

MAINE STATE LEGISLATURE

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Maine Veterans' Benefits and Resource Guide



www.maine.gov/veterans
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207-430-6035



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Volume III

On the cover (l to r): Kieve Wavus – Veterans' Camp, The Summit Project, VAST (Veterans' Adaptive Sports & Training) – Pineland Farms, Inc.

I am honored to present the Maine Bureau of Veterans' Services comprehensive Veterans' 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
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
Scott Brown, Superintendent
163 Mt. Vernon Road
Augusta, ME 04330
207-287-3481 (ph)
207-287-3483 (fax)
mvmcs@maine.gov

Maine is home to four veterans' cemeteries: two in Augusta (Civic Center Drive & Mt. Vernon Rd.), one in Caribou and one in Springvale. Veterans, spouses, and their dependents are eligible to be interred in Maine's veterans' cemeteries. The State of Maine provides the plot, will open and close the grave and supplies perpetual care, at no cost to the family. The VA will supply the stone at no cost.

Persons eligible for burial in one of Maine's veterans' cemeteries must have received an honorable discharge or a general discharge under honorable conditions and are:

- Individuals who have served in the active United States Armed Forces
 - Individuals who served and died as a result of injury, disease or illness sustained while serving on active duty as National Guard
 - Members of the reserve components (Reserve or National Guard) who served for at least 20 years.
- Spouses, widows, widowers and dependent children are also eligible to be buried in Maine's veteran cemeteries. Eligible dependents include:
- Unmarried minor children
 - Unmarried dependent children enrolled in secondary school
 - Unmarried adult children who became incapable of self-support before reaching 18 years of age on account of mental or physical disability and are unmarried

Please contact the Maine Bureau of Veterans' Services' cemetery office for any questions about eligibility and to make arrangements for a burial

Military Funeral Honors

Military Funeral Honors is now an entitlement for all honorably discharged veterans. The rendering of Military Funeral Honors is a tribute that veterans and their families justly deserve. It is a way to show our Nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country.

Family members of a deceased veteran should notify the Funeral Director of their desire to have Military Funeral Honors rendered at the interment of their loved one. The Funeral Director should contact the appropriate military branch Casualty Assistance Center (CAC) of the deceased

veteran. Further details regarding arranging Military Funeral Honors may be found at: www.funeralhonors.org, or by contacting the appropriate Casualty Assistance Center.

United States Army including Army National Guard, US Army Reserves and Merchant Marine:

Mr. Adam C. Buckley
Maine Military Funeral Honors Coordinator
1-800-958-5967
207-430-6208/6209 (ph)
703-901-8531 (mobile)
207-626-7804 (fax)
adam.c.buckley.ctr@mail.mil

United States Air Force including Air National Guard and US Air Force Reserves:

In-state, please call
207-404-7263 (ph)
207-852-0396 (mobile)

Out-of-state burials are coordinated by the Hanscom Air Force Base Patriot Honor Guard

Master Sergeant Aaron Marley, Superintendent

781-225-5900/6558 (ph)
781-225-3941 (fax)

United States Navy:

860-694-3475/3699

United States Marine Corps:

866-826-3628

United States Coast Guard:

617-990-6249
basebostonhonorguard@uscg.mil

VA Burial and Memorial Benefits

National Cemetery Scheduling Office (for burial in VA national cemeteries)

1-800-535-117 (ph)
1-866-900-6417 (fax)
www.cem.va.gov
1-800-827-1000 (for general burial questions)

Maine Bureau of Veterans' Services

Maine Veterans' Cemetery System (for assistance with understanding burial benefits or to arrange burial in Maine's veteran cemeteries)

Scott Brown, Superintendent
163 Mt. Vernon Road
Augusta, ME 04330
207-287-3481 (ph)
207-287-3483 (fax)
mvmcs@maine.gov

Burial benefits available include a gravesite in any of the VA's 135 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some veterans

may also be eligible for Burial Allowances. Cremated remains are buried or interred in national cemeteries in the same manner and with the same honors as casketed remains.

Burial benefits available for spouses and dependents buried in a national cemetery include burial with the veteran, perpetual care, and the spouse or dependent's name and date of birth and death inscribed on the veteran's headstone, at no cost to the family. Eligible spouses and dependents may be buried even if they predecease the veteran.

Funeral or cremation arrangements must be made with a funeral provider or cremation office. Please be aware that any item or service obtained from a funeral home or cremation office will be at the family's expense and will not be covered by the VA.

To schedule a burial, please fax the deceased veteran's military discharge documentation to the above fax number and follow-up with a phone call.

Headstones

The VA will furnish upon request, at no charge to the applicant, a Government headstone or marker for the unmarked grave of any deceased eligible veteran in any cemetery around the world, regardless of their date of death.

Please note that veterans who are buried or memorialized in a national cemetery, state veterans' cemetery, or military post/base cemetery will have their headstone or marker ordered by the cemetery officials for that facility. Spouses and dependents are not eligible for a Government-furnished headstone or marker unless they are buried in a national cemetery, state veteran's cemetery, military post/base cemetery, or tribal cemetery.

Burial Flag

A United States flag is provided, at no cost, to drape the casket or accompany the urn of a deceased Veteran who served honorably in the U. S. Armed Forces. U.S. Post Offices are the primary issuing point for burial flags, although not all local post offices have burial flags on hand. Alternatively, a funeral director or representative from a regional VA office can assist with obtaining a flag.

To request a burial flag, please complete VA Form 27-2008, Application for United States Flag for Burial Purposes, which may be found at: www.cem.va.gov/burial_benefits/burial_flags.asp.

It is furnished to honor the memory of a Veteran's military service to his or her country. Most veterans, including some former members of the Selected Reserves, are eligible to receive a burial flag, provided they have an other than dishonorable discharge.

Burial and Plot Allowances

Some veterans may be eligible for burial or plot allowances if they died as a result of a VA service-connected disability, were receiving a VA pension at the time of their death, or died while hospitalized at the VA, among other criteria. These allowances may be used to help cover funeral home costs or the expenses of burial at a private cemetery. Please contact the VA at the numbers provided above to determine if your veteran family member is eligible for a burial allowance.

National Gravesite Locator

<https://gravelocator.cem.va.gov/>

The VA offers a database of information with details on the burial locations

of veterans and their family members in VA National Cemeteries, state veterans cemeteries, various other military and Department of Interior cemeteries, and for veterans buried in private cemeteries when the grave is marked with a Government grave marker.

The Nationwide Gravesite Locator includes burial records from many sources. Information on veterans buried in private cemeteries was collected for the purpose of furnishing Government grave markers, so the VA does not have information available for burials prior to 1997. Names cannot be added to the listing if a Government grave marker was not furnished for the grave, or if the existing Government grave marker was furnished prior to 1997.

The Arlington National Cemetery provides information on service members buried there. The American Battle Monuments Commission provides information on service members buried in overseas cemeteries.

In addition to the online database copied above, the National Cemetery Administration also offers a mobile gravesite locator at: <https://m.va.gov/>.

Survivor and Dependents' Benefits

Survivor Outreach Services

Michelle Ouellette
Survivor Outreach Services Support Coordinator
HCRI, Contractor
ARNG Survivor Services Program
Camp Keyes
194 Winthrop Street, Bldg #7
Augusta, ME 04333
207-430-5959 (office)
207-332-6804 (cell)
207-430-4218 (fax)
michelle.l.oulette2.ctr@mail.mil

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

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
1 VA Center
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, unremarried surviving spouse and/or unmarried child(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 un-remarried 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
1 VA Center
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 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
1 VA Center
Veteran Service Center
Building 248, 2nd Floor
- Apply online at eBenefits (www.ebenefits.va.gov/ebenefits/homepage)

Education

Veterans' Dependents Educational Benefits Program

Maine Bureau of Veterans' Services
117 State House Station
Augusta, ME 04330
207-430-6035 (ph)
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; or
- 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. Spouses 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 Maine's National Guard members to attend all schools in the University of Maine and Maine Community College Systems and Maine Maritime Academy. LD 1736 will allow all eligible National Guard members to also attend the Maine Criminal Justice Academy, or a private nonprofit postsecondary education institution

in the State, registered with the Military Bureau as a participating institution.

Eligible Maine National Guard service members must be fully qualified drilling members of the Guard, be enrolled or accepted into a postsecondary education institution and not have previously earned a bachelor's degree or equivalent.

For more details, please contact the Maine National Guard Recruiting and Retention Battalion:
1-800-462-3101
<https://www.facebook.com/MEARNRRB>
<http://www.me.ngb.army.mil/recruiting>

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 one program is 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 those benefitting from the VA's 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 educational 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 Reservists with the pursuit of higher education degrees, certificates, and other education and training. There are two components to the program:



- **Montgomery GI Bill Active Duty (MGIB-AD)** - for active duty members who enroll and pay \$100 per month for 12 months and are then entitled to receive a monthly education benefit once they have completed a minimum service obligation.
- **Montgomery GI Bill Selected Reserve (MGIB-SR)** - for Reservists with a six-year obligation in the Selected Reserve who are actively drilling.

The **Reserve Educational Assistance Program (REAP)** provides educational assistance to members of the Reserve components called or ordered to active duty in response to a war or national emergency declared by the president or Congress.

NOTE: The National Defense Authorization Act of 2016 ended REAP on November 25, 2015. Some individuals will remain eligible for REAP benefits until November 25, 2019, while others are no longer eligible for REAP benefits.

The Post-9/11 GI Bill in many ways has replaced REAP because it also provides educational assistance benefits for Reserve and National Guard members called to active duty on or after September 11, 2001, and in many cases provides a greater benefit than REAP.

Veterans Educational Assistance Program (VEAP) is available for service members who elected to make contributions from their military pay to participate in this education benefit program. The government matches their contributions on a 2-for-1 basis. Participants in this program may use these benefits for degree, certificate, correspondence, apprenticeship/on-the-job training programs, and vocational flight training programs.

The VA's **Survivors and Dependents Educational Assistance Program** consists of:

- **The Marine Gunnery Sergeant John David Fry Scholarship (Fry Scholarship).** Available for children and spouses of Service members who died in the line of duty after September 10, 2001.
- **The Survivors' and Dependents' Educational Assistance (DEA) Program.** The 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.

For more detailed information about these programs, including a GI Bill Comparison Tool, please visit: <https://benefits.va.gov/gibill/>. The VA also offers an Education Call Center:

1-888-442-4551
Monday – Friday,
7 a.m. – 6 p.m. CST

Maine has several resources to help veterans, service members, and their families better understand how to utilize their benefits and prepare for secondary education:

Maine State Approving Agency (MSAA) for Veterans Education Programs

Please see Resources, page 28, 107

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.maineccareercenter.gov/employment/veterans.shtml

State of Maine Vocational Rehabilitation Services

Bureau of Rehabilitation Services
Administrative Office
150 State House Station
Augusta 04333-0150
207-623-6799 (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.**

To apply 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 DPFR greater flexibility in crediting military experience towards civilian license 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**
- **Fuel**
- **Plumbing**

In 2017, the Legislature passed LD 1592, "An Act to Remove Barriers to Professional Licensing 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 Saufley Field Road
Pensacola, FL 32509
1-800-231-6242
www.proudtoserveagain.com/States?state=Maine
www.facebook.com/TTT.DANTES
ttd@navy.mil

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 core values to teaching in K-12 schools.

VA Vocational Rehabilitation and Employment

1 VA Center
Augusta, ME 04330-6795
207-623-8411 (ph)
207-621-4867 (fax)
1-800-827-1000
VRE.VBATOG@va.gov
www.benefits.va.gov/vocrehab

Vocational Rehabilitation and Employment (VR&E) 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, VR&E 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 57, 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.



Health care provided by the VA includes preventive care, inpatient care, ancillary services, specialty care, and mental health services. Inpatient care includes a full spectrum of treatment services, such as medical, surgical, mental health, dialysis and acute care. The VA also provides care for mental health needs, such as counseling and specialized programs including intensive case management, work programs, and psychosocial rehabilitation.

Veterans receiving care from the VA may be treated on-site during inpatient hospitalization, at one of their primary or specialty care clinics, at a Community Based Outpatient Clinic (CBOC) or Health Care Center (HCC), in a VA Community Living Center (formerly known as a VA nursing home), or in a residential care facility.

While VA operates over 1,700 health care facilities, not all services are available at every location. In that instance, the VA may refer patients to another VA facility or the VA will pay for care from a community provider through its Community Care or Veteran's Choice Programs.

Eligibility for VA health care is determined by need, gross household income, and service-connection status. The VA operates eight priority groups of health care access, with the VA absorbing the costs of caring for more severely disabled or low-income veterans. Other veterans without service-connected disabilities and higher gross incomes may have some care provided by the VA, with co-pays.

There are multiple ways to apply for VA health care. You can:

- Visit any Maine Bureau of Veterans' Services office (www.maine.gov/veterans)
- Apply in person at Togus
1 VA Center
Health Benefits Advisor Office
Building 200
Augusta, ME 04330
- Call the VA at 1-877-222-8387
- Apply online at: <https://www.vets.gov/health-care/apply>

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

Veterans Exposed to Agent Orange

Agent Orange Help Line: 1-800-749-8387
GW/AOHelpline@vba.va.gov
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 may have been exposed to Agent Orange include veterans who were in Vietnam, the Korean Demilitarized Zone, on Thai Air Force bases, who flew on or worked on C-123 Aircraft, and those who served on ships and boats around Vietnam at the time of the war.

VA and federal law presumes that certain diseases are a result of exposure to these herbicides. This "presumptive policy" simplifies the process for receiving compensation for these diseases since VA foregoes the normal requirements of proving that an illness began during - or was worsened by - your military service.

Diseases presumed to be connected to Agent Orange exposure include:

- Chronic B-Cell Leukemias
- Hodgkin's Disease
- Ischemic Heart Disease
- Multiple Myeloma
- Non-Hodgkin's Lymphoma
- Parkinson's Disease
- Prostate Cancer
- Type 2 Diabetes
- Cancer of the bronchus
- Cancer of larynx
- Lung Cancer
- Cancer of the trachea
- Specific Soft Tissue Sarcomas
- Specific Lymphomas
- Hairy cell leukemia
- Chronic lymphocytic leukemia (CLL)
- Early-onset peripheral neuropathy*
- Chloracne*
- Porphyria cutanea tarda*

*These diseases must appear within one year of the last day the veteran was exposed to Agent Orange.

VA offers eligible veterans a free Agent Orange Registry health exam to identify possible long-term health problems related to exposure. VA also offers health care, disability compensation, and other benefits to eligible veterans for certain disease conditions, as well as benefits for children of Vietnam Veterans who developed spina bifida. Dependents and survivors may also be eligible for other benefits.

To explore if you or a family member are eligible for benefits, please:

- Visit any Maine Bureau of Veterans' Services office (www.maine.gov/veterans)
- Apply in person at Togus
One VA Center
Health Benefits Advisor Office
Building 200
Augusta, ME 04330
- Apply online using eBenefits (www.ebenefits.va.gov/ebenefits/homepage)

Gulf War Veterans' Illnesses and Coverage

1VA Center
Togus, ME 04330
Janet Orrall
Environmental Health Coordinator
207-623-8411, x5697
Janet.orrall@va.gov

Certain illnesses are associated with Gulf War service in the Southwest Asia theater of military operations from August 2, 1990 to present. Medically

unexplained illnesses (commonly referred to as Gulf War illness or Chronic Multi-symptom illness) are a significant concern for some veterans who served during the Gulf War.

For VA benefit purposes, Gulf War service is active military duty service in any of the following areas at any time from August 2, 1990 to present:

- Iraq
- Kuwait
- Saudi Arabia
- The neutral zone between Iraq and Saudi Arabia
- Bahrain
- Qatar
- The United Arab Emirates (U.A.E.)
- Oman
- Gulf of Aden
- Gulf of Oman
- Waters of the Persian Gulf, the Arabian Sea, and the Red Sea
- The airspace above these locations

A prominent condition affecting Gulf War veterans is a cluster of medically unexplained chronic symptoms that can include fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders, and memory problems. VA refers to these illnesses as "chronic multisymptom illnesses" and "undiagnosed illnesses."

VA presumes certain chronic, unexplained symptoms existing for 6 months or more are related to Gulf War service without regard to cause. These "presumptive" illnesses must have appeared during active duty in the Southwest Asia theater of military operations or by December 31, 2001, and be at least 10 percent disabling.

Specifically, these illnesses include:

- Chronic Fatigue Syndrome
- Fibromyalgia
- Functional gastrointestinal disorders (includes IBS, functional dyspepsia, functional abdominal pain syndrome)
- Undiagnosed illnesses with symptoms including those listed above, as well as abnormal weight loss, menstrual disorders, skin conditions, and sleep disturbances.

For veterans who meet the theater of operations and timeframe eligibility, the VA offers a free Gulf War Registry health exam to find possible long-term health problems related to Gulf War service. The Registry health exam includes an evaluation of environmental exposure and medical history, laboratory tests, and a physical exam. You do not need to be enrolled in VA health care to receive this free exam.

A VA health professional will then connect eligible veterans to key services, which may include health care, disability compensation, and other benefits. Veterans' dependents and survivors may also be eligible for benefits.

To receive a Gulf War Registry health exam, please use the contact information above.

OEF/OIF/OND Veterans' Enhanced Eligibility for Health Care Benefits 1VA Center

Togus, ME 04330
Joleen Lilley, OEF/OIF/OND Program Manager
(207) 623-8411, x3078
1-877-421-8263, x3078

Nathan Platt, OEF/OIF/OND Program Social Work Case Manager
207-623-8411, x5344
1-877-421-8263, x5344

Bobbie Hayden, OEF/OIF/OND Point of Contact
207-623-8411, x4266
1-877-421-8263, x 4266

Veterans, including activated Reservists and members of the National Guard, who served in a theater of combat operations after November 11, 1998 are entitled to an extended period of eligibility for health care for five years post discharge, if discharged under other than dishonorable conditions.

Combat veterans who enroll during the five-year eligibility period will receive:

- Free medical care and medications for any conditions related to their service in theater, with no co-pays
- Immediate benefits of health care coverage
- Dental treatment necessary for the one-time correction of dental conditions, provided they did not receive a complete dental examination 90 days prior to release.

For veterans who do not enroll during the five-year eligibility period, eligibility for VA health care enrollment and subsequent care is based on other factors such as a compensable service-connected disability, or the veteran's financial circumstances. Consequently, combat veterans are strongly encouraged to apply for enrollment within their enhanced eligibility period, even if they perceive that they do not need immediate medical care.

If you are a combat veteran interested in enrolling in VA health care, please:

- Visit any Maine Bureau of Veterans' Services offices (www.maine.gov/veterans)
- Apply in person at the Togus
1 VA Medical Center
Health Benefits Advisor Office
Building 200
Augusta, ME 04330
- Call 1-877-222-8387

Post-Traumatic Stress Disorders Program

1 VA Center
Augusta, ME 04330
Naomi Rider
PTSD Clinical Team Outpatient
207-623-8411, x6344

Posttraumatic stress disorder (PTSD) can occur after someone goes through a traumatic event like combat, assault, or disaster. It is common to have reactions such as upsetting memories of the event, increased jumpiness, or trouble sleeping. If the reactions don't go away over time,



or they disrupt your life, you may have PTSD.

Many factors can increase the chance that someone will have PTSD, many of which are not under that person's control. Factors like previous traumatic exposure, age, and gender, can affect whether or not a person will develop PTSD. PTSD symptoms usually start soon after the traumatic event, but they may not appear until months or years later.

Typical symptoms of PTSD include:

- Feelings of hopelessness, shame, or despair
- Depression or anxiety
- Drinking or drug problems
- Physical symptoms or chronic pain
- Employment problems
- Relationship problems, 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 838255
- Call the Vet Center Call Center: 1-877-WAR-VETS (927-8387)
- Visit any of the Maine Bureau of Veterans' Services offices (www.maine.gov/veterans) to discuss filing a PTSD claim to receive VA programs and benefits

Military Sexual Trauma (MST) Services

1VA Center
Togus, ME 04330
Katherine Russin, LCSW, C-ASWCM
Military Sexual Trauma Program Coordinator
207-623-8411, x4296
katherine.russin@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
wendy.j.moody2.ctr@mail.mil
Humana 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 either the pharmacy or medical benefit.
- 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 orthodontics are provided as part of the following plans:

TRICARE Active Duty Dental Program
TRICARE Dental Program
TRICARE Retiree Dental Program

Brain Injury Association of Maine

325 Main Street
Waterville, ME 04901
207-861-9900
800-275-1233 (In State)
207-861-4717
biaofme@prexar.com
www.biame.org

The Brain Injury Association of America - Maine Chapter (BIAA-Maine) works to increase awareness of brain injury, provide information, resources, and support for individuals who have sustained brain injuries and their families, and advocate for prevention and improved funding and services across the state of Maine. The BIAA offers education, outreach, information and resources, resource facilitation, and more.

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 email via IRIS at <https://iris.custhelp.com/app/ask> <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) and to the children of a veteran who:

- Is permanently and totally disabled (P&T) because of a service-connected disability, or
- Died as a result of a service-connected disability or who at the time of death was rated P&T due to service-connected conditions, or
- Died while in an active duty status and in the line of duty

CHAMPVA covers most medically necessary health care services, including ambulance services, ambulatory surgery, durable medical equipment (DME), family planning and maternity, hospice, inpatient services, mental health services, outpatient services, pharmacy, skilled nursing care and transplants. CHAMPVA beneficiaries may receive medical services at a VA Medical Center, clinic, or from non-VA providers.

Housing

Avesta Housing – Thomas Heights

Opened in mid-December 2015, Thomas Heights was named in honor of Thomas Ptacek, a veteran and advocate for people experiencing homelessness. Thomas Ptacek, 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>.

MaineHousing - 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, applicants must:

- 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 homebuyer or returning homebuyer whose new home will be their primary residence
- Meet income limits
- Meet home cost limits

MaineHousing has partnered with banks, credit unions, and mortgage lenders to provide the Salute ME and Salute Home Again programs. Find a local lender near you: www.mainehousing.org/programs-services/homebuyer/GreenKeyLenders.

VA Housing Programs

VA Home 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 obtain a lower interest rate by refinancing your existing VA loan.
- Native American Direct Loan (NADL) Program: helps 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 account for their disability.

Application details and Certificates of Eligibility are managed by the VAS Regional Loan Center in Cleveland.



For more information, please contact:
Cleveland Regional Loan Center
U.S. Department of Veterans Affairs
1240 East Ninth St.
Cleveland, OH 44199
1-800-729-5772

Housing Grants for Disabled Veterans

The VA provides grants 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 Specially 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 live independently in a barrier-free environment. SAH grants can be used 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.ebenefits.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 44199

- **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 248, 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.

VMLI is only available to service members and veterans with severe service-connected disabilities who:

- **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 Specially Adapted Housing (SAH) will be advised by Loan Guaranty 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 Licenses & 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
207-430-6035 (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 received 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-transferrable and may not be used by anyone other than the veteran. Please note that Maine veterans age 65 years 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, and 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)(4). 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 rules 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 veteran 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
207-287-8000 (ph)
207-287-8094 (fax)
www1.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, muzzleload, crossbow). Maine's complimentary hunting and fishing license extends to: bear, migratory bird, pheasant, spring/fall wild turkey, coyote night hunt, one expanded archery antlerless deer permit, one expanded archery either sex 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.

This license remains valid for the life of the license holder, as long as the license holder continues to satisfy Inland Fisheries & Wildlife's residency requirements and the license is not revoked or suspended. Please visit the above website for more details and an application.

Maine's Disabled Veterans' Controlled Moose Hunt

Maine Bureau of Veterans' Services
117 State House Station
Augusta, ME 04333-0117
207-430-6035 (ph)
207-626-4471 (fax)
mainebvs@maine.gov
www.maine.gov/veterans/benefits/recreational-licenses/index.html

Since 2009, Maine has offered disabled veterans a free chance to participate in a controlled moose hunt in Aroostook County. Held in conjunction with the Maine Department of Inland Fisheries and Wildlife (IF&W) and Smoldering Lake Outfitters, the Hunt provides 15 permits to in-state residents and 10 permits to out-of-state residents to hunt on broccoli fields to help with crop protection and herd management.

This Hunt is a very unique program and is unlike the regular IF&W moose lottery, as it requires each hunter to team up with a registered Maine Guide who has specific training for the Controlled Moose Hunt. Each year the Hunt is comprised of small groups of veterans and personal guides who hunt during August and September.

Typically, applications for the Hunt are posted on the Bureau of Veterans' Services' website at the beginning of March with the 15 in-state participants drawn by lottery system in May. Maine residents interested in applying for the Hunt must have a Maine Disabled Veteran Complimentary Hunting License. Out of state residents must have a big game license from their home state.

Please note that this is a one-time Hunt. Veterans who have previously tagged a moose through the Disabled Veterans Controlled Moose Hunt are ineligible to hunt again.

More details about the Hunt and the application to participate may be found at the above link.

Tax Exemptions and Financial Benefits

Veterans' Property Tax Exemptions

Maine Revenue Services
Property Tax Division
PO Box 9106
Augusta, ME 04332-9106
207-624-5600 (ph)
207-287-6396 (fax)
prop.tax@maine.gov
www.maine.gov/revenue/propertytax/sidebar/exemptions.htm

A veteran who served during a recognized war period and is 62 years or older; or, is receiving 100% disability as a Veteran; or, became 100% disabled while serving, is eligible for \$6,000.

For more information see the link to the state statute -



<http://www.mainelegislature.org/legis/statutes/36/title36sec653.html>

Income Tax Exemption for Military Pensions

Maine Revenue Services
Income Tax Division
P.O. Box 1060
Augusta, ME 04332-1060
207-626-8475 (ph)
207-624-9694 (fax)
www.maine.gov/revenue/faq/income_faq.html#faq1040_7

As of January 1, 2016, military pension benefits, including survivor benefits, are completely exempt from Maine state income tax. Military retirees and their survivors who receive military pension benefits as a result of service in the active or reserve components of the Army, Navy, Air Force, Marines or Coast Guard are eligible for this benefit.

With this important reform, Maine joins 22 other states that honor their veterans by not taxing their pensions. Veterans with civilian employee retirement plan benefits may continue to utilize the \$10,000 pension exemption for qualifying plans.

Eligible veterans must complete the Worksheet for Pension Income Deduction available at 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 because of 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
- Complete an Application for Pension (VA Form 21P-527EZ) 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

Dependency and Indemnity Compensation (DIC)

Please see Survivors' Benefits, page 4

Supplemental Income for Wartime Veterans

VA helps veterans and their families cope with financial challenges by

providing supplemental income through the Veterans Pension benefit. Veterans Pension is a tax-free monetary benefit payable to low-income wartime veterans.

To qualify for the pension, a veteran must have at least 90 days of active duty service, with at least one day during a wartime period. Veterans who entered active duty after September 7, 1980, generally must have served at least 24 months or the full period for which they were called or ordered to active duty (with some exceptions), with at least one day during a wartime period.

In addition to meeting minimum service requirements, the veteran must be:

- Age 65 or older, OR
- Totally and permanently disabled, OR
- A patient in a nursing home receiving skilled nursing care, OR
- Receiving Social Security Disability Insurance, OR
- Receiving Supplemental Security Income

To apply for the supplemental pension, 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
- Complete an Application for Pension (VA Form 21P-527EZ) 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 Program

Please see Survivors' Benefits, page 4

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.

Servicemembers 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.

