-traditional students. Additionally, the College is a member of CoVAP, the Concurrent Admissions Program with the Army Recruiting Command. This program admits eligible Army enlistees to Thomas College concurrent with their enlistment. Matriculation to the College will follow directly after the enlistee leaves active duty. Thomas College generally follows the recommendations of the American Council on Education for the granting of educational credit for such courses. Students wishing evaluation of their learning experiences during military service are encouraged to submit DD Form 295 or an AACR Transcript to the Office of Admissions. Please contact your branch’s local recruiter for more details.

University of Maine at Augusta
46 University Drive
Augusta, ME 04330
800-UMA-1234
www.umaine.edu

Since our founding in 1965 when a simple “Welcome Veterans” sign encouraged Vietnam-era Veterans to enroll, UMA has continued a rich tradition of supporting military-experienced students. UMA is the third largest public university in Maine. In addition to its main campus in the state’s capital, UMA also serves students at its campus in Bangor (UMA Bangor) and through University College centers around the state. With its multiple locations and long-term expertise in online and distance learning, UMA is generally considered the university of choice for people of all ages who want to attend college without uprooting their lives.

Our School Certification Official is located in the Office of the Registrar in the Randall Student Center on the Augusta campus. There are Veteran Centers on both the Augusta and Bangor campus.

Legal Services for the Elderly
Jill K. Randall, Helpline & Medicare Advocacy Services Director
5 Waban Street
Augusta, ME 04330
1-800-750-5333 (Legal Helpline)
1-877-744-7772 (Medicare Part D Unit)
jill.randall@maine.gov
www.mainelso.org
9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Legal Services for the Elderly works to help Maine residents age 60 and older call the Legal Helpline to get free and confidential help with legal problems. The Helpline Attorneys provide information and advice on a wide variety of non-criminal legal problems including elder abuse and protection orders, Housing issues including eviction and foreclosures, consumer debt, public assistance benefits, Guardianship, Medicare/MaineCare, Powers of Attorney, Health Care Advance Directives, and health care coverage disputes. LSE also has attorneys located in offices across the state that provide legal representation in some situations. If LSE can’t help, callers are offered referral to private attorneys, pro bono or fee.

Anyone who is Medicare eligible can call the LSE Medicare Part D Unit if they are having trouble getting or affording prescription drugs.

Long-Term Care Ombudsman
61 Winthrop Street
Augusta, ME 04333
207-621-1079
ntop@maineombudsman.org
www.maineombudsman.org
8:00 a.m. – 4:30 p.m. Monday-Friday

The Ombudsman Program is an advocacy program for long-term care consumers. We serve residents in nursing homes, assisted living and residential care homes, as well as consumers receiving home care services and patients in hospitals experiencing barriers to discharge. The Ombudsmen Program was formed as part of the Older Americans Act to address concerns about the care people receive while in nursing homes. An Ombudsman is a specially trained advocate who is given authority under federal and state law to investigate and resolve complaints made by, or on behalf of, long-term care consumers. The purpose of the Ombudsmen Program is to establish and maintain a presence in long-term care homes, investigate and resolve complaints and concerns in long-term care homes and for home care consumers, provide education regarding residents’ rights and monitor development of federal and state law, regulations and policies related to long-term care.

Spectrum Generations
One Westcot
Augusta, ME 04330
207-622-9212
www.spectrumgenerations.org
www.facebook.com/SpectrumGenerations
twitter.com/spectrungan

Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745

Spectrum Generations, the Central Maine Area Agency on Aging and Disability Resource Center, has been a leading provider of information and advice, referrals, programs and activities for adults for over 30 years. Today’s Spectrum Generations is poised to serve adults of all ages and backgrounds in a changing, challenging world. We are here for you as you look forward to longer, more active lives and seek to engage in new physical and intellectual challenges. Some areas where we can be of service include: socialization, fitness & exercise.
with the goal of keeping them at home and in their communities.

VA - Geriatrics and Extended Care Services

- Outpatient program for veterans who do not need hospital or
- Community Residential Care (CRC) Program – Michelle Jolicoeur,
  provides nursing home care to veterans in their private homes. MFH
  can live alone because of medical or
- Home Based Primary Care (HBPC) – Sandy Snedeker, Director, HBPC
  Home Care - which includes all other forms of care in veterans.
- Geriatric Outreach Clinic – Vicki Lizotte, RN, (x5450)
  Clinic operates 5 days per week, providing initial evaluations, care
  Medical Foster Home (MFMH) Program – Morgan Delatte (x4665)
  provides nursing care to veterans in their private homes. MFMH
  partners with HBPC to coordinate the delivery of medical care in
  with the veterans' caregivers’ supervision.

Community Living Centers (CCCs) - CLCs & Short-Term Rehab: Judi
  caregivers or light industrial jobs .

Community Living Centers (CLCs) - CCC & Palliative Care: Deb O’Halloran, RN, Palliative Care Coordinator (x6295)
  VA Maine has four CLCs, offering a variety of inpatient nursing home
  services on the Togus campus: Patriot Place – 27 beds dedicated to
  specialized dementia care; Veterans Village – 37 beds for skilled
  rehab and nursing care; Togus Springs – 12 beds for inpatient hospice
  and palliative care; Independence Way – 12 bed skilled nursing
  and rehab unit providing short-term care, including physical,
  occupational, and speech therapies.

Contract Nursing Home Program – Michelle Jolicoeur, LCSW, Program Coordinator, (x5380)
  coordinates placements for veterans in VA-approved rehabilitation
  and long-term nursing home care at VA expense. Eligibility
  covers the percentage of the veteran’s service-connected
  disability and other factors. There are currently 19 VA-contracted
  nursing homes dispersed throughout Maine.

Maine Veterans Homes – same contact as above
  State Veterans Homes are facilities that provide nursing home,
  domiciliary, or adult day care. For eligible veterans, the VA will
  provide privacy and cost associated with care at the homes. Although
  the Home accept non-veteran spouses and gold star parents, the VA
  will only cover expenses for veterans. Eligible veterans are honorably
  discharged veterans who have served one or more days of active
  duty service outside of training purposes.

Caregiver Support Program – Debra McKnelly, LCSW, Coordinator, (x5900)
  provides support and assistance with referrals to caregivers of
  veterans. Referrals could include personal care, adult day
  Health Care, Homemaker and Home Health Aid, Home Tele-health,
  Respite Care, or well connections to non-VA community resources.

Bonney Staffing Center - Augusta
  Danielle M Napolitano, Staffing Supervisor
  12 Shunk Ave, Augusta, ME 04330
  207-624-5156
  www.bonneystaffing.com
  Bonney Staffing Center, Inc. is an independently owned and operated
  staffing firm, offering job placement opportunities in Maine, New
  Hampshire, North Carolina and Rhode Island. Since 1975, we have
  been connecting job seekers with top employers. Bonney provides
  temporary, temp-to-hire, and direct-hire employment options with
  our client companies in the Clerical/Administrative, Industrial, and
  Technical fields. For forty years, Bonney has been a leader in the
  industry, and we are the first call for those seeking employment with
  a reliable source. Bonney is an equal opportunity employer and there
  is NO FEE for applicants. Though our hiring process is thorough, it
  is designed to meet the specific needs of our clients and to find the best

Bonney Staffing Center - Augusta
  12 Shunk Ave, Augusta, ME 04330
  207-624-5156
  www.bonneystaffing.com
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  our client companies in the Clerical/Administrative, Industrial, and
  Technical fields. For forty years, Bonney has been a leader in the
  industry, and we are the first call for those seeking employment with
  a reliable source. Bonney is an equal opportunity employer and there
  is NO FEE for applicants. Though our hiring process is thorough, it
  is designed to meet the specific needs of our clients and to find the best
  employment fit for you! Relevant work experience, above-average
  work references, a positive attitude, strong work ethic, and
  flexibility are all key criteria which will be considered. Please apply for
  this or any other position – we look forward to talking with you.

The right match is essential for everyone. Job seekers find meaningful
  opportunities to use their skills and experience. Businesses retain
  top talent and prevent excessive turnover. Managers get more done.
  At Bonney Staffing, our mission is to create lasting connections that
  make sense for both employers and job seekers. With experience and
  technology to surpass those of most office staffing, call center staffing
  or light industrial staffing agencies, Bonney Staffing helps you hire
  right the first time. You get faster, more accurate results, a higher
  level of service, and online tools that make it easy to manage your
  workforce. We work hard to find the right fit for every job seeker.
  We understand that you’re not just finding a job, you’re changing your
  life. That’s why we are committed to providing the tools and advice
  you need to manage your job search and reach your career goals.
  Learn more about your career options or search office staff jobs, call
  center jobs or light industrial jobs.

Coastal Enterprises, Inc. - Augusta Maine SBDC
  Branch Office
  5 Community Drive
  Augusta, ME 04333
  207-620-3521
  info@ceimaine.org
  www.ceimaine.org
  www.facebook.com/CEIMaine
  twitter.com/ceimaine
  9:00 a.m. – 5:00 p.m.

Coastal Enterprises, Inc. (CEI) helps to grow good jobs,
  environmentally-sustainable enterprises, and shared prosperity in
  Maine and in rural regions across the country by integrating financing,
  business and industry expertise, and policy solutions. CEI embraces
  a variety of industries that are economically and environmentally
  healthy, enabling all people, especially those with low incomes, to
  reach their full potential.

Hire a Vet Campaign
  Maine Department of Labor
  5 Community Drive
  Augusta, ME 04333
  207-620-3521
  MaineHireAVet.DOL@maine.gov
  www.maine.gov/labor
  www.facebook.com/MaineHireAVet
  www.facebook.com/MaineSBDC
  www.mainecareercenter.gov/hireavet.shtml
  augusta.careercenter@maine.gov
  207-624-5120
  Augusta, ME 04333

Our mission at the Bureau of Employment Services is to build and sustain
  a skilled workforce. Through our CareerCenter located across the state,
  we connect job seekers and businesses with the employment, training
  and other services that help employers recruit and retain a quality
  workforce and grow our economy, including an online job board - Maine
  JobsBank. http://jobsbank.maine.gov/ For employers we provide
  worker recruitment, hiring incentives and incumbent staff training.
  For jobseekers we provide specialized employment and training services
  including job search, resume development, interview skills and more!
  Veterans receive priority of service at all CareerCenter locations.
  In addition, Veterans Representatives are available to serve
  veterans at all of Maine’s CareerCenter.

Maine Small Business Development Centers

Maine Department of Labor CareerCenter (MDOL Home Office/Augusta)
  Auto Main, Veteran’s Program Manager
  45 Commerce Dr., Augusta, ME 04333
  207-624-5120
  augusta.careercenter@maine.gov
  www.maine.gov/careercenter
  www.vetmaine.com
  www.facebook.com/MaineHireAVet
  www.facebook.com/MaineSBDC
  www.mainecareercenter.gov/hireavet.shtml
  augusta.careercenter@maine.gov
  207-624-5120
  Augusta, ME 04333

As you know, veterans possess unique skills and abilities that are
  essential to effective organizations. Their inherent drive for job
  accomplishment, leadership and survival skills bring highly desired
  qualities that set the tone for an environment of a highly successful
  workplace. This year our campaign will include, the often overlooked
  immediate challenges for employers while the veteran is away from
  home defending our freedoms.

Our veterans’ employment staff throughout the state will work with you
to find the appropriate fit for your vacancies. Alternatively, if you are a
vet seeking employment, we’ll help you find that “right job!” We can
also assist you in translating military skills, language, culture,
assistance and retention.

Maine Small Business Development Centers (Maine SBDC) provide free,
confidential business advising and training to Maine’s entrepreneurs
and small businesses. Certified business advisors located throughout
Maine provide guidance to new and existing businesses on topics such
as business feasibility, business plan development, capital acquisition,
financial management, marketing and sales, and much more. Start or
grow your business with the help of the Maine SBDC. Helping small
businesses succeed since 1977.
Veterans On-Line Application (VONAPP) or you can print an application using the following link to apply in person at the Togus Regional Office, via email or fax: http://www.bva.va.gov/apps/forms/VA-26-1900-AR1.pdf. You can also pick up an application at the Togus Regional Office.

Betsy Ann Ross House of Hope

Marta Everett S'Pierno, Executive Director
PO Box 5661
Augusta, ME 04330
207-796-6280
martha@bettyannrosshouseofhope.org

Established in 2014, the Betsy Ann Ross House of Hope is the only transitional home in Maine for homeless or in need female veterans and their children. Our mission: To establish a support system specific to the individual female veteran that creates an atmosphere of community by providing for the veteran and her children, access to services, discovering individual opportunities for training, education and employment to achieve independence.

We offer a warm home, help with employment, benefits, and child care. Statewide, we have partnerships with numerous agencies to better serve our female veterans by bolstering employment opportunities, getting help with PTID and other military induced stresses, improving access to education and training, reducing homelessness, aiding with legal issues, and getting our female veterans financially stable.

Bread of Life Ministries

151 Water Street
Augusta, ME 04330
207-626-3454
breadoflife@mainebreadoflife.org
www.mainebreadoflife.org

Bread of Life Ministries' was founded 34 years ago. Carolyn Neighoff's mission was to reach the homeless, partnered with 7 other families BOLM began to grow. BOLM started as a Soup Kitchen on Water Street, soon growing to have a Family Shelter, the Veteran Shelter, 83 apartment units, 33 food pantry and a mission to feed the hungry, shelter the homeless, and provide services that help people change their lives and take personal responsibility. If you are interested in starting your own business, the U.S. Small Business Administration has delivered millions of loans, loan guarantees, contracts, counseling sessions and other forms of assistance to small businesses.

If you are interested in starting your own business, the U.S. Small Business Administration (SBA) provides loan guarantees and technical assistance specifically for local veterans, service-disabled veterans, and Reserve Component members. The Maine District Office has designated Veterans Business Development Officers who can assist veteran entrepreneurs with starting, managing and growing successful businesses. For more information, please contact the Maine SBA District Office at 207-622-8555 or go to https://www.sba.gov/content/veteran-service-disabled-veteran-owned or https://www.sba.gov/content/veteran-service-disabled-veteran-owned.