Servicemembers' Group Life Insurance Traumatic Injury Protection

Servicemembers' Group Life Insurance Traumatic Injury Protection (TSGLI) provides automatic traumatic injury coverage to all service members covered under the SGLI program. TSGLI offers short-term financial assistance to severely injured service members and veterans to assist them in their recovery from traumatic injuries. TSGLI is not only for combat injuries, but provides insurance coverage for injuries incurred on or off duty.

Service members insured under full-time SGLI are automatically covered by TSGLI. TSGLI coverage applies to active duty members, Reservists, National Guard members, funeral honors duty and one-day muster duty.

To be eligible for payment of TSGLI, service members must meet all of the following requirements:

- Insured by SGLI when you experience a traumatic injury
- Incurred a scheduled loss that was a direct result of a traumatic injury
- Suffered the traumatic injury prior to midnight of the day that you separate from the uniformed services



- **Suffered a scheduled loss within 2 years (730 days) of the traumatic injury**
- **Survived for a period of not less than seven full days from the date of the traumatic injury**

This benefit is also provided retroactively for service members who incurred severe losses as a result of traumatic injuries between October 7, 2001 and November 30, 2005, regardless of the geographic location where the injury occurred, and regardless of whether coverage was in effect at the time of injury. Please visit: www.benefits.va.gov/INSURANCE/tsgli-claim-questionnaire.asp to determine if you are eligible for retroactive coverage.

As of October 2017, nearly all service members may manage their SGLI coverage using the SGLI Online Enrollment System (SOES). Through the SOES, service members may decline SGLI coverage, select a lesser amount than maximum coverage, designate beneficiaries, and/or make other changes.

SOES access for all branches of service is planned for release on the following schedule*:

- **Marine Corps – February 2018**
- **Coast Guard, National Oceanic and Atmospheric Administration – March 2018**

*This schedule is subject to change.

To access SOES, sign into www.dmdc.osd.mil/milconnect and go to the Benefits Tab, Life Insurance SOES- SGLI Online Enrollment System.

Veterans' Group Life Insurance

Veterans' Group Life Insurance (VGLI) is a program that continues life insurance coverage after separation from service. VGLI will provide lifetime coverage as long as premiums are paid. Veterans may enroll for a maximum amount of coverage that is equal to the amount of SGLI coverage they had when separating from service. Lesser amounts of coverage are also available in increments of \$10,000.

Once enrolled in VGLI, coverage may be increased by \$25,000 every five years up to the legislated maximum of \$400,000, until age 60. Veterans are eligible to apply for VGLI if they had SGLI and are within 1 year and 120 days of the following events:

- **Release from active duty or active duty for training under a call or order to duty that does not specify a period of less than 31 days.**
- **Separation, retirement or release from assignment from the Ready Reserves/National Guard.**
- **Assignment to the Individual Ready Reserves (IRR) of a branch of service or to the Inactive National Guard (ING). This includes members of the United States Public Health Service Inactive Reserve Corps (IRC).**
- **Placement on the Temporary Disability Retirement List (TDRL)**

Veterans are also eligible to apply for VGLI if they had part-time SGLI and while performing duty, suffered an injury or disability that rendered them uninsurable at standard premium rates.

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 VGLI or S-DVI, please:

- **Apply through eBenefits (www.ebenefits.va.gov/ebenefits/homepage)**
- **Visit the Togus Regional Office**
1 VA Center
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
207-430-6035 (ph)
207-626-4471 (fax)
mainebvs@maine.gov
www.maine.gov/veterans/docs/MBVS%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

Maine, the 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
207-624-9000 (ph)
207-624-9013 (fax)
www.maine.gov/sos/index.html
www.maine.gov/sos/bmv/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**

If you currently have the field of stars background on your license, you do not need to show additional information or reapply for the military service designation. If you wish to have the flag indicator added to the license other than at renewal time, there is a \$5.00 duplicate fee.

Applicants will also have to bring documentation verifying Maine residency and legal presence in the United States if they have not already done so. A complete list of acceptable documents can be found at www.maine.gov/sos/bmv. Any branch of the Bureau of Motor Vehicles can distribute a license with the military service designation.

Veteran Identification Card

In November 2017, the VA rolled out a national Veterans Identification Card (VIC) to allow all veterans with honorable service an opportunity to prove veteran status.

Only those veterans with an honorable discharge or general (under honorable conditions) can request a VIC.

The VIC can be used to prove veteran status for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold.

In addition, veterans who served in the reserve components are eligible to apply for the ID card. The VIC will provide proof of military service, and may be accepted by retailers in lieu of the DD214 to obtain promotional discounts and other services offered to veterans. The VIC does not qualify veterans for any health benefits or other state and federal veteran programs.

To request a VIC, veterans must visit www.vets.gov/?next=%2Fveteran-id-card%2F and sign in or create an account. This is the only way to obtain a VIC, the cards are not available at any VA hospitals or clinics.

Military ID for Commissary and Exchange Privileges

Maine National Guard Headquarters DEERS Office
Camp Keyes
194 Winthrop Street
Augusta, ME 04333
207-430-5768
www.me.ngb.army.mil/family/documents/ID-cards-maine.pdf

Unlimited commissary and exchange store privileges in the United States are available to honorably discharged veterans with a service-connected disability rated at 100 percent permanent and total and to:

- **Military retirees**
- **Recipients of the Medal of Honor**
- **Active duty service members**
- **Guard and reserve members**
- **Family members of all of the above**
- **Unremarried surviving spouses and dependents of service members who pass away on active duty**
- **Family members of veterans whose service-connected disability was rated 100 percent permanent and total at the time of death**

Please visit the above website to find the closest ID card office. Veterans with a 100 percent permanent and total disability rating who are interested in obtaining an ID card must provide their VA ratings letter and two forms of photo ID.

Maine Veterans' License Plates, Decals & Fee Exemptions

Bureau of Motor Vehicles
101 Hospital Street, Augusta, ME
207-624-9000 (ph)
207-624-9013 (fax)
www.maine.gov/sos/bmv/registration/availablevet.html

The Bureau of Motor Vehicles (BMV) provides fourteen different veteran plates, many of 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.



Please visit the web site above for more details about license plate options. Applicants must provide their DD214 to prove veteran status, as well as their VA ratings letter to confirm their service-connected disability.

Veterans' Decal Program

Bureau of Motor Vehicles
Attention: Registration Unit
29 State House Station
Augusta, ME 04333-0029
207-624-9000, x52149
registrations@maine.gov

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.

Realizing it would be impossible to include all of the hundreds of military awards and decorations, a legislatively appointed task force set guidelines for the initial issuance of decals. Five decals depict the seal of each branch of the United States Armed Forces. Other decals available include 11 individual awards for bravery including the Bronze Star or higher; 10 campaign medals; and six military badges.

Veterans interested in placing decals on their veteran or disabled veteran plate may obtain decals by bringing a copy of their DD214 to a Bureau of Motor Vehicles branch office or by mailing their DD214 and the \$5.00 fee to the above address.

For a veteran who did not receive a medal until after discharge, and who seeks a decal representing this medal, a copy of the military orders or a copy of the citation will serve as proof of eligibility.

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 set. There is no fee for replacement decals.

Gold Star Family License Plates

Maine Bureau of Veterans' Services
117 State House Station
Augusta, ME 04333-0117
207-430-6035 (ph)
207-626-4471 (fax)
www.maine.gov/veterans/benefits/veteran-identification/index.html

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.

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

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**

Families of service members who meet above eligibility requirements must submit a completed license 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.

Applications 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 plate(s). 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

Behaviorial 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 whom 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 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

Bangor Vet Center

Kirk Grant, LCSW, Director
615 Odlin 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
Alexander.Leger-Kelley@va.gov
8:30 a.m. – 5:00 p.m.

Lewiston Vet Center

Scott Hutcherson, Vet Center Director
35 Westminster Street
Lewiston, ME 04240
County: Androscoggin
207-783-0068
8:30 a.m. – 5:00 p.m.

Portland Vet Center

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

Springvale Vet Center

Amy Marcotte, LCSW, Director
628 Main Street
Springvale, ME 04083
County: York
207-490-1513
Amy.Marcotte@va.gov
mainemcn.org/regional-groups/york-county-mmcn
www.facebook.com/MaineMCN
8:30 a.m. – 5:00 p.m.

Community Health and Counseling Services

Sharon Brasslett, Assistant to the Executive Director
42 Cedar Street
Bangor, ME 04401
County: Penobscot
207-922-4601
www.chcs-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 a range of supports 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 partnership 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

557 Hammond Street
Bangor, ME 04401
County: Penobscot
207-973-0505
dirigocounseling@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.



Lewiston Vet Center and Lewiston MBVS Field Office



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
306 Rodman Rd.
Auburn, ME 04210
County: Androscoggin
877-888-4304
info@healthaffiliatemaine.com
www.healthaffiliatesmaine.com

Health Affiliates Maine - Augusta

Luanne Rhoades, LCPC, LADC, CCS
85 Stone St.
Augusta, ME 04330
County: Kennebec
877-888-4304
info@healthaffiliatemaine.com
www.healthaffiliatesmaine.com

Health Affiliates Maine - Ellsworth

Luanne Rhoades, LCPC, LADC, CCS
66 Main St
Ellsworth, ME 04605
County: Penobscot
877-888-4304
info@healthaffiliatemaine.com
www.healthaffiliatesmaine.com

Health Affiliates Maine - Portland

Luanne Rhoades, LCPC, LADC, CCS
62 Elm St.
Portland, ME 04101
County: Cumberland
877-888-4304
info@healthaffiliatemaine.com
www.healthaffiliatesmaine.com

Internity

12 School Street
Machias, ME 04654
County: Washington
207-619-1413
www.internityonline.org/index.html

INTERNITY 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.

Kennebec Behavioral Health

Dennis Dix, Director, Access Center
66 Stone St.
Augusta, ME 04330
County: Kennebec
207-873-2136
ddix@kbhmaine.org
http://www.kbhmaine.org

Kennebec 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
207-404-7633
Tracy.I.souza.civ@mail.mil

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, 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...

Maine Army National Guard Psychological Health Program

Carla Mowatt, LCSW
194 Winthrop St.
Augusta, ME 04333
County: Kennebec
207-430-5976
carla.j.mowatt.ctr@mail.mil
6:30 a.m. — 4:30 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 psychosocial assessment, diagnosis, short-term problem resolution, crisis intervention and management, and provision of or referral to evidenced-based interventions.

Sweetser

Andrea Brewster
2 Pendleton Drive
Saco, ME 04072
County: York
207-294-4900
SPierter@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 1-800-434-3000.

Tide Meadow Counseling

Elizabeth Bardwell - LCPC
1132 US Route 1
York, ME 03909
County: York
207-450-6565
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 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 be helpful to families.

VA Recreation Therapy

Liz Marrone, CTRS, ATRIC
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. Recreational Therapy embraces a definition of "health" which includes not only the absence of "illness", 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. Recreational Therapy is extremely individualized, incorporating a Veterans 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. Weaving 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, aquatics, horticulture, and creative arts interventions, in addition to intensive 1:1 and small group programs for our Veteran population.

Tri-County Mental Health Services

Jerry DeWitt
1155 Lisbon St., Post Office Box 2008
Lewiston, ME 04240
County: Androscoggin
207-783-9141
jdwitt@tcmh.org
www.tcmhs.org
www.facebook.com/tcmhs

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's is available to work with you.

Tri-County Mental Health Services

144 High St.
Farmington, ME 04938
County: Franklin
207-778-3556

Tri-County Mental Health Services

32 North High Street, Suite 1
Bridgton, ME 04009
County: Cumberland
207-647-5629



Tri-County Mental Health Services

143 Pottle Road
Oxford, ME 04270
County: Oxford
207-743-7911

Tri-County Mental Health Services

49 Congress Street
Rumford, ME 04276
County: Oxford
207-364-7981

Equine Therapy and Service Dogs

Carlisle Academy

Sarah Armentrout
65 Drown Lane
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. – 5:00 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 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 Paralympic Center of Excellence Program, an accredited Paralympic Sport Club, as well as a PATH Premier Accredited Center with a 19-year history.



Riding To The Top

Healing Through Horses

51 Meadow Lane
New Gloucester, ME 04260
207-926-0314 (phone)
207-926-7139 (fax)

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 "Servant 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
- Equine Join Up
- Yoga
- Training & Paid Mental Health Job Opportunities

Riding to The Top

Sarah Bronson, Executive Director
14 Lilac Dr.
Windham, ME 04062
County: Cumberland
207-892-2813
info@ridingtothetop.org
www.ridingtothetop.org

Riding To The Top's Therapeutic Horsemanship Program (THP) for Veterans is tailored to meet individual veterans' needs and interests. Sessions may include ground work, horsemanship skills and riding or carriage driving activities designed to foster trust, hope and purpose. Individual and group opportunities are available.

Embrace A Vet

Deborah Farnham
Post Office Box 516
Topsham, ME 04086
County: Cumberland
207-449-9149
info@embraceavet.org
www.embraceavet.org
www.facebook.com/EmbraceAVet

Embrace 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:

- **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 Blaszyk, President
P.O. Box 8823
Portland, ME 04104
County: Cumberland
855-597-6835
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's 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 Daggett
118 Caleb Street
Portland, ME 04102
County: Cumberland
207-415-8423
portland-me@petsforvets.com
www.petsforvets.com/portland-me/
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 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.

Salute of Service Maine

Kathy Hecht
Searsport, ME 04974
County: Waldo
207-323-4460
rosebrierfarm@yahoo.com
www.facebook.com/saluteofservice

Salute of Service is a small Maine based 501(c)3 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 dog's rabies certificate.

Suicide Awareness and Prevention

Veterans Crisis Line

1-800-273-8255 (press 1)
Text: 838255
www.veteranscrisisline.net

Maine Crisis Hotline

1-888-568-1112
https://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx

VA Maine Healthcare System – Mental Health Services

1 VA Center, Building 208, Room 114
Augusta, ME 04330
County: Kennebec
207-623-8411 Ext. 5516
www.maine.va.gov/services/mental_health.asp

Maine Crisis Hotline

1-888-568-1112
www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx

NAMI Maine

Jenna Mehnert, Executive Director
1 Bangor Street
Augusta, ME 04330
County: Kennebec
800-464-5767
info@namimaine.org
www.namimaine.org

211 Maine

Nikki Busmanis, 2-1-1 Maine Program Manager
105 Kennedy Memorial Drive
Waterville, ME 04901
County: Kennebec
207-873-0686
info@211maine.org
www.211maine.org

2-1-1 Maine is a free resource providing an easy, confidential way to connect people to information about services and supports 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 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 Ways 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
linlaj@yahoo.com
veteranssilhouetteproject.com

Education

Academy of Medical Professions

18 Pleasant Street, Suite 210
Brunswick, ME 04011
County: Cumberland
207-721-0714
www.academyofmedicalprofessions.com
www.facebook.com/AcademyofMedicalProfessions
MWF 11-8PM and T/TH 9:30-6:30PM

We are a licensed and bonded Vocational Medical Training School. Our job is provide training programs in a short time (10-20 weeks) that are lucrative and rewarding. Our programs are all-inclusive, no extra out of pocket expenses. We are GI Bill, MYCAA And DOL approved. 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.

Bates College

Margaret Lamoreaux
2 Andrews Road
Lewiston, ME 04240
County: Androscoggin
207-786-6255
mlamore@bates.edu
www.bates.edu

Since its founding in 1855 by Maine abolitionists, Bates College has welcomed men and women from diverse racial, ethnic, religious and economic backgrounds.

A private, highly selective, residential college devoted to undergraduate study in the liberal arts, Bates has always stood firmly for the ideals of academic rigor, intellectual curiosity, egalitarianism, social justice and freedom. Bates is recognized for its inclusive social character and progressive tradition, and is rightly celebrated as one of the first U.S. institutions of higher learning to admit women and people of color.

All activities, resources, and facilities have always been open to all members of the Bates community. Bates does not believe in — and has never allowed on campus and will never allow — organizations such as fraternities or sororities that exclude people.

Bates values the diversity of persons and perspectives, supporting this commitment through official college statements and policies.

Beal College

Tasha Sullivan, Admissions Representative
99 Farm Road
Bangor, ME 04401
County: Penobscot
207-947-0208
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 assist Veteran students 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 for your sacrifice and service.

Birthwise Midwifery School

Elizabeth McKinnon
24 South High Street
Bridgton, ME 04009
County: Cumberland
207-647-5968
<http://birthwisemidwifery.edu>
8:30 a.m. – 5:00 p.m.

Bowdoin College

Martina M. Duncan '97, Registrar
Brunswick, ME 04011
County: Cumberland
207-725-3797
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 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 04921
County: Waldo
855-924-5347
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 were proud to begin offering trainings to Maine's veterans as part of their VA benefits. Regardless of their certification (BA, ES, MFBA, HHE, IDL, QCI 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.

Capilo Institute

Sabrina Coco, Office Administrator/SCO
43 Bridge Street
Augusta, ME 04330
County: Kennebec
207-621-9941
www.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 assists 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 Higbee, Student Services Manager
25 Mill Street
Rockport, ME 04856
County: Knox
207-594-5611
www.woodschooll.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. 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 Bowie
1250 Turner St.
Auburn, ME 04210
County: Androscoggin
207-755-5328
finaid@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.

Colby College

Jill A. Pierce, Associate Director of New Student Aid
4000 Mayflower Hill
Waterville, ME 04901
County: Kennebec
207-859-4807
japierce@colby.edu
www.colby.edu

College of the Atlantic

Judy Allen
105 Eden Street
Bar Harbor, ME 04660
County: Hancock
800-528-0025
inquiry@coa.edu
www.coa.edu/admissions
www.facebook.com/collegeoftheatlantic
8:00 a.m. – 4:00 p.m.

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 field work 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



Center for Furniture Craftsmanship



stations, and is known for its close-knit community of students and faculty; more than 20% of the student body is international, coming from over 40 countries.

Dale Carnegie Maine

Dan Collins, Operations Manager
465 Congress St., Suite 600
Portland, ME 04101
County: Cumberland
603-303-5731
dan.collins@dalecarnegie.com
www.maine.dalecarnegie.com
www.facebook.com/dalecarnegiemaine

Founded in 1912, Dale Carnegie Training has evolved from one man's belief in the power of self-improvement to a performance-based training company with offices worldwide. We focus on giving people in business the opportunity to sharpen their skills and improve their performance in order to build positive, steady, and profitable results.

Downeast School of Massage

Emily Waltz DSM, Director of Admissions
99 Moose Meadow Lane
Waldoboro, ME 04572
County: Lincoln
207-832-5531
downeastmassage@gmail.com
www.downeastchoolofmassage.net
www.facebook.com/DowneastSchoolofMassage
9:00 a.m. – 5:00 p.m.

The Downeast School of Massage was established in 1981 for the purpose of training individuals in the professional health career 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
207-493-4272 (phone)
207-493-4277 (fax)
dmacdonald@rsu39.org
www.rsu39.maineadulted.org

Eastern Maine Community College

Luke Bulley and Candace 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 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 Mageau
639 Broadway
Bangor, ME 04401
County: Penobscot
207-942-0039
bmageau@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 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 & Grace Evangelical Seminary offers its students quality higher education in a faithful Christian context at a price they can afford. In a time of impersonal on-line 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 seminaries. And NEBC/Grace Evangelical is adaptive to our students' needs.

Helping Hands Trade School

Kim Crawley
410 China Road
Winslow, ME 04901
County: Kennebec
207-872-9075
helpinghands@gwi.net
www.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

Danielle Leighton
1 College Circle
Bangor, ME 04401
County: Penobscot
207-941-7034
leightonda@husson.edu
www.Husson.edu/admissions/veterans
www.facebook.com/HussonU
twitter.com/hussonU
instagram.com/hussonU
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
cuggelo@purdueglobal.edu
www.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



The Landing School of Boatbuilding Design

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 and fee waivers 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

Purdue University Global

14 Marketplace Drive
Augusta, ME 04330
County: Kennebec
207-213-2500
www.KUMaine.com
www.facebook.com/KaplanAugusta

Purdue University Global

265 Western Ave.
South Portland, ME 04106
County: Cumberland
207-774-6126
aryan@kaplan.edu
www.KUMaine.com
www.facebook.com/KaplanSouthPortlandCampus

Kennebec Valley Community College

**Dr. Karleen Howard, Director of Financial Aid,
School Certifying Official for Veterans Education Benefits**
92 Western Ave
Fairfield, ME 04937
County: Somerset
207-453-5126
khoward@kvcc.me.edu
http://kvcc.me.edu/Pages/Financial-Aid/Veterans-Benefits
www.facebook.com/kvcc.maine
www.instagram.com/kvcc.me
8:00 a.m. – 4:00 p.m.

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 degree 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 Aspen Institute has ranked KVCC among the top 120 community colleges in the United States three years in a row. The faculty and staff at 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-Ruscansky, Recruitment Manager
286 River Road
Arundel, ME 04046
County: York
207-985-7976
aruscansky@landingschool.edu
www.facebook.com/LandingSchool
twitter.com/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.

Lewiston Adult Ed

Mike Reagan, Community Education and Marketing Coordinator
156 East Ave.
Lewiston, ME 04240
County: Cumberland
207-795-4141
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
adennison@meca.edu
www.meca.edu

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.

Maine Conservation Corps

Sara Knowles, Program Coordinator
54 Independence Drive
Augusta, ME 04333
County: Kennebec
207-624-6085
corps.conservation@maine.gov
www.maine.gov/dacf/parks/get_involved/conservation_corps
www.facebook.com/mainecorpsconservation
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
Vasselboro, ME 04989
County: Kennebec
207-877-8000
www.maine.gov/dps/mcja/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 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 G.I 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 Winthrop Street
Augusta, ME 04330
207-622-1211
www.maineinstrumentflight.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 airplanes and experienced 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—their spouses, and dependents that are looking for a career in the maritime industry. Transitioning from military life to an academic career 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-Moulton, the certifying official, and other staff are available to assist with using VA benefits at Maine Maritime Academy.

Maine Media College

Kerry L. Curren, Director of Student Services
70 Camden St.
Rockport, ME 04856
County: Knox
207-236-8581
info@mainemedia.edu
https://www.facebook.com/mmwandc

Maine Media Workshops + College educates and inspires visual artists and storytellers. The school delivers degree and certificate programs, workshops, intensives, and cooperative labs geared to students pursuing creative work in fine arts and media-related professions. MMW+C 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. MMW+C embraces historical processes as well as leading-edge technologies in image making and narrative expression. MMW+C is committed to fostering creativity, culture, and human communication in the world.

Maine State Approving Agency for Veterans Education Programs

147 Water Street, Suite 2
Randolph, ME 04346
County: Kennebec
207-582-2100
camden.eg@maine.edu
www.msaa.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.

Merrymeeting Adult Ed

Dawn Wheeler, Project Administrator
35 Republic Ave.
Topsham, ME 04086
County: Sagadahoc
207-729-7323
Wheelerd@link75.org
Merrymeeting.org
9:00am - 9:00pm Monday through Thursday
9:00am - 3:00pm 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).

Mid-Coast School of Technology

Marianne Doyle, Adult Education Director
1 Main St.
Rockland, ME 04841
County: Knox
207-596-7752
mdoyle@mcst8.org
www.midcoastadulsted.com

New England School of Communications

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/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 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 Albiston Way
Auburn, ME 04210
County: Androscoggin
207-777-3375
dglaser@newenglandschoolofmetalwork.com
www.newenglandschoolofmetalwork.com
Metalsmithing 8AM-5PM
Welding days, 7:30 a.m – 3:30 p.m. and 6 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, Bladesmithing 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.



New Hampshire Institute for Therapeutic Arts

27 Sandy Creek Rd.
Bridgton, ME 04009
County: Cumberland
207-657-3794
nhita@nhita.com
www.nhita.com

Established in 1984, with locations in Bridgton, Maine and Hudson, NH, NHITA is a massage therapy school offering a comprehensive ten and twelve month professional-level, career-oriented 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
County: Cumberland
207.805.8000
inquiry@ntinow.edu
www.ntinow.edu
Facebook: 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.

Northeast Technical Institute - Bangor

1010 Stillwater Ave.
Bangor, ME 04401
County: Penobscot
207.805.8000
inquiry@ntinow.edu
www.ntinow.edu
Facebook: www.facebook.com/NTInow

Northeast Technical Institute - Lewiston

20 East Ave.
Lewiston, ME 04240
County: Androscoggin
207-805-8000
inquiry@ntinow.edu
www.ntinow.edu
Facebook: www.facebook.com/NTInow

Northern Maine Community College

33 Edgemont Drive
Presque Isle, ME 04769
207-768-2700
http://www.nmcc.edu

Northern Penobscot Tech Region III

Mary Hawkes
35 West Broadway
Lincoln, ME 04457
County: Penobscot
207-794-3004
mhawkes@msln.net
https://region3.maine.cte.org
www.facebook.com/RegionIII

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.

Piscataquis Valley Adult Ed

Thelma Regan
50 Mayo Street
Dover, ME 04426
County: Piscataquis
207-564-6525
tregan@pvaec.org
www.pvaec.org
www.facebook.com/pvaec

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 qualities 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!

Seacoast Career Schools - Sanford

1 Eagle Drive
Sanford, ME 04073
207-490-0509 (phone)
207-490-3242 (fax)
www.seacoastcareerschools.edu

Skowhegan Driving School

206 Water Street
Skowhegan, ME 04976
County: Somerset
207-474-8524
skowhegandrivingschool@beeline-online.net
www.skowhegandrivingschool.com

Southern Maine Aviation

199 Airport Rd
Sanford, ME 04073
207-324-8919
https://flyingma.com

Southern Maine Community College

Amy Lainoff
2 Fort Road
South Portland, ME 04106
County: Cumberland
207-741-5926
alainoff@smccme.edu
www.smccme.edu/admissions-aid/veterans/
www.facebook.com/smccme

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 Tibbetts Drive, Suite 200
Brunswick, ME 04011
County: Cumberland
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 affordable, flexible undergraduate and graduate degree and certificate programs in traditional face-to-face classrooms and online. The center offers one-on-one support from faculty and student success advocates, remote dedicated military advisors, computer labs, personalized service and attention in a close-knit educational community. SNHU has remote

career advisors who specialize in helping students who are veterans transition back to civilian life.

Spa Tech Institute

Angela Paradis, Admissions
100 Larrabee Rd.
Westbrook, ME 04092
County: Cumberland
207-591-4141
www.spatech.edu
www.facebook.com/WestbrookSpaTech

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 injury 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 you work 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
County: Cumberland
800-752-4723
dmccall@sjcme.edu
www.sjcme.edu

Founded in 1912 by the Sisters of Mercy in Portland, Maine, Saint Joseph's College is Maine's Catholic liberal arts college. The 474-acre campus, located on the shore of Sebago Lake in Standish, Maine offers more than 40 undergraduate programs and a Division III athletic program to a population of approximately 1,000 on-campus students. Saint Joseph's College provides certificates and undergraduate and advanced degrees for thousands more working adults who reside throughout the United States and in more than 20 other countries through an online learning program.

We are proud to honor those who serve and protect our nation. Saint Joseph's College has been a pioneer in distance education since the 1970s and proudly served as one of the first colleges selected by the Army and the Navy to provide online learning courses. You will find that the flexibility of our fully accredited programs and our generous prior college credit transfer policy makes it a great choice for both active duty military, spouses, and veterans. Our goal is to make your transition to college as seamless as possible, and we will accept generous credit for prior learning and military schooling and experience. Whatever education plan you choose, we can help you earn your degree or certificate at your convenience, and on your schedule. We offer a wide variety of interesting courses, all taught by experienced, well-qualified, and caring faculty. In addition, our academic advisors treat every student as an individual, and not just a number.



Thomas College

Kelsey Bragdon, Assistant Registrar and School Certifying Official
180 West River Road
Waterville, ME 04901
County: Kennebec
207-859-1423
regasst@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 ConAP, 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 Center's on both the Augusta and Bangor campus.

UMA Brunswick Center

Orion Hall
12 Sewall Street
Brunswick, ME 04011
(207) 442-7736
uma.edu/brunswick

UMA East Millinocket Center

Katahdin Region Higher Education Center
1 Dirigo Drive, Suite 1
East Millinocket, ME 04430
(207) 746-5741
uma.edu/east-millinocket

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 04730
(207) 521-3100
uma.edu/Houlton

UMA Rockland Center

Breakwater Building
91 Camden Street, Suite 402
Rockland, ME 04841
(207) 596-6906
uma.edu/rockland

UMA Rumford Center

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

UMA Saco Center

4 Scamman Street, Suite 18
Saco, ME 04072
(207) 282-4111
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 04240
(207) 753-6600
uma.edu/lewiston

University of Maine - Bangor

1 University Drive
Bangor, ME 04401
County: Kennebec
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 Center's 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
registrar@umf.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 liason 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
umfktransfer@maine.edu
www.umfk.edu/admissions/military

University of Maine at Machias

116 O'Brien Avenue
Machias, ME 04654
207-255-1200
https://machias.edu/academics/academics/registrar-office/veterans-services

University of Maine at Presque Isle

Nola Belanger, Admin. Specialist & School Certifying Official
181 Main St.
Presque Isle, ME 04769
County: Aroostook
207-768-9540
nola.belanger@maine.edu
www.umpi.edu/admissions/how-to-apply/#veteran

www.facebook.com/umpiowls
www.facebook.com/UMPIVETSCLUB

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
235 Luther Bonney Hall
Portland, ME 04110
County: Cumberland
207-780-5232
lorraine.spaulding@maine.edu
usm.maine.edu/veterans
www.facebook.com/VeteransServicesUSM

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 04104
County: Cumberland
207-780-4826
lorraine.spaulding@maine.edu
http://usm.maine.edu/veterans
www.facebook.com/VeteransServicesUSM

University of Southern Maine - Lewiston

Lorrie Spaulding, Veterans Services Coordinator
35 Westminster St.
Lewiston, ME 04240
County: Androscoggin
207-780-5232
lorraine.spaulding@maine.edu
usm.maine.edu/veterans
www.facebook.com/VeteransServicesUSM

University of Maine School of Law

Deirdre M. Smith
59 Exeter Street
(Mailing Address: 246 Deering Avenue)
Portland, ME 04102
County: Cumberland
207-780-4370



clac.info@maine.edu
www.mainelaw.maine.edu/public-service.clac
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.

United Technology Center

David Berry
200 Hogan Road
Bangor, ME 04401
County: Penobscot
207-947-6474
pgillis@utc4me.org
www.utc.maineadulted.org
www.facebook.com/UTCAAdultEd
Mon – Thurs, 12:30 p.m. – 8:30 p.m. and
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:

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.

University of New England - Biddeford

Ms. Shawn M. Plante, Enrollment Specialist
Certifying Official for VA Benefits
(Available on Biddeford Campus by Appointment Only)
11 Hills Beach Road
Decary Hall Rm. 114
Biddeford, ME 04005
County: York
207-221-4246
splante@une.edu
www.une.edu/registrar/veteran-benefits
www.facebook.com/universityofnewengland
twitter.com/unetweetshttps://www.instagram.com/thisisune

The University of New England is Maine's largest private university, an innovative educational community with two distinctive coastal Maine campuses, a vibrant new campus in Tangier, Morocco 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. The University of New England (UNE) is strongly committed to supporting men and women who have served our nation through military service. UNE serves veterans, service members and their families and is a proud participant in the Yellow Ribbon Program.

University of New England - Portland

Ms. Shawn M. Plante, Enrollment Specialist
Certifying Official for VA Benefits
716 Stevens Avenue
Hersey Hall Rm. 119
Portland, ME 04103
County: Cumberland
207-221-4246
splante@une.edu
www.une.edu/registrar/veteran-benefits
www.facebook.com/universityofnewengland
twitter.com/unetweetshttps://www.instagram.com/thisisune

Veterans Upward Bound - Portland

Aaron Dombroski
102 Bedford Street
Portland, ME 04101
County: Cumberland
aaron.dombroski@maine.edu
https://usm.maine.edu/triopprograms/veterans-upward-bound

The USM 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, VUB advising, preparation for college entrance exams, information on federal student financial aid programs, as well as coaching 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.

Washington County Community College

Anne M. Donahue
Coordinator of Enrollment & Student Services
One College Drive
Calais, ME 04619
County: Washington
207-454-1000
www.wccc.me.edu
7:30 a.m – 6:00 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 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 learning experiences will be reviewed for credit. The amount of credit awarded depends upon course equivalents and the technology in which the student enrolls.

Elder Services

Alpha One - Bangor

Ketra Crosson, OTR/L, Independent Living Specialist
11 Bangor Mall Blvd.
Bangor, ME 04401
County: Penobscot
800-640-7200
www.alphaonenow.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 HomeRetro. We work with farmers, loggers, and individuals in the fishing industry through the AgrAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our S. Portland location).

Alpha One - Presque Isle

Ketra Crosson, OTR/L, Independent Living Specialist
66 Spruce Street
Presque Isle, ME 04769
County: Aroostook
800-640-7200
www.alphaonenow.org

Alpha One - South Portland

Ketra Crosson, OTR/L, Independent Living Specialist
127 Main Street
South Portland, ME 04106
County: Cumberland
800-640-7200
www.alphaonenow.org

Aroostook Agency on Aging

1 Edgemont Drive, Suite 2
Presque Isle, ME 04769
County: Aroostook
207-764-3396
information@aroostookaging.org
www.aroostookaging.org
www.facebook.com/AroostookAreaAgencyonAging
8:00 a.m. – 4:30 p.m.

We work with the VA Medical and Benefits Center in Togus 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 on 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
800.639.3884 (V/TTY)
207.797.7656 (V/TTY)
207.766.7111 (VP)
deafservices@drme.org
www.drme.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 barriers to using 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, iPads and more) to assist with distance communication.

Eastern Area Agency on Aging

Tabatha Caso, LSW
Director of Community and Family Caregiver Services
450 Essex Street
Bangor, ME 04401
County: Penobscot
207-941-2865
info@eaaa.org



www.eaaa.org
www.facebook.com/easternaaa
 8:00 a.m. – 4:30 p.m.

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 service 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 Minders, EZ-Fix, Novel Seniors, Furry Friends, Senior College, Veteran's Independence Program, and Home Technology Services.

Elder Abuse Task Force - Safe Voices

Kelley Glidden
 P.O. Box 713
 Auburn, ME 04212
 County: Androscoggin
 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

Anne N. Ossanna, LSW
 County: Hancock
 207-374-5612
aossanna@whcacap.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
 207-854-0505
annie.boissevain@itnportland.org
<http://itnportland.org>

www.facebook.com/meitnportland
 8:00 a.m. – 4:30 p.m. 7 days a week

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.

Legal Services for the Elderly - Augusta & Administrative Office

Jill K. Randall, Helpline & Medicare Advocacy Services Director
 5 Wabon Street
 Augusta, ME 04330
 County: Kennebec
 1-800-750-5353 (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 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 affording prescription drugs."

Legal Services for the Elderly

Jill K. Randall, Helpline & Medicare Advocacy Services Director
 8 Falcon Road
 Lewiston, ME 04240
 County: Androscoggin
 1-800-750-5353 (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 Edgemont Drive
 Presque Isle, ME 04769
 County: Aroostook
 1-800-750-5353 (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
 1-800-750-5353 (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
 1-800-750-5353 (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 Winthrop Street
 Augusta, ME 04333
 County: Kennebec
 207-621-1079
mltcorp@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 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.

Seniors Plus - Corporate Office

Holly Zielinski, Director of Community Services
 8 Falcon Road
 Lewiston, ME 04240
 County: Androscoggin
 Toll free: 1-800-427-1241
 Local: 207-795-4010
www.seniorsplus.org
www.facebook.com/seniorsplus

Appointment only. Established in 1972, SeniorsPlus 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 501c3 organization supported in part by funds from the Maine Department of

Health and Human Services, grants and contributions. Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve. Our veteran services also include the Veterans Independence Program (VIP) which helps qualified veterans remain independent and self-sufficient in their homes and community. 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 meet the veteran's needs.

Seniors Plus

Holly Zielinski, Director of Community Services
 218 Fairbanks Road
 Farmington, ME 04983
 County: Franklin
 1-800-427-1241
www.seniorsplus.org
www.facebook.com/seniorsplus

Southern Maine Agency on Aging

Southern Maine Agency on Aging
 136 U.S. Route One
 Scarborough, ME 04074
 County: Cumberland
 207-396-6521
 800-427-7411
sgold@smaaa.org
www.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, 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 or volunteerism. No matter the reason for your interest, be assured SMAA has the expertise to help find the answers you need.

Spectrum Generations

One Weston Court
 Augusta, ME 04330
 County: Kennebec
 207-622-9212
spectrum@spectrumgenerations.org
www.spectrumgenerations.org
www.facebook.com/SpectrumGeneration
twitter.com/spectrumgen

Spectrum Generations, the Central Maine Area Agency on Aging and 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.



Spectrum Generations

Muskie Community Center
38 Gold Street
Waterville, ME 04901
Kennebec
207-873-4745

Spectrum Generations

Cohen Community Center
22 Town Farm Road
Hallowell, ME 04347
County: Kennebec
207-626-7777

Spectrum Generations

Waldo Community Center
18 Merriam Road
Belfast, ME 04915
County: Waldo
207-338-1190

Spectrum Generations

521 Main Street
Damariscotta, ME 045443
County: Lincoln
207-563-1363

Spectrum Generations

30 Leavitt Street
Skowhegan, ME 04976
County: Somerset
207-474-8552

Spectrum Generations

87 Elm Street, Suite 204A
Camden, ME 04843
County: Knox
207-596-0339

Spectrum Generations - People Plus

35 Union Street
Brunswick, ME 04011
County: Sagadahoc
207-729-0475

Spectrum Generations - Legacy Corps

Katie Carlson
ADRC Manager
35 Union Street
Brunswick, ME 04011
County: Cumberland
207-620-1656
elabua@spectrumgenerations.org
www.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.

Vet to Vet Maine (Cumberland County)

PO Box 1205
Biddeford, ME 04005
Physical Address: 153 US Route 1, Scarborough
County: Cumberland
207-579-9204
office@vet2vetmaine.org
www.vet2vetmaine.org
Hours of Operation: M-F by appointment

Vet to Vet Maine, a nonprofit 501(c)3 organization, recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each recruit passes a background check, provides three references, and goes through a nine-hour training session. Once processed, each volunteer is matched to a veteran with similar interests, life stories, and experiences—all help seal the bond between the two veterans. The volunteer visits in the veteran's home at least twice a month, providing companionship and friendship and helping the veteran access VA and other available benefits and services. Volunteers attend a bimonthly case review in which they discuss their experiences with their veterans, share tips, make referrals, and resolve problems, as well as bond with the other volunteers.

Vet to Vet Maine (York County)

PO Box 1205
Biddeford, ME 04005
Physical Address: 11 Morin Street, Biddeford
County: York
207-579-9204
office@vet2vetmaine.org
www.vet2vetmaine.org
Hours of Operation: M-F by appointment

Vet to Vet Maine, a nonprofit 501(c)3 organization, recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each recruit passes a background check, provides three references, and goes through a nine-hour training session. Once processed, each volunteer is matched to a veteran with similar interests, life stories, and experiences—all help seal the bond between the two veterans. The volunteer visits in the veteran's home at least twice a month, providing companionship and friendship and helping the veteran access VA and other available benefits and services. Volunteers attend a bimonthly case review in which they discuss their experiences with their veterans, share tips, make referrals, and resolve problems, as well as bond with the other volunteers.

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.maine.va.gov/services/geriatrics.asp

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 Th beau, RN, Home Health Coordinator (x5677) or Leah Whitten, RN (x3534)
- Provides skilled home health care for veterans returning home from inpatient care at a VA hospital
- Homemaker Home Health Aid Program (H/HHA) 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 Snedeker, Director, HBPC (x4665)
- Outpatient program that coordinates in-home care for veterans including nursing, case management, nutrition, and OT/PT. Other specialized care and services may be available, depending on the needs of the veteran.
- Community Adult Day Health Care (CADHC) – Jason Maddocks, (x5479)
- Provides veterans with socialization and care at a licensed CADHC facility, while also providing respite for live-in caregivers. Some programs are specific to veterans with dementia.
- Geriatric Outpatient Clinic – Vicki Lizotte, RN, (x5450)
- Clinic operates 5 days per week, providing initial evaluations, care management, and specialized services, based on need.
- Medical Foster Home (MFH) Program – Morgan Delattre (x4665)
- Provides nursing home care to veterans in their private homes. MFH partners with HBPC 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 Jolicoeur, LCSW, Social Worker (x5380)
- 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 (CLCs) – CLCs & Short-Term Rehab: Jodi Hardwick, Social Worker, (x5511); Inpatient Hospice and Palliative Care: Deb O'Neill, RN, Palliative Care Coordinator, (x5663)
- VA Maine has four CLCs, offering a variety 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/or long-term nursing home care at VA expense. 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.
- 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 help defray costs 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 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 Napolitano, Staffing Supervisor
21 Donald B. Dean Drive, Suite 2
South Portland, ME 04106
County: Cumberland
207-773-3829
www.bonnestaffing.com
www.facebook.com/bonnestaffing

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 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.

Bonney Staffing Center - Auburn

Danielle M Napolitano, Staffing Supervisor
155 Center St.
Auburn, ME 04210
County: Androscoggin
207-783-1416
www.bonneystaffing.com
www.facebook.com/bonneystaffing

Bonney Staffing Center - Augusta

Danielle M Napolitano, Staffing Supervisor
12 Shuman Ave.
Augusta, ME 04330
County: Kennebec
207-621-1100
www.bonneystaffing.com
www.facebook.com/bonneystaffing

Bonney Staffing Center - Bangor

Danielle M Napolitano, Staffing Supervisor
24 Springer Drive, Suite 113
Bangor, ME 04401
County: Penobscot
207-945-3100
www.bonneystaffing.com
www.facebook.com/bonneystaffing

Bonney Staffing Center - Biddeford

Danielle M Napolitano, Staffing Supervisor
20 Edwards Ave.
Biddeford, ME 04005
County: York
207-283-8858
www.bonneystaffing.com
www.facebook.com/bonneystaffing

Bonney Staffing Center - Rockland

Danielle M Napolitano, Staffing Supervisor
58 Park St., Suite 201
Rockland, ME 04841

County: Knox
207-593-3330
www.bonneystaffing.com
www.facebook.com/bonneystaffing

Bonney Staffing Center - Windham

Danielle M Napolitano, Staffing Supervisor
940 Roosevelt Trail
Windham, ME 04062
County: Cumberland
207-892-2286
www.bonneystaffing.com
www.facebook.com/bonneystaffing

Boots2Roots

Jen Fullmer
428 Fore Street, 3rd Floor
Portland, ME 04101
County: Cumberland
207-329-5077
boots2roots@boots2roots.org
www.boots2roots.org
www.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 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. - Main Office

Liz Rogers
30 Federal Street
Brunswick, ME 04011
County: Cumberland
207-504-5900
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.

Coastal Enterprises Inc. - Augusta

Maine SBDC Branch Office, FAME Office
Liz Rogers
5 Community Drive
Augusta, ME 04333
County: Kennebec
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. - Bangor

Liz Rogers
One Cumberland Place, Suite 302
Bangor, ME 04401
County: Penobscot
207-217-6555
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine
twitter.com/ceimaine

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
www.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
www.ceimaine.org
www.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 04937
County: Somerset
207-453-4258, ext 215
info@ceimaine.org
www.ceimaine.org
www.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
207-778-6529
info@ceimaine.org
www.ceimaine.org
www.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 04240
County: Androscoggin
207-241-5592
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine
twitter.com/ceimaine

Coastal Enterprises Inc. - Machias

Liz Rogers
7 Ames Way
Machias, ME 04645
County: Washington
207-255-0938
info@ceimaine.org
www.ceimaine.org
www.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
www.ceimaine.org
www.facebook.com
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Coastal Enterprises Inc. - Wiscasset

Main SBDC Branch Office
Liz Rogers
297 Bath Road
Wiscasset, ME 04578
County: Lincoln
207-504-5947
info@ceimaine.org



www.ceimaine.org
www.facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Goodwill Industries Northern New England

Kelly Osborn, Executive Director-Workforce Services
75 Washington Avenue, Suite 300
Portland, ME 04101
County: Cumberland
207.774.6323
kelly.osborn@goodwillnne.org
www.goodwillnne.org
www.facebook.com/goodwillnne

Goodwill's Workforce Services works with individuals, like you, looking 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.mainecareercenter.gov/hireavet.shtml
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 also assist you in translating military skills, language, culture, assimilation and retention.

Loring Job Corps

Roger Felix
113 Commerce Center Rd.
Limestone, ME 04750
County: Aroostook
207-328-4044
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 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
Farmington, ME 04938
County: Franklin
207-944-1533
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 Stanchfield
54 Independence Drive
Augusta, ME 04333
County: Kennebec
207-624-6085
corps.conservation@maine.gov
www.maine.gov/dacf/parks/get_involved/conservation_corps
www.facebook.com/mainecorps
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)

Auta Main, Veterans' Program Manager
45 Commerce Drive
Augusta, ME 04333-0109
207-624-5120
augusta.careercenter.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/> 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.

Maine Department of Labor CareerCenter (Bangor)

45 Oak Street, Suite 3
Bangor, ME 04401
County: Penobscot
207-561-4050
bangor.careercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Brunswick)

L.L. Bean Learning Center
29 Sewall Street
Brunswick, ME 04011
207-721-8200
brunswick.careercenter@maine.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Calais)

One College Drive
Calais, ME 04619-0415
207-454-7551
calais.careercenter.maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Lewiston)

5 Mollison Way
Lewiston, ME 04240
County: Androscoggin
207-753-9001
lewiston.careercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Machias)

53 Prescott Drive, Suite 1
Machias, ME 04654
County: Washington
207-255-1900
machias.careercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Portland)

151 Jetport Blvd.
Portland, ME 04102
County: Cumberland
207-822-3300
portland.careercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Presque Isle)

66 Spruce Street, Suite 1
Presque Isle, ME 04769
County: Aroostook
207-760-6300
presqueisle.careercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Rockland)

91 Camden Street, Suite 201
Rockland, ME 04841-3424
207-596-2600
rockland.careercenter.maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.



Maine Department of Labor CareerCenter (Skowhegan/Hinckley)

KVCC Alford Campus
23 Stanley Road
Hinckley, ME 04944
207-474-4950
skowhegan.careercenter@maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Springvale)

9 Bodwell Court
Springvale, ME 04083
207-324-5460
springvale.careercenter.maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Department of Labor CareerCenter (Wilton)

865 U.S. Route 2E
Wilton, ME 04294-6649
207-645-5800
wilton.careercenter.maine.gov
www.mainecareercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Maine Small Business Development Centers (Portland)

55 Exeter St., PO Box 9300
Portland, ME 04014
County: Cumberland
207-780-4949
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

Maine Small Business Development Centers (Augusta)

5 Community Drive
Augusta, ME 04333

County: Kennebec
207-620-3521
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Auburn)

125 Manley Road
Auburn, ME 04210
County: Androscoggin
207-783-9186
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Bangor)

1 Cumberland Place, Suite 306
Bangor, ME 04401
County: Penobscot
207-942-1744
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Brunswick)

30 Federal Street
Brunswick, ME 04011
County: Cumberland
207-504-5886
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Caribou)

11 West Presque Isle Road
Caribou, ME 04736
County: Aroostook
207-493-5765
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Ellsworth)

210 Main Street, Suite 7
Ellsworth, ME 04605
County: Hancock
207-664-2990
mainesbdc@maine.edu

www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Fairfield)

17 Main Street
Fairfield, ME 04937
County: Somerset
207-453-4258 x215
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Saco)

190 Main Street
Saco, ME 04072
County: York
207-282-1748
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Maine Small Business Development Centers (Wiscasset)

297 Bath Road
Wiscasset, ME 04578
County: Lincoln
207-780-4949
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
Appointment Only

Military Talent Source

Matt Leonard, Chief Executive Officer
441 Lake Shore Drive
Auburn, ME 04201
County: Androscoggin
207-560-3705
solutions@militarytalentsource.com
www.militarytalentsource.com
www.facebook.com/MilitaryTalentSource

National Guard Employment Support Program

Joe Tatem, PSS
194 Winthrop Street
Augusta, ME 04330
County: Kennebec
609-220-8485
joseph.v.tatem@mail.mil
www.jointservicessupport.org/ESP

The NGESP is a DOD/NGB program which provides employment support/opportunities/options to Maine National Guard Commanders, Uniformed Service Members, their families, and veterans throughout the state. Maine's

ESP utilizes a close working relationship with the Maine Department of Labor, Maine Bureau of Veterans' Services, MENG organic Deployment Cycle Support Programs, Family Support Groups, Unit briefings, face-to-face employer contact, and availability/engagement with The Adjutant General and Senior Staffs to provide its support. Employment support services include: resume build/review, employer referral, employer info-briefings, Unit briefings, career opportunity and job announcements, and training referrals. The ESP Program Support Specialist is based at Camp Keyes and supports the entire state.

Small Business Administration - District Office

William S. Card, Economic Development Specialist
68 Sewall Street, Room 512
Augusta, ME 04330
County: Kennebec
207-622-8555
William.Card@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://www.sba.gov/content/veteran-service-disabled-veteran-owned> or <https://www.sba.gov/sites/default/files/files/veteransbackbus.pdf>.

Small Business Administration - Bangor

James Pineau, Senior Area Manager
202 Harlow St.
Bangor, ME 04401
County: Penobscot
207-945-2021
James.Pineau@sba.gov
www.sba.gov/me

Small Business Administration - Portland

Brad Currie, Senior Area Manager Southern Maine
312 Fore St., Room 104
Portland, ME 04101
County: Cumberland
207-780-1013
www.sba.gov/me

United Farmer Veterans of Maine

Chris Phillips, Interim CEO/CFO
45 Columbia St.
Bangor, ME 04401
County: Penobscot
207-3322-7625
www.ufvme.org
www.facebook.com/UnitedFarmerVeterans
Hours Vary Daily

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 and secure agriculture throughout our communities in Maine.

US Department of Labor - Veteran Employment and Training Services

Debbie J. Kelly, State Director – Maine
5 Mollison Way
Lewiston, ME 04240
County: Androscoggin
207-753-9089
kelly.debbie.j@dol.gov
www.dol.gov/vets

The U.S. Department of Labor, Veterans' Employment and Training Service (VETS) serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. Preparation for meaningful careers is achieved through the Employment Workshop within the Transition Assistance Program. Employment resources and expertise is provided through our grant programs; Jobs for Veterans State Grant (JVSG) and Homeless Veterans Reintegration Program (HVRP). In Maine, JVSG is administered through the Maine Department of Labor, funding Disabled Veterans Outreach Program (DVOP) Specialists and Local Veteran Employment Representatives in CareerCenter statewide. HVRP grantees compete annually. VETS enforces the protection of employment rights under the Uniformed Services Employment and Reemployment Rights Act (USERRA) and Veteran's Preference in Federal Employment.

VA Vocational Rehabilitation and Employment

1 VA Center
Augusta, ME 04330
County: Kennebec
207-626-4826
www.benefits.va.gov/togus
www.facebook.com/VRE-Togus-Official
8:30 a.m. – 4:00 p.m

The VR&E program assists veterans with service-connected disabilities prepare for, obtain, and maintain suitable employment, and/or live as independently as possible. A Vocational Rehabilitation Counselor (VRC) will work with the veteran to determine if an employment handicap exists. An employment handicap exists if the service-connected disability impairs the ability to obtain and maintain employment.

You can apply for services online at www.ebenefits.va.gov through the 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 mail or fax: <http://www.vba.va.gov/pubs/forms/VBA-28-1900-ARE.pdf>. You can also pick up an application at the Togus Regional Office.

Homeless Services

Betsy Ann Ross House of Hope

Martha Everatt St. Pierre, Executive Director
PO Box 5661
Augusta, ME 04330
County: Kennebec
207-798-9280
martha@betsyanrosshouseofhope.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 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, aiding with legal issues, and getting our female veterans financially stable.

Bread of Life Ministries

Eliza Quill, Veteran Case Manager
157 Water Street
Augusta, ME 04330
County: Kennebec
207-626-3434
veteranscm@mainebreadoflife.org
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 BOLD began to grow. BOLD 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
@CHOMhousing
9:00 am – 5:00 pm

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 disadvantaged 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 Presumpscot St.
Portland, ME 04103
County: Cumberland
207-828-0754 x1004
www.easterseals.com/Maine
8:00 am – 4:00 pm

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 the Referral Line listed above; our dedicated staff would be honored to serve you!

Furniture Friends

Jenn Micado, Executive Director
P.O. Box 631
Westbrook, ME 04098
County: Cumberland
207- 210-5797
jmicado@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.

Gary Owens House - Waldo

Alex Allmayer-Beck, MSW, CSW, Executive Director
163 Augusta Road
Searsmont, ME 04973
County: Waldo
207 338-3110
greenninjette@yahoo.com
http://garryowenhouse.org

The Garry Owen House is a temporary homeless shelter for veterans. We currently have a capacity of six. 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
Augusta, ME
County: Kennebec
hassen6545@aol.com
www.maineelks.org/programs/veterans

Maine Elks Association was instituted in 1928. The Maine Elks 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.

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
- VAVS
- Veterans Leather
- Welcome Home
- Stand-Down meals
- VA2K
- Maine Children's Cancer Program
- Homeless Veterans support

Maine Homeless Veteran Action Committee

Maine Continuum of Care
Meeting locations and call-in information vary
Rob Liscord, Committee Chair
rliscord@preblestreet.org
Maine Bureau of Veterans' Services Homeless Veteran Coordinator
mainebvs@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 of MHVAC include the VA Homeless Team, Preble Street, Easter Seals of Maine, Veterans, Inc., Volunteers of America, MaineHous-ing, 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. Any Mainer who has served in the military is eligible to be served by the MHVAC.

Maine Homeless Veterans Alliance

Kerry Polyot-Stefani, BA, LSW, MHRT/C
Vocational Rehabilitation Counselor II
P.O.Box 1895
Portland, ME 04104
County: Cumberland
207-632-9842
Mhva2017@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, 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 i) 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



Veterans Inc.

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) if a homeless veteran is 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.

Master Sergeant Gary Gordon Veteran Center

John Nelson, Director
118 Main Street
Lincoln, ME 04457
County: Penobscot
207-794-3852
docnelson133@yahoo.com
www.facebook.com/GaryGordonVeteranCenter

Mid-Maine Homeless Shelter

Tanya Fossett
19 Colby Street
Waterville, ME 04901
County: Kennebec
207-872-8082
Tanya@shelterme.org
www.shelterme.org

The Mid-Maine Homeless Shelter is an emergency shelter for single adults and families. The MMHS 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 supportive 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.