VA Vocational Rehabilitation and Employment

1 VA Center
Augusta, ME 04330
207-626-4246

The VA program assists veterans with service-connected disabilities prepare for, obtain, and maintain suitable employment, and/or live independently as possible. A Vocational Rehabilitation Counselor (VRC) will work with the veteran to determine if an employment hardship exists. An employment handicap exists if the service-connected disability impedes the ability to obtain and maintain employment. You can apply for services online at www.ebenefits.va.gov through the

Mid-Maine Homeless Shelter

Tanya Fossbeit
19 Colby Street
Waterville, ME 04901
207-872-8062
Tanya@shelter orgs.org
www.shelter orgs.org

The Mid-Maine Homeless Shelter is an emergency shelter for single adults and families. The MWHH offers case management, referrals, laundry facilities and daily meals; programs for shelter residents include employment workshops, parenting education, budgeting class, AA support groups and other support groups. While in the shelter, homeless veterans are linked to appropriate services and supported in applying for eligible benefits. Individuals who are homeless, sober and have no convictions for sexual abuse are eligible to stay at the Mid-Maine Homeless Shelter.

Preble Street Veterans Housing Services

37 Park St.
Lewiston, ME 04240
877-377-5709
vhs@preblestreet org
www.preblestreet org
www.facebook.com/PrebleStreet
888-872-8082

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

VA Homeless Services

Arwen Ague
1 VA Medical Center #116A
Augusta, ME 04330
877-424-3838

The VA Maine Healthcare System is committed to ending homelessness by supporting veterans in obtaining housing and appropriate resources, including accessing healthcare (medical and mental health) employment support and benefits. The VA Maine Healthcare for Homeless Veterans Program has the following programs for Veterans experiencing homelessness and their families:

Elks Programs:
• Adopt a vet
• Freedom Grants
• VAVS
• Veterans Leather
• Veterans House
• Stand-Down meals
• VA2K
• Maine Children’s Cancer Program
• Homeless Veterans support

Mid-Maine Homeless Shelter

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19 Colby Street
Waterville, ME 04901
207-872-8062
Tanya@shelter orgs.org
www.shelter orgs.org

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• Veterans House
• Stand-Down meals
• VA2K
• Maine Children’s Cancer Program
• Homeless Veterans support

• Grant and Per Diem Transitional Housing- Veterans Care Home in Biddeford, Huot House in Sac, Veterans Inc in Lewiston

• HUD-VASH Supported Housing- multiple service areas throughout the state

• Emergency Contract Shelter- Augusta

Please contact the VA National Homeless Hotline at 1-877-424-3838 to get connected to VA homeless services.

Volunteers of America Northern New England - Cabin in the Woods

Maine VA Medical Center
1 VA Center
Augusta, ME 04330
207-623-8411, 8289
www.vava.org/cite

Cabin in the Woods is a supportive rural community of 21 cabins providing permanent homes for veterans and their families on the grounds of TOGUS VA Medical Center. It’s the first project of its kind in Maine, and the only program in Maine that will house homeless male and female veterans, as well as their families. Each home is an energy-efficient, ADA-accessible residential cabin (16 one bedrooms and 5 two bedroom), dedicated to maintaining a rustic, wooded aesthetic for each veteran. Cabin in the Woods will work with local and regional agencies to meet the needs of veterans and their families. 16 of the cabins are VA/HFA (Veterans Administration Subsidized Housing) funded and 5 are private pay.

MaineHousing

353 Water Street
Augusta, ME 04330
207-626-4600
www.mainehousing.org

MaineHousing is a quasi-independent state agency created in 1969 to address the need for safe, affordable housing. The mission of MaineHousing is to assist Maine people in obtaining and maintaining quality affordable housing and services suitable to their housing needs. We have a variety of initiatives within individual departments of MaineHousing that provide housing and related services to veterans and their families:

• Veteran Family Homebuyers: the housing authority offers veterans and active duty military home loan rates starting at 3.25% (4.217% APR, 0 points) and $5,000 for closing costs. http://mainehousing.org/programs-services/homebuyer/saluteme

• Homeless Veterans Networking Group: http://www.mainehousing.org/news/mainehousing-calender/2017/05/19/default-calender/homeless-veterans-networking-group

• Rental Assistance for Veterans: Applicants for Section 8 Housing Choice Vouchers are given a preference on the waiting list for rental assistance. Veterans Affairs Supported Housing (VASH) are for veterans needing housing and services who are referred by the VA for rental assistance vouchers. www.mainehousing.org/programs-services/rental

114
Funded protection & advocacy agency for individuals with disabilities.

Established in 1977, Disability Rights Maine (DRM) is Maine's federally-funded outreach and systemic advocacy organization. Additionally, DRM works toward public policy reform through training, education, and public outreach.

For a listing of Emergency Shelters in Maine please see http://mainehousing.org/programs-services/homeless/emergency-shelters/

Consumer Credit Protection Bureau

David M. Leach, MPA
Principal Consumer Credit Examiner
35 State House Station
Augusta, ME 04333
207-624-6337
david.m.leach@maine.gov

The Maine Bureau of Consumer Credit Protection is a non-bank regulator of credit in Maine State Government. The Bureau’s regulated entities include mortgage companies, credit reporting agencies, debt collectors, finance companies, general creditors, payday lenders, buy-here-pay-here auto dealers, non-bank money transmitters, and companies that buy or sell finance companies, general creditors, payday lenders, buy-here-pay-here auto dealers, and non-bank money transmitters. The Bureau accepts and investigates consumer complaints, and has a helpful hotline for consumer questions. The Bureau also enforces laws and regulations affecting these entities.

Disability Rights Maine

24 Stone St, Suite 204
Augusta, ME 04332
800-452-1948 (V/TTY)
623-2277
jdippen@mainehc.org
www.mainehc.org
8:00 a.m. – 4:30 p.m.

The Kennebec County Sheriff’s Office has proudly served the citizens of Kennebec County since 1799. Throughout those 200+ years, the Sheriff’s Office has changed with the times to meet the needs of the citizens we serve. The Sheriff’s Office law enforcement component responds to calls for services and our correctional facility houses and cares for the needs of up to 150 inmates. The Kennebec County Correctional Facility assists the Veteran population by identifying those with service backgrounds and related behavioral and/or medical conditions and work to assist them in addressing those issues with specific programming and health plans. The Kennebec County Sheriff’s Office is also a partner in the Maine Military and Community Network (MM&CN) and works as part of the Community Veteran Engagement Board (CVEB) to promote and support opportunities to benefit Veterans in the community.

Maine State Bar - Lawyer Referral and Information Service

Rachel V. Mackrith, Director, Lawyer Referral Service
983 Church St Bldg.
Augusta, ME 04322
207-622-7523
rmackrith@mainebar.org
www.mainebar.org
8:00 a.m. – 5:00 p.m.

Established in 1977, Disability Rights Maine (DRM) is Maine’s federally-funded protection & advocacy agency for individuals with disabilities. Through its operation of multiple federal and state funded programs, DRM advocates for individuals with disabilities whose rights have been violated, who are at risk of abuse or neglect, or who have faced discrimination on the basis of disability. DRM seeks redress where rights concerns arise related housing, education, physical access, public accommodations, rehabilitation, health care, community supports and employment. Additionally, DRM works toward public policy reform through training, outreach and systemic advocacy.

Finance Authority of Maine

Bill Norbury
5 Community Drive
Augusta, ME 04332
207-620-3510
comms@famaine.com
www.famaine.com

FAME is a quasi-independent state agency that provides innovative financial solutions to help Maine people and businesses pursue educational and business opportunities. FAME helps to lead the creation of good paying jobs by funding Maine citizens by working at the nexus between economic and workforce development. We offer a variety of financing options for businesses as well as individuals planning to attend some form of higher education. On the business financing side, our two most popular programs are commercial loan insurance and direct loans, and through FAME’s Commercial Loan Insurance (CLI) program, we can offer up to 100% loan insurance to a lending institution to assist in loan made to a veteran.

Kennebec County Sheriff's Incarcerated Veterans' Initiative

Shawn Ken Mason and/or Jess Quine, Programs Coordinator
115 State St
Augusta, ME 04330
207-623-2277
jquine@kennebecso.com
www.kennebecso.com
8:00 a.m. – 4 p.m.

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Veteran Treatment Court / Maine Pre-Trial Services

Elizabeth Simoni
9 Green Street
Augusta, ME 04330
207-614-6849
elizabeth.simoni@mainetrial.org
www.mainetrial.org
Hours of Operation: 8:00 a.m. – 4:30 p.m.

Maine Pretrial Services, Inc. is a private non-profit located in thirteen Maine counties. Maine Pretrial Services is dedicated to providing pretrial services, diversion options, and sentencing alternatives to justice involved individuals in need of release from incarceration and assistance. Maine Pretrial Services, originally known as the Cumberland County Bail Project, first started through the Bureau of Alcohol, Tobacco, and Firearms in 1983, and has grown to offer services throughout most of the state. Maine Pretrial Services’ staff can assist with risk assessment, release planning, release, community support, and supervision. It was the first pretrial agency in the United States to be accredited by the National Association of Pretrial Services Agencies (NAFPA) and enjoys accreditation currently. Maine Pretrial Services provides the case management for the Maine Veteran Court, and staff work closely with veteran service providers, mentors, and advocates whenever possible to assure better outcomes for justice involved veterans.

Office of Congresswoman Chellie Pingree - Waterville

1 Silver Street
Waterville, ME 04901
207-873-5713
rep.chellie.pingree@mail.house.gov
www.chelliepingree.house.gov
www.facebook.com/ChelliePingree

Congresswoman Pingree is committed to ensuring veterans receive the benefits and resources they—and their families—have earned and deserve. Veterans or their families with questions or concerns about benefits, including inquiries about VA claims, VA health care, and replacement military medals and awards, are encouraged to reach out to her dedicated constituent services team in one of her district offices. She has also been nationally recognized for her legislation and policy initiatives surrounding Military Sexual Trauma and her staff is experienced with these disability and compensation claims.

Office of Senator Angus King - Augusta

207-622-8320, 1-800-432-1599
angus_morriss@va.gov
www.angusking.senate.gov
www.facebook.com/SenatorAngusKing
www.twitter.com/SenAngusKing

Attorney, this is a convenient way to get matched to the right lawyer. The referral fee is only $25, and includes up to 1/2 hour of initial legal consult at no charge.

Pine Tree Legal Assistance - Augusta

207-400-3229
veterans@ptla.org

PTLA’s Veterans Legal Services team (located in Augusta) is able to help veterans who have been referred from Preble Street Veteran Housing Services or the VA Maine Healthcare System for assistance with:

• Housing issues: eviction, foreclosure, bad bugs, or medical conditions that make it difficult to live in your current home;

• Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g. overpayments), student loan debt; and

• Discharge status upgrades and character of service determinations.

Please visit your VA or Preble Street provider for a referral for services!

VA - Veterans Justice Outreach

Anne Archibald
207-713-2943
anne.archibald@va.gov

The Veterans Justice Outreach (VJO) Initiative was created by the Veterans Administration (VA) to link eligible veterans involved with the local justice system to their local Veterans Medical Center for health care services which target the symptoms implicated in their criminal justice case.

Please contact the VJO Coordinator if you or a family member are a veteran in jail, or have gotten out of jail and want to be connected to VA Maine Healthcare system.

Your, if you or a fellow member/attendee are a veteran already receive VA Maine Healthcare, but need help with access to specialty care (homeless services, residential treatment,) to fulfill your agreement with the criminal justice system.

Veteran Mentors Project

James Or or Zippie Lawrence
9 Green Street, Suite 3A
Waterville, ME 04901
207-400-3223 / 207-592-3077
veteranmentors@maine.gov

VMM was established in 2015 to assist all veterans in accessing available resources that promote the health, welfare and dignity of veterans in recognition of their service to the nation. All of the veterans who need these services, VMM has focused on mentoring veterans that have become involved in the Maine criminal justice system. We work as an independent adjuct to the Maine Superior Court Veteran’s Court, and provide veterans with the necessary guidance, housing, food, transportation, interaction with available medical and therapy providers, and any other need that might arise. If you are a vet in need, give us a call. We can help.

Women of War: 2018-2019 Legislative Session

Karin O’Brien
207-701-3321
kobrien@mainelegislature.gov

A strong presence of women in the Maine Statehouse is not new. The first female member of the Maine House of Representatives was elected in 1928. Since that time, more women have run for and been elected to the Maine House of Representatives. The first woman to serve as Speaker of the House was Linda Metcalf in 1989.

Since then, 50 women have run for the House, and 30 of them have been elected — more than half. Women are currently serving as Chairs of the Appropriations, Government, Ways & Means, and Natural Resources committees and as members on numerous other committees, including Transportation, Education, and Tourism & Recreation.

Women for Women: Service to Our Community

Senator Santina Arnold Kranson
9 Green Street
Augusta, ME 04330
207-622-8320, 1-800-432-1599
santina_kranson@va.gov

As an independent adjunct to the Maine Superior Court Veteran’s Court, we provide an outcomes based program for formerly incarcerated Veterans for up to 90 days. This program targets the symptoms implicated in their criminal justice case. The program is run in partnership with the Maine Department of Corrections and provided by professional staff with expertise in working with people with mental health and substance use issues.

This program not only helps support the rehabilitation of veterans but also provides a unique opportunity to help incarcerated Veterans make amends for the harm they caused to our community.

Office of Senator Stacie Evans - Augusta

3 Community Drive
Augusta, ME 04330
207-622-8320, 1-800-432-1599
stacie_e@va.gov

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This program not only helps support the rehabilitation of veterans but also provides a unique opportunity to help incarcerated Veterans make amends for the harm they caused to our community.
federal agency can contact one of Senator Collins’ Maine Constituents and veterans alike. Anyone who is having difficulty with a
life to advance the cause of freedom. We owe them all a great debt.
caring men and women who have put aside the comforts of civilian
heroes who wear the uniforms of America’s armed forces are patriotic,
As the daughter of a World War II Purple Heart recipient and a life
Senator. I am proud to work on your behalf.
Maine Bureau of Veterans’ Services
David A. Richmond, Acting Director
Maine Bureau of Veterans’ Services is Maine’s
primary public advocate for veterans, service members, and their families. Our mission is to be a responsive and dedicated advocate
helping Maine’s veterans and their loved ones access the benefits, services and programs available to them. We are a one-
stop resource for all of a veteran’s post-service needs. On an individual basis, we assist veterans with obtaining their military discharge
records, connecting with VA benefits and disability compensation, and maximizing their use of Maine’s more than 20 veteran programs.
Statewide, we lead collaborations amongst our partner agencies to better serve veterans by bolstering employment opportunities, improving access to education, reducing homelessness, and honoring
veterans’ legacy of service.