Oxford Street Shelter - City of Portland

203 Oxford Street
Portland, ME 04101
207-761-2072
www.portlandmaine.gov

129 bed emergency shelter for men 18 and over, services include 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)

38 Preble Street
Portland, ME 04101
County: Cumberland
877-377-5709
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.

Preble Street Veterans Housing Services (Lewiston)

37 Park St.
Lewiston, ME 04240
County: Androscoggin
877-377-5709
vhs@preblestreet.org
www.preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 4:30 p.m.

Preble Street Veterans Housing Services (Bangor)

115 Main St., #3
Bangor, ME 04401
County: Penobscot
877-377-5709
vhs@preblestreet.org
www.preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 4:30 p.m.

Preble Street Veterans Housing Services (Machias)

7 VIP Drive
Machias, ME 04654
County: Washington
877-377-5709
vhs@preblestreet.org
www.facebook.com/PrebleStreet
8:00 a.m. – 4:30 p.m.

United Veterans of Maine, Inc.

John Deveau, President
358 Washburn Road
Caribou, ME 04736
County: Aroostook
207-492-2190
www.unitedveteransofmaine.org
www.facebook.com/uvvm207

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 re-housing 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.

VA Homeless Services

Arwen Agee
1 VA Medical Center 116A
Augusta, ME 04330
County: Kennebec
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:

- Grant and Per Diem Transitional Housing- Veterans Career House in Biddeford, Huot House in Saco, 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.

Veterans, Inc.

393 Main St.
Lewiston, ME 04240
County: Androscoggin
800-482-2565
veteransinc.org
www.facebook.com/veteransinc
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 Veterans Services

Mike Merrill, Program Director
335 Lincoln Street
Saco, ME 04072
County: York
207-571-3359
michael.merrill@voanne.org
www.voanne.org
www.facebook.com/VOA.NorthernNewEngland

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
207-623-8411, x2892
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 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 VASH (Veteran Administration Subsidized Housing) funded and 5 are private pay.

Volunteers of America Northern New England - Arthur B. Huot House

Todd Diadone, Case Manager
335 Lincoln Street
Saco, ME 04072
County: York
207-571-3359
todd.diadone@voanne.org
www.voanne.org/veterans

The Arthur B. Huot 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 Huot 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 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 Olson, Development and Communications Manager
307 Cumberland Ave.
Portland, ME 04101
County: Cumberland
207-245-3352
SOlson@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 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://thomasheights.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
www.hud.gov
8:00 a.m. – 4:30 p.m.

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 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.

Home Depot Foundation

Bruce W. Calmes
154 Topsham Fair Mall Road
Topsham, ME 04086

County: Sagadahoc
207-798-6931
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 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 \$3,500 for down payment and closing costs. <http://mainehousing.org/programs-services/homebuyer/saluteme>
- **Homeless Veterans Networking Group:** <http://www.mainehousing.org/news/mainehousing-calendar/2017/05/19/default-calendar/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
- **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/homelessdetail/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. Leach, MPA, Principal Consumer Credit Examiner
35 State House Station
Augusta, ME 04333
County: Kennebec
207-624-8527
david.m.leach@maine.gov
www.credit.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, 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 free guides to Mainers on the following topics: Mortgages, auto buying and financing, student loans, credit cards, elder financial protection, debt collection rights, high rate/high fee 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 (V/TTY)
207-626-2774 (V/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 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 Norbert
5 Community Drive
Augusta, ME 04332
County: Kennebec
207-620-3510
cemmons@famemaine.com
www.FAMEmaine.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
75 Washington Avenue, Suite 300
Portland, ME 04101
County: Cumberland
207-774-6323
Elizabeth.cradock@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 stateside 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
County: Cumberland
207-772-9000
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.

Kennebec County Sheriff's Incarcerated Veterans Initiative

Sheriff Ken Mason and/or Jess Quinn, Programs Coordinator
115 State St.
Augusta, ME 04330
County: Kennebec
207-623-2270
jlquinn@kennebecso.com

www.kennebecso.com
www.facebook.com/Kennebec-County-Sheriff's-Office
8:00 a.m. – 4 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 accommodate the needs of the citizens we serve. The Sheriff's Office's law enforcement component responds to calls for service 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 housing 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 Community Law Center

Elizabeth Stout
75 Pearl Street, Suite 470
Portland, ME 04101
County: Cumberland
207-482-3832
stout@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.

Maine Fallen Heroes Foundation

P.O. Box #226
Auburn, ME 04212
County: Androscoggin
207-229-0229
info@mainefallenheroes.org
www.mainefallenheroes.org
www.facebook.com/mainefallenheroesfoundation
Hours: 24/7

We honor our fallen by supporting their families. The goal of the Maine Fallen Heroes Foundation is to provide the families of our fallen military heroes with financial assistance in time of need. We supply financial help by helping family members with a car payment, rent, wood, mortgages, heating oil, gasoline, and food. We also hand out (3) \$1,000 college scholarships per year to family members of our fallen. We have also recently created a college trust fund for Gold Star Kids. 100% of all donations collected benefit the families of our fallen military heroes. God Bless you for your support!

Maine State Bar- LRIS, Lawyer Referral Service

Rachel V. MacArthur, Director, Lawyer Referral Service
PO Box 788
Augusta, ME 04332-0788

County: Kennebec
207-622-7523
rmacarthur@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 has been a program of the Maine State Bar Association since 1972, and is recognized by the American Bar Association for its standards. If you think you have a legal problem, and are not currently represented by an attorney, this is a convenient way to get matched to the right lawyer. The referral fee is only \$25, and includes up to ½ hour of initial legal consult at no charge.

Military and Family Life Program - Bangor

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 utilization and long term financial planning to include retirement planning.

Military and Family Life Program - Brunswick

Susan Pollock CFP, Personal Financial Counselor
Brunswick, ME
County: Cumberland
207-274-3987
PFC3.ME.NG@zeiders.com
8:00 a.m – 5:00 p.m

Pine Tree Legal Assistance - Augusta

County: Kennebec
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 Veterans Housing Services or the VA 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 Preble Street provider for a referral for services!

Pine Tree Legal Assistance - Bangor

County: Penobscot
207-400-3229
veterans@ptla.org

Pine Tree Legal Assistance - Lewiston

County: Androscoggin
207-400-3229
veterans@ptla.org

Pine Tree Legal Assistance - Machias

County: Washington
207-400-3229
veterans@ptla.org

Pine Tree Legal Assistance - Portland

County: Cumberland
207-400-3229

Pine Tree Legal Assistance - Presque Isle

County: Aroostook
207-400-3229
veterans@ptla.org

Seth Levy Law

Seth Levy
P.O. Box 31
Brunswick, ME 04011
County: Cumberland
207-319-4431
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 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
59 Exeter Street
Portland, ME 04102
County: Cumberland
207.780.4370
clac.info@maine.edu
mainelaw.maine.edu/public-service/clac
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
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 systems 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.

Or, if you or a family member/friend 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 Orr or Ziggy Lawrence
9 Green Street, Suite 3A
Waterville, ME 04903
County: Kennebec
207-480-0438/207-592-3077
www.veteranmentorsofmaine.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 Veteran'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.

Veteran Treatment Court/Maine Pre-Trial Services

Elizabeth Simoni
9 Green Street
Augusta, ME 04330
County: Kennebec
207-831-6849
Elizabeth.simoni@mainepretial.org
www.mainepretial.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 work

in Portland in 1974. Since then, it incorporated 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 (NAPSA) 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.

Volunteer Lawyers Project

75 Pearl Street, Suite 214
Portland, ME 04101
207-523-8233
www.vlp.org
In southern Maine call: 1-800-442-4293
Monday, 1 – 3:30 p.m. and Friday, 9 – 11:30 a.m.
In northern Maine call: 1-888-956-4276
Tuesday, 5 – 7:00 p.m. and Thursday, 10 a.m. – Noon
www.vlp.org

The Maine Volunteer Lawyers Project is a legal aid organization that provides free legal information, assistance, and representation to Mainers with low incomes facing civil legal issues.

Legislative Affairs

Congressman Jared Golden - Lewiston

P.O. Box 7108
124 Lisbon Street
Lewiston, ME 04240
207-228-1872
https://jaredgoldenforcongress.com/contact
www.facebook.com/JaredGoldenforCongress

Congressman Jared Golden - Washington, DC

U.S. House of Representatives
Washington, DC 20515



Vietnam Veterans Ceremony - American Legion Post 132 Richmond, ME

202-224-3121
TTY: 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

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.

Congresswoman Pingree is honored to represent Maine's current and former military members in Congress and believes that we have a moral obligation to our nation's veterans, whether they've served for a short period of time or are a retiree. She looks forward to hearing from you.

Office of Congresswoman Chellie Pingree - Waterville

1 Silver Street
Waterville, ME 04901
County: Kennebec
207-873-5713
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 Senator Angus King - Augusta

Teague Morris, Veteran Outreach Manager
4 Gabriel Drive, Suite 3
Augusta, ME 04330
County: Kennebec
207-622-8292, 1-800-432-1599
Teague_Morris@king.senate.gov
www.king.senate.gov
www.facebook.com/SenatorAngusSKingJr
twitter.com/SenAngusKing

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 redouble 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 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 undeniably deserve.

Acting 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 Angus King - Bangor

202 Harlow St, Suite 20350
Box 11
Bangor, ME 04401
County: Penobscot
207-945-8000

Office of Senator Angus King - Presque Isle

169 Academy St, Suite A
Presque Isle, ME 04769
County: Aroostook
207-765-5124

Office of Senator Angus King - Scarborough

383 U.S. Route 1
Scarborough, ME 04074
County: Cumberland
207-883-1588
www.king.senate.gov

Office of Senator Susan Collins

Kate Simson, Sara Holmbom Lund, and Rose Hyland
One Canal Plaza, Suite 802
Portland, ME 04101
County: Cumberland
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 great 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 Susan Collins - Augusta

Michelle Michaud and Chuck Mahaleris
68 Sewall Street, Room 507
Augusta, ME 04330
County: Kennebec
207-622-8414
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.



Office of Senator Susan Collins - Bangor

Carol Woodcock, Kelly Cotiaux, Deidre Grant, and Michael Noyes
202 Harlow Street, Room 20100
Bangor, ME 04401
County: Penobscot
207-945-0417
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.

Office of Senator Susan Collins - Biddeford

Alexandria Pelczar
160 Main Street
Biddeford, ME 04005
County: York
207-283-1101
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.

Office of Senator Susan Collins - Caribou

Tricia House and Kathy Finnemore
25 Sweden Street, Suite A
Caribou, ME 04736 County: Aroostook
207-493-7873
www.collins.senate.gov/contact
8:00 a.m. – 5:00 p.m.

Office 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 Winthrop Street
(Mailing Address: 117 State House Station)
Augusta, ME 04333-0117
207-430-6035 (ph)
207-626-4471 (fax)
mainebvs@maine.gov
www.maine.gov/veterans
www.facebook.com/mainevets
Twitter: @MEveterans Instagram: @maineveterans
Field Offices: Bangor, Caribou, Lewiston, Machias, South Portland,
Springvale, Togus VA Campus
Hours of Operation: 7:30 a.m. – 4:00 p.m.

Established in 1947, the 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 committed to 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.

Bangor Field Office

35 State Hospital Drive
Bangor, ME 04401
County: Penobscot
207-941-3005
Bangor.MaineBVS@maine.gov
7:30 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 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.

Caribou Field Office

14 Access Highway, Suite 5
Caribou, ME 04736
County: Aroostook
207-492-1173
Caribou.MaineBVS@maine.gov
7:30 a.m. – 4:00 p.m.

Lewiston Field Office

35 Westminster St.
Lewiston, ME 04240
County: Androscoggin
207-783-5306
Lewiston.MaineBVS@maine.gov
7:30 a.m. – 4:00 p.m.

Machias Field Office

7 Court Street, Suite 2
Machias, ME 04654
County: Washington
207-255-3306
Machias.MaineBVS@maine.gov
7:30 a.m. – 4:00 p.m.

Portland Field Office

151 Jetport Blvd., Room 138W
Portland, ME 04102

County: Cumberland
207-822-2391
Portland.MaineBVS@maine.gov
7:30 a.m. – 4:00 p.m.

Springvale Field Office

634 Main Street
Springvale, ME 04083
County: York
207-324-1839
Springvale.MaineBVS@maine.gov
7:30 a.m. – 4:00 p.m.

Togus Claims Office - Augusta

1 VA Center, Building 248, Room 110
Togus, ME 04330
County: Kennebec
207-623-5732
mailvsome@va.gov
7:30 a.m. – 4:00 p.m.

Medical/Health/VA Facilities

Augusta Veterans' Acupuncture Clinic

Libby Schecher
9 Green St.
Augusta, ME 04347
County: Kennebec
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 a full night's sleep for the first time in years and fewer bad dreams. Other reported benefits include reduction of pain, improved



Maine Veterans' Home—Augusta, ME

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.

Bangor Veterans' Acupuncture Clinic

Marie Arnberg, Tom Jamieson
193 Union Street
Bangor, ME 04401
County: Penobscot
bangorvetsacuclinic@gmail.com
www.bangorvetsacuclinic.org
www.facebook.com/BangorVetsAcuClinic
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.

Brunswick Veterans' Acupuncture Clinic

Practitioners: Alicia Yip & Heather Spangler
62 Pegasus Street, Suite 101
Brunswick, ME 04011
County: Cumberland
207-443-6111
integrativemedicalarts@gmail.com
www.maineima.com/brunswick-veterans-acupuncture-clinic-free.html
www.facebook.com/MaineIMA
Wednesdays 6 p.m. – 7:15 p.m. (Doors open 5:45, please be seated by 6)

Welcoming all veterans, active duty personnel, and their families for Free Weekly Acupuncture. We model our clinic from Acupuncturists Without Border's 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 ear protocol (5 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

Jacob C. Anderson, Administrator
310 Cony Rd.
Augusta, ME 04330
County: Kennebec
207-622-2454



info@MaineVets.org
mainevets.org/locations-2/augusta-2

Maine Veterans' Homes 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
 - 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.

Maine Veterans' Home - Bangor

Greg Urban, Administrator
44 Hogan Rd.
Bangor, ME 04401
County: Penobscot
207-942-2333
info@MaineVets.org
mainevets.org/locations-2/bangor

Our Bangor Home features four separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit, a 40 bed secured long-term care unit for residents with memory loss, 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
- Outpatient Services Available
- Long-Term Care
- Residential Care
- Memory Care
- Respite Care
- Comfort Care

Maine Veterans' Home - Caribou

Melissa Graham, Administrator
163 Van Buren Rd. #2
Caribou, ME 04736
County: Aroostook
207-498-6074

info@MaineVets.org
mainevets.org/locations-2/caribou

Our Caribou Home is located on the campus of Cary Medical Center and features a 40 bed long-term care unit 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

Maine Veterans' Home - Machias

Marcia Jackson, Administrator
32 Veterans Way
Machias, ME 04654
County: Washington
207-255-0162
info@MaineVets.org
mainevets.org/locations-2/machias

Our Machias Home is located on the campus of Downeast Community Hospital, and features a 30 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

Medical Services:

- Memorial Care
- Skilled Rehabilitation
- Speech-Language Therapy
- Occupational Therapy
- Physical Therapy

Maine Veterans' Home - Scarborough

Maureen Carland, Administrator
290 US-1
Scarborough, ME 04074
County: Cumberland
207-883-7184
info@MaineVets.org
mainevets.org/locations-2/scarborough

Our Scarborough Home features 24-hour RN coverage in four separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit, a 40 bed secured unit for residents with memory loss, 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

MVH Scarborough is the 1st in Maine to achieve rare National GOLD Award for Excellence in Quality from the American Health Care Association, and is one of only 34 facilities in the nation to be so recognized since 1997.

Maine Veterans' Home - South Paris

Brad Peck, Administrator
477 High St.
South Paris, ME 04281
County: Oxford
207-743-6300
info@MaineVets.org
mainevets.org/locations-2/south-paris

Our South Paris Home is located in a beautiful mountainous setting of Western Maine. Inside the 90 bed facility which includes a 28-bed residential care unit, you will find 24 hour nursing services in our medical and skilled care units.

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

Togus VA Medical Center

1 VA Center
Augusta, ME 04330
County: Kennebec
207-623-8411
www.maine.va.gov
www.facebook.com/VAMaine

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 (VAMC) 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 VAMC, 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 VA Regional Office which provides various Veteran Services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, among others. The Togus VAMC campus is the site of 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 the from the Togus Hospital, beginning in 2018.

VA Access Point - Bingham

241 Main Street
Bingham, ME 04920
County: Somerset
207-623-8411 x7490 ; 877-421-8263 X 7490
www.maine.va.gov/locations/Mobile_Medical_Unit.asp
Tuesdays and Wednesdays - 7:30 am - 4:00 pm

VA Access Point - Fort Kent

3 Mountain View Drive
Fort Kent, ME 04743
County: Aroostook
207-834-1572
www.maine.va.gov/locations/fort_kent.asp
8:00 a.m. - 4:30 p.m. (Thursdays Only)

VA Access Point - Houlton

Houlton Regional Hospital
20 Hartford Street
Houlton, ME 04730
County: Aroostook
207-623-8411 x7490
877-421-8263 x7490
www.maine.va.gov/locations/houlton.asp
8:00 a.m. - 4:30 p.m. (Wednesdays Only)

VA Community Care and Veterans' Choice Program

Corey Vail
1 VA Center
Augusta, ME 04330
County: Kennebec
207-632-8411 ext. 7222
corey.vail@va.gov

VA Community Care (formerly NVCC) is an outpatient program that provides authorization for eligible veterans to obtain routine, recurring outpatient medical treatment services through non-VA healthcare providers. This short term authorization may be granted when it has been determined by the appropriate clinic that direct VA treatment services are not available or are geographically inaccessible to meet the Veterans' needs.

Within the outpatient program there are several specialized programs which include but are not limited to:

- Community Nursing Homes
- Home Health and Homemaker Services
- Maternity
- Maine Veteran's Homes
- Dental
- ER
- Inpatient
- Ambulance

Community Care (NVCC) inpatient program provides payment authorization for eligible veterans who have been admitted to an outside hospital. Hospitals throughout Maine will call the VA when a veteran is admitted seeking VA payment authorization. In-patient transfers/admissions, processes internal hospital transfers, and discharges to/from



the hospital or nursing home facility or overnight lodging. Depending on the circumstances and the eligibility of the veteran, the VA reserves the position to have the veteran transferred to our facility for further treatment.

VA Community Based Outpatient Clinic - Bangor

35 State Hospital Street
Bangor, ME 04401
County: Penobscot
207-942-2333 or 1-888-684-4665
www.maine.va.gov/locations/bangor.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Calais

50 Union Street
Calais, ME 04619
County: Washington
207-623-8411 x7490 or 877-421-8263 x7490
www.maine.va.gov/locations/calais.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Caribou

163 Van Buren Drive, Ste. 6
Caribou, ME 04736
County: Aroostook
207-623-8411 x7490 or 877-421-8263 x7490
www.maine.va.gov/locations/caribou.asp
7:15 a.m. – 5:00 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Lewiston/Auburn

15 Challenger Drive
Lewiston, ME 04240
County: Androscoggin
207-330-2700 or 877-421-8263 x2700
www.maine.va.gov/locations/lewiston_auburn.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Community Based Outpatient Clinic - Lincoln

99 River Road
Lincoln, ME 04457
County: Penobscot
207-623-8411 x7490 or 877-421-8263 x7490
www.maine.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
207-623-8411 x7490 or 877-421-8263 x7490
www.maine.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.maine.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
207-623-8411 x7490 or 877-421-8263 x7490
www.maine.va.gov/locations/saco.asp
8:00 a.m. – 4:30 p.m. Monday-Friday

VA - Togus Women Veterans' Clinic

Larhonda Harris, BSN, RN, Women Veterans Program Manager
1 VA Center, (170W)
Augusta, ME 04330
County: Kennebec
1-877-421-8263 ext 4017
www.womenshealth.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 Bucksport Road
Ellsworth, ME 04605
County: Hancock
207-664-2424
www.whcacap.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, 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 Chamberlain
23 Blue Star Avenue
Augusta, ME 04330
County: Kennebec
207-430-5824
www.me.ngb.army.mil/contact/sarc.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 Russin, LCSW, C-ASWCM
1 VA Center
Augusta, ME 04330
County: Kennebec
207-623-8411, x4296
Katherine.russin@va.gov

Every VHA 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 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 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

331 Veranda St.
Portland, ME 04101
County: Cumberland
207-828-2402
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
207-283-1441
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 04038
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.

Maine Veterans' Cemetery System

Maine Veterans' Cemetery System

Scott Brown, Superintendent
207-287-3481
Fax: 207-287-3483
mvmcs@maine.gov
www.maine.gov/veterans

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 Springvale and Caribou provide a beautiful resting place for veterans and their family members.

Our two cemeteries in Augusta, Springvale 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 Maine Veterans' 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
mvmcs@maine.gov
www.maine.gov/veterans
7:30 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 interments year-round. Currently, the cemetery is at capacity for casketed burials, so only pre-existing reservations and new niche interments are available.

The cemetery's Garden of Remembrance/MIA 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' Cemetery - Mt. Vernon Road

163 Mt. Vernon Rd.
Augusta, ME 04347
County: Kennebec
207-287-3481
mvmcs@maine.gov
www.maine.gov/veterans
7:30 a.m. – 4:00 p.m. Monday through Friday

Maine 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. 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 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 interments 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.

Southern Maine Veterans' Cemetery

83 Stanley Rd.
Springvale, ME 04083
County: York
207-459-7394
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 casketed burials from November 15th to April 30th.

Southern Maine Veterans' Cemetery provides cremation interments year round, with casketed 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 Pottenger
121 High Street
South Portland, ME 04106
County: Cumberland
marty@artatwork.us
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, UM U/A, 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 books/graphic novels about their battles and successes in dealing with PTS as well as performances for veteran events.

Cole Land Transportation Museum

Jim Neville
405 Perry Road
Bangor, ME 04401
County: Penobscot
207-990-3600
jnevill@colemuseum.org
www.colemuseum.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 - 439 - 3080
kitterymuseum@netzero.net
www.kitterymuseum.com

The Kittery Historical & Naval Museum is private, non-profit, and open to the public on a seasonal basis. We also offer educational and community events at the Museum and around town.

Maine Historical Society

Dan I'ppolito, Communications Manager
489 Congress Street
Portland, ME 04101
County: Cumberland
207-774-1822
info@mainehistory.org
www.mainehistory.org
facebook.com/mainehistory
@mainehistory
10:00 a.m. – 5:00 p.m.

A growing museum, incomparable library and statewide educational resource, Maine Historical Society is located in the heart of Portland's downtown cultural district. Founded in 1822, MHS is the third oldest state historical society in the United States. MHS strives to serve the entire state through its education and outreach programs and through the digital museum, Maine Memory Network. MHS is comprised of the Wadsworth-Longfellow House and Garden, the MHS Museum & Store, the MHS Brown Research Library, and Maine Memory Network.

Maine Historical Society - My Maine Stories

Kate McBrien
489 Congress Street
Portland, ME 04101
County: Cumberland
207-774-1822
info@mainememory.net
www.mainememory.net/mymainestories
www.facebook.com/groups/mainememorynetwork
10:00 a.m. – 5:00 p.m.

My Maine Stories is a participatory storytelling forum that provides an online space for sharing recollections about Maine, or being a Mainer. 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 Military Museum

50 Peary Terrace
South Portland, ME 04106
County: Cumberland
207-650-8651
mainemilitarymuseum.info

The museum is now in its seventh year and will soon double in size to over 12000 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 country. We are not funded by anyone. Our goal is to teach real history of Maine 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.

The Fifth Maine Museum

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

The Fifth Maine Regiment 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 families summered here, enjoying the cooling 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
ghkmdirector@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

159 Union Street
Bangor, ME 04401
207-942-1900
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.

WWII Families for the Return of the Missing

170 Meadow Cross Road
Topsham, ME 04086
207-756-5233
missingpatriot10@gmail.com
www.missingpatriot.com

World War II Families for the Return of the Missing (WWRM) was formed to help families find answers about their lost loved ones from WWII and to bring lost service members 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. United 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@backinthemainstream.org
www.fairpoint.net/~hamma/Pics/BITMS.htm
www.facebook.com/BITMS



Back in the Maine Stream

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
396 Eastern Avenue
Augusta, ME 04330
County: Kennebec
207-998-3569
info@backinthemainstream.org
www.fairpoint.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."

House in the Woods Military & Family Retreat

Deanna & Paul House, Gold Star Family
217 Skunk Hill Rd.
Lee, ME 04455
County: Penobscot
207-738-VETS (8387)
Deanna.House@houseinthewoods.org
Me_Guide@hotmail.com
http://houseinthewoods.org
www.facebook.com/HouseintheWoodsMilitaryFamilyRetreat
twitter.com/HITWVeterans

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 honors the veteran's 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 outdoor veterans programming across the country. This networking allows us to help Maine veterans by offering them additional outdoor opportunities.

Kieve Wavus Veterans Camp

Marge
42 Kieve Rd.
Nobleboro, ME 04348
County: Lincoln
207-549-5719
veterans@kiewewavus.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.

Maine Adaptive Sports - Veterans No Boundaries

Barbara T. Schneider, Executive Director
8 Sundance Lane
Newry, ME 04261
County: Oxford
207-824-2440
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 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.



Maine Adaptive Sports

VA Recreational Therapy

Liz Marrone, CTRS, ATRIC
elizabeth.marrone@va.gov

Courtney Oliver, CTRS
courtney.Oliver@va.gov

Daniel Oliver, RT
daniel.Oliver2@va.gov

1 VA Center
Augusta, ME 04330
County: Kennebec
207-623-8411

Recreation 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, aquatics, horticulture, and creative arts interventions, in addition to intensive 1:1 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 Sabasteanski, OTR/L, Director
15 Farm View Drive
New Gloucester, ME 04260
County: Cumberland
207-310-8694
kristina@pinelandfarms.org
www.pinelandfarms.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 - 9am to 12 noon. Includes xc skiing, snowshoeing, cycling, archery, disc golf, bocchia, pellet rifle shooting, WC Basketball and Tennis. Additionally, we host 1 day events and 3-4 x 4 day camps / year for Nordic / Biathlon, a Turkey Hunt,



Multi-sport camps and other sport specific activities. All of our programming is FREE for Veterans with physical disabilities, TBI, PTS, as well as for Veterans that would like to volunteer.

Morale Welfare Recreation Center at Great Pond

9 Dow Pines Rd.
Great Pond, ME 04408
County: Hancock
207-584-2000
www.facebook.com/GreatPondOAC

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 lakefront 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 skis, ice skates, ice fishing equipment and ice shacks.

One Warrior Won

97A Exchange Street, Suite 301
Portland, ME 04101
207-632-0893
www.onewarriorwon.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
207-672-9200
info@pinegroveprogram.com
www.pinegroveprograms.com
www.facebook.com/Pine-Grove-Program-133083150230233
8 a.m. – 5 p.m.

Since 1976, the founder of this licensed non-profit organization has been providing free fishing, hunting, and other outdoor adventures to all 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.