Central Maine Veterans’ Memorial Cemetery - Civic Center Drive
143 Blue Star Avenue
Augusta, ME 04347
207-287-3481
www.maine.gov/veterans

Maine Veterans’ Memorial Cemetery - Civic Center Drive provides cremation remains
burial. Currently, the cemetery is at capacity for casketed burials, so only pre-existing reservations and new
burials are available.

The cemetery’s Garden of Remembrance/AIA memorial honors those who have not returned home. Visitors are invited to travel the Memorial Walkway to view the many customized stones paying tribute to veteran organizations and loved ones.

Central Maine Veterans’ Memorial Cemetery - Mt. Vernon Road
163 Mt. Vernon Rd.
Augusta, ME 04347
207-287-3481
www.maine.gov/veterans

Veterans’ Memorial Cemetery - Mt. Vernon Road offers casketed and cremation burials year round.
Visitors to the cemetery are invited to view tribute stones for veteran organizations and loved ones on the Memorial Walkway. Memorials donated by veterans and family members buried at the cemetery are on display in the cemetery’s main office and is open to the public.

The volunteers of the Veterans Memorial Cemetery Association host events, in addition to providing beautification enhancements such as trees and
grave markers.

Augusta Veterans’ Acupuncture Clinic
Libby Schecker
9 Green St.
Augusta, ME 04347
info@AugustaVetsAcuClinic.org
www.AugustaVetsAcuClinic.org
Fee: Free for veterans, active duty personnel and accompanying family members.

The Augusta Veterans Acupuncture Clinic opened its doors in October 2014 and since then has provided free, weekly, community-style acupuncture to veterans, active duty personnel and the family members who accompany them. The style of ear acupuncture used at the clinic is effective for treatment of both physical and emotional concerns. Acupuncture is gentle, safe and effective and complements conventional treatment approaches, like therapy and medication.

Veterans who participate in these acupuncture clinics report experiencing such benefits as full nights’ sleep for the first time in years and fewer bad dreams. Other reported benefits include reduction of pain, improved mental clarity, less anxiety and a decrease in stress.

The volunteer acupuncturists and support team that run this clinic recognize and honor your service to our country. Thank you.

Maine Veterans’ Home - Augusta
Jacob C. Anderson, Administrator
310 Corry Rd.
Augusta, ME 04330
207-622-3445
info@MaineVets.or

The Maine Veterans’ Home is an independent, nonprofit organization serving Maine’s veterans and their families. Our Augusta Home provides 24-hour nursing coverage in three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit and a 40 bed secured long-term care unit for memory care residents, and a 30 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services: • Skilled Nursing Care • Inpatient Rehabilitation • Speech-Language Therapy • Occupational Therapy • Physical Therapy • Long-Term Care • Residential Care • Memory Care • Respite Care • Comfort Care

All MVH facilities have achieved elite National SILVER Quality Award for Achievement in Quality by the American Health Care Association, placing them in the top 4% of nursing homes nationally.

Togus VA Medical Center
Togus VA Medical Center - Augusta
1 VA Center
Augusta, ME 04330
207-623-8411
www.maine.va.gov

VA Community Care and Veteran’s Choice Program
Corey Vail
1 VA Center
Augusta, ME 04330
207-622-8411 ext. 7222
corey.vail@va.gov

VA Community Care and Veteran’s Choice Program which include but are not limited to: • Community Nursing Homes • Home Health and Homemaker Services
Community Care (VCC) inpatient program provides payment authorization for eligible veterans who have been admitted to an outside treatment, including emergency care, for eligible victims of sexual assault; and communicates with national, VISN, facility-level leadership and other stakeholders. The MST Coordinator serves both female and male clients in individual and group formats.

Back in the Maine Stream - Augusta
Marc Blidouso, Founder
396 Eastern Avenue
Augusta, ME 04330
207-986-3509
info@backinthemainestream.org
www.fairpoint.net/~hammaPicc BIT/MS.htm
www.facebook.com/bitMS

We are a group of disabled American veterans, helping other veterans through recreational fishing activities. We meet monthly in Augusta and Portland. Each of us is involved to the degree we can, considering our disabilities. We have seen firsthand the power of veterans helping other veterans when we spend time together in this sporting activity. We have seen attitudes change positively, and lives enriched as we recognize our abilities. Most of us have had physical and emotional trauma that has sidelined us, and today it is good to be “Back in the Maine Stream”.

Sportsman’s Alliance of Maine
Becky Morrell
205 Church Hill Rd.
Augusta, ME 04330
207-623-4589
Becky@sportsmansallianceofmaine.org
www.sportsmansallianceofmaine.org/veterans.html

The Maine National Guard Sexual Assault Response Program provides comprehensive, confidential advocacy and support to service members who have been victims of sexual assault. Joint Force Headquarters and Wing Sexual Assault Response Coordinators serve as points of contact to provide sexual assault awareness, prevention and response training to Soldiers, Airmen, and family members, coordination and treatment, including emergency care, for eligible victims of sexual assault; and track the services provided to victims from the initial report through final disposition and resolution.

Military Sexual Trauma Coordinator - VA
Katherine Russin, LCSW, C-ASWCM
1 VA Center
Augusta, ME 04330
207-623-0411, ext4296
Katherine.L.Russin@va.gov

Every VHA facility must have an MST Coordinator to monitor and help ensure that national and VISN-level policies about staff education are implemented; monitor and help ensure that national and VISN-level policies about informational outreach related to MST are implemented; serve as a point of contact, source of information, and problem solver for MST-related issues at the facility level and at the VISN, BOCS, and community level. The MST Coordinator serves both female and male clients in individual and group formats.

We support these veterans through our nationally recognized retreat located in the Belgrade Lakes Region of Maine. Veteran families who have been injured in active duty or as a result of their service to our nation receive an all-inclusive, all-expenses-paid, barrier-free vacation in Maine where they participate in adaptive activities, bond with other veteran families, and enjoy much-needed rest and relaxation in Maine’s outdoors.

Our founder, US Army SSG Travis Mills, is one of only five quadruple amputees to have survived the wars in Iraq and Afghanistan.

211 Maine
Nikki Busmanis
2-1-1 Maine Program Manager
105 Kennedy Memorial Drive
Waterville, ME 04983
207-873-0686
info@211maine.org
www.211maine.org

2-1-1 is a free resource providing an easy, confidential way to connect people to information about services and support around Maine. 2-1-1 Maine is available 24 hours a day, seven days a week by phone, text and online. You can access information and resources in your area by dialing 2-1-1 and talking with a trained, Maine-based Specialist, by texting your zip code to 888-211, or by searching the online directory at www.211maine.org.

2-1-1 Specialists provide information and referrals to address issues including but not limited to:
• Basic needs (food, clothing, shelter)
• Substance use disorders
• Health care
• Financial assistance, and more

Every month thousands of people contact 2-1-1 Maine to find services for themselves or someone else. 2-1-1 Maine is a collaborative effort of the United Ways of Maine, the State of Maine, and The Opportunity Alliance.

Kennebec County Maine Military and Community Network
Kennebec County Sheriff’s Office (meeting location)
Mill House Conference Room
125 State Street
Augusta, ME 04333

Leaders: Sheriff Ken Macom, Joan Quim Kennebec County Sheriff’s Office
https://mainemcn.org/regional-groups/kennebec-county-mmcn-augusta jquin@kennebecmcn.com
207-623-2270, x3199

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome — by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community. The Kennebec County MMCN meets quarterly. Please visit our website for updated information on our group and meeting schedule.

Military OneSource
Nathanial Grace
175 Western Ave.
Augusta, ME 04330
207-232-8710
Nathanial.grace@militaryonesource.com
www.militaryonesource.mil

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Services include, but are not limited to, Non-Medical Counseling, Financial Counseling, Health Coaching. Tax preparation services all at no cost. Confidential services are available 24 hours a day by telephone and online.

Military OneSource also provides outreach services to support the military community when and where they need it most. Military OneSource state consultants work with military leadership and military and community support services to meet the needs of the military population within the state or territory where they are located.

Army National Guard Family Assistance Center - Augusta
179 Western Ave.
Augusta, ME 04333
207-430-5781
fig.mn.munglic.mil-ml-facmail.mil
www.mng.nbg.army.mil/Family
www.facebook.com/MaineNFAC

The Maine Military Family Assistance Center (FAC) is a team of 5 professionals spread throughout the state to assist service members and families. The FAC operates a toll-free hotline, with staff available 24 hours a day, 365 days per year. The specialists provide resources, information and support to all Service Members (regardless of component or status), Veterans, Dependents and community members. Each office maintains an updated resource list for services local to their area as well as statewide support services.

FACs focus on 7 main services:
• Financial Resources and Referral
• ID cards and DEERS Referral
• Legal Resources and Referral
• TRICARE Medical and Dental Resources and Referral
• Crisis Intervention and Referral
• Community Information and Referral
• Employment Information and Referral

Additionally, the FAC provides monthly outreach to the designated point of contact for each deployed Army National Guard Soldier in the state. The Family Assistance Center is truly your “One call does it all” resource for all things Military in the state of Maine.
Our Fallen Soldiers have paid the ultimate sacrifice. Their families deserve our respect, gratitude, and the very best we can provide. If you’re a surviving Family member, Survivor Outreach Services (SOS) offers you access to support, information, services, closest to where you live, when you need it and for as long as you need it. Survivor Outreach Services is a part of the Army Casualty Continuum of Care. It’s designed to provide long-term support to surviving Families of fallen soldiers. Our goal is to reassure Survivors that they remain valued members of the Army Family. The loss of a loved one often results in tremendous grief, which can be overwhelming. When faced with a tragedy, you may be wondering what direction to take. Your SOS Coordinator is your link to finding the resources and answers that will work best for you. Your local Support Coordinator is available to meet with you as you journey through this difficult transition by providing direct services as well as information, referrals, and recommendations. He or she can also connect you with support groups, spiritual resources, and bereavement and financial counselors. Your SOS Coordinator can also help you request and obtain copies of documents, navigate local, state, and federal agencies, and direct you to additional Survivor resources. Support Coordinators serve all Services, and all Stages.

### ID Cards/DEERS - Augusta

**Address:**
194 Whitten Street
Augusta, ME 04333

**470-430-5914**

**Hours:**
Mon– Fri, 7:00 a.m. – 3:00 p.m.

**Construction:**
Closed 11:15-12:00. Last customers accepted at 11:15 and 2:45

### ID Cards/DEERS - Bath

**Address:**
574 Washington St.
Bath, ME 04530

**470-430-2773**

**Hours:**
Mon – Wed, 7:30 – 11:00
Thursdays: 12:00 – 3:00. Closed Fridays.

### Transition Assistance Advisor

**Wendy Moody**
194 Whitten Street Building #7
Augusta, ME 04333

**County:** Kennebec

**Contact:** 207-430-5778

**Email:** wendymoody2.crt@mail.mil

**Website:** www.militarysos.org/sites/default.aspx

**Hours:** 6:30 am – 3pm, Monday – Friday. Wednesdays are reserved for offsite work.

**Note:** To assist members of all branches of services, military retirees, and their family members in understanding the benefits available to them, i.e., Veterans Health Administration, Veterans Benefit Administration, Department of Labor, Traumatic/Military Health Benefits options,icare dental options, Education, disabled veteran, life insurance, legal assistance, and various other federal and State benefits, and to assist them in contacting the appropriate agencies to apply for and access these benefits.

### Disabled American Veterans

**VA Medical Center**
Togus, ME 04330
207-623-5155
dvamail@maine.va.gov

**Website:** www.dawvemberportal.org/ me

DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year. The organization provides more than 670,000 rides for veterans attending medical appointments and assists veterans with more than 290,000 benefit claims annually. In 2016, DAV helped attain more than $4 billion in new and retroactive benefits to care for veterans, their families and survivors.

### Department of Health and Human Services Veteran Advocate

**Julie Bradt, Veteran Advocate, Program Integrity Specialist**
DHHS, Office for Family Independence
19 Union Street
Augusta, ME 04333
207-624-4195
julie.bradt@maine.gov

**KVCAP Transportation Services**

Jen Wood, Transportation Development Director
97 Water Street
Waterboro, ME 04091
1-800-542-8227, 459-1500
jimw@kvcap.org

**Website:** www.kvcap.org

Kennebec Valley Community Action Program has made a firm commitment to providing the citizens of Central Maine with safe, dependable transportation services. KennebecSomerset Explorer is a five-route public bus service with operations throughout the greater Waterville-Augusta area and the Greater Skowhegan area. KV Van offers doors-to-door para-transit van and volunteer driver service to passengers who are eligible under specific social service organization guidelines. KV Van provides door-to-door transportation service to disabled, elderly and low-income passengers throughout Kennebec and Somerset Counties. Common destinations for passengers using KV Van services are doctor's offices, hospitals, adult day care programs, social enterprises, mental health facilities, protective services, children's services and other medical and developmental services.

### VA Maine Healthcare System Transportation Network - DAV

**Giulie White, Mobility Manager**

VA Medical Center
Togus, ME 04330
207-623-8411 x5569

**Email:** giulie.white@va.gov

**Website:** www.va.gov/HEALTHBENEFITS/transport/index.asp

**Mon-Fri, 7:30 a.m. – 4:00 p.m.**

VA Transportation services provides rides for veterans who may require special mode transport (wheelchair van) to Togus for appointments. Travel consult would be required from the veteran’s physician for special mode, or if the veteran has exhausted all other options for a ride to Togus. Please also check with the DAV office (57590) for their transportation schedule. Also provided are shuttle services to The Boston VA Medical Center. Please see web site for details.

### VA Maine Healthcare System Volunteer Transportation Network - DAV

**Linda Neptune, Deb Mallett, Lella MILLS, Hospital Service Coordinators**

PO Box 3415
Augusta, ME 04330

**County:** Kennebec

**Contact:** 1-800-575-8605, 207-623-5790
dvamemberportal@maine.gov

**Mon-Fri, 7:30 a.m. – 3:30 p.m.**

Type of Service: 10 passenger vans, must be able to load and unload independently. Not handicap accessible and unable to transport large oxygen bottles. Serving many areas throughout the State of Maine. Recommend calling a week prior to appointment to reserve a seat.

### American Legion Department of Maine

Paul L. Heureux, Adjutant
5 Vert Drive
Wilton, ME 04294
207-873-1279

**Email:** legionme@mainelegion.org

**Website:** www.mainelegion.org

**Twitter:** @LegionMaine

The American Legion Department of Maine was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to helping veterans of every conflict. The Department has over 16,000+ members in 172 posts scattered throughout Maine that support veterans and their families. We have a fully staffed Veterans Service Office on the campus of VA Togus, in Augusta, Maine, providing assistance to veterans, their families and survivors in filing claims for VA compensation and pension as well as other benefits. We also have a robust roster of veteran’s resources at our disposal. We are the nation’s largest wartime veterans service organization, committed to veterans rehabilitation, Youth programs, Americanism and National Security.

### Paralyzed Veterans of America

**Veteran Advocate**

Paul L. Heureux, Adjutant
5 Vert Drive
Wilton, ME 04294
207-873-1279

**Email:** legionme@mainelegion.org

**Website:** www.mainelegion.org

**Twitter:** @LegionMaine

The American Legion Department of Maine was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to helping veterans of every conflict. The Department has over 16,000+ members in 172 posts scattered throughout Maine that support veterans and their families. We have a fully staffed Veterans Service Office on the campus of VA Togus, in Augusta, Maine, providing assistance to veterans, their families and survivors in filing claims for VA compensation and pension as well as other benefits. We also have a robust roster of veteran’s resources at our disposal. We are the nation’s largest wartime veterans service organization, committed to veterans rehabilitation, Youth programs, Americanism and National Security.

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**Veteran Advocate**

Paul L. Heureux, Adjutant
5 Vert Drive
Wilton, ME 04294
207-873-1279

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### Knox County

**Chairman of the Center for Furniture Craftsmanship**

Dorrie Butterfield Highbee, Student Services Manager
25 Mill Street
Rockport, ME 04856
207-594-5571

**Email:** paul@mainelegion.org

**Website:** www.mainelegion.org

The mission of the Center for Furniture Craftsmanship is to provide the best possible education for people who want to design and build functional, beautiful, and expressive work out of wood to the highest standard of craftsmanship. All the heart of the Center’s mission is the belief that design and craftsmanship are deeply meaningful expressions of the human spirit. They contribute to individual fulfillment and inform the larger culture. Our programs are for novice, intermediate, and advanced woodworkers who seek an inspiring learning experience in a supportive environment.
Maine Media College
Kerry L. Curran, Director of Student Services
70 Camden St.
Rockport, ME 04856
207-236-8581
info@mainemedia.edu
www.facebook.com/mainemed

Maine Media Workshops + College educates and inspires visual artists and storytellers. The school delivers degree and certificate programs, workshops, intensives, and collaborative labs geared to students pursuing creative work in fine arts and media-related professions. MIMC+ is a welcoming community that provides lifetime opportunities to explore the practice and concepts of media arts in photography, filmmaking, design and book arts as well as the converging applications of these dynamic media forms. MIMC+ embraces theoretical and practical aspects, as well as leading-edge technologies in image making and narrative expression. MIMC+ is committed to fostering creativity, culture, and human communication in the world.

Mid-Coast School of Technology Adult Education
Marilane Doyle, Adult Education Director
1 Main St.
Rockland, ME 04841
207-596-7752
mdoyle@msd.net
www.midcoastadulted.com

Bonney Staffing Center - Rockland
Danielle M Napolitano, Staffing Supervisor
50 Park Pl., Suite 201
Rockland, ME 04841
207-593-3330
bonneys@rocklandmaine.com
www.facebook.com/bonneystaffing

Bonney Staffing Center, Inc. is an independently owned and operated staffing firm, offering job placement opportunities in Maine, New Hampshire, North Carolina and Rhode Island. Since 1975, we have been connecting job seekers with top employers. Bonney provides temporary, temporary-direct, and direct-placement employment options with our client companies in the Commercial, Administrative, Industrial, and Technical fields. For forty years, Bonney has been a leader in the industry, and we are the first call for those seeking employment with a reliable source. Bonney is an equal opportunity employer and there is no FEE for applicants. Through our hiring process it is designed to meet the specific needs of our clients and to find the best employment fit for you! Relevant work experience, above-average tools and advice you need to manage your job search and reach your career goals. Jasen more about your career options or search office staff jobs, call center jobs or light industrial jobs.

Spectrum Generations
87 Elm St., Suite 204A
Camden, ME 04843
207-596-0399
spectrumgenerations.org

Spectrum Generations’ award-winning Legacy Corps program provides up to 10 hours of respite care each week to caregivers of adults of all ages. The only qualification necessary is to have someone in the family who was, or is, in the military. We are able to provide free respite care for families, because it is completed by AmeriCorps members (volunteers). The members go through a rigorous background check, are carefully matched with a family, and attend training on a monthly basis.

We have identified that our greatest need for volunteers is along the coast from Rockport to Damariscotta as well as the Brunswick area, and we are actively recruiting.

Prelie Street Veterans Housing Services
37 Park St.
Levinston, ME 04572
207-377-7098
vhsl@preblestreet.org
www.preblestreet.org

Prelie Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Prelie Street and Pine Tree Legal Assistance.

The Knox Museum
30 High Street
Thomastown, ME 04681
207-354-8062
kgh@maine.edu
www.knoxmuseum.org
www.facebook.com/KnoxMuseum

The General Henry Knox Museum (dba Knox Museum) honors the life, times, and legacy of American Revolutionary War General Henry Knox, the heritage of Montpelier - a memorial to the original retirement home he built in Thomaston, Maine; and the veterans and families who have served, and continue to serve our nation. Special veteran programming has included hosting Vietnam Veterans of America The Moving Wall, screenings of Soldier On: Life After Deployment, and Welcome to Lee, Maine; special exhibitions like Blood, Dust & Mud – CAPT Beth Parks’ photographs of her tour of duty in a surgical unit in Vietnam; and Maine Women Veterans from The Revolutionary War to the Global War on Terror, and special presentations like MAJ Mary Jennings (M.J.) Hegar’s on her book Book Shot Like a Girl: One Woman’s Dramatic Fight in Afghanistan and on the Home Front. Our facilities are always available for veteran and military meetings and activities.

Maine Department of Labor CareerCenter (Rockland)
91 Camden Street, Suite 201
Rockland, ME 04841-3424
207-596-2400
rockland.careercenter.maine.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL

UMA Rockland Center
Brookwater Building
91 Camden Street, Suite 402
Rockland, ME 04841
(807) 596-4006
uma.edu/rockland

Lincoln County
Downeast School of Massage
Emily Waltz, DSM Director of Admissions
99 Moose Meadow Lane
Waldoboro, ME 04572
207-832-5531
downeastschoolofmassage.net
www.facebook.com/DowneastSchoolofMassage
www.facebook.com/DowneastSchoolofMassage

The Downeast School of Massage was established in 1981 for the purpose of training individuals in the professional health care field of Massage Therapy. The mission of DSM is to train individuals in the art and science of therapeutic massage for an entry-level professional career, for continuing education, and for personal growth. Open to a holistic philosophy, DSM provides a wide variety of traditional and alternative subjects, giving the students a firm foundation for growth and gaining skills necessary for practicing massage in a caring, competent manner.

Our goal is to endeavor to provide the highest quality education to individuals enrolled in our program. DSM encourages each student to investigate personal growth physically, emotionally, spiritually, and intellectually in a friendly, supportive, country environment.

Coastal Enterprises Inc. - Wiscasset Main SBDC Branch Office
Liz Rogers
297 Bath Road
Wiscasset, ME 04578
207-506-5947
info@coastmaine.org
www.coastmaine.org
www.facebook.com/CEIMaine

Downeast School of Massage offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Prelie Street and Pine Tree Legal Assistance.

Maine Small Business Development Centers (Wiscasset)
247 Bath Road
Wiscasset, ME 04578
207-762-4949
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/MaineSBDC

Maine Small Business Development Centers (Maine SBDC) provide free, confidential business advising and training to Maine’s entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as business feasibility, business plan development, capital acquisition, financial management, marketing, and sales, and much more. Start or grow your business with the help of the Maine SBDC. Helping small businesses succeed since 1977.

Spectrum Generations
521 Main Street
Damariscotta, ME 04543
207-563-1363
spectrumgenerations.org

Spectrum Generations’ award winning Legacy Corps program provides up to 10 hours of respite care each week to caregivers of adults of all ages. The only qualification necessary is to have someone in the family who was, or is, in the military. We are able to provide free respite care for families, because it is completed by AmeriCorps members (volunteers). The members go through a rigorous background check, are carefully matched with a family, and attend training on a monthly basis.

We have identified that our greatest need for volunteers is along the coast from Rockport to Damariscotta as well as the Brunswick area, and we are actively recruiting.

Prelie Street Veterans Housing Services
37 Park St.
Levinston, ME 04572
207-377-7098
vhsl@preblestreet.org
www.preblestreet.org
vhs@preblestreet.org
877-377-5709
37 Park St.
Preble Street Veterans Housing Services
Preble Street Veterans Housing Services offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Prelie Street and Pine Tree Legal Assistance.
Kieve Wavus Veterans Camp
Marga
42 Kieve Rd
Nobleboro, ME 04548
207-549-5719
veterans@kivewavus.org

Kieve Wavus says thank you for your service by offering you and your family a week or weekend long program at one of our Veterans Camps on beautiful Damariscotta Lake in mid-coast Maine. There are 3 Family Camps to choose from and 2 specialty camps – Vietnam and Women’s only camp. We offer free programs that support veterans and their families, giving them a chance to relax, reflect and reconnect in the tranquility of the Maine woods and are committed to those who have deployed for our nation.

We’ll provide all of the food, fun and friendship you need to build memories that will last a lifetime.

Oxford County
Tri-County Mental Health Services
143 Pettico Road
Oxford, ME 04270
207-743-7911
49 Congress Street
Rumford, ME 04276
207-364-7981

Tri-County Mental Health Services provides trauma-informed, integrated services that promote whole health and wellness. We work to create healthy communities that are inclusive and respectful of all. We believe that all children, adults, and communities deserve to have access to the resources needed to achieve optimal health status in all realms of well-being. We provide behavioral health services, substance-use disorder treatment, outpatient counseling, services for children and families, and more. Our Veterans Outreach Specialist works with veterans and their families to help them access programs and services to which they are entitled. From housing to education to healthcare to discharge materials, our Veterans Outreach Specialist is available to work with you.

Preble Street Veterans Housing Services
37 Park St.
 Lewiston, ME 04240
 207-377-5209
vs@preblestreet.org
www.preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 4:30 p.m.

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

Maine Veterans’ Home - South Paris
Brad Peck, Administrator
477 High St.
 South Paris, ME 04281
207-743-6300
info@mainevets.org
https://mainevets.org/locations-2/south-paris

Maine Veterans’ Homes is an independent, nonprofit organization serving Maine’s veterans and their families. Our Augusta Home provides 24 hour nursing coverage in the three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit and a 40 bed secured long-term care unit for memory care residents, and a 30 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services
• Skilled Nursing Care
• Skilled Rehabilitation
• Speech-Language Therapy
• Occupational Therapy
• Physical Therapy
• Long-Term Care
• Residential Care
• Memory Care
• Respite Care
• Comfort Care

All MVH facilities have achieved elite National SILVER Award for Achievement in Quality by the American Health Care Association, placing them in the top 4% of nursing homes nationally.

VA Community Based Outpatient Clinic - Rumford
411 Franklin Street
Rumford, ME 04276
207-309-3200
www.main.va.gov/locations/rumford.asp
8:30 a.m. – 4:30 p.m. Monday-Friday

VA Maine Healthcare System (HCS) is a Joint Commission accredited facility which serves over 42,000 Maine Veterans. It is comprised of the Togus VA Medical Center in Augusta along with 8 full-time Community-Based Outpatient Clinics (CBOC) and 3 part-time Access Points. All 12 facilities provide Primary Care and Mental Health at a minimum and VA Maine HCS has a wide-range of Specialty Care and services. Although the majority of Specialty Care is located at the Togus VAHC, we are expanding some Specialty Care to the CBOCs and are significantly increasing the use of tele-health for Specialty Care to reduce travel for Veterans. The Togus campus also hosts the Togus VA Regional Office which provides various Veteran services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, etc.

The Togus VAHC campus is the site of a Volunteers of America project that will provide 21 “Cabins in the Woods” for homeless Veterans in 2018. Additionally, a new 16 unit Fisher House for families of Togus VApatients veterans will be built across from the Togus Hospital beginning in 2018.

Maine Adaptive Sports - Veterans No Boundaries
Barbara T. Schneider, Executive Director
8 Sundance Lane
 Norway, ME 04261
207-824-3400
info@maineadaptive.org
www.maineadaptive.org
www.facebook.com/maineadaptive

Maine Adaptive Sports & Recreation is a 501(c)(3) organization whose mission is to promote education and training to children and adults with physical disabilities to develop skills and provide enjoyment through active recreation. Our year-round educational programs in a variety of sports take place throughout Maine and are offered free of charge. We provide equipment and volunteer instructors, and cover all access fees to enable individuals, including veterans, to learn alpine skiing, Nordic skiing, snowboarding, snowshoeing, tennis, golf, bowling, wheelchair cycling, and climbing. Our Veterans No Boundaries Program offers two specialized week-long camps, summer and winter, for veterans and active duty service members with disabilities and their families or caregivers. Run by dedicated volunteers who understand the needs of active duty service personnel and veterans, these camps allow Veterans to learn new sports and skills, gain self-confidence, meet new friends, and reconnect with family members in a stress-free environment.

UMA South Paris Center
The Education Exhibition Hall
232 Main Street
South Paris, ME 04281
207-743-9322
uma.edu/south-paris

UMA Rumford Center
60 Lowell Street
Rumford, ME 04276
207-364-7862
uma.edu/rumford

Penobscot County
Bangor Vet Center
Kirk Grant, LCSW, Director
615 Oxford Rd
Banger, ME 04401
207-947-3391

The Vet Center Program, established by Congress in 1979, provides a personal, informal atmosphere in which to assist eligible veterans and their families. Eligibilities include veterans who have served in combat areas and any veterans who have experienced sexual trauma. In addition to individual counseling, we provide therapy and activity groups. Family members and significant others are also eligible for reeducation counseling when related to the resolution of the veteran’s readjustment issues. The Vet Center program also focuses on educating the public on the effects of military trauma and veterans issues.