Pine Grove Programs

PO Box 92
South China, ME 04358-0092
County: Penobscot
207-672-9200
pinegroveprograms@gmail.com
www.pinegroveprograms.org
www.facebook.com/Pine-Grove-Program-133083150230233
Hours of Operation: Office manned on irregular time schedule by volunteer availability

Pine Grove Programs provides free fishing, hunting, and other outdoor adventure trips to all military members and veterans on a regular basis. No disability required, although we are capable of managing any handicap to make your experience with us more fun and comfortable. This is a part-time open, walk-in office only where you may do the following:

- Obtain information about Pine Grove Programs
- Sign up to be a member of the program
- Meet other veterans who are benefiting from Pine Grove Programs

Project Healing Waters

P. O. Box 695
LaPlata, MD 20646
301-830-6450
Toll Free - 866-251-7252
www.projecthealingwaters.org

Project Healing Waters brings a high-quality, full-spectrum fly fishing program to an ever-expanding number of disabled active military service personnel across the Veterans Affairs Healthcare System, in Military Hospitals and the Warrior Transition Command. We focus our resources wherever the need is greatest and expand our partner base in the process. PHWFF has become recognized as an innovative leader and model in the field of therapeutic outdoor recreation for the disabled, through its successful application of the sport of fly fishing as a rehabilitation tool.

Note: Our Programs rely on Fly Fishers International (FFI), Trout Unlimited (TU), and independent fly fishing clubs to conduct our programs at the DOD and VA facilities across the region.

Southern Maine Heroes on the Water

Pete Chart
73 Jordan Ave.
Brunswick, ME 04011
County: Cumberland
207-504-0184
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 adaptive to those with disabilities.

Sportsman's Alliance of Maine

Becky Morrell
205 Church Hill Rd.
Augusta, ME 04330
County: Kennebec
207-623-4589
Becky@sportsmansallianceofmaine.org
www.sportsmansallianceofmaine.org/veterans.html
www.facebook.com/Sportsmans-Alliance-of-Maine-110003532417899
9 a.m. – 4 p.m.

Maine's largest sportsman's organization with 10,000 members, headquartered in Augusta, Maine. SAM Veteran membership is available to all veterans at the standard membership fee.

SAM's Veteran Program opportunities are available to all SAM Veteran members and they include the following:

- Discounts on local businesses throughout the state of Maine
- Invitations to free outdoor activities provided by SAM's Veteran Program
- Opportunities to network and socialize with other Veterans in your area

The Summit Project

Greg Johnson
PO Box 8130
Portland, ME 04101
County: Cumberland
207-602-8626
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 war 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 stones that represents their fallen loved one. Those stones 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.

Travis Mills Retreat

Brandy Mills-Cain, Executive Director, Travis Mills Foundation
89 Water Street
Hallowell, ME 04347
County: Kennebec
207-480-3490
give@travismills.org

The Travis Mills Foundation supports recalibrated veterans and their families through long-term programs that help these heroic men and women overcome physical obstacles, strengthen their families, and provide well-deserved rest and relaxation.

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.

Vets on the Water

P. O. Box 255, Tavernier, FL 33070
305-853-5594 or 305-853-5594
vetsonthewater@gmail.com
<http://vetsonthewater.us>

A program developed with a grant from the National Elks Foundation for Veterans & Active Military dealing with stress, readjustment, injuries, Post Traumatic Stress Syndrome (PTSD), etc.

Wilderness Walk for Warriors

Chris Robinson
8 Reservoir Hill
Houlton, ME 04730
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.

Resource Connector

211 Maine

Nikki Busmanis, 2-1-1 Maine Program Manager
105 Kennedy Memorial Drive
Waterville, ME 04901
County: Kennebec
207-873-0686
info@211maine.org
www.211maine.org

2-1-1 Maine is a free resource providing an easy, confidential way to connect people to information about services and supports 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 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 Ways of Maine, the State of Maine, and The Opportunity Alliance.

Maine Military and Community Network

<https://mainemcn.org>
1-888-365-9287

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 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 pages 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

MidCoast Veterans Resource Center

Read Rich, Director, MCVRC
62 Pegasus Street, Suite 101
Brunswick, ME 04011
County: Cumberland
207-406-4103
director@mid-coastveteranscouncil.org
www.mid-coastveteranscouncil.org
Wednesdays 6pm – 7:15pm (Doors open 5:45, please be seated by 6)

The Mid-Coast Veterans Resource Center have the following services available. Togus VA, VSRs available 1st and 3rd Tuesday of the month, by appointment, to establish or upgrade veterans claims.

Wednesdays 6:00 pm – Acupuncture – Alicia Yip, Therapist
Thursdays- Nancy Laffin, Counselor, Lewiston Vet. Center
Machell Rodabaugh, Counselor, Lewiston Vet Center – available by appointment
Last Wednesday of the month, Wendy Moody, Transition Assistance Advisor
Retired Activities Office (RAO) - Paul Loveless -VSO available Mon – Fri 9:00 a.m. – 1:00 p.m.

Military OneSource

Nathaniel Grace
179 Western Ave
Augusta, ME 04330
County: Kennebec
207-232-8710
nathaniel.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 includes, 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.

Supportive Services for Military and Veteran Families

Airman & Family Readiness Office
Andrew Matlins
101 MAINEiacs Ave., Suite 505
Bangor, ME 04401
County: Penobscot
207-404-7494
usaf.me.101-arw.list.Family-Services@mail.mil
www.facebook.com/Maineiacs-Yellow-Ribbon-154982704541284
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 MeANG 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 - Headquarters

2401 Congress Street
Portland, ME 04102
County: Cumberland
207-874-1192
www.maineredcross.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.

American Red Cross - Aroostook County

7 Hatch Street, Ste #1
Caribou, ME 04736
County: Aroostook
207-493-4620
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 a.m. – 5:00 p.m. Mon-Fri

American Red Cross - Central and MidCoast (Topsham)

16 Community Way
Topsham, ME 04086
County: Sagadahoc
207-844-6095
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 a.m. – 5:00 p.m. 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 a.m. – 5:00 p.m. Mon-Fri

American Red Cross - Northern and Eastern Maine

145 Exchange Street, Ste #1
Bangor, ME 04401
County: Penobscot
207-941-2903
www.maineredcross.org
www.facebook.com/MaineRedCross
9:00 a.m. – 5:00 p.m. Mon-Fri

Army National Guard Family Assistance Center - Augusta

194 Winthrop Street
Augusta ME 04333
County: Kennebec
207-430-5781
Ng.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/family
www.facebook.com/MaineMFAC

The Maine Military Family Assistance Center (FAC) is a team of 5

professionals spread throughout the state to assist service members and families. The FACs operate a toll-free hot-line, 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!

Army National Guard Family Assistance Center - Bangor

300 Hildreth St. North
Bangor, ME 04101
County: Penobscot
207-430-5324
Ng.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/family
www.facebook.com/MaineMFAC

Army National Guard Family Assistance Center - Brunswick

Ordinance Road
Brunswick, ME 04011
County: Cumberland
1-888-365-9287
Ng.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 Sincock Rd.
Caribou, ME 04736
County: Aroostook
1-888-365-9287
Ng.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 04530
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
County: Penobscot
207-404-7387
Mon – Fri, 7:30 – 3:00. No Appointment Required

ID Cards/DEERS - Limestone

27 Arkansas Rd.
Limestone, ME 04751
County: Aroostook
207-328-1116
Mon – Fri, 9:00 – 2:00. Call for Appointment

ID Cards/DEERS - South Portland (Western Ave)

50 Western Ave.
South Portland, ME 04106
County: Cumberland
207-7567853
Tues – Thurs, 8:00 – 11:00, 1:00 – 3:00. Closed Fridays No Appointment Required.

ID Cards/DEERS - South Portland (High Street)

259 High St.
South Portland, ME 04101
County: Cumberland
207-741-5424
Tues – Thurs, 8:00 – 3:00. Appointment only – may call and leave message to schedule appointment.

Military Funeral Honors

Adam Buckley
207-430-6208/6209
adam.c.buckley.ctr@mail.mil

Military Funeral Honors is now an ENTITLEMENT for all honorably discharged Veterans. The rendering of Military Funeral Honors for United States Armed Forces Veterans is a tribute that our Veterans and their families justly deserve and in fact, are now entitled to. It is a way to show our Nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country. Section 578 of the National Defense Authorization Act for fiscal year 2000 requires the Department of Defense to provide, upon request, Military Funeral Honors for eligible Veterans.

Transition Assistance Advisor

Wendy Moody
194 Winthrop Street Building #7
Augusta, ME 04333
County: Kennebec
207-430-5778
Wendy.j.moody2.ctr@mail.mil

www.jointservicesupport.org/ws/default.aspx
6:30 a.m. – 3 p.m. Monday – Friday. Wednesdays are reserved for offsite work.

TAA Mission: To assist members of all branches of services, military retirees, veterans and their family members in understanding the benefits available to them i.e., Veterans Health Administration, Veterans Benefit Administration, Department of Labor, Tricare (Military Health Benefit options), Tricare 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.

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
County: Kennebec
207-624-4195
julie.bragg@maine.gov

Maine Veterans Project

13 Perry Lane
Cherryfield, ME 04622
County: Washington
415-553-0523
www.maineveteransproject.org
www.facebook.com/mvpforme

Maine Veterans Project (MVP) was founded in July 2015 as a Fiscal Agent nonprofit 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 ceiling possible. The most important aspect of MVP is our teamwork mentality, 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 this 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 focusing on 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 Bucksport Road
Ellsworth, ME 04605
County: Hancock/Washington
207-664-2424
aossanna@whcacap.org
www.whcacap.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, 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 Systems

Tammy Gagnon, Assistant Director
24 Houlton Road
Presque Isle, ME 04769
County: Aroostook
Office: 207-764-1290
Bus Information: 207-764-5246
800-442-3320
arts@ne.twcbc.com
www.arostooktransportation.org
Mon - Fri, 6:00 a.m. – 5:00 p.m.

Aroostook Regional Transportation System (ARTS) has provided transportation services within Aroostook County, Patten in Penobscot County, Danforth in Washington County for over 40 years. ARTS provides transportation services from every town into a HUB community (Caribou, Fort Kent, Houlton and Presque Isle) at least one 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 Caribou 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 am to 5:30 pm

The Bath CityBus 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 CityBus runs Monday-Friday from 8am to 5:30pm. 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, to be guaranteed that the bus will pick you up go to 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.

BSOOB/ShuttleBus/ZOOM

13 Pomerleau 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, d/b/a ShuttleBus-Zoom, is the provider of public transportation in the Tri-Town area of Maine, just south of Portland.

The follow 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 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 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'easter 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 04210
County: Androscoggin, Oxford, Franklin
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
Trenton, ME 04605
County: Hancock
207-667-5796
Paul@exploreadia.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.

DTI overview: 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 Bucksport 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. MaineDOT Locally Coordinated Transit Plan - DTI. DTI - 2.

Greater Portland Transit District

Denise Beck, Director of Marketing
114 Valley Street
Portland, ME 04102
County: Cumberland
207-774-0351, ext. 19
Direct: 207-517-3027
dbeck@gpmetrobus.com
www.gpmetrobus.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 wheel chair accessible.

METRO BREEZ 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 (smtracker.com) provides "real time" bus/ferry 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. \$.75 for one-way fare on local service and \$1.50 for METRO BREEZ express service.

Valid ID:

- Seniors - Picture ID with birth date, 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 (SSDI); 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.

ITN Portland - Central Office

Annie Boissevain, Community Outreach Coordinator
1 Westbrook Common, Suite 3
Westbrook, ME 04092
County: Cumberland
207 854-0505
annie.boissevain@itnportland.org
http://itnportland.org
www.facebook.com/meitnportland
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.

KVCAP Transportation Services

Jim Wood, Transportation Development Director
97 Water Street
Waterville, ME 04901
County: Kennebec
1-800-542-8227, 1-207-859-1500
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. Kennebec/Somerset Explorer is a flex-route public bus service with operations throughout the greater Waterville-Augusta area and the Geater Skowhega area. KV Van offers door-to-door para-transit van and volunteer driver services 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.

Lynx-Penquis Transportation

Marcia Larkin
262 Harlow Street
Bangor, ME 04401
County: Penobscot
207-973-3695
mlarkin@penquis.org
www.facebook.com/penquishelpingtodaybuildingtomorrow
8:00 a.m. - 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, volunteering 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.rptrides.org
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 someone qualifies (Income, MaineCare-Broker, ADA, DHHS referral, General Public, etc.) Applications are available by calling our office or download 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 of SPBS
46 O'Neil Street
South Portland, ME 04106
County: Cumberland
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 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 Jetport, 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

Giselle 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 special mode transport (wheelchair van) to Togus 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 Togus. Please also check with the DAV office (x5790) 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 Maillet, Leila Mills, Hospital Service Coordinators
PO Box 3415
Augusta, ME 04330
County: Kennebec
1-877-421-8263, x5790, 207-623-5790
www.davmembersportal.org/me
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.

Waldo CAP

9 Field Street, Suite 201
Belfast, ME 04915
207-338-6809 (phone)
207-338-6812 (fax)
info@waldocap.org
https://waldocap.org

Western Maine Transportation Services

76 Merrow Road
Auburn, ME 04210
County: Androscoggin
207-333-6972 ext. 208
info@westernmainetrans.org
www.wmtsbus.org

- WMTS operates lift-equipped buses providing daytime, weekday, public transportation in Androscoggin, Franklin and Oxford Counties.
- WMTS also operates the lift-equipped Brunswick Explorer and Lisbon Connection daytime, weekday and Lewiston-Auburn citylink daytime, 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

York County Community Action Corp.

Robert Currie, Transportation Director
P.O. Box 72
Sanford, ME 04073
County: York
207-459-2930



robert.currie@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 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 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.

Veteran Service/Community Service Organizations

American Legion Department of Maine

Paul L. Heureux, Adjutant
5 Verti Drive
Winslow, ME 04901
County: Kennebec
207-873-3229
legionme@mainelegion.org
paul@mainelegion.org
www.mainelegion.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
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.

Combat Veterans Motorcycle Association Maine Chapter 17-1

Paul Witten
County: Cumberland
combatvetsmaine@gmail.com
www.cvma17-1.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 500cc 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.

Combat Veterans Motorcycle Association Maine Chapter 17-3

Bill Linnell
bill_linnell@hotmail.com
www.cvmamaine17-3.com/about
www.facebook.com/groups/1159973920686280

Daughters of the American Revolution

Carolyn Kelley
207-861-2724
kathy.normandin@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 the local level 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

VA Medical Center
Togus, ME 04330
County: Kennebec
(207) 623-5725
deptmainedav@gmail.com
www.davmembersportal.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, their families and survivors.

Honor Flight Maine

Laurie Sidelinger, 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 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.

Korean War Veterans Association

Sheila Fritts, Membership Administrative Assistant
PO Box 407
Charleston, IL 61920-0407
Ph: (217) 345-4414
membership@kwva.us
www.kwva.us



Honor Flight

Maine Elks

David Hassen
hassen6545@aol.com
http://maineelks.org/programs/veterans

Maine Elks Association was instituted in 1928. The Maine Elks 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.

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.

Maine Infantry Foundation

Found on Facebook @MaineInfantryFoundation

Maine Troop Greeters & Museum

c/o Cathy Czarneci, Treasurer
Bangor International Airport
287 Godfrey BLVD. Box 6
Bangor, ME 04401
www.flybangor.com/troop-greeters

Welcome to the official website of The Maine Troop Greeters & Museum of Bangor, Maine. We are a non-profit group of veterans and men and women supporting our armed forces serving overseas by greeting troops who arrive at Bangor International Airport. Day or night, rain or shine, it is our commitment to welcome each troop home from war and give a proper send off to each of the young men and women heading overseas. We accomplish this by being here to offer free cell phones to call a loved one, a snack to keep them going, and handshakes to let them know we care. Since we began greeting flights in May of 2003, the Maine Troop Greeters & Museum have greeted over 7,417 flights with more than 1,499,277 service members and 403 military dogs. And it is our pledge that as long as there are U.S. Armed Forces serving overseas we will be here to greet them.

Maine Veterans of Foreign Wars

Cornelius J. Ware Jr, Maine Department Service Officer
PO BOX 3311, Togus VA Center
Augusta, ME 04330
207-623-5732 (phone) and 207-626-4732 (fax)
County: Kennebec
cornelius.ware@va.gov
Mainevfw.org

The Department of Maine, Veterans of Foreign Wars of the United States was established in 1921. Our first Department Commander was Edward E. Philbrook who served from 1921-1922. The Veterans of Foreign Wars of the United States traces its roots back to 1899 when veterans of the Spanish-American War (1898) and the Philippine Insurrection (1899-1902) founded local organizations to secure rights and benefits for their service. Many arrived home wounded or sick. There was no medical care



or veterans' pension for them, and they were left to care for themselves. In their misery, some of these veterans banded together and formed organizations with what would become known as the Veterans of Foreign Wars of the United States.

Maine Wood Carvers Association - Eagle Cane Project

Herb Blake
546 Mayall Road
New Gloucester, ME 04260
County: Cumberland
207-808-9361
hblake12@maine.rr.com
<http://mainewoodcarvers.com/eagle-cane-project>

The Eagle Cane 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 Peavey Manufacturing in Eddington, Maine, Maine Woodturners members turn the tenons and adaptors. Finally the carver assembles the cane, adds the hand-carved eagle head, attaches replicas of the requested medals and ribbons, adds the personalization and applies a finish. Whenever possible, canes are presented in person, accompanied by a certificate of appreciation listing names of all the individuals who helped in creating the cane.

Marine Corps League

Wayne Caron
Adjutant Pay Master
Cyr Plantation, ME 04785
County: Aroostook
207-834-2419
wacar01@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 04116
County: Cumberland
www.moasouthernmaine.org
www.moaa.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 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.

Military Order of the Purple Heart

Anthony Webster
Building 248, Room 205k
Togus, ME 04330
County: Kennebec
207-239-8111
evo3782000@yahoo.com

Chartered by Congress in 1958, The Military Order of the Purple Heart is composed of military men and women who received the Purple Heart Medal for wounds suffered in combat. Although our membership is restricted to the combat wounded, we support all veterans and their families with a myriad of nation-wide programs by Chapters and National Service Officers.

Northern Maine Veterans Memorial Cemetery Corporation

Harry Hafford
37 Lombard Rd.
Caribou, ME 04736
County: Aroostook
207-492-0577

May 1 to November 15, 7:30 AM to 4:00 PM, Monday through Friday.
Open on weekends.

NMVCC is a 501(c)3 non profit organization made up of an all volunteer group of veteran advocates. We are charged with the beautification and enhancement of Maine Veterans Cemetery-Caribou. For eligible veterans & spouses plots are furnished, headstones are furnished, interment is furnished and perpetual care of the cemetery is furnished all free of charge. We also do four ceremonies yearly to honor and remember veterans, Memorial Day, POW/MIA Day, Veterans Day and we do a Flag raising Day just prior to Memorial Day at our Avenue of Flags to honor deceased veterans.

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 Edgecomb, Business Development Manager
136 Center Street
PO Box 433
Old Town, ME 04468
County: Penobscot
207-817-5530
MESCPatriotGuard.org
www.patriotguard.org
www.facebook.com/groups/117989004878280

The Patriot Guard Riders is a diverse amalgamation of riders from across the nation. We have one thing in common besides motorcycles. We have an unwavering respect for those who risk their very lives for America's freedom and security including Fallen Military Heroes, First Responders and honorably discharged Veterans. If you share this respect, please join us.

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 is not a requirement that you be a veteran. It doesn't matter where you're from or what your income is; you don't even have to ride. The only prerequisite is Respect.

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.

Patriot Riders of America - Maine Chapter One

PO Box 1259
Sanford, ME 04073
County: York
info@patriotridersofme1.com
www.patriotridersme1.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 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 website.

Patriot Riders of America - Maine Chapter Two

179 Park Row
Brunswick, ME 04011
County: Cumberland
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 services and signed to risk, if not lose their lives for our country, and should not have to struggle to survive.

Patriot Riders of America - Maine Chapter Three

PO Box 544
Pittsfield, ME 04967
County: Somerset
info@proa-me3.org
www.proa-me3.org
www.facebook.com/groups/PatriotRidersofAmericaMaineChapter3

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 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.

National League of POW-MIA Families

5673 Columbia Pike
Suite 100
Falls Church, VA 22041
703-465-7432
<https://www.pow-miafamilies.org>

The National League of Families of American Prisoners and Missing in Southeast Asia was incorporated in the District of Columbia on May 28, 1970. Voting membership is comprised of wives, children, parents, siblings and other close blood and legal relatives of Americans who were or are listed as Prisoners of War (POW), Missing in Action (MIA), Killed in Action/Body not Recovered (KIA/BNR) and returned American Vietnam War POWs. Associate membership is comprised of veterans, other concerned citizens and extended family member POW/MIA and KIA/BNR relatives who do not meet voting membership requirements.

Rolling Thunder Maine

Tim and Cindy DeCosta
27 Beach Road
Windham, ME 04062
County: Cumberland
207-892-5333
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.

Southern Maine Veterans Cemetery Association

83 Stanley Rd.
Springvale, ME 04083
County: York
207-459-7394
robert.macdougall@maine.gov
www.southernmaineveteranscemetery.org/wpress
GATE OPEN: Sunday – Saturday (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 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.

Student Veterans of America

235 Luther Bonney Hall
Portland, ME 04104
County: Cumberland
(207) 228-8534
camden.eg@maine.edu
studentveterans.org
www.facebook.com/huskyvets



Student Veterans of America

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 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 LoSacco, Chapter Captain
Portland, ME 04101
County: Cumberland
Mark.LoSacco@teamrwb.org
www.teamrwb.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 Braverman, Region I Administrator (New England)
County: Cumberland
310-640-8787 x112
braverman@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



Team Red, White & Blue

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
Biddeford, ME 04005
County: York
207-494-9287
cwomaine@metrocast.net
www.vva1044maine.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.

Wreaths Across America

4 Point St.
Columbia Falls, ME 04623
County: Washington
207-470-0967
info@wreathscrossamerica.org
www.wreathscrossamerica.org
www.facebook.com/WAAHQ
Monday through Friday, 9 a.m. – 4 p.m.

Wreaths Across America™ is a national nonprofit organization founded in 2007 to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. Wreaths Across America's mission — Remember, Honor, Teach — is carried out in part by coordinating wreath-laying ceremonies at Arlington, as well as at veterans' cemeteries and other locations in all 50 states and beyond. Since its founding, the organization has expanded to include more than 1,500 local fundraising groups in all 50 states, representing nearly 1,300 participating locations, along with our nation's cemetery at Arlington. Every year since 2008, Congress proclaims a Saturday in December as National Wreaths Across America Day. This year, it will be held on Saturday, Dec. 16, 2017.

In 2011, Wreaths Across America opened a 2,000 square-foot museum at its Maine headquarters to showcase the hundreds (now thousands) of items donated to the organization over the years. These include personal photos, awards, uniforms, helmets and other military memorabilia. All donations help to provide insight and tell the greater story of the experiences of U.S. military personnel. Overall, the Museum serves to document Wreaths Across America's history and dedication to remembering those who gave their lives while serving their country, honoring those who serve and teaching the value of freedom to the next generation. It is free and open to the public year round.

Northern Maine Veterans Cemetery Corporation

Harry C. Hafford, Chair NMVCC
37 Lombard Rd.
Caribou, ME 04736
207-492-0577
May 1 to November 15, 7:30 a.m. – 4:00 p.m., Monday through Friday.
Open on weekends

NMVCC is a 501(c)3 non profit organization made up of an all volunteer group of veteran advocates. We are charged with the beautification and enhancement of Maine Veterans Cemetery-Caribou. For eligible veterans & spouses plots are furnished, headstones are furnished, interment is furnished and perpetual care of the cemetery is furnished all free of charge. We also do four ceremonies yearly to honor and remember veterans, Memorial Day, POW/MIA Day, Veterans Day and we do a Flag raising Day just prior to Memorial Day at our Avenue of Flags to honor deceased veterans.

Veteran Resources - By County

Androscoggin County

Lewiston Vet Center

Scott Hutcherson, Vet Center Director
35 Westminster St.
Lewiston, ME 04240
207-783-0068
8:30AM - 5:00PM

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 whom 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 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

Health Affiliates Maine - Auburn

Luanne Rhoades, LCPC, LADC, CCS
306 Rodman Rd.
Auburn, ME 04210



877-888-4304
 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.

Tri-County Mental Health Services

Jerry DeWitt
 1155 Lisbon Street
 Post Office Box 2008
 Lewiston, ME 04240
 207-783-9141
 jdewitt@tcmhs.org
 www.tcmhs.org
 www.facebook.com/tcmhs

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's is available to work with you.

Bates College

Margaret Lamoreaux
 2 Andrews Road
 Lewiston, ME 04240
 207-786-6255
 mlamore@bates.edu
 www.bates.edu

Since its founding in 1855 by Maine abolitionists, Bates College has welcomed men and women from diverse racial, ethnic, religious and economic backgrounds.

A private, highly selective, residential college devoted to undergraduate study in the liberal arts, Bates has always stood firmly for the ideals of academic rigor, intellectual curiosity, egalitarianism, social justice and freedom. Bates is recognized for its inclusive social character and progressive tradition, and is rightly celebrated as one of the first U.S. institutions of higher learning to admit women and people of color.

All activities, resources, and facilities have always been open to all members of the Bates community. Bates does not believe in — and has never allowed on campus and will never allow — organizations

such as fraternities or sororities that exclude people.

Bates values the diversity of persons and perspectives, supporting this commitment through official college statements and policies.

Central Maine Community College

John Bowie
 1250 Turner St.
 Auburn, ME 04210
 207-755-5328
 finaid@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 Ruggelo, Business Development Manager
 207-523-9528
 cruggelo@purdueglobal.edu
 www.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 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 and fee waivers for military students
- Participation in the Yellow Ribbon Program
- Military-friendly change of orders withdrawal policy
- Acceptance of military credits earned through DANES/CLEP exams
- Advisors specially trained to assist with military and VA benefits

New England School of Metalwork

7 Albiston Way
 Auburn, ME 04210
 207-777-3375
 dglaser@newenglandsschoolofmetalwork.com
 www.newenglandsschoolofmetalwork.com
 Metalsmithing 8:00 a.m. – 5 p.m.
 Welding days, 7:30 a.m. – 3:30 p.m. and 6:00 p.m.-9:00 p.m. evening

The New England School of Metalwork was established in 2000 as a nonprofit educational facility to promote and strengthen Blacksmithing, Bladesmithing 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
 207.805.8000
 inquiry@ntinow.edu
 www.ntinow.edu
 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.

University of Southern Maine - Lewiston

Lorrie Spaulding, Veterans Services Coordinator
 35 Westminster St.
 Lewiston, ME 04240
 207-780-5232
 lorraine.spaulding@maine.edu
 usm.maine.edu/veterans
 www.facebook.com/VeteransServicesUSM

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.

Elder Abuse Task Force - Safe Voices

Kelley Glidden
 P.O. 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.

Legal Services for the Elderly

Jill K. Randall, Helpline & Medicare Advocacy Services Director
 8 Falcon Road
 Lewiston, ME 04240
 1-800-750-5353 (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 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 affording prescription drugs."

Seniors Plus

Holly Zielinski, Director of Community Services
 8 Falcon Road
 Lewiston, ME 04240
 1-800-427-1241
 207-795-4010
 www.seniorsplus.org
 www.facebook.com/seniorsplus
 Appointment only

Established in 1972, SeniorsPlus 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 501c3 organization supported in part by funds from the Maine Department of Health and Human Services, grants and contributions. Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve. Our veteran services also include the Veterans Independence Program (VIP) which helps qualified veterans remain independent and self-sufficient in their homes and community. 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 meet the veteran's needs.