Community Health and Counseling Services
Sharon Brasslett, Assistant to the Executive Director
42 Cedar Street
Bangor, ME 04401
207-922-4601
www.vcu.me.org

Community Health and Counseling Services is a private non-profit organization that provides community-based healthcare services through our offices in central, eastern, southern and northern Maine. Our mental health programs offer substance use disorder treatment to adults, children, and families, including crisis intervention, office-based therapy and psychiatric services, community-based case management and in-home services. Our home health and hospice programs provide in-home skilled nursing, physical, occupational and speech therapy, hospice care, telehealth and lifeline services, and other supports. Through partnerships with the VA Maine Healthcare System, we work with veterans in need of many of these healthcare services who due to distance or other barriers may not be able to easily access care through the VA Healthcare system.

Dirigo Counseling Clinic, LLC
537 Hammond St
Bangor, ME 04401
207-973-0595
dirigoconsulting@gmail.com

Dirigo Counseling Clinic in Bangor enthusiastically welcomes veterans with appreciation for their service. We are experienced to engage techniques of assessment and therapy that are particularly appropriate for this population. We broadly rely on Cognitive Behavioral Therapy but each treatment plan is unique to every individual. Our providers specialize in mental health assessment and treatment, substance abuse assessment and treatment, and an Intensive Outpatient.
Health Affiliates Maine - Ellsworth
Luanna Rhoades, LPC, LADC, CCS
66 Main St.
Ellsworth, ME 04605
877-884-4304
info@healthaffiliatemaine.com
www.healthaffiliatemaine.com

Health Affiliates Maine (HAM) is a mental health and substance abuse treatment agency with a network of hundreds of licensed clinicians in private practice offices statewide. We serve veterans, service members, National Guard and Reserve members, and their families. We believe that all individuals suffer from the impact of mental health and substance abuse at some time in their lives, and we are committed to reducing the stigma of seeking help. The Maine CDC has awarded Health Affiliates Maine with a suicide prevention grant to provide services to National Guard members (ending in July 2017). HAM is part of the Veteran's Choice network, Tricare, and most all other insurances. HAM also provides tele-counseling services.

Maine Air National Guard Psychological Health Program
Tracy Souza, LCWI
109 Pesch Circle, Suite 423
Bangor, ME 04401
County: Penobscot
207-404-7363
TracyJ.Souza.civ@mail.mil

Hi, my name is Tracy Souza, LCWI and I am the Director of Psychological Health at the 101st Air Refueling Wing. The Psychological Health Program was started in 2010 and has developed into a trusting agent for Mental Health Services, Financial resources, Relationship guidance, with guidance.

• Provides referrals and resources to service members, family, and veterans for Mental Health Services, Financial resources, Relationship guidance, Deployment and Reintegration and many other life negotiating skills.

• Brief Solution Counseling in a confidential place to process concerns with guidance.

• Crisis intervention for service member, families and veterans.

• Educates community providers with collaboration of veteran resources.

And much more...

Beal College
Tasha Sullivan
Admissions Representative
59 Farm Road
Bangor, ME 04401
207-547-0019
admissions@bealcollege.edu
www.bealcollege.edu
www.facebook.com/pg/bealcollege

At Beal College, we build careers, one student at a time. We have offered training for today’s most in-demand careers, in the Central Maine region for over 125 years. Our convenient Mod System helps to fit college classes into your busy lifestyle, with personal attention, in a small campus setting. Beal College is dedicated to assisting veterans and their families with their educational and VA related needs. Certifying Officials act as the link between students and the Department of Veterans Affairs. We understand that the transition from military to college life can be difficult and are committed to providing the best possible care in appreciation of your sacrifice and service.

Eastern Maine Community College
Luke Bailey and Candace Ward
314 Hogan Rd.
Bangor, ME 04401
207-574-4625
emcc.edu

Eastern Maine Community College is proud to serve those who have served our country. We are here to assist veterans, spouses and dependents of veterans access the resources he/she earned in order to make the educational transition process as easy as possible. We are approved by the Veterans Administration for the training of eligible veterans, their spouses and dependents. We encourage you to apply for admission to the College and meet with our specialized School Certifying Official. This individual assists veterans by coordinating veterans education benefits programs and by certifying student enrollment with the Veterans Administration.

Empire Beauty School - Bangor
Bethany Magrue
639 Broadway
Bangor, ME 04401
207-942-0039
bmagru@empire.edu
www.empire.edu

Empire Beauty School, centrally located to both downtown Bangor and surrounding towns, is a large campus with a full-service student salon. Offering hands on cosmetology education in a salon-centric setting, senior level student gain experience with real clientele. Empire Beauty School is a Veteran approved school. Along with preparing students for licensure in the Cosmetology industry, Empire Beauty School also provides students with business building techniques. With a 25:1 faculty to student ratio Empire offers knowledgeable educators who are there to support you, emphasize a real-world Salon atmosphere, and hands-on approach to learning.

If you are ready to take the next step for your success, contact us today.

Husson University
Danielle Leighton
1 College Circle
Bangor, ME 04401
207-941-7034
leightonda@husson.edu
www.husson.edu/admissions/veterans
twitter.com/husson
https://instagram.com/husson/
8:00 a.m. – 4:30 p.m.

Husson University, in the heart of Maine, close to mountains, forests, streams and the shore. A safe, active campus with 21 NCAA DI athletic teams. Husson is a university of choice for premier professional programs where students succeed, experiential learning is championed, and global engagement is emphasized. Husson has been designated a Military FriendlySM School by Victory Media for eight consecutive years. Husson inspires and prepares students for careers in current and emerging fields on campus and online. With a 15:1 faculty to student ratio Husson offers knowledgeable faculty who have time for you, emphasize a real-world, hands-on approach to learning, and internship opportunities needed for professional success.

New England School of Communications
Jeffrey Hope, MA,
Journalism Program Coordinator and Instructor
One College Circle
Bangor, ME 04401
207-875-1992
hope@husson.edu
www.husson.edu/nescom
www.facebook.com/nescom

The New England School of Communications (NESCom) is part of Husson University. (See Husson for more information on programs for Veterans.) NESCom offers undergraduate degrees in audio engineering, live sound technology, video production, entertainment production, radio broadcasting, marketing, sports journalism and journalism. The journalism program has developed a class involving military history, veterans and journalism. The current version is called The Vietnam War, Journalism and Oral History Project. In the first two sections of the class students learn about the war and oral history techniques. The course culminates with an interview with a veteran following the rules of oral history and the Library of Congress, which accepts the interviews as part of its Veterans History Project archive.

Northeast Technical Institute - Bangor
1010 Stroller Ave.
Bangor, ME 04401
207-805-8000
inquiry@ntinow.com
www.ntinow.com
www.facebook.com/NTInow

Headquartered in Scarborough, Maine, Northeast Technical Institute is the region’s leading provider of short-term, career focused training, and has been working with Veterans since its inception. NTI is a privately held Maine career school that continues to grow and expand its course offerings, which now include Health Care, Information Technology, Truck Driving, HVAC/R and more. Over the past four decades, the owners of NTI have established partnerships with hundreds of organizations within the business community to provide them with well-trained, professional employees. The commitment to the success of our graduates is unrivalled, and our instructors employed have many years of experience in their fields and take pride in teaching their skills in a professional and friendly manner.

Northern Penobscot Tech Region III
Mary Hawkins
35 West Broadway
Lincoln, ME 04457
207-794-3034
mihawkes@msln.net
https://region3.mainecte.org

NPT Region III is a career and technical high school serving 28 towns and five sending high schools. NPT Region III is committed to being a leader in Career and Technical Education as well as promoting student values and achievement that meet the global challenges of the 21st century. Region III has a full range of counseling services including: career, personal, and college placement. Our state-of-the-art facilities along with quality instructors allow us to provide exceptional programs that offer the opportunity for students to obtain certifications and licenses that can lead to meaningful employment, post-secondary education or both.

Region III Adult Education offers many of the same quality learning opportunities to adults seeking to further their technical and career skills.

United Technology Center
David Berry
200 Hogan Road
Bangor, ME 04401
207-947-6474
pberray@utcmaine.org
www.utcmaine.org

The UTC Adult Education Program, part of the Maine Adult Education system, offers evening courses for individuals hoping to advance their careers, secure a certification in various occupations or enrich their personal lives with continuing education. Courses currently approved by the Veteran’s Administration and available to veteran’s seeking to enroll are:

• Activities Coordinator Training Program, Certified Nurse’s Aid Program, Basic Structural Welding, and Advance Structural Welding. Contact the UTC Adult Education office for more information.

128 www.maine.gov/veterans
129 www.maine.gov/veterans
University of Maine
Tony Llarena, Jessi Parent
5748 Memorial Union
Orono, ME 04469
207-581-1316
um.veterans@maine.edu
maine.veterans@umaine.edu
www.facebook.com/UniversityofMaine
8:00 a.m. – 4:30 p.m. The University of Maine is proud to serve those who have served our country. Along with offering student veterans free parking, no application fee, and in-state tuition rate, we are dedicated to fostering a sense of community and to develop a channel of communication among veteran and reservist students, and with faculty, staff and administration. The University of Maine’s VETS Office serves communication among veteran and reservist students, and with faculty, staff and administration. The University of Maine’s VETS Office serves

Legal Services for the Elderly
Jill K. Randall
Helpline & Medicare Advocacy Services Director
450 Essex Street
Bangor, ME 04401
1-800-750-5353 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@maineie.org
www.mainie.org
9 a.m. – 1 p.m. Maine residents age 60 and older can call the Legal Helpline to get free and confidential help with legal problems. The Helpline Attorneys provide information and advice on a wide variety of non-criminal legal problems including elder abuse and protection orders, housing issues including eviction and foreclosure, consumer debt, public assistance benefits, guardianship, Medicare/MaineCare, Powers of Attorney, Health Care Advance Directives, and health care coverage disputes. LSE also has attorneys located in offices across the state that provide legal representation in some situations. If LSE can’t help, callers are offered referrals to private attorneys, nonetheless reduced fees. Anyone who is Medicare eligible can call the LIE Medicare Part D Unit if they are having trouble getting or affording prescription drugs. Want to know more about your career options or search office staff jobs, call center jobs or light industrial jobs.

Coastal Enterprises Inc. - Bangor
Liz Rogers
One Cumberland Place, Suite 302
Bangor, ME 04401
207-217-6555
izrogers@ceimaine.org
www.facebook.com/CEIMaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

United Farmer Veterans
Chris Phillips, Interim CEO/COO
45 Columbia St.
Bangor, ME 04401
207-332-7625
unitedfarmerveterans.org
www.facebook.com/UnitedFarmerVeterans
9:00 a.m. – 5:00 p.m.

Established in 2016, United Farmer Veterans of Maine is a core veteran based organization that helps provide Maine veterans with the resources to give themselves a hand-up to a better life around agriculture, small business development and the ability to reach out and help other veterans achieve the same thing.

Our mission is to promote collaboration that advocates, supports, and mentors Maine’s military veteran farmers in order to facilitate success in sustainable agriculture throughout our communities in Maine. We work with farmers, loggers, and individuals in the fishing industry through the AgAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our Portland location).

United States Small Business Administration - Bangor
James Pineau, Senior Area Manager
252 Harlow St.
Bangor, ME 04401
207-745-2021
James.Pineau@sba.gov
www.sba.gov/me

Since its founding on July 30, 1953, the U.S. Small Business Administration has delivered millions of loans, loan guarantees, contracts, counseling sessions and other forms of assistance to small businesses. If you are interested in starting your own business, the U.S. Small Business Administration (SBA) provides loan guarantees and technical assistance specifically for local veterans, service-disabled veterans, and Reserve Component members. The Maine District Office has designated Veteran’s Business Development Officers who can assist veteran entrepreneurs with starting, managing and growing successful businesses. For more information, please contact the Maine SBA District Office at 207-622-8551 or go to https://sba.gov/content/veteran-service-disabled-veteran-owned or https://www.sba.gov/sites/default/files/files/5veteransbroadleaf.pdf.

Master Sergeant Gary Gordon Veteran Center
John Nelson, Director
110 Main Street
Lincoln, ME 04457
207-794-3852
dcnelson52@yahoo.com
www.facebook.com/mastergordonveterancenter

Preble Street Veterans Housing Services

Maine Small Business Development Centers (Bangor)
1 Cumberland Place, Suite 306
Bangor, ME 04401
207-942-1744
mainsbd@maine.edu
www.mainsbd.uri.edu
www.facebook.com/mainesbd

Appointments
Maine Small Business Development Centers (Maine SBDC) provide free, confidential business advising and training to Maine’s entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as: business feasibility, business plan development, capital acquisition, financial management, marketing and sales, and more. Start or grow your business with the help of the Maine SBDC. Helping small businesses succeed since 1977.

Small Business Administration - Bangor
James Phillips, Interim CEO/COO
45 Columbia St.
Bangor, ME 04401
207-745-2021
James.Pineau@sba.gov
www.sba.gov/me

Since its founding on July 30, 1953, the U.S. Small Business Administration has delivered millions of loans, loan guarantees, contracts, counseling sessions and other forms of assistance to small businesses. If you are interested in starting your own business, the U.S. Small Business Administration (SBA) provides loan guarantees and technical assistance specifically for local veterans, service-disabled veterans, and Reserve Component members. The Maine District Office has designated Veteran’s Business Development Officers who can assist veteran entrepreneurs with starting, managing and growing successful businesses. For more information, please contact the Maine SBA District Office at 207-622-8551 or go to https://sba.gov/content/veteran-service-disabled-veteran-owned or https://www.sba.gov/sites/default/files/files/5veteransbroadleaf.pdf.

Master Sergeant Gary Gordon Veteran Center
John Nelson, Director
110 Main Street
Lincoln, ME 04457
207-794-3852
dcnelson52@yahoo.com
www.facebook.com/mastergordonveterancenter

Preble Street Veterans Housing Services
assistance for the homeless veteran. HUD funds can also be used to make resources to benefit veterans. These include FHA mortgage insurance Urban Development (HUD) for many years. HUD provides a number of Active Duty Military/Veterans and their families have been at the heart of our efforts. Income issues: debt collection calls or threats of lawsuits, notices of great debt. Senator Collins is a strong advocate of all of those who patriotic, caring men and women who have put aside the comforts of home for the heroes who wear the uniforms of America’s armed forces are undeniably deserve. As the daughter of a World War II Purple Heart recipient and a life of service to our communities, Senator Collins has been at the heart of many of the programs of the U.S. Department of Housing and Urban Development (HUD) for many years. HUD provides a number of resources to benefit veterans. These include FHA mortgage insurance for homeownership, rental subsidies for affordable housing, and housing assistance for the homeless veteran. HUD funds can also be used to make needed repairs to veteran’s houses to allow them to stay home as long as possible.

Military and Family Life Program - Personal Financial Counselor
Jennifer Lear CFP, Military and Family Life Program - Personal Financial Counselor
Bangor, ME
County: Penobscot
571-469-1659
PFC2.ME.NG@Zeiders.com
8:00 a.m. – 5:00 p.m.
Personal Financial Counselors provide free and Confidential Personal Financial Counseling services and education for all Military and family members, as well as recently separated Veterans, to assist with establishing a basic level of financial literacy, good financial behavior and habits, benefit information and long term financial planning to include retirement planning.

Pine Tree Legal Assistance - Bangor
207-400-3229
vtaja@vtaja.org
PTLAs Veterans Legal Services team (located in Augusta) is able to help veterans who have been referred from Preble Street Veterans Housing Services or the VA Maine Healthcare System for assistance with: • Housing issues: eviction, foreclosures, bad bugs, or medical conditions that make it difficult to live in your current home; • Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g. overpayments), student loan debt; and • Discharge status upgrades and character of service determinations. Please visit your VA or Preble Street provider for a referral for services!

Office of Senator Angus King - Bangor
207-945-8000
Helping ensure that our nation’s veterans are provided with the most comprehensive and accessible assistance programs available. We must not only rebuild our efforts to care for those who have already served in the armed forces, but as a new generation of Soldiers, Sailors, Airmen, Coast Guardsmen and Mariners return home from around the globe, we must also make certain that they have continued access to the health, education, and employment services they underway deserve.

As a liaison between you and the federal government, my staff and I can often help you answer questions, find resources, or resolve problems. While we cannot ask an agency to circumvent its rules, force it to decide a question in your favor, or change a decision that is already final, we can make inquiries about the status of your situation and review the steps taken thus far to ensure your case is being handled properly.

Office of Senator Susan Collins - Bangor
Carol Woodcock, Kate Couta, Odisee Grant, and Michael Noyes
202 Harley Street, Room 20100
Bangor, ME 04401
207-945-0417
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.
As the daughter of a World War II Purple Heart recipient and a life member of the VFW Auxiliary in Caribou, Senator Collins knows that the heroes who wear the uniforms of America’s armed forces are patriotic, caring men and women who put aside the comforts of civilian life to advance the cause of freedom. We owe them all a great debt. Senator Collins is a strong advocate of all who are serving or have served in our nation’s Armed Forces and has worked hard to ensure that the federal government maintains a strong commitment to service members and veterans alike. Anyone who is facing a difficult time with a VA or other federal government program can contact the office of Senator Collins. In addition, we have information on the status of the state of Maine in the top 4% of nursing homes nationally.

Maine Bureau of Veterans’ Services (Bangor)
35 State Hospital Drive
Bangor, ME 04401
207-947-3005
Banger.MaineVBS@maine.gov
8:00 a.m. – 4:00 p.m.
Our field offices provide community-based support for veterans, service members, and their families. At each office, our Veteran Service Officer is available to assist veterans and family members with: • Enrolling in the VA system to access healthcare services and VA benefits • Filing a disability claim with the VA • Obtaining a copy of DD 214s and other military records • Applying for free park passes and hunting and fishing licenses

Our highly-trained Veteran Service Officer (VSO) are available to help you – for free – enroll in the VA system and to help you access your earned benefits. Each month, our Officers submit hundreds of claims and are successful in winning millions of dollars in awards for veterans and their families.

Bangor Veterans’ Acupuncture Clinic
Marie Arnberg, Tom Jamieson
59 Union Street
Bangor, ME 04401
bangorvetsacuclinic@gmail.com
www.facebook.com/Bangor-Veterans-Acupuncture-
Clinic-498966440149547
Thursday 6-8:30 PM (Bangor Veterans Acupuncture Clinic (BVAC) is a free auricular (ear) acupuncture clinic offered weekly to veterans, active duty military and their family members to alleviate physical and emotional stress. In operation since 2012, BVAC is one of four free-standing veterans acupuncture clinics operated by volunteer acupuncturists at Maine Acupuncture. A gentle and safe therapy which works as a complement to other treatments. Visitors to BVAC have reported decreased symptoms associated with post-traumatic stress and a greater sense of general well-being. For more information, please visit our website.

Maine Veterans’ Home - Bangor
Greg Urban, Administrator
44 Hogan Rd.
Bangor, ME 04401
207-942-3333
info@MaineVets.org
mainevets.org/locations-2/bangor
Marie Arnberg, Tom Jamieson
Bangor Veterans’ Acupuncture Clinic
193 Union Street
Bangor, ME 04401
8:00 a.m. – 4:30 p.m.
Our high-quality trained Veteran Service Officer (VSO) are available to help veterans and family members with: • Filing a disability claim with the VA • Obtaining a copy of DD 214s and other military records • Applying for free park passes and hunting and fishing licenses

All VA facilities have achieved elite National Silver Quality Award for Achievement in Quality by the American Health Care Association, placing them in the top 6% of nursing homes nationally.

VA Community Based Outpatient Clinic - Bangor
35 State Hospital Drive
Bangor, ME 04401
207-942-2333 or 1-888-684-4665
www.maine.va.gov/locations/bangor.aspx
8:00 a.m. – 4:30 p.m. Monday-Friday
VA Maine Healthcare System (HCS) is a Joint Commission accredited facility which serves over 42,000 Maine Veterans. It is comprised of the Togus VA Medical Center In Augusta along with 8 full-time Community-Based Outpatient Clinics (CBOC) and 3 part-time Access Points. All 12 facilities provide Primary Care and Mental Health at a minimum and VA Maine HCS has a wide-range of Specialty Care and services. Although the majority of Specialty Care is located at the Togus VA Campus, we are expanding some Specialty Care to the CBOCs and are significantly increasing the use of tele-health for Specialty Care to reduce travel for the Veterans.

The Togus campus also hosts the Togus, VA Regional Office which provides various Veteran services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, etc.

The Togus VAMC campus is the site of a Volunteers of America project that will provide 21 “Cabins in the Woods” for homeless Veterans in 2018. Additionally, a new 16 unit Fisher House for families of Togus inpatient Veterans will be built across from the Togus Hospital beginning in 2018.

VA Community Based Outpatient Clinic - Lincoln
59 River Road
Lincoln, ME 04457
207-623-8410 x7490 or 877-421-8263 x7490
www.maine.va.gov/locations/lincoln.aspx
8:00 a.m. – 4:30 p.m. Monday-Friday
VA Maine Healthcare System (HCS) is a Joint Commission accredited facility which serves over 42,000 Maine Veterans. It is comprised of the Togus VA Medical Center In Augusta along with 8 full-time Community-Based Outpatient Clinics (CBOC) and 3 part-time Access Points. All 12 facilities provide Primary Care and Mental Health at a minimum and VA Maine HCS has a wide-range of Specialty Care and services. Although the majority of Specialty Care is located at the Togus VA Campus, we are expanding some Specialty Care to the CBOCs and are significantly increasing the use of tele-health for Specialty Care to reduce travel for the Veterans.

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The Togus campus also hosts the Togus, VA Regional Office which provides various Veteran services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, etc.
Cole Land Transportation Museum
Jim Neville
405 Ferry Rd
Bangor, ME 04401
207-547-0500
jnevill@colelandtransportmuseum.com
www.colelandtransportmuseum.com

Our purpose at the Cole Land Transportation Museum is to collect, preserve, and display U.S. military memorabilia to forever remind all men and women that our high price our comrades have paid to protect our freedom. In doing so, we hope to inspire and challenge the young people of today to continue on in the footsteps of pioneers who have built our state and country.

House in the Woods Military & Family Retreat
Deana & Paul House, Gold Star Family
217 Skunk Hill Rd.
Lee, ME 04455
207-738-VETS (8378)
Deana.House@houseinthewoods.org
Me. Guide (Hotmail)
http://houseinthewoods.org
www.facebook.com/HouseintheWoodsMilitaryFamilyRetreat

Established in 2010, House in the Woods organizes free hunting, fishing, and recreational activities to bring veterans and their families together in the great outdoors. Our mission is to assist the military community through therapeutic, recreational, and educational retreats that honor the veteran’s service and sacrifice and assists them on their journey through the emotional and physical pain of loss. By creating camaraderie across generations, veterans have the opportunity to share their military and post-military experiences with one another. Sometimes the only person who can understand a vet is another veteran. As we grow, we are dedicated to improving service by connecting to other outdoor veterans programming across the country. This networking allows us to help Maine veterans by offering them additional outdoor opportunities.

Pine Grove Programs
45 Columbia St.
Bangor, ME 04401
207-677-5200
info@pinegroveprograms.com
www.pinegroveprograms.com
www.facebook.com/Pine-Grove-Program-133083150236223

For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication between the American public and service members anywhere in the world and so much more. We offer psychological resiliency training, information on local resources to assist veterans, members of the military and their families, access to safety training and safety to include the inclusion of false smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination.

Greater Bangor Maine Military and Community Network
mainemcn.org/regional-groups/greater-bangor-area-mcn

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community. Please visit our website for updated information on our group and meeting schedule.

Airman & Family Readiness Office
Andrew Mattiss
101 MAINES Ave. Suite 505
Bangor, ME 04401
207-406-7494
usaaf.101-air-force-family-services@mil@www.facebook.com/MainesViceweb-Ribbon-15490204541284
M-F, 7:30 a.m. – 4:00 p.m.; same hours on drill weekends

Our mission is to provide a wide range of support services to assist the airmen and families of the MAFB in gaining greater personal readiness and self-reliance. These services include but are not limited to: deployment cycle support, life skills education workshops, volunteer opportunities, transition assistance, emergency assistance, and information & referral services. While our primary focus is on our airmen and their families we will also provide support services for service members and families of any branch of the U.S. military, retirees and veterans.

American Red Cross - Northern and Eastern Maine
145 Exchange Street, Ste. #1
Bangor, ME 04401
207-941-2903
www.redcross.org
www.facebook.com/MaineRedCross

Maine's land transportation equipment from which this and future automotive design is based. Maine is a state of innovation and invention. Maine's land transportation equipment from which this and future automotive design is based. Maine is a state of innovation and invention.

Our Fallen Soldiers have paid the ultimate sacrifice. Their Families deserve our respect, gratitude, and the very best we can provide. If you're a surviving family member, Survivor Outreach Services (SOS) offers you access to support, information, and services, closest to where you live, when you need it and at no cost. Survivor Outreach Services is part of the DoD’s Army Casualty Continuum of Care. It is designed to provide long-term support to surviving families of Fallen Soldiers. Our goal is to reassure Survivors that they remain valued members of the Army Family. The loss of a loved one often results in tremendous grief, which can be overwhelming. When faced with a tragedy, you may be wondering what direction to take. Your SOS Coordinator is your link to finding the resources and answers that will best work for your family. Your local Support Coordinator is available to meet with you at your journey through this difficult transition by providing direct services as well as information, referral, and recommendations. He or she can also connect you with support groups, spiritual resources, and bereavement and financial counseling. Your SOS Coordinator can also help you request and obtain copies of documents, navigate local, state, and federal agencies, and direct you to additional survivor resources. Support Coordinator serve all Services, and all Statues.

Army National Guard Family Assistance Center - Bangor
300 Hildreth St. North
Bangor, ME 04401
207-430-5324
maine.ngb.army.mil/army家族/family

The Maine Military Family Assistance Center (FAC) is a team of 5 professionals spread throughout the state to assist service members and their families. The FAC operates a toll-free hotline, with staff available 24 hours a day, 365 days per year. The specialists provide resources, information and support to all Service Members (regardless of component or status), Veterans, Dependents and community members. Each office maintains an updated resource list for services local to their area as well as statewide support services.

FACs focus on 7 main services:
• Financial Resources and Referral
• ID cards and DEERS Referral
• Legal Resources and Referral
• TRICARE Medical and Dental Resources and Referral
• Crisis Intervention and Referral
• Community Information and Referral
• Employment Information and Referral

Additionally, the FAC provides monthly outreach to the designated point of contact for each deployed Army National Guard Soldier in the state. The Family Assistance Center is truly your “One call does it all” resource for the National Guard in the state of Maine!

Army National Guard Survivor Outreach Services
Dottie Pinkham, Support Coordinator
300 Hildreth St. North
Bangor, ME 04401
207-512-6285
dottie.pinkham@mil

We don't care what you ride or if you ride, what your political views are, or whether you’re a hawk or a dove. It’s not a requirement that you be a veteran. We’ve had members where you’re from or what your income is; you don’t even have to ride. The only prerequisite is Respect you.

Our main mission is to attend the funeral services of fallen American heroes as invited guests of the family. Each mission we undertake has two basic objectives:

1. Show our sincere respect for our fallen heroes, their families, and their communities.

2. Shield the mourning family and their friends from interruptions created by any protester or group of protesters.

We accomplish the latter through strictly legal and non-violent means.
Piscataquis County
Piscataquis Valley Adult Ed
Thelma Regan
50 Main St
Dover, ME 04426
207-344-6535
tregan@pvaec.org
www.pvaec.org

PVAEC is comprised of four school districts to best serve adults with their educational needs in our region. It is the mission of PVAEC to facilitate a supportive environment and empower learners to develop their own unique skills in an effort to fulfill the promises of America; provide opportunities for individuals to gain in knowledge and improve skills needed to meet the challenge of family, work, and personal growth; and to ensure accessibility to lifelong learning. We are here for you. PVAEC offers High School Diploma, Career Readiness, College Transitions, Adult Transition, Vocational, and Enrichment courses. Give us a call and we can assist you in planning your future!