Bonney Staffing Center - Auburn

Danielle M. Napolitano, Staffing Supervisor
 155 Center St.
 Auburn, ME 04210
 207-783-1416
 www.bonnestaffing.com
 www.facebook.com/bonnestaffing

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 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. - Lewiston

Liz Rogers
415 Lisbon Street, Suite 4 - LAEGC
Lewiston, ME 04240
207-241-5592
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 Department of Labor CareerCenter (Lewiston)

5 Mollison Way
Lewiston, ME 04240
207-753-9001
lewiston.careercenter@maine.gov
www.mainejobcenter.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/> 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.

Maine Small Business Development Centers (Auburn)

125 Manley Road
Auburn, ME 04210
207-783-9186
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

US Department of Labor - Veteran Employment and Training Services

Debbie J. Kelly, State Director
5 Mollison Way
Lewiston, ME 04240
207-753-9089
kelly.debbie.j@dol.gov
www.dol.gov/vets

The U.S. Department of Labor, Veterans' Employment and Training Service (VETS) serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. Preparation for meaningful careers is achieved through the Employment Workshop within the Transition Assistance Program. Employment resources and expertise is provided through our grant programs; Jobs for Veterans State Grant (JVSG) and Homeless Veterans Reintegration Program (HVRP). In Maine, JVSG is administered through the Maine Department of Labor, funding Disabled Veterans Outreach Program (DVOP) Specialists and Local Veteran Employment Representatives in CareerCenter statewide. HVRP grantees compete annually. VETS enforces the protection of employment rights under the Uniformed Services Employment and Reemployment Rights Act (USERRA) and Veteran's Preference in Federal Employment.

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. – 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.

Veterans, Inc.

393 Main St.
Lewiston, ME 04240
800-482-2565
veteransinc.org
www.facebook.com/veteransinc?ref=ts
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.

Maine Fallen Heroes Foundation

P.O. Box #226
Auburn, ME 04212
207-229-0229
info@mainefallenheroes.org
www.mainefallenheroes.org
www.facebook.com/mainefallenheroesfoundation
24/7

We honor our fallen by supporting their families. The goal of the Maine Fallen Heroes Foundation is to provide the families of our fallen military heroes with financial assistance in time of need. We supply financial help by helping family members with a car payment, rent, wood, mortgages, heating oil, gasoline, and food. We also hand out (3) \$1,000 college scholarships per year to family members of our fallen. We have also recently created a college trust fund for Gold Star Kids. 100% of all donations collected benefit the families of our fallen military heroes. God Bless you for your support!

Pine Tree Legal Assistance - Lewiston

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 Veterans Housing Services or the VA 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 Preble Street provider for a referral for services!

Congressman Jared Golden - Lewiston

P.O. Box 7108
124 Lisbon Street
Lewiston, ME 04240
207-228-1872
<https://jaredgoldenforcongress.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 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 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.

Maine Bureau of Veterans' Services (Lewiston)

35 Westminster St.
Lewiston, ME 04240
207-783-5306
Lewiston.MaineBVS@maine.gov
8:00a.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 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.



VA Community Based Outpatient Clinic - Lewiston/Auburn

15 Challenger Drive
Lewiston, ME 04240
207-330-2700 Or 877-421-8263 X 2700
www.maine.va.gov/locations/lewiston_auburn.asp
8:00am - 4:30pm 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 VAMC, 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.

Maine Military and Community Network - Lewiston/Auburn Area

1155 Lisbon Street
Lewiston, ME 04240
207-576-0376
jdewitt@tcmhs.org
https://mainemcn.org/regional-groups/lewistonauburn-mmcn

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 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. #25
Lewiston, ME 04240
www.maineredcross.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 04210
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.

Western Maine Transportation Services

76 Merrow Road
Auburn, ME 04210
(207) 333-6972 ext. 208
info@westernmainetrans.org
www.wmtsbus.org

- WMTS operates lift-equipped buses providing daytime, weekday, public transportation in Androscoggin, Franklin and Oxford Counties.
- WMTS also operates the lift-equipped Brunswick Explorer and Lisbon Connection daytime, weekday and Lewiston-Auburn citylink daytime, 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 04201
207-560-3705
solutions@militarytalentsource.com
www.militarytalentsource.com
www.facebook.com/MilitaryTalentSource

UMA Lewiston Site

51 Westminster Street
Lewiston, ME 04240
(207) 753-6600
uma.edu/lewiston

Aroostook County

Caribou Vet Center

Alexander Leger-Kelley, LCSW, CCS
456 York Street
Caribou, ME 04736
207-496-3900
Alexander.Leger-Kelley@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. Eligibilities include veterans whom 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 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

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.umpi.edu/admissions/how-to-apply/#veteran
www.facebook.com/umpiowls
www.facebook.com/UMPIVETSCLUB/?ref=aymt_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

Ketra Crosson, OTR/L, Independent Living Specialist
66 Spruce Street
Presque Isle, ME 04769
800-640-7200
www.alphaonenow.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 HomeRetro. We work with farmers, loggers, and individuals in the fishing industry through the AgrAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our S. Portland location).

Aroostook Agency on Aging

1 Edgemont Drive, Suite 2
Presque Isle, ME 04769
207-764-3396
information@aroostookaging.org
www.aroostookaging.org
www.facebook.com/AroostookAreaAgencyonAging
8:00 a.m. – 4:30 p.m.

We work with the VA Medical and Benefits Center in Togus 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 on and assistance with public benefits; family caregiver training, support, and counsel - especially for those caring for someone with memory decline, plus much more.

Legal Services for the Elderly

Jill K. Randall, Helpline & Medicare Advocacy Services Director
1 Edgemont Drive
Presque Isle, ME 04769
1-800-750-5353 (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 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 affording 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 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 Department of Labor CareerCenter (Presque Isle)

66 Spruce Street, Suite 1
Presque Isle, ME 04769
207-760-6300
presqueisle.careercenter@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 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.

Maine Small Business Development Centers (Caribou)

11 West Presque Isle Road
Caribou, ME 04736
207-493-5765
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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

115 Main St #3
Bangor, ME 04401
877-377-5709
vhs@preblestreet.org
www.facebook.com/PrebleStreet
8:00a.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.

United Veterans of Maine, Inc.

John Deveau, President
358 Washburn Road
Caribou, ME 04736
207-492-2190
www.unitedveteransofmaine.org
www.facebook.com/uvm207

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 re-housing 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

207-400-3229
veterans@ptla.org

PTLA's Veterans Legal Services team (located in Augusta) is able to help veterans who have been referred from Preble Street Veterans Housing Services or the VA 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 Preble Street provider for a referral for services!

Office of Senator Angus King - Presque Isle

169 Academy St, Suite A
Presque Isle, ME 04769
207-765-5124

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 redouble 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 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 undeniably deserve.

Acting 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 - Caribou

Tricia House and Kathy Finnemore
25 Sweden Street, Suite A
Caribou, ME 04736
207-493-7873
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 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 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.

Maine Bureau of Veterans' Services - Caribou

14 Access Highway, Suite 5
Caribou, ME 04736
207-492-1173
Caribou.MaineBVS@maine.gov
8:00a.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 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.

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 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.

Maine Veterans' Home - Caribou

Melissa Graham, Administrator
163 Van Buren Rd. #2
Caribou, ME 04736
207-498-6074
info@MaineVets.org <https://mainevets.org/locations-2/caribou>

Maine Veterans' Homes 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
- 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 Access Point - Fort Kent

3 Mountain View Drive
Fort Kent, ME 04743
207-834-1572
www.maine.va.gov/locations/fort_kent.asp
8:00 a.m. – 4:30 p.m. (Thursdays Only)

VA Access Point - Houlton

Houlton Regional Hospital
20 Hartford Street
Houlton, ME 04730
207-623-8411 X 7490
877-421-8263 X 7490
www.maine.va.gov/locations/houlton.asp
8:00 a.m. – 4:30 p.m. (Wednesdays Only)



VA Community Based Outpatient Clinic - Caribou

163 Van Buren Drive, Ste. 6
Caribou, ME 04736
207-623-8411 X 7490
877-421-8263 X 7490
www.maine.va.gov/locations/caribou.asp
7:15 a.m. – 5:00 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 VAMC, 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.

Wilderness Walk for Warriors

Chris Robinson
8 Reservoir Hill
Houlton, ME 04730

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.

American Red Cross - Aroostook County

7 Hatch Street, Ste. #1
Caribou, ME 04736
207-493-4620
www.maineredcross.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.

Aroostook County Maine Military and Community Network

Houlton Higher Education Center (meeting location)
18 Military Street
Houlton, ME 04730
and

Cary Medical Center (meeting location)
163 Van Buren Road
Caribou, ME 04736

Leaders: Jean Henderson, University of Maine; John DeVeau, United Veterans of Maine
https://mainemcn.org/regional-groups/aroostook-county-mmcn-houlton
Jean.henderson@maine.edu
207-521-3100, x3103

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 MMCN 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

120 Sincok Rd.
Caribou, ME 04736
1-888-365-9287
Ng.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/family
www.facebook.com/MaineMFAC

The Maine Military Family Assistance Center (FAC) is a team of 5 professionals spread throughout the state to assist service members and families. The FACs operate 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!

ID Cards/DEERS - Limestone

27 Arkansas Rd.
Limestone, ME 04751
207-328-1116
Mon – Fri, 9:00 a.m. – 2:00 p.m. Call for Appointment

Aroostook Transportation Systems

Tammy Gagnon, Assistant Director
24 Houlton Road
Presque Isle, ME 04769
Office: 207-764-1290
Bus Information: 207-764-5246
800-442-3320
arts@ne.twcbc.com
www.aroostooktransportation.org
Mon - Fri, 6:00 a.m. – 5:00 p.m.

UMA Houlton Center

18 Military Street
Houlton, ME 04730
(207) 521-3100
uma.edu/Houlton

Cumberland County

Portland Vet Center

Clifford Trott, PhD, MPH, Director
475 Stevens Ave.
Portland, ME 04103
207-780-3584
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. Eligibilities include veterans whom 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 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

Health Affiliates Maine - Portland

Luanne Rhoades, LCPC, LADC, CCS
62 Elm St.
Portland, ME 04101
877-888-4304
info@healthaffiliatemaine.com
www.healthaffiliatesmaine.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.

Operation Veteran Wellness

Rob Foley
P.O. Box 524
Westbrook, ME 04098
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 "Servant 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
- Equine Join Up
- Yoga
- Training & Paid Mental Health Job Opportunities

Riding to The Top

Sarah Bronson, Executive Director
14 Lilac Dr.
Windham, ME 04062
207-892-2813
info@ridingtothetop.org
www.ridingtothetop.org

Riding To The Top's Therapeutic Horsemanship Program (THP) for Veterans is tailored to meet individual veterans' needs and interests. Sessions may include ground work, horsemanship skills and riding or carriage driving activities designed to foster trust, hope and purpose. Individual and group opportunities are available.



Embrace A Vet

Deborah Farnham
Post Office Box 516
Topsham, ME 04086
207-449-9149
info@embraceavet.org
www.embraceavet.org
www.facebook.com/EmbraceAVet

Embrace 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:

- **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 Lnes

Hagen Blaszyk, President
P.O. Box 8823
Portland, ME 04104
855-597-6835
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's 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



Pets for Vets

oversight; outcome studies and a positive group dynamic essential to kick start the healing process.

Pets for Vets

Stephanie Daggett
118 Caleb Street
Portland, ME 04102
207-415-8423
portland-me@petsforvets.com
http://www.petsforvets.com/portland-me
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 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
www.facebook.com/AcademyofMedicalProfessions
MWF 11 a.m. – 8 p.m. and T/TH 9:30 a.m. – 6:30 p.m.

We are a licensed and bonded Vocational Medical Training School. Our job is provide training programs in a short time (10-20 weeks) that are lucrative and rewarding. Our programs are all-inclusive, no extra out of pocket expenses. We are GI Bill, MYCAA And DOL approved. 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.

Birthwise Midwifery School

Elizabeth McKinnon
24 South High Street
Bridgton, ME 04009
207-647-5968
http://birthwisemidwifery.edu
8:30 a.m. – 5:00 p.m.

Bowdoin College

Martina M. Duncan '97, Registrar
Brunswick, ME 04011
207-725-3797
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 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.

Dale Carnegie Maine

Dan Collins Operations Manager
465 Congress St. Suite 600
Portland, ME 04101
603-303-5731
dan.collins@dalecarnegie.com

Founded in 1912, Dale Carnegie Training has evolved from one man's belief in the power of self-improvement to a performance-based training company with offices worldwide. We focus on giving 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 Ruggelo, Business Development Manager
207-523-9528
cruggelo@purdueglobal.edu
www.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 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 and fee waivers 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. Dennison, Certifying Official
522 Congress St.
Portland, ME 04101
207-775-3052
adennison@meca.edu
www.meca.edu
8:00 a.m. – 4:00 p.m.

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 for 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 is a massage therapy school offering a comprehensive ten and twelve month professional-level, career-oriented 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
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.



Southern Maine Community College

Amy Lainoff
2 Fort Road
South Portland, ME 04106
207-741-5926
alainoff@smcme.edu
www.smcme.edu/admissions-aid/veterans
www.facebook.com/smcme

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 Tibbetts 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 affordable, flexible undergraduate and graduate degree and certificate programs in traditional face-to-face classrooms and online. The center offers one-on-one support from faculty and student success advocates, remote dedicated military advisors, computer labs, personalized service and attention in a close-knit educational community. SNHU has remote career advisors who specialize in helping students who are veterans transition back to civilian life.

Spa Tech Institute

Angela Paradis, Admissions
100 Larrabee Rd.
Westbrook, ME 04092
207-591-4141
www.spatech.edu
www.facebook.com/WestbrookSpaTech

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 injury 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 you work 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
www.sjcme.edu

Founded in 1912 by the Sisters of Mercy in Portland, Maine, Saint Joseph's College is Maine's Catholic liberal arts college. The 474-acre campus, located on the shore of Sebago Lake in Standish, Maine offers more than 40 undergraduate programs and a Division III athletic program to a population of approximately 1,000 on-campus students. Saint Joseph's College provides certificates and undergraduate and advanced degrees for thousands more working adults who reside throughout the United States and in more than 20 other countries through an online learning program.

We are proud to honor those who serve and protect our nation. Saint Joseph's College has been a pioneer in distance education since the 1970s and proudly served as one of the first colleges selected by the Army and the Navy to provide online learning courses. You will find that the flexibility of our fully accredited programs and our generous prior college credit transfer policy makes it a great choice for both active duty military, spouses, and veterans. Our goal is to make your transition to college as seamless as possible, and we will accept generous credit for prior learning and military schooling and experience. Whatever education plan you choose, we can help you earn your degree or certificate at your convenience, and on your schedule. We offer a wide variety of interesting courses, all taught by experienced, well-qualified, and caring faculty. In addition, our academic advisors treat every student as an individual, and not just a number.

University of Southern Maine

Lorrie Spaulding
235 Luther Bonney Hall
Portland, ME 04110
207-780-5232
lorraine.spaulding@maine.edu
http://usm.maine.edu/veterans
www.facebook.com/VeteransServicesUSM

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 04104
207-780-4826

lorraine.spaulding@maine.edu
http://usm.maine.edu/veterans
www.facebook.com/VeteransServicesUSM

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

Deirdre M. Smith
59 Exeter Street
(Mailing Address: 246 Deering 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.

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.

University of New England - Portland

Ms. Shawn M. Plante, Enrollment Specialist, Certifying Official for VA Benefits
716 Stevens Avenue
Hersey Hall Rm. 119
Portland, ME 04103
207-221-4246
splante@une.edu
www.une.edu/registrar/veteran-benefits
www.facebook.com/universityofnewengland
https://twitter.com/unetweetshttps://www.instagram.com/thisisune

The University of New England is Maine's largest private university, an innovative educational community with two distinctive coastal Maine campuses, a vibrant new campus in Tangier, Morocco 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. The University of New England (UNE) is strongly committed to supporting men and women who have served our nation through military service. UNE serves veterans, service members and their families and is a proud participant in the Yellow Ribbon Program.

Veterans Upward Bound

Aaron Dombroski
102 Bedford Street
Portland, ME 04101
aaron.dombroski@maine.edu
https://usm.maine.edu/trioprograms/veterans-upward-bound

The USM 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, VUB advising, preparation for college entrance exams, information on federal student financial aid programs, as well as coaching 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.

Alpha One - South Portland

Ketra Crosson, OTR/L, Independent Living Specialist
127 Main Street
South Portland, ME 04106
800-640-7200
www.alphaonenow.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 7, Part B Grant, and HomeRetro. We work with farmers, loggers, and individuals in the fishing industry through the AgrAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our S. Portland location).

Disability Rights Maine-Deaf Services

68 Bishop St, Suite 3
Portland, ME 04103
800.639.3884 (V/TTY)
207.797.7656 (V/TTY)
207.766.7111 (VP)
deafservices@drme.org
www.drme.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 barriers to using 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, iPads and more) to assist with distance communication.**

Independent Transportation Network

1 Westbrook Common, Suite 3
Westbrook, ME 04092
207-854-0505
annie.boissevain@itnportland.org
<http://itnportland.org>
www.facebook.com/meitnportland
8:00 a.m. – 4:30 p.m. 7 days a week

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.

Legacy Corps - Spectrum Generations

Katie Carlson, ADRC Manager
35 Union Street
Brunswick, ME 04011
207.620.1656
elabua@spectrumgenerations.org
www.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.

Legal Services for the Elderly

Jill K. Randall
Helpline & Medicare Advocacy Services Director
136 US Route 1
Scarborough, ME 04074
1-800-750-5353 (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 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 affording prescription drugs.

Southern Maine Agency on Aging

136 U.S. Route One
Scarborough, ME 04074
207-396-6521
1-800-427-7411
sgold@smaaa.org
www.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, 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 or volunteerism. No matter the reason for your interest, be assured SMAA has the expertise to help find the answers you need.

Vet to Vet

Susan D. Gold, Coordinator of Volunteers and the Vet to Vet Project
136 U.S. Route One
Scarborough, ME 04074
207-396-6521
sgold@smaaa.org
www.smaaa.org/veterans.html
7:30 a.m. – 5 p.m., M-F

Vet to Vet recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each recruit passes a background check, provides three references, and goes through a nine-hour training session. Once processed, each volunteer is matched to a veteran with similar interests, life stories, and experiences—all help seal the bond between the two veterans. The volunteer visits in the veteran’s home at least twice a month, providing companionship and friendship and helping the veteran access VA and other available benefits and services.

Volunteers attend a bimonthly case review in which they discuss their experiences with their veterans, share tips, make referrals, and resolve problems, as well as bond with the other volunteers.

Bonney Staffing Center - Windam

Danielle M Napolitano, Staffing Supervisor
940 Roosevelt Trail
Windham, ME 04062
207-892-2286
www.bonneystaffing.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, 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 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.

Boots to Roots

Jen Fullmer
428 Fore Street, 3rd Fl.
Portland, ME 04101
207-329-5077
boots2roots@boots2roots.org
www.boots2roots.org
www.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 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. - Brunswick

Liz Rogers
30 Federal Street
Brunswick, ME 04011
207-504-5900
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 all people, especially those with low incomes, to reach their full potential.

Coastal Enterprises Inc. - Portland

Liz Rogers
2 Portland Fish Pier, Suite 201
Portland, ME 04101
207-772-5365
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 all people, especially those with low incomes, to reach their full potential.

Goodwill Industries Northern New England

Kelly Osborn, Executive Director-Workforce Services
75 Washington Avenue, Suite 300
Portland, ME 04101
County: Cumberland
207.774.6323
kelly.osborn@goodwillnne.org
www.goodwillnne.org
www.facebook.com/goodwillnne

Goodwill’s Workforce Services works with individuals, like you, looking 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.



Maine Department of Labor CareerCenter (Brunswick)

L.L. Bean Learning Center
29 Sewall Street
Brunswick, ME 04011
207-721-8200
brunswick.careercenter@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/tr/> 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.ions

Maine Department of Labor CareerCenter (Portland)

151 Jetport Blvd.
Portland, ME 04102
207-822-3300
portland.careercenter@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/tr/> 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.

Maine Small Business Development Centers (Brunswick)

30 Federal Street
Brunswick, ME 04011
207-504-5886
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

Maine Small Business Development Centers (Portland)

55 Exeter St.,
PO Box 9300
Portland, ME 04014
207-780-4949
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

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

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://www.sba.gov/content/veteran-service-disabled-veteran-owned> or <https://www.sba.gov/sites/default/files/files/veteransbackbus.pdf>.

Community Housing of Maine

One City Center, 4th Floor
Portland, ME 04101
207-879-0347
sarah@chomhousing.org
www.CHOMhousing.org
www.facebook.com/CHOMhousing
@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 disadvantaged 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 Presumpscot 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 Referral Line listed above; our dedicated staff would be honored to serve you!

Furniture Friends

Jenn Micado, Executive Director
P.O. Box 631
Westbrook, 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 Polyot-Stefani, BA, LSW, MHRT/C
Vocational Rehabilitation Counselor II
P.O.Box 1895
Portland, ME 04104
207-632-9842
Mhva2017@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, 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 i)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) if a homeless veteran is 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
mainebvs@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 of 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. Any Mainer who has served in the military is eligible to be served by the MHVAC.



Preble Street Veterans Housing Services

38 Preble Street
Portland, ME 04101
877-377-5709
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
207-245-3352
SOlson@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' 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://thomasheights.avestahousing.org>.

Goodwill Industries Northern New England Veterans Fund

Beth Cradock
75 Washington Avenue, Suite 300
Portland, ME 04101
207-774-6323
Elizabeth.cradock@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 stateside 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
207-772-9000

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 Stout
75 Pearl Street, Suite 470
Portland, ME 04101
207-482-3832
stout@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 Lear CFP, Military and Family Life Program -
Personal Financial Counselor
Bangor, ME
County: Penobscot
571-469-1659
PFC2.ME.NG@Zeiders.com
8:00a.m-5:00p.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 utilization and long term financial planning to include retirement planning.

Pine Tree Legal Assistance - Portland

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 Veterans Housing Services or the VA 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 Preble Street provider for a referral for services!

Seth Levy Law

Seth Levy
P.O. Box 31
Brunswick, ME 04011
207-319-4431
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 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
59 Exeter Street
Portland, ME 04102
207-780-4370
clac.info@maine.edu
<http://mainelaw.maine.edu/public-service/clac>
8:00am to 5:00pm

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.

Office of Congresswoman Chellie Pingree - Portland

2 Portland Fish Pier, Suite 304
Portland, ME 04101
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

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.

Congresswoman Pingree is honored to represent Maine's current and former military members in Congress and believes that we have a moral obligation to our nation's veterans, whether they've served for a short period of time or are a retiree. She looks forward to hearing from you.

Office of Senator Angus King - Scarborough

One Canal Plaza, Suite 802
Scarborough, ME 04074
207-883-1588
<https://www.collins.senate.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 redouble 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 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 undeniably deserve.

Acting 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 - Portland

Kate Simson, Sara Holmbom Lund, and Rose Hyland
One Canal Plaza, Suite 802
Portland, ME 04101
207-780-3575
<https://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 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.



Maine Bureau of Veterans' Services - South Portland

151 Jetport Blvd.
Portland, ME 04102
207-822-2391
Portland.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

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.

Brunswick Veterans' Acupuncture Clinic Practitioners

Alicia Yip & Heather Spangler
62 Pegasus Street, Suite 101
Brunswick, ME 04011
207-443-6111
integrativemedicalarts@gmail.com
www.maineima.com/brunswick-veterans-acupuncture-clinic-free.html
www.facebook.com/MaineIMA
Wednesdays 6 p.m. – 7:15 p.m. (Doors open 5:45, please be seated by 6:00)

Welcoming all veterans, active duty personnel, and their families for Free Weekly Acupuncture. We model our clinic from Acupuncturists Without Border's 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 ear protocol (5 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 - Scarborough

Maureen Carland, Administrator
290 US-1
Scarborough, ME 04074
207-883-7184
info@MaineVets.org
https://mainevets.org/locations-2/scarborough

Maine Veterans' Homes 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
- 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
207-623-8411 x 7490 or 877-421-8263 x 7490
www.maine.va.gov/locations/portland.asp
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 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 VAMC, 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.

Martin's Point Health Care System - Brunswick/Bowdoin

6 Farley Rd.
Brunswick, ME 04011
207-725-8079
info@martinspoint.org
www.martinspoint.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 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 - 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

153 US Route 1
Scarborough, ME 04070
207-799-8596
info@martinspoint.org
www.martinspoint.org
8:30 a.m. – 4:30 p.m.

Martin's Point Health Care System - Portland

331 Veranda St.
Portland, ME 04101
207-828-2402
info@martinspoint.org
www.martinspoint.org
8:30 a.m. – 4:30 p.m.

All the Way Home - Veteran Story Exchange

Marty Pottenger
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, UM L/A, 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 books/graphic novels about their battles and successes in dealing with PTS as well as performances for veteran events.

Maine Historical Society

Dan I'ppolito, Communications Manager
489 Congress Street
Portland, ME 04101
207-774-1822

info@mainehistory.org
www.mainehistory.org
facebook.com/mainehistory
@mainehistory
10:00 a.m. – 5:00 p.m.

My Maine Stories is a participatory storytelling forum that provides an online space for sharing recollections about Maine, or being a Mainer. 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.net
www.mainememory.net/mymainestories
www.facebook.com/groups/mainememorynetwork
10:00 a.m. – 5:00 p.m.

Maine Military Museum

50 Peary Terrace
South Portland, ME 04106
207-650-8651
mainemilitarymuseum.info

The museum is now in its seventh year and will soon double in size to over 12000 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 country. We are not funded by anyone. Our goal is to teach real history to Maines 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
207-998-3569
info@backinthemainestream.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 honors the veteran's 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 outdoor veterans programming across the country. This networking allows us to help Maine veterans by offering them additional outdoor opportunities.

VAST Program

Kristina Sabasteanski, OTR/L, Director
15 Farm View Drive
New Gloucester, ME 04260
207-310-8694
kristina@pinelandfarms.org
www.pinelandfarms.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 - 9am to 12 noon. Includes xc skiing, snowshoeing, cycling, archery, disc golf, bocchia, pellet rifle shooting, WC Basketball and Tennis. Additionally, we host 1 day events and 3-4 x 4 day camps / year for Nordic / Biathlon, a Turkey Hunt, Multi-sport camps and other sport specific activities. All of our programming is FREE for Veterans with physical disabilities, TBI, PTS, as well as for Veterans that would like to volunteer.

Southern Maine Heroes on the Water

Pete Chart
73 Jordan Ave.
Brunswick, ME 04011
207-504-0184
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 ecoterapy. 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 adaptive to those with disabilities.

The Summit Project

Greg Johnson
PO Box 8130
Portland, ME 04101
207-602-8626
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 war 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 stones that represents their fallen loved one. Those stones 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)
Luther Bonney Hall, Room 237
96 Falmouth Street
Portland, ME 04101
Leaders: **Camden Ege, Lorrie Spaulding, University of Southern Maine**
https://mainemcn.org/regional-groups/greater-portland-mmcn/
camden.ege@maine.edu
207-228-8534

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 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
207-874-1192
www.maineredcross.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.

Army National Guard Family Assistance Center - Brunswick

Ordinance Road
Brunswick, ME 04011
1-888-365-9287
Ng.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/family
www.facebook.com/MaineMFAC

The Maine Military Family Assistance Center (FAC) is a team of 5 professionals spread throughout the state to assist service members and families. The FACs operate 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!