Sagadahoc County
Merrymeeting Adult Ed
Debbie Wheelwright
Project Administrator
35 Republic Ave
Topsham, ME 04086
207-729-7231
WheelwrightD@link75.org
Merrymeeting.org
Office Hours: 9:00 a.m. – 3:00 p.m. Monday through Thursday. 9:00 a.m. – 3:00 p.m. Friday. Closed Holidays

Merrymeeting Adult Education offers academic programming to assist people in completing their high school credential, and college preparatory courses to support individuals who would like to go to college and need to increase their Accuplacer test scores. A variety of schedules are offered to accommodate busy student work schedules and home lives. In addition to these opportunities, workplace certificate coursework is available in the booming medical field in classes such as Certified Nursing Assistant, Phlebotomy, and Medical Assistant and others. Other pathways students may pursue to meet their career goals are HVAC, Bus Driver Training, Computer Skills Certificates, and CDL (Commercial Driver’s License).

Spectrum Generations People Plus
35 Union Street
Brunswick, ME 04011
207-729-0475

Spectrum Generations’ award winning Legacy Corps program provides up to 10 hours of respite care each week to caregivers of adults of all ages. The only qualification necessary is to have someone in the family who is, or is in the military. We are able to provide free respite care for families, because it is completed by AmeriCorps members (volunteers). The members go through a rigorous background check, are carefully matched with a family, and attend training on a monthly basis. We have identified that our greatest need for volunteers is along the coast from Rockport to Damariscotta as well as the Brunswick area, and we are actively recruiting.

Preble Street Veterans Housing Services
37 Park St.
Lawrence, ME 04420
877-377-5709
vhshomeless@preblestreet.com
www.preblestreet.com

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, benefit counseling and financial assistance to eligible veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

Home Depot Foundation
Bruce W. Calmes
154 Topsham Fair Mall Road
Topsham, ME 04086
207-796-6931
hd.Foundation@home depot.com

The mission of The Home Depot Foundation is to improve the homes and lives of U.S. military veterans and their families. Through partnerships with local nonprofits and the veteran efforts of Team Depot, we focus on addressing the critical housing needs of US veterans. Improving Homes for Veterans. We work hard every day to make a difference for the veterans in our communities.

Whether it’s working with our associates to make an injured veteran’s home wheelchair accessible or transforming permanent supportive housing facilities that provide both housing and services to veterans, we strive to make a lasting impact.

American Red Cross - Central and MidCoast (Topsham)
16 Community Way
Topsham, ME 04086
207-844-6095
www.maineredcross.org

www.facebook.com/MaineredCross

For over 130 years, the American Red Cross has provided help with the healing of our service men and women, served as the medium of communication between the American public and service members anywhere in the world and so much more. We offer psychological resiliency training, information on local resources to assist veterans, members of the military and their families, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination.

Coastal Enterprises, Inc. - Fairfield Maine SBDC Branch Office
Liz Rogers
17 Main Street
Fairfield, ME 04437
207-433-4204, ext 215
info@coalmaine.org
www.coalmaine.org
www.facebook.com/CEIMaine

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI aims to build a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

Maine Department of Labor CareerCenter (Skowhegan/Hinkley)
KVCC Afford Campus
23 Stanley Road
Hinkley, ME 04444
207-474-4950
skowhegan.careercenter.maine.gov
www.maine.gov/careercenter
www.facebook.com/MaineHiresVet

Our mission at the Bureau of Employment Services is to build and sustain a skilled workforce. Through 12 CareerCenter locations across the state, staff connect job seekers and businesses with the employment, training and other services that help employers recruit and retain a quality workforce, and grow our economy, including an online job board - Maine Joblink. https://joblink.maine.gov/ada. For employers we provide worker recruitment, hiring incentives and incumbent staff training. For jobseekers we provide specialized employment and training services including job search, resume development, interviewing skills and more! Veterans receive priority of service at all CareerCenter locations statewide. In addition, Veterans Representatives are available to serve veterans at all of Maine’s CareerCenter.

Maine Small Business Development Centers (Fairfield)
17 Main Street
Fairfield, ME 04437
207-433-4204, ext 215
mainsbdc@maine.edu
www.mainsbdc.org
www.facebook.com/mainsbdc

Appointment Only

Maine Small Business Development Centers (Maine SBDC) provide free, confidential business advising and training to Maine’s entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as business feasibility, business plan development, capital acquisition, and we are actively recruiting.

Bath City Bus
Debby Labrecque
55 Front Street
Bath, ME 04530
207-443-8363
debolabrecque.cityofbath.com
www.cityofbath.com/citybus
8:00 a.m. – 5:30 p.m.

The Bath City Bus is operated by the City of Bath. It provides transportation to anyone within Bath, and to places where you live, work, and shop! The CityBus runs Monday-Friday from 8 am to 5:30 pm. There are two service regions in town: the north loop, serving areas north of Route 1 and the south loop, serving areas south of Route 1. The bus will make pick-ups anywhere along its travel path on the north and south loops, but since this is a fixed service, to be guaranteed that the bus will pick you up on one of the check points shown on the service maps. Each ride on the regular service is $1.50. Service is provided to Mid-Coast Hospital in Brunswick twice daily, when requested in advance. An appointment is required and must be made 24 hours in advance. Morning service is provided from City Hall, leaving at 9:30 and returning at 10:00 am, afternoon service is provided from City Hall, leaving at 1:30 pm and returning at 2:00 pm. Each direction costs $3. Additional information, reservations, and schedules are available online at http://www.cityofbath.com/citybus or 207-443-8363.

Somerset County
Skowhegan Driving School
206 Water Street
Skowhegan, ME 04976
207-474-8524
skowheganrigschoolschool@maine.rr.com
www.skowhegangdriving.com

Spectra Generations
30 Leavitt Street
Skowhegan, ME 04976
207-443-1652

Spectra Generations’ award winning Legacy Corps program provides up to 10 hours of respite care each week to caregivers of adults of all ages. The only qualification necessary is to have someone in the family who was, or is, in the military. We are able to provide free respite care for families, because it is completed by AmeriCorps members (volunteers). The members go through a rigorous background check, are carefully matched with a family, and attend training on a monthly basis. We have identified that our greatest need for volunteers is along the coast from Rockport to Damariscotta as well as the Brunswick area, and we are actively recruiting.

www.maine.gov/veterans
Salute of Service

To identify unmet needs and develop community-based solutions.

207-873-2136, x3612
Leader: Dennis Dix, Kennebec Behavioral Health

Somerset County Maine Military and Community Network
Kennebec Behavioral Health - Skowhegan Clinic (meeting location)
5 Commerce Street
Skowhegan, ME 04976
Leader: Dennis Dix, Kennebec Behavioral Health
https://mainemnc.org/regional-groups/somerset-county/
dix@kbbhmaine.com

Our chapter meets the second Monday of the month. We are a nonprofit organization fulfilled solely by volunteers. The Patriot Riders of America is an organization throughout the East Coast of the United States and is continuously growing.

Our mission is to help local military Veterans and families in any manner we possibly can. There are Veterans in our communities who go without proper shelter (if any), food, and essential daily necessities due to a variety of factors including injuries, illness, low wage, job loss, and age.

While all of us are susceptible to hard times, Veterans have given their all for our country, and should not have to struggle to survive. Learn more about our organization by contacting us or visiting our Facebook page or website.

New members are always welcome – by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community. The Somerset County MMCN meets monthly on the third Wednesday of the month. Please visit our website for updated information on our group and meeting schedule.

Pine Grove Programs
823 Ridge Rd.
Pleasant Ridge Plantation, ME 04358
207-872-2072
info@pinegroveprogram.com
www.pinegroveprograms.com
www.facebook.com/PineGrove-Program-133083150239233
8:00 a.m. – 5:00 p.m.

Since 1976, the founder of this licensed non-profit organization has been providing free fishing, hunting, and other outdoor adventures to our military members and veterans. This is provided to all military and veterans with no disability requirement. We do this as a token of appreciation for your service. All activities offered are at no cost to the participants. Members notified of upcoming events primarily by email. Sign up for the program required either in person, by phone, or from the website. All information given to us is confidential and will not be shared with any other person or organization.

Somerset County Maine Military and Community Network
Kennebec Behavioral Health - Skowhegan Clinic (meeting location)
5 Commerce Street
Skowhegan, ME 04976
Leader: Dennis Dix, Kennebec Behavioral Health
https://mainemnc.org/regional-groups/somerset-county/dix@kbbhmaine.com

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The network is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions.

Waldo County
Salute of Service
Kathy Hohct
Seaport, ME 04974
207-338-4460
robbiefarm@yahoo.com

Salute of Service is a small Maine based 501c3 non-profit organization that helps veterans train their own service dogs to assist them with their disabilities. Our training is provided free of charge to veterans. We serve veterans from any era, with any disability, and there is no requirement for the disability to be service connected. We have developed a very successful and rigorous owner based service dog training program. It is a three phase training program which takes approximately 4-6 months to complete. Salute of Service offers training classes in various locations around the state. All the veteran needs is a copy of DD214, a letter from any provider stating that the veteran has a disability and would benefit from the use of a service dog, and a copy of the dog’s rabies certificate.

Build Green Maine
29 Purple Heart Highway
Brooks, ME 04021
855-926-5347
207-323-1974
info@buildgreenmaine.org
www.buildgreenmaine.org

Since 2007, Build Green Maine has been training professional energy auditors to conduct residential building assessments. In 2010, we began offering Building Performance Institute (BPI) certification trainings and in 2012 we were proud to begin offering trainings to Maine’s veterans as part of their VA benefits. Regardless of their certification (BA, ES, MRA, HHE, DL, OQ, or EA) our students go on to significantly reduce energy consumption, utility bills and greenhouse gas emissions for homeowners and commercial enterprises alike. Build Green Maine taps the ethic of service and connects it with tangibly improving the day to day life of Maine residents and businesses.

Waldo County Community Center
18 Merrian Road
Belfast, ME 04915
207-338-1190

The Garry Owen House has its own board or directors separate from the Garry Owen MC but they work together closely so the Garry Owen House can come to fruition as soon as possible.

The Garry Owen House will be able to house 24 veterans full time. It will provide respite care for families, because it is completed and equipped to help military families in your community. The Somerset County MMCN meets monthly on the third Wednesday of the month. Please visit our website for updated information on our group and meeting schedule.

Washington County

Integrity
12 School Street
Machias, ME 04654
207-619-1413
www.integrityofline.org/index.html

INTENSITY is a multifaceted 501C3 Veteran and Social Service Organization that encompases Advocacy, Assistance, Education, and Empowerment for Disabled Veterans and their families. We associate ourselves as being a “stop gap” entity that can operate in multiple areas. We specialize in helping veterans with Hidden Disabilities, Behavioral issues, and MST, and are not limited by large teams, operational constraints, geographical borders, or legislative issues. Since our beginning in 2014, we have worked across the country and helped over 30,000 veterans with direct and indirect services. We get over $4,500,000 in back benefits and over $23,000,000 in future healthcare services.

Washington County Community College
Anne M. Donahue, Coordinator of Enrollment & Student Services
One College Drive
Calais, ME 04619
207-454-1000
www.wccc.me.edu

WCCC’s programs are approved for the education and training of military personnel, veterans and their dependents by the state approving agency for veterans’ education programs. The registrar counselor serves as liaison to the Veterans Administration and the State of Maine’s approval agency. Students who wish to apply for VA educational benefits should contact the Registrar’s Office when applying for admission.

A student who is eligible for veterans’ educational assistance and who has had previous post-secondary educational experiences will have these experiences evaluated by the WCCC registrar for possible transfer credit. WCCC is an approved Serviceman’s Opportunity College (SOC). Prior military training experiences will be reviewed for credit. The amount of credit awarded depends upon course equivalents and the technology in which the student earns.

Coastal Enterprises, Inc. - Machias
Lia Rapley
7 Ames Way
Machias, ME 04645
207-255-0938
info@coastmaine.org
www.coastmaine.org
www.facebook.com/CEIMaine
twitter@coastmaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.
York County

Springvale Vet Center
Amy Marcotte, LCSW, Director
628 Main Street
Springvale, ME 04083
207-759-0071
Amy.Marcotte@va.gov

The Vet Center Program, established by Congress in 1979, provides a personal, informal atmosphere in which to assist eligible veterans and their families. Eligibles include veterans who have served in combat areas and any veterans who have experienced sexual trauma. In addition to individual counseling, we provide therapy and activity groups. Family members and significant others are also eligible for readjustment counseling when related to the resolution of the veteran's readjustment issues. The Vet Center program also focuses on educating the public on the effects of military trauma and veterans issues.

Services Offered Include:
- Individual and group counseling
- Couples/marital/family counseling
- Sexual trauma/harassment counseling
- Bereavement counseling
- Substance abuse counseling
- VA information and assistance
- Outreach and education about veteran issues and services

Sweetser
Andrea Brewer
2 Pemberton Drive
Sac, ME 04072
207-294-4900
SPlEter@sweetser.org

Sweetser’s Veterans Services include support and counseling for active duty military members, veterans and their family members. We have clinicians on-staff who are veterans. All of our clinicians offer confidential evaluations and treatment, and many are fully certified in behavioral health care for veterans. Our services support recovery, rehabilitation and community reintegration. In addition to offering services and resources to support the transition between military and civilian life, we support those who may be experiencing social and personal well-being issues associated with military service. Sweetser also provides help for the families of veterans and military personnel as well. If you or someone you know is in need of support related to military service, contact Sweetser’s Promiseline at 1-800-434-3300.

Tide Meadow Counseling
Elizabeth Barbetti - LPCF
1132 Route 1
York, ME 03909
207-650-6585
Elizabeth@TideMeadowCounseling.com

If you are seeking someone with the training and experience to listen carefully, to try to understand where you are in your life and to help you get to where you’d like to be, I’d be honored to be of assistance. My professional inclination is toward brief, solution-based therapy. A counselor does not need to understand your past, but I tend not to focus too long on the past. I work on what is achievable in the future. It can be very difficult for you and challenging to those around you to change the way we think or behave. Therapy is hard work — I am trained to work with children, teens, adults, couples, and families in a wide range of issues. As a Navy brat myself, I have a unique perspective on veteran issues and hope to especially to help to families.

Carlisle Academy
Sarah Armentrout
65 Drown Lane
Lyme, ME 04042
207-985-0374
www.carlisleacademymaine.com
www.carlisleacademymaine.com
www.facebook.com/Carlisle-Academy-Integrative-Equine-Therapy-Sports-LLC

Carlisle Academy, located in Lyman, Maine, operates a continuum of integrated equine sports, therapy, and wellness programs. The Veterans Program provides services for veterans and their immediate family members, giving those who have served and their loved ones an opportunity to learn or rediscover equestrian sports and activities. This can help them master a new skill, while providing a foundation for positive experiences and improved well-being. First piloted in the summer of 2008 under the PATH International (Professional Association of Therapeutic Horsemanship) Equine Services for Heroes Program to assist veterans in their recovery and reintegration back into their communities, Carlisle’s Veteran Program has now expanded into recreational and competitive sport programs in partnership with United States Equestrian Federation and the U.S. Department of Veterans Affairs. The Academy is an International Para-Equestrian Center of Excellence Program, an accredited Paralympic Sport Club, as well as a PATH Premier Accredited Center with a 19-year history.

University of New England - Biddeford
Ms. Shawn M. Plante, Enrollment Specialist
11 Hills Beach Road
York, ME 03909
207-221-4246
cpylante@une.edu

The Landing School
Alagol Johnson-Rucinski, Recruitment Manager
281 River Road
Arundel, ME 04046
County: York

207-795-7975
aransky@landingSchool.edu

www.facebook.com/LandingSchool
twitter@landingSchool

The Landing School effectively prepares men and women for careers in the marine industry as practical designers, builders and systems technicians who work professionally on today’s vessels, adapt to the industry’s evolving technology and appreciate the traditions of the past while imagining and building the boats of the future.

The University of New England’s Maine campus is the largest private university in the state and prepares students for careers in the marine industry as practical designers, builders and systems technicians who work professionally on today’s vessels, adapt to the industry’s evolving technology and appreciate the traditions of the past while imagining and building the boats of the future.

Ribbon Program

www.maine.gov/veterans
143142
www.maine.gov/veterans

Bonney Staffing Center - Biddeford
Danielle M Napolitano, Staffing Supervisor
20 Edwards Ave.
Biddeford, ME 04005
207-283-8858
www.bonneystaffing.com

Bonney Staffing Center, Inc. is an independently owned and operated staffing firm, offering job placement opportunities in Maine, New Hampshire, North Carolina and Rhode Island. Since 1975, we have been connecting job seekers with top employers. Bonney provides temporary, temp-to-hire, and direct-hire employment options with our client companies in the Clerical/Administrative, Industrial, and Technical fields. For forty years, Bonney has been a leader in the industry, and we are the first call for those seeking employment with a reliable source. Bonney is an equal opportunity employer and there is NO FEE for applicants. Though our hiring process is thorough, it is designed to meet the specific needs of our clients and to find the best employment fit for you! Relevant work experience, above-average work references, a positive attitude, strong work ethic, and flexibility are all key criteria which will be considered. Please apply for this or any other position – we look forward to talking with you!

The right match is essential for everyone. Job seekers find meaningful opportunities to use their skills and experience. Businesses retain
office staff jobs, call center jobs or light industrial jobs.

your career goals. Learn more about your career options or search changing your life. That's why we are committed to providing the you hire right the first time. You get faster, more accurate results, a and technology to surpass those of most office staffing, call center make sense for both employers and job seekers. With experience top talent and prevent excessive turnover. Managers get more done.

Office Hours: 8:00 a.m. – 4:30 p.m.

www.facebook.com/PrebleStreet

877-377-5709

Portland, ME 04101

Preble Street Veterans Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to veterans and Veterans’ families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

Volunteers of America Northern New England - Arthur B. Hout House

Todd DiDioma, Case Manager
355 Lincoln Street
Saco, ME 04072
207-571-3359
todd.didioma@voanw.org|www.voanw.org/veterans

The Arthur B. Hout House is a designated Grant Per Diem program for transitional housing and supportive respite care. We accept direct transfers of Veterans who are homeless and identified and evaluated in hospital and emergency department and in patient care settings. Respite care is a medical model to address the housing and recuperative care needs of homeless Veterans who have been hospitalized. Veterans who qualify for our Hout House program must have High Activity Daily Living skills score, as well as a post-discharge care management plan that addresses ongoing physical, mental health, substance use disorder, and social work needs from the hospital or facility they are leaving. These prerequisites to program placement are needed with the referral paperwork before an interview is established.

Volunteers of America Northern New England - Veterans Career House

Brian Bouthot, Case Manager/Assistant Program Manager
482 Went Street
Biddeford, ME 04005
207-286-9641
brian.bouthot@voanw.org|www.voanw.org/veterans

The Veterans Career House offers a Clinical Treatment Model for Veterans who are homeless and have a specific diagnosis of mental illness and/ or substance use disorder. Clinically focused treatment is offered in conjunction with services effective in helping homeless Veterans secure permanent housing and increase income through employment and/ or entitlements. This seven-room, eight-bed program is in a rural setting and offers private or semi-private rooms with shared living, dining, kitchen, recreation, and bathroom areas. Heat, laundry, electricity, internet, and hot water are included.

Office of Senator Susan Collins - Biddeford

Alexandra Pelczar and Paul Nelson
163 Main Street
Biddeford, ME 04005
207-283-1101
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.

As the daughter of a World War II Purple Heart recipient and a life member of the VFW Auxiliary in Caribou, Senator Collins knows that the heroes who wear the uniforms of America’s armed forces are patriotic, caring men and women who have put aside the comforts of civilian life to advance the cause of freedom. We owe them all a great debt. Senator Collins is a strong advocate of all those who are serving or have served in our nation’s Armed Forces and has worked hard to ensure that the federal government makes a strong commitment to service members and veterans alike. Anyone who is having difficulty with a federal agency can contact one of Senator Collins’ Maine Constituent Service Centers for assistance.

Maine Bureau of Veterans’ Services (Springvale)

628 Main Street
Springvale, ME 04083
207-334-1839
www.maine.gov/mvd/veterans
8:00 a.m. – 4:00 p.m.

Our field offices provide community-based support for veterans, service members, and their families. At each office, our Veteran Service Officer is available to assist veterans and family members with:

- Enrolling in the VA system to access healthcare services and VA benefits
- Filing a disability claim with the VA
- Obtaining a copy of DD 214 and other military records
- Applying for free park passes and hunting and fishing licenses

Our highly-trained Veteran Service Officers (VSOS) are available to help you – for free – enroll in the VA system and to help you access your earned benefits. Each month, our Officers submit hundreds of claims and are successful in winning millions of dollars in awards for veterans and their families.

Maine Department of Labor CareerCenter (Springvale)

9 Bodwell Court
Springville, ME 04031
207-334-5460
springleervicecenter.maine.gov
www.maine.gov/mvd/veterans
www.maine.gov/mvd/veterans/district
www.facebook.com/MaineDOJ
8:00 a.m. – 5:00 p.m.

Southern Maine Veterans’ Cemetery

81 Stanley Rd.
Springville, ME 04083
207-459-7394
www.maine.gov/veterans

Office Hours: 7:30 a.m. – 4:00 p.m.
Summer Hours: May 1 to November 15, 7:30 a.m. to 4:00 p.m. Monday through Friday. Open on weekends.
Winter Hours: 7:30 a.m. to 4:00 p.m. Monday through Friday. Closed for federal holidays.

Southern Maine Veterans’ Cemetery provides cremation interment year round, with casketed burials available from April to December (dependant on weather).

Visitors to the cemetery are invited to view tribute stones for veteran members and loved ones on the Memorial Walkway. Memorials donated by veterans and family members buried at the cemetery are on display in the cemetery’s main office and is open to the public.

The volunteers of the Southern Maine Veterans’ Memorial Cemetery Association host events, in addition to providing beautification enhancements such as trees and granite benches.

VA Community Based Outpatient Clinic - Saco

675 Main Street
Saco, ME 04072
207-623-8471 x4490 or 877-421-8423 x4490
www.maine.va.gov/locations/saco.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Maine HealthCare System is committed to meeting the unique needs of our Women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our VA facility has a full-time Women Veterans Program Manager ready to assist you in getting timely access to the health care YOU need and deserve.

Martin’s Point Health Care System - Biddeford

61 Main Street
Biddeford, ME 04005
207-283-1441
info@martinpoint.org
www.martinpoint.org
8:30 a.m. – 4:30 p.m.

In paying for medical services, private commercial health insurance plans are accepted, as well as government plans like Medicare (Maine Care), Medicare, and TRICARE. The Martin’s Point web site gives information about the specialists and providers available at each of the health care centers.

Health insurance plans: Martin’s Point also offers two health plans: for Medicare beneficiaries, Generations Advantage; for TRICARE beneficiaries, the Martin’s Point Gold Plan. The web site has information about eligibility for and enrolling in Generations Advantage or the US Family Health Plan. Both of these plans offer a wide network of providers throughout the state of Maine. Members of the plans may be not required to use Martin’s Point providers or facilities for their services.

York County Maine Military and Community Network (MMCN)

Springvale Vet Center (meeting location)

628 Main Street
Springville, ME 04083
Leader: Amy Marcotte, Springvale Vet Center
https://mmsmcc.maine.gov/regionaльнRegionalPrograms/YorkCounty/MMCN
amy.marcotte@va.gov
207-490-1513

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The Net-work is comprised of 10 Regional Groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the Network, you become connected to comprehensive information and will be better equipped to help military families in your community. The York County group meets quarterly on the second Monday of the quarter. Please visit our website for update-ed information on our group and meeting schedule.
ShuttleBus-Zoom, is the provider of public transportation in the Tri-Town area of Maine, just south of Portland. The following routes are offered:

**Tri-Town Connector:** This local route runs through of Biddeford, Saco and Old Orchard Beach seven days per week. Route termini are at the shops at Biddeford Crossing and the Cascade Shopping Plaza in Old Orchard Beach.

**Tri-Town InterCity:** This route provides seven days per week service between Biddeford, Saco, Old Orchard Beach, Scarborough and Portland. Starting at SKIBC in Biddeford. After passing Old Orchard Beach, the line travels along US 1 and US 9 to serve Scarborough. It then allows passengers to disembark at the Maine Mall in South Portland or travel to downtown Portland.

**Old Orchard Beach/Camp Ellis Trolley:** This summer-only tourist trolley shuttles visitors around Old Orchard Beach and Camp Ellis Beach.

**ZOOM Turnpike Express:** This service provides peak-hour weekday service between Biddeford and downtown Portland. The line makes two stops, at the Biddeford Park & Ride adjacent to Maine Turnpike exit 32 and at the Saco Park & Ride adjacent to exit 36.

**Nor’eastr Express:** This route runs seven days per week during normal academic terms to provide a service from Biddeford to the University of Maine, just south of Portland.

**York County Community Action Corp.**
Robert Currie, Transportation Director
P.O. Box 72
Sanford, ME 04073
207-459-2930
robert.currie@ycca.org
www.ycca.org
York County with having the second highest concentration of veterans within the State of Maine, York County Community Action Corporation (YCCAC) recognized the need to address the shortfall of transportation services for veterans. In February 2014 YCCAC sought strategic partnerships with local organizations to address the critical transport needs for veterans within our region. We are most fortunate to have established a collaborative effort with the Patriot Riders of America - Maine Chapter One, the VFW and AMVETS that helped establish available funding for trips that could not be provided by either VA van services. Having offered individual service, we can assist veterans with scheduling their transportation needs through our volunteer driving program or agency vehicles.

**AMVETS Department of Maine Marshall F. Archer**
147 Alfred St.
Biddeford, ME 04005
207-576-0376
jxwittit@cmhs.org
www.amvetsofmaine.org
www.facebook.com/MaineAMVETS

As one of America’s leading veterans service organizations with more than 250,000 members, AMVETS has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens. Membership in AMVETS is open to anyone who honorably served, or currently serving, in the U.S. Armed Forces, including the National Guard and Reserves. AMVETS members in more than 1,400 posts nationwide promote and support “quality of life” community-service programs ranging from Special Olympics and ROTC to scouting and organ-donor projects.

**Mission Statement:**
To enhance and safeguard the entitlements for all American Veterans who have served honorably and to improve the quality of life for them, their families, and the communities where they live through leadership, advocacy and services.

**Patriot Riders of America - Maine Chapter One**
PO Box 1259
Sanford, ME 04073
info@patriotridersofme1.com
www.patriotridersofme1.com

We are a nonprofit organization fulfilled solely by volunteers. The Patriot Riders of America is an organization throughout the East Coast of the United States and is continuously growing.

Our mission is to help local military veterans and families in any manner we possibly can. There are Veterans in our communities who go without proper shelter (if any), food, and essential everyday necessities due to a variety of factors including injuries, illness, low wage, job loss, and age.

While all of us are susceptible to hard times, Veterans have given their services and signed to risk, if not lose their lives for our country, and should not have to struggle to survive. Learn more about our organization by contacting us or visiting our website.

**Southern Maine Veterans’ Cemetery Association**
83 Stanley Rd.
Springvale, ME 04083
207-459-7394
robert.macdougall@maine.gov
southernmaineveteranscemetary.org

The Southern Maine Veterans’ Memorial Cemetery Association is a non-profit organization staffed totally by volunteers. Our mission is to beautify the cemetery where families and friends of veterans may come to visit the final resting place of their loved ones that is both beautiful and peaceful. Our meetings are held on the second Thursday of each month and are open to the public.

We are currently raising funds to erect a POW/MIA monument with ground work beginning in late 2017, with the monument in place in 2018. Our vision for future projects include re-furbishing the committal shelter Extending our Memorial Walkway, erecting other monuments, creating an Avenue of Flags, to name but a few.

We do not receive any funds from the Federal Government for our projects. All funds come from soliciting the State, Cities, Towns, Service Clubs, Businesses and private donations.

**Vietnam Veterans of America**
Joseph Armstrong
508 Elm Street
Biddeford, ME 04005
207-494-5267
cvmca@metrocast.net
www.vvoc104maine.org

We received our charter in October of 2010 starting with 25 members. Today we have over 130 members from all over the State of Maine.

Starting in July 2017 we will offer an R & R type center where veterans from all eras can come down and just get away from the daily grind of life.

At the center we will have available for the veterans a place to sit and enjoy a cup of coffee and to meet other veterans. Or if they prefer sit and watch TV, read a book. We will have several tables set up if the veteran wished to play checkers, chess and or cribbage.

Veterans benefit information is always available. We will have a Veterans Service Officer available every Tuesday, Wednesday and Friday or by appointment.

**UMA Saco Center**
4 Scamman Street, Suite 18
Saco, ME 04072
(207) 282-4111
uma.edu/saco