ID Cards/DEERS - South Portland (Western Ave)

50 Western Ave.
South Portland, ME 04106
207-756-7853
Tues – Thurs: 8:00 – 11:00, 1:00 – 3:00
Closed Fridays
No Appointment Required

ID Cards/DEERS - South Portland (High Street)

259 High St.
South Portland, ME 04101
207-741-5424
Tues – Thurs: 8:00 – 3:00
Appointment only – may call and leave message to schedule appointment.

Greater Portland Transit District

Denise Beck, Director of Marketing
114 Valley Street
Portland, ME 04102
207-774-0351, ext. 19
Direct: 207-517-3027
dbeck@gpmetrobus.com
www.gpmetrobus.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 wheel chair accessible.

METRO BREEZ 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 (smtracker.com) provides "real time" bus/ferry 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 \$1.50 for METRO BREEZ express service.

- 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 (SSDI); 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.

ITN Portland- Central Office

Annie Boissevain, Community Outreach Coordinator
1 Westbrook Common, Suite 3
Westbrook, ME 04092
207 854-0505
annie.boissevain@itnportland.org
http://itnportland.org
www.facebook.com/meitnportland
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, x1, x0
bhutchinson@rtprides.org
www.rtprides.org
Mon-Fri, 5:30 am-5:00 pm

RTP has provided transportation for the residents of Cumberland County for over 40 years. Ride times based on how someone qualifies (Income, MaineCare-Broker, ADA, DHHS referral, General Public, etc.) Applications are available by calling our office or download 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
46 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 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 Jetport, 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.

Combat Veterans Motorcycle Association Maine Chapter 17-1

Paul Witten
combatvetsmaine@gmail.com
https://www.cvma17-1.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 500cc 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

Laurie Sidelinger, Board Chairperson
P.O. Box 1770
Portland, ME 04104
207-370-1770
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 Cane Project

Herb Blake
546 Mayall Road
New Gloucester, ME 04260
207-808-9361
hblake12@maine.rr.com
http://mainewoodcarvers.com/eagle-cane-project

The Eagle Cane 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 Peavey Manufacturing in Eddington, Maine, Maine Woodturners members turn the tenons and adaptors. Finally the carver assembles the cane, adds the hand-carved eagle head, attaches replicas of the requested medals and ribbons, adds the personalization and applies a finish. Whenever 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 04116
www.moaa.southernmaine.org
www.moaa.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 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 04011
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 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 visiting our Facebook page.

Rolling Thunder Maine

Tim and Cindy DeCosta
27 Beach Road
Windham, ME 04062
207-892-5333
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 Luther Bonney 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 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 LoSacco, Chapter Captain
Portland, ME 04101
Mark.LoSacco@teamrwb.org
www.teamrwb.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 Braverman, Region I Administrator (New England):
310-640-8787 x112
braverman@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/brunswick

Franklin County

Tri-County Mental Health Services

144 High St.
Farmington, ME 04938
207-778-3556

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,



Honor Flight Maine



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's is available to work with you.

University of Maine at Farmington

Susan Enman, Administrative Specialist & School Certifying Official
224 Main Street
Farmington, ME 04938
207-778-7243
enman@maine.edu or
registrar@umf.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

Seniors Plus

Holly Zielinski
Director of Community Services
218 Fairbanks Road
Farmington, ME 04983
1-800-427-1241
www.seniorsplus.org
www.facebook.com/seniorsplus
Appointment only

Established in 1972, SeniorsPlus 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 501c3 organization supported in part by funds from the Maine Department of Health and Human Services, grants and contributions. Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve. Our veteran services also include the Veterans Independence Program (VIP) which helps qualified veterans remain independent and self-sufficient in their homes and community. 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 meet the veteran's needs.

Coastal Enterprises, Inc. - Farmington The Women's Business Center at CEI: Rural Maine

Liz Rogers
165 Front Street
Farmington, ME 04938
207-778-6529
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 all people, especially those with low incomes, to reach their full potential.

Maine AgrAbility

Lani Carlson, Project Coordinator
138 Pleasant Street, Suite #1
Farmington, ME 04938
207-944-1533
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.

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. – 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 Department of Labor CareerCenter (Wilton)

865 U.S. Route 2E
Wilton, ME 04294-6649
207-645-5800
wilton.careercenter.maine.gov
www.maine-careercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Hancock County

College of the Atlantic

Judy Allen
105 Eden Street
Bar Harbor, ME 04660
800-528-0025
inquiry@coa.edu
www.coa.edu/admissions
www.facebook.com/collegeoftheatlantic
8:00 a.m. – 4:00 p.m.

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 field work 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 stations, and is known for its close-knit community of students and faculty; more than 20% of the student body is international, coming from over 40 countries.

Maine Maritime Academy

Laura Nason
1 Pleasant St.
Castine, ME 04420
207-326-4311
www.mma.edu
7:30 a.m. – 4:00 p.m.

Maine Maritime Academy welcomes all veterans—active and reserve—their spouses, and dependents that are looking for a career in the maritime industry. Transitioning from military life to an academic career 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-Moulton, the certifying official, and other staff are available to assist with using VA benefits at Maine Maritime Academy.

Friendship Cottage Adult Day Service Program

Anne N. Ossanna, LSW
207-374-5612
aossanna@whcacap.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.

Coastal Enterprises, Inc. - Ellsworth Maine SBDC Branch Office

Liz Rogers
210 Maine 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
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.



Washington Hancock Community Agency

248 Bucksport Road
Ellsworth, ME 04605
207-664-2424
www.whcacap.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, 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.

Morale Welfare Recreation Center at Great Pond

9 Dow Pines Rd.
Great Pond, ME 04408
207-584-2000
www.facebook.com/GreatPondOAC

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 lakefront 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 skis, ice skates, ice fishing equipment and ice shacks.



Morale Welfare Recreation Center at Great Pond

Maine Military and Community Network - Hancock County

Tara Young
140 State Street
Ellsworth, ME 04605
207-667-7171
tara@healthycadia.org
https://mainemcn.org/regional-groups/hancock-county-mmcn

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 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 pages for more information).

Downeast Transportation

Paul Murphy
117 Gateway Center Drive
Trenton, ME 04605
207-667-5796
Paul@exploreadia.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 Bucksport 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

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

Kennebec County

Health Affiliates Maine - Augusta

Luanne Rhoades, LCPC, LADC, CCS
85 Stone St.
Augusta, ME 04330
877-888-4304
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.

Kennebec Behavioral Health

Dennis Dix
Director, Access Center
66 Stone St.
Augusta, ME 04330
207-873-2136
ddix@kbhmaine.org
www.kbhmaine.org
Our group meets monthly, on the third Thursday of every month from 1:00 – 2:00 PM - Kennebec Behavioral Health Video Conference Rooms.

The Somerset County MMCN's mission is to network within the community and throughout the state to identify available resources. It will be our focus to actively find ways to connect these resources with service members, veterans, and their families. We bring awareness to our community regarding the challenges they are facing and we work to bridge the gaps between existing services and those that are still needed. Our goal is continued growth of our Somerset membership and we invite members of our community to join our network.

Maine Army National Guard Psychological Health Program

Carla Mowatt, LCSW
194 Winthrop St.
Augusta, ME 04333
207-430-5976
carla.j.mowatt.ctr@mail.mil
6:30am - 4:30pm, 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 psychosocial assessment, diagnosis, short-term problem resolution, crisis intervention and management, and provision of or referral to evidenced-based interventions.

Recreation Therapy

Liz Marrone, CTRS, ATRIC
1 VA Dr.
Augusta, ME 04333
207-623-8411
Elizabeth.Marrone@va.gov

Recreation 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 embraces a definition of "health" which includes not only the absence of "illness", 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. Recreational Therapy 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. Weaving the concept of healthy living into treatment will ensure improved functioning, enhanced independence and successful involvement in all aspects of life. Recreation Therapy (RT) Services at VA Maine Healthcare offers a variety of adaptive sports, senior sports, aquatics, horticulture, and creative arts interventions, in addition to intensive 1:1 and small group programs for our Veteran population.

Capilo Institute

Sabrina Coco, Office Administrator/SCO
43 Bridge Street
Augusta, ME 04330
207-621-9941
www.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 assists veterans and their family members to become successful professionals dedicated to providing the highest quality of hair care and services to their future clientele.

Colby College

Jill A. Pierce, Associate Director of New Student Aid
4000 Mayflower Hill
Waterville, ME 04901
207-859-4807
japierce@colby.edu
www.colby.edu



Helping Hands Trade School

Kim Crawley
410 China Road
Winslow, ME 04901
207-872-9075
helpinghands@gwi.net
www.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.

Purdue University Global

Colleen Ruggelo, Business Development Manager
207-523-9528
cruggelo@purdueglobal.edu
www.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 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 and fee waivers 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 Conservation Corps.

Maine Conservation Corps

Sara Knowles, Program Coordinator
54 Independence Drive
Augusta, ME 04333
207-624-6085
corps.conservation@maine.gov
www.maine.gov/dacf/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
Vasselboro, ME 04989
207-877-8000
www.maine.gov/dps/mcja/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 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 G.I. Bill and the staff at the Academy work to assist our veterans in transitioning to the law enforcement and corrections professions.

Maine State Approving Agency for Veterans Education

194 Winthrop Street
Mailing Address 117 State House Station
Augusta, ME 04333-0117
207-582-2100
robert.haley@maine.edu
www.msaa.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

Kelsey Bragdon, Assistant Registrar and School Certifying Official
180 West River Road
Waterville, ME 04901
207-859-1423
regast@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 ConAP, 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 at Augusta

46 University Drive
Augusta, ME 04330
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 Center's on both the Augusta and Bangor campus.

Legal Services for the Elderly

Jill K. Randall, Helpline & Medicare Advocacy Services Director
5 Wabon Street
Augusta, ME 04330
1-800-750-5353 (Legal Helpline)
1-877-774-7772 (Medicare Part D Unit)
JRandall@mainelse.org
www.mainelse.org
9 a.m. – 12p.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 affording prescription drugs.

Long-Term Care Ombudsman

61 Winthrop Street
Augusta, ME 04333
207-621-1079
mltcop@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 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.

Spectrum Generations

One Weston Court
Augusta, ME 04330
207-622-9212
spectrum@spectrumgenerations.org
www.spectrumgenerations.org
www.facebook.com/SpectrumGenerations
twitter.com/spectrumgen

Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745

Cohen Community Center
22 Town Farm Road
Hallowell, ME 04347
207-626-7777

Spectrum Generations, the Central Maine Area Agency on Aging and 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.



VA - Geriatrics and Extended Care Services

Togus VA Hospital
1 VA Center
Augusta, ME 04330
207-623-8411 ext.4453
www.maine.va.gov/services/geriatrics.asp

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 Thibeau, RN, Home Health Coordinator (x5677) or Leah Whitten, RN (x3534)
- Provides skilled home health care for veterans returning home from inpatient care at a VA hospital
- Homemaker Home Health Aid Program (H/HHA) 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 Snedeker, Director, HBPC (x4665)
- Outpatient program that coordinates in-home care for veterans including nursing, case management, nutrition, and OT/PT. Other specialized care and services may be available, depending on the needs of the veteran.
- Community Adult Day Health Care (CADHC) – Jason Maddocks, (x5479)
- Provides veterans with socialization and care at a licensed CADHC facility, while also providing respite for live-in caregivers. Some programs are specific to veterans with dementia.
- Geriatric Outpatient Clinic – Vicki Lizotte, RN, (x5450)
- Clinic operates 5 days per week, providing initial evaluations, care management, and specialized services, based on need.
- Medical Foster Home (MFH) Program – Morgan Delattre (x4665)
- Provides nursing home care to veterans in their private homes. MFH partners with HBPC 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 Jolicoeur, LCSW, Social Worker (x5380)
- 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 (CLCs) – CLCs & Short-Term Rehab: Jodi Hardwick, Social Worker, (x5511); Inpatient Hospice and Palliative Care: Deb O'Neill, RN, Palliative Care Coordinator, (x5663)
- VA Maine has four CLCs, offering a variety 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/or long-term nursing home care at VA expense. 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.
- 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 help defray costs 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 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.

Bonney Staffing Center - Augusta

Danielle M Napolitano, Staffing Supervisor
12 Shuman Ave.
Augusta, ME 04330
207-621-1100
www.bonneystaffing.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, 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 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

FAME Office
Liz Rogers
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 envisions a world in which communities 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
54 State House Station
Augusta, ME 04333
207-624-5156
MaineHireAVet.DOL@maine.gov
www.mainejobcenter.com/hireavet.shtml
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 also assist you in translating military skills, language, culture, assimilation and retention.

Maine Department of Labor CareerCenter (MDOL Home Office/Augusta)

Auta Main, Veterans' Program Manager
45 Commerce Dr.
Augusta, ME 04333
207-624-5120
augusta.careercenter@maine.gov
www.mainejobcenter.com
www.mainejobcenter.com/hireavet.shtml
www.maine.gov/labor
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 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 (Augusta)

5 Community Drive
Augusta, ME 04333
207-620-3521
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.



National Guard Employment Support Program

Joe Tatem, PSS
194 Winthrop Street
Augusta, ME 04330
609-220-8485
joseph.v.tatem@mail.mil
www.jointservicesupport.org/ESP

The NGESP is a DOD/NGB program which provides employment support/opportunities/options to Maine National Guard Commanders, Uniformed Service Members, their families, and veterans throughout the state. Maine's ESP utilizes a close working relationship with the Maine Department of Labor, Maine Bureau of Veterans' Services, MENG organic Deployment Cycle Support Programs, Family Support Groups, Unit briefings, face-to-face employer contact, and availability/engagement with The Adjutant General and Senior Staffs to provide its support. Employment support services include: resume build/review, employer referral, employer info-briefings, Unit briefings, career opportunity and job announcements, and training referrals. The ESP Program Support Specialist is based at Camp Keyes and supports the entire state.

Small Business Administration - District Office

William S. Card, Economic Development Specialist
68 Sewall Street, Room 512
Augusta, ME 04330
207-622-8555
William.Card@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://www.sba.gov/content/veteran-service-disabled-veteran-owned> or <https://www.sba.gov/sites/default/files/files/veternsbackbus.pdf>.

VA Vocational Rehabilitation and Employment

1 VA Center
Augusta, ME 04330
207-626-4826
www.benefits.va.gov/togus
www.facebook.com/VRE-Togus-Official
8:30 a.m. – 4:00 p.m.

The VR&E program assists veterans with service-connected disabilities prepare for, obtain, and maintain suitable employment, and/or live as independently as possible. A Vocational Rehabilitation Counselor (VRC) will work with the veteran to determine if an employment handicap exists. An employment handicap exists if the service-connected disability impairs the ability to obtain and maintain employment.

You can apply for services online at www.ebenefits.va.gov through the

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 mail or fax: <http://www.vba.va.gov/pubs/forms/VBA-28-1900-ARE.pdf>. You can also pick up an application at the Togus Regional Office.

Betsy Ann Ross House of Hope

Martha Everatt StPierre, Executive Director
PO Box 5661
Augusta, ME 04330
207-798-9280
martha@betsyannrosshouseofhope.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 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, aiding with legal issues, and getting our female veterans financially stable.

Bread of Life Ministries

157 Water Street
Augusta, ME 04330
207-626-3434
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, 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.

Maine Elks

David Hassen
Augusta, ME 04330
<http://maineelks.org/programs/veterans>

Maine Elks Association was instituted in 1928. The Maine Elks 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.

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
- VAVS
- Veterans Leather
- Welcome Home
- Stand-Down meals
- VA2K
- Maine Children's Cancer Program
- Homeless Veterans support

Mid-Maine Homeless Shelter

Tanya Fossett
19 Colby Street
Waterville, ME 04901
207-872-8082
Tanya@shelterme.org
www.shelterme.org

The Mid-Maine Homeless Shelter is an emergency shelter for single adults and families. The MMHS 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 supportive 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
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.

VA Homeless Services

Arwen Agee
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:

- Grant and Per Diem Transitional Housing- Veterans Career House in Biddeford, Huot House in Saco, 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, x2892
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 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 VASH (Veteran 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 \$3,500 for down payment and closing costs. <http://mainehousing.org/programs-services/homebuyer/saluteme>
- Homeless Veterans Networking Group: <http://www.mainehousing.org/news/mainehousing-calendar/2017/05/19/default-calendar/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



- **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/homelessdetail/emergency-shelter-and-housing-assistance-program>.

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
207-624-8527
david.m.leach@maine.gov
www.credit.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, 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 free guides to Mainers on the following topics: Mortgages, auto buying and financing, student loans, credit cards, elder financial protection, debt collection rights, high rate/high fee 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
800-452-1948 (V/TTY)
207-626-2774 (V/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 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 Norbert
5 Community Drive
Augusta, ME 04332
207-620-3510
cemmons@famemaine.com
www.FAMEmaine.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.

Kennebec County Sheriff's Incarcerated Veterans' Initiative

Sheriff Ken Mason and/or Jess Quinn, Programs Coordinator
115 State St.
Augusta, ME 04330
207-623-2270
jlquinn@kennebecso.com
www.kennebecso.com
www.facebook.com/Kennebec-County-Sheriff's-Office
8:00 a.m. – 4 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 accommodate the needs of the citizens we serve. The Sheriff's Office's law enforcement component responds to calls for service 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 housing 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. MacArthur, Director, Lawyer Referral Service
PO Box 788
Augusta, ME 04332-0788
207-622-7523
rmacarthur@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 has been a program of the Maine State Bar Association since 1972, and is recognized by the American Bar Association for its standards. If you think you have a legal problem, and are not currently represented by an

attorney, this is a convenient way to get matched to the right lawyer. The referral fee is only \$25, and includes up to ½ 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 Veterans Housing Services or the VA 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 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 systems 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.

Or, if you or a family member/friend 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 Orr or Ziggy Lawrence
9 Green Street, Suite 3A
Waterville, ME 04903
207-480-0438 / 207-592-3077
www.veteranmentorsofmaine.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 Veteran'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.

Veteran Treatment Court / Maine Pre-Trial Services

Elizabeth Simoni
9 Green Street
Augusta, ME 04330
207-831-6849
Elizabeth.simoni@mainepretrial.org
www.maineptla.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 work in Portland in 1974. Since then, it incorporated 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 (NAPSA) 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
<https://pingree.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.

Congresswoman Pingree is honored to represent Maine's current and former military members in Congress and believes that we have a moral obligation to our nation's veterans, whether they've served for a short period of time or are a retiree. She looks forward to hearing from you.

Office of Senator Angus King - Augusta

Teague Morris, Veteran Outreach Manager
4 Gabriel Drive, Suite 3
Augusta, ME 04330
207-622-8292, 1-800-432-1599
Teague_Morris@king.senate.gov
www.king.senate.gov
www.facebook.com/SenatorAngusSKingJr
twitter.com/SenAngusKing



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 redouble 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 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 undeniably deserve.

Acting 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 - Augusta

Michelle Michaud and Chuck Mahaleris
68 Sewall Street, Room 507
Augusta, ME 04330
207-622-8414
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 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.

Maine Bureau of Veterans' Services - Augusta

David A. Richmond, Acting Director
117 State House Station
Augusta, ME 04333
207-430-6035
david.a.richmond@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 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.

Togus Claims Office - Augusta

1 VA Center, Building 248, Room 110
Togus, ME 04330
207-623-5732
mailvsome@va.gov
8:00 a.m. – 4:00 p.m.

Established in 1947, the 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 committed to 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
7:30 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 inurnments year-round. Currently, the cemetery is at capacity for casketed burials, so only pre-existing reservations and new niche inurnments are available.

The cemetery's Garden of Remembrance/MIA 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
7:30 a.m. – 4:00 p.m., Monday through Friday
Front Gate is open on weekends (unless weather conditions require closure)

Maine 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. 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 Veterans Memorial Cemetery Association host events, in addition to providing beautification enhancements such as trees and granite benches.

Augusta Veterans' Acupuncture Clinic

Libby Schecher
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 a full night's 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 Cony Rd.
Augusta, ME 04330
207-622-2454
info@MaineVets.org
<https://mainevets.org/locations-2/augusta-2>

Maine Veterans' Homes 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.



Togus VA Medical Center

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 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

1 VA Center
Augusta, ME 04330
207-623-8411
www.maine.va.gov
www.facebook.com/VAMaine

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 (VAMC) 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 VAMC, 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 VA Regional Office which provides various Veteran Services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, among others. The Togus VAMC campus is the site of 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 the from the Togus Hospital, beginning in 2018.

VA Community Care and Veterans' Choice Program

Corey Vail
1 VA Center
Augusta, ME 04330
207-632-8411 ext. 7222
corey.vail@va.gov

VA Community Care (formerly NVCC) is an outpatient program that provides authorization for eligible veterans to obtain routine, recurring outpatient medical treatment services through non-VA healthcare providers. This short term authorization may be granted when it has been determined by the appropriate clinic that direct VA treatment services are not available or are geographically inaccessible to meet the Veterans' needs.

Within the outpatient program there are several specialized programs which include but are not limited to:

- Community Nursing Homes
- Home Health and Homemaker Services



- Maternity
- Maine Veteran's Homes
- Dental
- ER
- Inpatient
- Ambulance

Community Care (NVCC) inpatient program provides payment authorization for eligible veterans who have been admitted to an outside hospital. Hospitals throughout Maine will call the VA when a veteran is admitted seeking VA payment authorization. In-patient transfers/admissions, processes internal hospital transfers, and discharges to/from the hospital or nursing home facility or overnight lodging. Depending on the circumstances and the eligibility of the veteran, the VA reserves the position to have the veteran transferred to our facility for further treatment.

VA - Togus Women Veterans' Clinic

Larhonda Harris, BSN, RN, Women Veterans Program Manager
1 VA Center, (170W)
Augusta, ME 04330
1-877-421-8263 ext 4017
www.womenshealth.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.

Maine Army National Guard - Sexual Assault Response Coordinator

194 Winthrop Street
Augusta, ME 04333
207-430-5824
www.me.ngb.army.mil/contact/sarc.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 Russin, LCSW, C-ASWCM
1 VA Center
Augusta, ME 04330
207-623-8411, x4296
Katherine.russin@va.gov

Every VHA 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 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 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.

Back in the Maine Stream - Augusta

Marc Bilodeau, Founder
396 Eastern Avenue
Augusta, ME 04330
207-998-3569
info@backinthemainestream.org
www.fairpoint.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".

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
www.facebook.com/Sportsmans-Alliance-of-Maine-110003532417899
9:00 a.m. – 4:00 p.m.

Maine's largest sportsman's organization with 10,000 members, headquartered in Augusta, Maine. SAM Veteran membership is available to all veterans at the standard membership fee.

SAM's Veteran Program opportunities are available to all SAM Veteran members and they include the following:

- Discounts on local businesses throughout the state of Maine
- Invitations to free outdoor activities provided by SAM's Veteran Program
- Opportunities to network and socialize with other Veterans in your area

Travis Mills Retreat

Brandy Cain
89 Water Street
Hallowell, MWE 04347
207-480-3490
give@travismills.org

The Travis Mills Foundation supports recalibrated veterans and their families through long-term programs that help these heroic men and women overcome physical obstacles, strengthen their families, and provide well-deserved rest and relaxation.

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 04901
207-873-0686
info@211maine.org
www.211maine.org

2-1-1 Maine is a free resource providing an easy, confidential way to connect people to information about services and supports 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 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 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)
Hill House Conference Room
125 State Street
Augusta, ME 04333
Leaders: Sheriff Ken Mason, Jess Quinn
Kennebec County Sheriff's Office
https://mainemcn.org/regional-groups/kennebec-county-mmcn-augusta
jquinn@kennebecco.com
207-623-2270, x1319

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

Nathaniel Grace
179 Western Ave.
Augusta, ME 04330
207-232-8710
Nathaniel.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 includes, 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
Ng.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/family
www.facebook.com/MaineMFAC

The Maine Military Family Assistance Center (FAC) is a team of 5 professionals spread throughout the state to assist service members and families. The FACs operate 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!



Army National Guard Survivor Outreach Services - Augusta

Michelle Ouellette, Support Coordinator
194 Winthrop Street, Building #7
Augusta, ME 04333
207-430-5959 (ph)
207-332-6804 (cell)
michelle.louellette2.ctr@mail.mil
www.sos.army.mil
www.facebook.com/Maine-Survivor-Outreach-Services SOS-359014316508
8:00 am – 4:30 pm

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 for as long as you need it. Survivor Outreach Services is 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 Statuses.

ID Cards/DEERS - Augusta

194 Winthrop Street
Augusta, ME 04333
207-430-5914
Mon – Fri, 7:00 a.m. – 3:00 p.m. 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 04530
207-442-2773
Mon – Wed, 7:30 – 11:00
Thursday, 12:00 – 3:00. Closed Friday.

Transition Assistance Advisor

Wendy Moody
194 Winthrop Street Building #7
Augusta, ME 04333
County: Kennebec
207-430-5778
Wendy.j.moody2.ctr@mail.mil
www.jointservicesupport.org/ws/default.aspx
6:30 am – 3pm, Monday – Friday. Wednesdays are reserved for offsite work.

TAA Mission: To assist members of all branches of services, military retirees,

veterans and their family members in understanding the benefits available to them i.e., Veterans Health Administration, Veterans Benefit Administration, Department of Labor, Tricare(Military Health Benefit options), Tricare 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
207-623-5725
deptmainedav@gmail.com
www.davmembersportal.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, their families and survivors.

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

KVCAP Transportation Services

Jim Wood, Transportation Development Director
97 Water Street
Waterville, ME 04901
1-800-542-8227, 859-1500
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. Kennebec/Somerst Explorer is a flex-route public bus service with operations throughout the greater Waterville-Augusta area and the Geater Skowhega area. KV Van offers door-to-door para-transit van and volunteer driver services 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 Services

Giselle White, Mobility Manager
One VA Center
Augusta, ME 04330
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 special mode transport (wheelchair van) to Togus 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 Togus. Please also check with the DAV office (x5790) 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 Maillet, Leila Mills, Hospital Service Coordinators
PO Box 3415
Augusta, ME 04330
County: Kennebec
1-877-421-8263, x5790, 207-623-5790
www.davmembersportal.org/me
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 Verti Drive
Winslow, ME 04901
207-873-3229
legionme@mainelegion.org
paul@mainelegion.org
www.mainelegion.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.

Disabled American Veterans

VA Medical Center
Togus, ME 04330
207-623-5725
deptmainedav@gmail.com
www.davmembersportal.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, their families and survivors.

Military Order of the Purple Heart

Anthony Webster
Building 248
Room 205k
Togus, ME 04330
207-239-8111
evo3782000@yahoo.com

Chartered by Congress in 1958, The Military Order of the Purple Heart is composed of military men and women who received the Purple Heart Medal for wounds suffered in combat. Although our membership is restricted to the combat wounded, we support all veterans and their families with a myriad of nation-wide programs by Chapters and National Service Officers.

Paralyzed Veterans of America

1 VA Center
Augusta, ME 04330
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.

Knox County

Center for Furniture Craftmanship

Dorrie Butterfield Higbee, Student Services Manager
25 Mill Street
Rockport, ME 04856
207-594-5611
www.woodschooll.org

The mission of the Center for Furniture Craftmanship 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. 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.



Maine Media College

Kerry L. Curren, Director of Student Services
70 Camden St.
Rockport, ME 04856
207-236-8581
info@mainemedia.edu
www.facebook.com/mmwandc

Maine Media Workshops + College educates and inspires visual artists and storytellers. The school delivers degree and certificate programs, workshops, intensives, and cooperative labs geared to students pursuing creative work in fine arts and media-related professions. MMW+C 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. MMW+C embraces historical processes as well as leading-edge technologies in image making and narrative expression. MMW+C is committed to fostering creativity, culture, and human communication in the world.

Mid-Coast School of Technology Adult Education

Marianne Doyle, Adult Education Director
1 Main St.
Rockland, ME 04841
207-596-7752
mdoyle@mcst8.org
www.midcoastadulthood.com

Bonney Staffing Center - Rockland

Danielle M Napolitano, Staffing Supervisor
58 Park St., Suite 201
Rockland, ME 04841
207-593-3330
www.bonnestaffing.com
www.facebook.com/bonnestaffing

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 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.

Spectrum Generations

87 Elm Street, Suite 204A
Camden, ME 04843
207-596-0339

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.

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. – 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.

The Knox Museum

30 High Street
Thomaston, ME 04861
207-354-8062
ghkmdirector@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.

Maine Department of Labor CareerCenter (Rockland)

91 Camden Street, Suite 201
Rockland, ME 04841-3424
207-596-2600
rockland.careercenter.maine.gov
www.mainejobcenter.com
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

UMA Rockland Center

Breakwater Building
91 Camden Street, Suite 402
Rockland, ME 04841
(207) 596-6906
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
downeastmassage@gmail.com
www.downeastchoolofmassage.net
www.facebook.com/DowneastSchoolofMassage
9:00 a.m. – 5:00 p.m.

The Downeast School of Massage was established in 1981 for the purpose of training individuals in the professional health career 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
207-504-5947
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

Founded in 1912, Dale Carnegie Training has evolved from one man's belief in the power of self-improvement to a performance-based training company with offices worldwide. We focus on giving people in business the opportunity to sharpen their skills and improve their performance in order to build positive, steady, and profitable results.

Maine Small Business Development Centers (Wiscasset)

297 Bath Road
Wiscasset, ME 04578
207-780-4949
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

Spectrum Generations

521 Main Street
Damariscotta, ME 045443
207-563-1363

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.

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. – 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.



Kieve Wavus Veterans Camp

Marge
42 Kieve Rd
Nobleboro, ME 04348
207-549-5719
veterans@kiewewavus.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 Pottle 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



Camp Kieve Wavus

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's is available to work with you.

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. – 4:30 p.m.

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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 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 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 - Rumford

431 Franklin Street
Rumford, ME 04276
207-369-3200
www.maine.va.gov/locations/rumford.asp
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 VAMC, 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.

Maine Adaptive Sports - Veterans No Boundaries

Barbara T. Schneider, Executive Director
8 Sundance Lane
Newry, ME 04261
207-824-2440
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 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.

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) 364-7882
uma.edu/rumford

Penobscot County

Bangor Vet Center

Kirk Grant, LCSW, Director
615 Odlin Rd.
Bangor, ME 04401
207-947-3391
8:30AM - 5:00PM

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 whom 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 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
- Outreach and education about veteran issues and services

Community Health and Counseling Services

Sharon Brasslett, Assistant to the Executive Director
42 Cedar Street
Bangor, ME 04401
207-922-4601
www.chcs-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 a range of supports 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 partnership 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

557 Hammond St.
Bangor, ME 04401
207-973-0505
dirigocounseling@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

Luanne Rhoades, LCPC, LADC, CCS
66 Main St.
Ellsworth, ME 04605
877-888-4304
info@healthaffiliatemaine.com
www.healthaffiliatesmaine.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, LCSW
109 Pesch Circle, Suite 423
Bangor, ME 04401
County: Penobscot
207-404-7633
Tracy.l.souza.civ@mail.mil

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, 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
99 Farm Road
Bangor, ME 04401
207-947-0208
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 assist Veteran students 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 for your sacrifice and service.

Eastern Maine Community College

Luke Bulley and Candace Ward
354 Hogan Rd.
Bangor, ME 04401
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 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 Mageau
639 Broadway
Bangor, ME 04401
207-942-0039
bmageau@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 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.

Husson University

Danielle Leighton
1 College Circle
Bangor, ME 04401
207-941-7034
leightonda@husson.edu
www.Husson.edu/admissions/veterans
www.facebook.com/HussonU
twitter.com/husson
https://instagram.com/hussonU
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.

New England School of Communications

Jeffrey Hope, MA,
Journalism Program Coordinator and Instructor
One College Circle
Bangor, ME 04401
207-973-1092
hopej@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 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.

Northeast Technical Institute - Bangor

1010 Stillwater Ave.
Bangor, ME 04401
207-805-8000
inquiry@ntinow.edu
www.ntinow.edu
www.facebook.com/NTInow

Headquartered in Scarborough, Maine, Northeast Technical Institute is the region's leading provider of short-term, career focused training, and



Husson University

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 Hawkes
35 West Broadway
Lincoln, ME 04457
207-794-3004
mhawkes@msln.net
https://region3.maine.cte.org
www.facebook.com/RegionIII

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
pgillis@utc4me.org
www.utc.maineadulted.org
www.facebook.com/UTCAduEd
Mon - Thurs, 12:30 p.m. - 8:30 p.m. and 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:

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.



University of Maine

Tony Llerena, Jessi Parent
5748 Memorial Union
Orono, ME 04469
207-581-1316
um.veterans@maine.edu
umaine.edu/veterans
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 student veterans as they apply to, attend and advance beyond UMaine. The Veterans Office connects student veterans with the resources they need to successfully transition from combat to classroom to career. This includes help navigating the admissions process, applying for financial aid and U.S. Department of Veterans Affairs education benefits, academic assistance and preparing to re-enter the workforce. The veterans office is located in Room 143 of the Memorial Union.

Alpha One - Bangor

Ketra Crosson, OTR/L, Independent Living Specialist
11 Bangor Mall Blvd.
Bangor, ME 04401
800-640-7200
www.alphaonenow.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 7, Part B Grant, and HomeRetro. We work with farmers, loggers, and individuals in the fishing industry through the AgrAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our S. Portland location).

Eastern Area Agency on Aging

Tabatha Caso, LSW
Director of Community and Family Caregiver Services
450 Essex Street
Bangor, ME 04401
207-941-2865
info@eaaa.org
www.eaaa.org
www.facebook.com/easternaaa
8:00 a.m. – 4:30 p.m.

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 service 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 Minders, EZ-Fix, Novel Seniors, Furry Friends, Senior College, Veteran's Independence Program, and Home Technology Services.

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@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 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 affording prescription drugs."

Bonney Staffing Center - Bangor

Danielle M Napolitano, Staffing Supervisor
24 Springer Drive Suite 113
Bangor, ME 04401
207-945-3100
www.bonneystaffing.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, 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 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. - Bangor

Liz Rogers
One Cumberland Place, Suite 302
Bangor, ME 04401
207-217-6555
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.

United Farmer Veterans

Chris Phillips, Interim CEO/CEO
45 Columbia St.
Bangor, ME 04401
207-332-7625
www.ufvme.org
www.facebook.com/UnitedFarmerVeterans
Hours Vary Daily

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 and secure agriculture throughout our communities in Maine.

Maine Department of Labor CareerCenter (Bangor)

45 Oak Street, Suite 3
Bangor, ME 04401
207-561-4050
bangor.careercenter@maine.gov
www.mainejobcenter.com
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/> 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.

Maine Small Business Development Centers (Bangor)

1 Cumberland Place, Suite 306
Bangor, ME 04401
207-942-1744
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

Small Business Administration - Bangor

James Pineau, Senior Area Manager
202 Harlow St.
Bangor, ME 04401
207-945-2021
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://www.sba.gov/content/veteran-service-disabled-veteran-owned> or <https://www.sba.gov/sites/default/files/files/veternsbackbus.pdf>.

Master Sergeant Gary Gordon Veteran Center

John Nelson, Director
118 Main Street
Lincoln, ME 04457
207-794-3852
do Nelson133@yahoo.com
www.facebook.com/GaryGordonVeteranCenter



Preble Street Veterans Housing Services

115 Main St #3
Bangor, ME 04401
877-377-5709
vhs@preblestreet.org
www.preblestreet.org
www.facebook.com/PrebleStreet
8:00a.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.

Department of Housing and Urban Development

M.C. Smith Federal Bldg., Rm. D2000
202 Harlow Street
Bangor, ME 04401
207-945-0467
me_webmanager@hud.gov
www.hud.gov
8:00 a.m. – 4:30 p.m.

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 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 utilization and long term financial planning to include retirement planning.

Pine Tree Legal Assistance - Bangor

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 Veterans Housing Services or the VA 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 Preble Street provider for a referral for services!

Office of Senator Angus King - Bangor

202 Harlow St, Suite 20350, Box 11
Bangor, ME 04401
207-945-8000

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 redouble 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 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 undeniably deserve.

Acting 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, Kelly Cotiaux, Deidre Grant, and Michael Noyes
202 Harlow 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 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 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.

Maine Bureau of Veterans' Services - Bangor

35 State Hospital Drive
Bangor, ME 04401
207-941-3005
Bangor.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

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.

Bangor Veterans' Acupuncture Clinic

Marie Arnberg, Tom Jamieson
193 Union Street
Bangor, ME 04401
bangorvetsacuclinic@gmail.com
www.bangorvetsacuclinic.org
www.facebook.com/Bangor-Veterans-Acupuncture-Clinic-498968440149547

Thursday 6:45-8PM 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.

Maine Veterans' Home - Bangor

Greg Urban, Administrator
44 Hogan Rd.
Bangor, ME 04401
207-942-2333
info@MaineVets.org
mainevets.org/locations-2/bangor

Maine Veterans' Homes 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
- 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 - Bangor

35 State Hospital Street
Bangor, ME 04401
207-942-2333 or 1-888-684-4665
www.maine.va.gov/locations/bangor.asp
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 VAMC, 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

99 River Road
Lincoln, ME 04457
207-623-8411 x7490 Or 877-421-8263 x7490
www.maine.va.gov/locations/lincoln.asp
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 VAMC, 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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Cole Land Transportation Museum

Jim Neville
405 Perry Road
Bangor, ME 04401
207-990-3600
jneville@colemuseum.org
www.colemuseum.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.

House in the Woods Military & Family Retreat

Deanna & Paul House, Gold Star Family
217 Skunk Hill Rd.
Lee, ME 04455
207-738-VETS (8387)
Deanna.House@houseinthewoods.org
Me_Guide@hotmail.com
http://houseinthewoods.org
www.facebook.com/HouseintheWoodsMilitaryFamilyRetreat
twitter.com/HITWVeterans

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 honors the veteran's 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 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
207-672-9200
info@pinegroveprogram.com
www.pinegroveprograms.com
www.facebook.com/Pine-Grove-Program-133083150230233
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 all 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.

Greater Bangor Maine Military and Community Network

mainemcn.org/regional-groups/greater-bangor-area-mmcn

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 Matlins
101 MAINEiacs Ave., Suite 505
Bangor, ME 04401
207-404-7494
usaf.me.101-arw.list.Family-Services@mail.mil
www.facebook.com/Maineiacs-Yellow-Ribbon-154982704541284
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 MeANG 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.maineredcross.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.

Army National Guard Family Assistance Center - Bangor

300 Hildreth St. North
Bangor, ME 04101
207-430-5324
Ng.me.mearng.list.me-mil-fac@mail.mil
www.me.ngb.army.mil/family
www.facebook.com/MaineMFAC

The Maine Military Family Assistance Center (FAC) is a team of 5 professionals spread throughout the state to assist service members and families. The FACs operate 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!

Army National Guard Survivor Outreach Services - Bangor

Dottie Pinkham, Support Coordinator
300 Hildreth St. North
Bangor, ME 04401
207-430-5324 (ph), 207-512-6285
dorothy.m.pinkham.ctr@mail.mil

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 for as long as you need it. Survivor Outreach Services is 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 Statuses.

ID Cards/DEERS - Bangor

102 Ashley St.
Bangor, ME 04401
207-404-7387
Mon – Fri, 7:30 a.m. – 3:00 p.m. No Appointment Required

Lynx-Penquis Transportation

Marcia Larkin
262 Harlow Street
Bangor, ME 04401
207-973-3695
mlarkin@penquis.org
www.facebook.com/penquishelpingtodaybuildingtomorrow
8:00 a.m. – 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, volunteering or any other needs. Some restrictions may apply. For more information please contact Lynx at the number above.

Patriot Guard Riders

Mike Edgecomb, Business Development Manager
136 Center Street
PO Box 433
Old Town, ME 04468
207-817-5530
MESCPatriotGuard.org
www.patriotguard.org
www.facebook.com/groups/117989004878280

The Patriot Guard Riders is a diverse amalgamation of riders from across the nation. We have one thing in common besides motorcycles. We have an unwavering respect for those who risk their very lives for America's freedom and security including Fallen Military Heroes, First Responders and honorably discharged Veterans. If you share this respect, please join us.

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 is not a requirement that you be a veteran. It doesn't matter where you're from or what your income is; you don't even have to ride. The only prerequisite is Respect.

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.

UMA East Millinocket Center

Katahdin Region Higher Education Center
1 Dirigo Drive, Suite 1
East Millinocket, ME 04430
(207) 746-5741
uma.edu/east-millinocket



Piscataquis County

Piscataquis Valley Adult Ed

Thelma Regan
50 Mayo Street
Dover, ME 04426
207-564-6525
tregan@pvaec.org
www.pvaec.org
www.facebook.com/pvaec

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 qualities 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

Dawn Wheeler, Project Administrator
35 Republic Ave.
Topsham, ME 04086
207-729-7323
Wheelerd@link75.org
Merrymeeting.org
Office Hours: 9:00 a.m. – 9:00 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 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.

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. – 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.

Home Depot Foundation

Bruce W. Calmes
154 Topsham Fair Mall Road
Topsham, ME 04086
207-798-6931
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.

American Red Cross - Central and MidCoast (Topsham)

16 Community Way
Topsham, ME 04086
207-844-6095
www.maineredcross.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.

Bath City Bus

Debby Labrecque
55 Front Street
Bath, ME 04530
207-443-8363
adeci@cityofbath.com
www.cityofbath.com/citybus
8:00 a.m. – 5:30 p.m.

The Bath CityBus 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 CityBus runs Monday-Friday from 8am to 5:30pm. 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, to be guaranteed that the bus will pick you up go to 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.

Somerset County

Skowhegan Driving School

206 Water Street
Skowhegan, ME 04976
207-474-8524
skowhegandrivingschool@beeline-online.net
www.skowhegandrivingschool.com

Spectrum Generations

30 Leavitt Street
Skowhegan, ME 04976
207-474-8552

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.

Coastal Enterprises, Inc. - Fairfield Maine SBDC Branch Office

Liz Rogers
17 Main Street
Fairfield, ME 04937
207-453-4258, ext 215
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 Department of Labor CareerCenter (Skowhegan/Hinkley)

KVCC Alford Campus
23 Stanley Road
Hinkley, ME 04944
207-474-4950
skowhegan.careercenter@maine.gov
www.mainejobcenter.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 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 04937
207-453-4258 x215
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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.

VA Access Point - Bingham

241 Main Street
Bingham, ME 04920
207-623-8411, x7490 ; 877-421-8263 X 7490
www.maine.va.gov/locations/Mobile_Medical_Unit.asp
Tuesdays and Wednesdays - 7:30 am - 4:00 p.m

Pine Grove Programs

PO Box 92
South China, ME 04358-0092
County: Penobscot
207-672-9200
pinegroveprograms@gmail.com
www.pinegroveprograms.org
www.facebook.com/Pine-Grove-Program-133083150230233
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 all 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://mainemcn.org/regional-groups/somerset-county>
ddix@kbhmaine.org
207-873-2136, x3612

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



Salute of Service

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 Somerset County MMCN meets monthly on the third Wednesday of the month. Please visit our website for up-dated information on our group and meeting schedule.

Patriot Riders of America - Maine Chapter Three

PO Box 544
Pittsfield, ME 04967
info@proa-me3.org
www.proa-me3.org
www.facebook.com/groups/PatriotRidersofAmericaMaineChapter3

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 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.

Waldo County

Salute of Service

Kathy Hecht
Searsport, ME 04974
207-323-4460
rosebrierfarm@yahoo.com
www.facebook.com/saluteofservice

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 dog's rabies certificate.

Build Green Maine

29 Purple Heart Highway
Brooks, ME 04921
855-924-5347
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 were proud to begin offering trainings to Maine's veterans as part of their VA benefits. Regardless of their certification (BA, ES, MFBA, HHE, IDL, QCI 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.

Spectrum Generations

Waldo Community Center
18 Merriam Road
Belfast, ME 04915
207-338-1190

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.

Garry Owens House Waldo

P.O Box 31
Liberty, ME 04949
207-322-8209
gomcdarkhorse@gmail.com

Garry Owen MC founding members had a bigger dream, that was to create a place for homeless veterans to stay for extended periods of time til they are back on their feet and able to provide for themselves. That is where the idea of the Garry Owen House got started. Garry Owen MC and Garry Owen House are two sides of the same coin.

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 also have a commercial kitchen and a large communal dining and social area. The House will also be on 7 acres of land that the veterans can help grow food for themselves. They will be spending their time focused on improving the skills they need to get back on their feet such as find a steady job and shelter themselves.

Washington County

Internity

12 School Street
Machias, ME 04654
207-619-1413
www.internityonline.org/index.html

INTERNITY 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.

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
7:30 a.m – 6:00 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 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 learning experiences will be reviewed for credit. The amount of credit awarded depends upon course equivalents and the technology in which the student enrolls.

Coastal Enterprises, Inc. - Machias

Liz Rogers
7 Ames Way
Machias, ME 04645
207-255-0938
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 Department of Labor CareerCenter (Calais)

One College Drive
Calais, ME 04619-0415
207-454-7551
calais.careercenter.maine.gov
www.mainejobcenter.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 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 Department of Labor CareerCenter (Machias)

53 Prescott Drive, Suite 1
Machias, ME 04654
207-255-1900
machias.careercenter@maine.gov
www.mainejobcenter.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 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.

Preble Street Veterans Housing Services

7 VIP Drive
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.

Pine Tree Legal Assistance - Machias

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 Veterans Housing Services or the VA 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 Preble Street provider for a referral for services!

Maine Bureau of Veterans' Services - Machias

7 Court Street
Machias, ME 04654
207-255-3306
Machias.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**

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 Veterans' Home - Machias

Marcia Jackson, Administrator
32 Veterans Way
Machias, ME 04654
207-255-0162
info@MaineVets.org <https://mainevets.org/locations-2/machias>

Maine Veterans' Homes 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**
- **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 - Calais

50 Union Street
Calais, ME 04619
207-623-8411 x7490 Or 877-421-8263 x7490
www.maine.va.gov/locations/calais.asp
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 VAMC, 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.

Washington County Maine Military and Community Network

Machias Career Center (meeting location)
53 Prescott Drive
Machias, ME 04654
Leader: Ruth Moore, Internity
<https://mainemcn.org/regional-groups/washington-count-mmcn-machias>
ruthmoore88@gmail.com
207-619-1413

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

Washington County MMCN meets on the fourth Thursday. Please visit our website for updated information on our group and meeting schedule.

Maine Veterans Project

13 Perry Lane
Cherryfield, ME 04622
415-553-0523
www.maineveteransproject.org
www.facebook.com/mvpforme

Maine Veterans Project (MVP) was founded in July 2015 as a Fiscal Agent nonprofit 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 ceiling possible. The most important aspect of MVP is our teamwork mentality, 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 this 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 focusing on 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 Bucksport Road
Ellsworth, ME 04605
207-664-2424
aossanna@whcacap.org
www.whcacap.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, 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.



Wreaths Across America

4 Point St.
Columbia Falls, ME 04623
207-470-0967
info@wreathscrossamerica.org
www.wreathscrossamerica.org
www.facebook.com/WAAHQ
Monday thru Friday, 9:00 a.m. – 4:00 p.m.

Wreaths Across America™ is a national nonprofit organization founded in 2007 to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. Wreaths Across America's mission — Remember, Honor, Teach — is carried out in part by coordinating wreath-laying ceremonies at Arlington, as well as at veterans' cemeteries and other locations in all 50 states and beyond. Since its founding, the organization has expanded to include more than 1,500 local fundraising groups in all 50 states, representing nearly 1,300 participating locations, along with our nation's cemetery at Arlington. Every year since 2008, Congress proclaims a Saturday in December as National Wreaths Across America Day. This year, it will be held on Saturday, Dec. 16, 2017.

In 2011, Wreaths Across America opened a 2,000 square-foot museum at its Maine headquarters to showcase the hundreds (now thousands) of items donated to the organization over the years. These include personal photos, awards, uniforms, helmets and other military memorabilia. All donations help to provide insight and tell the greater story of the experiences of U.S. military personnel. Overall, the Museum serves to document Wreaths Across America's history and dedication to remembering those who gave their lives while serving their country, honoring those who serve and teaching the value of freedom to the next generation. It is free and open to the public year round.

York County

Springvale Vet Center

Amy Marcotte, LCSW, Director
628 Main Street
Springvale, ME 04083
207-490-1513
Amy.Marcotte@va.gov
http://mainemcn.org/regional-groups/york-county-mmcn
www.facebook.com/MaineMCN
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. Eligibilities include veterans whom 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 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 Brewster
2 Pendleton Drive
Saco, ME 04072
207-294-4900
SPierter@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 1-800-434-3000.

Tide Meadow Counseling

Elizabeth Bardwell - LCPC
1132 US Route 1
York, ME 03909
207-450-6565
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 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 be helpful to families.

Carlisle Academy

Sarah Armentrout
65 Drown Lane
Lyman, ME 04002
207-985-0374
info@carlisleacademymaine.com
www.carlisleacademymaine.com
www.facebook.com/Carlisle-Academy-Integrative-Equine-Therapy-Sports-LLC
9 a.m. – 5:00 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 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.

The Landing School

Abigail Johnson-Ruscansky, Recruitment Manager
286 River Road
Arundel, ME 04046
County: York
207-985-7976
aruscansky@landingschool.edu
www.facebook.com/LandingSchool
twitter.com/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.

University of New England - Biddeford

Ms. Shawn M. Plante, Enrollment Specialist
Certifying Official for VA Benefits
(Available on Biddeford Campus by Appointment Only)
11 Hills Beach Road
Decary Hall Rm 114
Biddeford, ME 04005
207-221-4246
splante@une.edu
www.une.edu/registrar/veteran-benefits
www.facebook.com/universityofnewengland
twitter.com/unetweets
www.instagram.com/thisisune

The University of New England is Maine's largest private university, an innovative educational community with two distinctive coastal Maine campuses, a vibrant new campus in Tangier, Morocco 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. The University of New England (UNE) is strongly committed to supporting men and women who have served our nation through military service. UNE serves veterans, service members and their families and is a proud participant in the Yellow Ribbon Program.

York County Community College

David P. Daigle, Veterans Benefits School Certifying Official
112 College Drive
Wells, ME 04090
207-216-4410
finaid@yccc.edu
https://my.yccc.edu/ICS/Campus_Services/Financial_Aid/Veterans_Benefits.Jnz

In an effort to make the college transition as smooth as possible, our office will assist you with the Veteran's Benefits application process, and also provide you with the referral services to successfully maneuver the multiple College application processes. YCCC.....Success Starts Here.

Vet to Vet

Susan D. Gold, Coordinator of Volunteers and the Vet to Vet Project
30 Barra Road
Biddeford, ME 04005
207-396-6521
sgold@smaaa.org
www.smaaa.org/veterans.html
7:30 a.m. – 5 p.m., M-F

Vet to Vet recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each recruit passes a background check, provides three references, and goes through a nine-hour training session. Once processed, each volunteer is matched to a veteran with similar interests, life stories, and experiences—all help seal the bond between the two veterans. The volunteer visits in the veteran's home at least twice a month, providing companionship and friendship and helping the veteran access VA and other available benefits and services. Volunteers attend a bimonthly case review in which they discuss their experiences with their veterans, share tips, make referrals, and resolve problems, as well as bond with the other volunteers.

Bonney Staffing Center - Biddeford

Danielle M Napolitano, Staffing Supervisor
20 Edwards Ave.
Biddeford, ME 04005
207-283-8858
www.bonnestaffing.com
www.facebook.com/bonnestaffing

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



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. - Biddeford Think Tank Biddeford Pepperell Mill Campus

Liz Rogers
40 Main Street
Biddeford, ME 04005
207-805-3835
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 (Saco)

190 Main Street
Saco, ME 04072
207-282-1748
mainesbdc@maine.edu
www.mainesbdc.org
www.facebook.com/mainesbdc
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

38 Preble Street
Portland, ME 04101
877-377-5709
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.

Volunteers of America Northern New England - Arthur B. Huot House

Todd Diadone, Case Manager
335 Lincoln Street
Saco, ME 04072
207-571-3359
todd.diadone@voanne.org
www.voanne.org/veterans

The Arthur B Huot 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 Huot 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 West Street
Biddeford, ME 04005
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.

Office of Senator Susan Collins - Biddeford

Alexandria Pelczar and Paul Nelson
160 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 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.

Maine Bureau of Veterans' Services - Springvale

628 Main Street
Springvale, ME 04083
207-324-1839
Springvale.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

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
Springvale, ME 04083
207-324-5460
springvale.careercenter.maine.gov
www.mainejobcenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL
8:00 a.m. – 5:00 p.m.

Southern Maine Veterans' Cemetery

83 Stanley Rd.
Springvale, ME 04083
207-459-7394
www.maine.gov/veterans
Office Hours: 7:30am – 4:00pm
Summer Hours: May 1 to November 15, 7:30 AM to 4:00 PM, Monday through Friday. Open on weekends.
Winter Hours: 7:30 AM to 4:00 PM, Monday through Friday. Closed for casketed burials from November 15th to April 30th.

Southern Maine Veterans' Cemetery provides cremation interments year round, with casketed 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.

VA Community Based Outpatient Clinic - Saco

655 Main Street
Saco, ME 04072
207-623-8411 x7490 or 877-421-8263 x7490
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 Barra Rd.
Biddeford, ME 04005
207-283-1441
info@martinspoint.org
www.martinspoint.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 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.

York County Maine Military and Community Network

Springvale Vet Center (meeting location)
628 Main Street
Springvale, ME 04083
Leader: Amy Marcotte, Springvale Vet Center
https://mainemcn.org/regional-groups/york-county-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 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 York County group meets quarterly on the second Monday of the quarter. Please visit our website for updated information on our group and meeting schedule.



BSOOB/ShuttleBus/ZOOM

13 Pomerleau Street
Biddeford, ME 04005
207-282-5408
www.shuttlebus-zoom.com
Mon-Fri 9:00 a.m. – 4:30 p.m.

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

The follow 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 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 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'easter 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.

York County Community Action Corp.

Robert Currie, Transportation Director
P.O. Box 72
Sanford, ME 04073
207-459-2930
robert.currie@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 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 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.

AMVETS Department of Maine Marshall F. Archer

147 Alfred St.
Biddeford, ME 04005
207-576-0376

jdewitt@tcmhs.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.patriotridersme1.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 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 website.

Southern Maine Veterans' Cemetery Association

83 Stanley Rd.
Springvale, ME 04083
207-459-7394
robert.macdougall@maine.gov
southernmaineveteranscemetery.org/wpress
GATE OPEN: Sunday – Saturday, (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 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
207-494-9287
cwomaine@metrocast.net
www.vva1044maine.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

