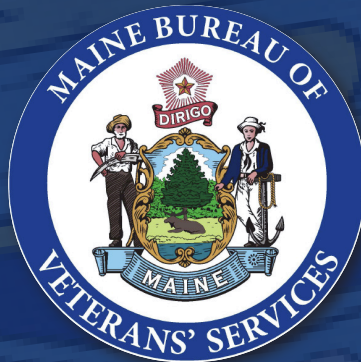


Maine Veterans' Benefits and Resource Guide



www.maine.gov/veterans
mainebvs@maine.gov
207-287-7020



Table of Contents

Resource Guide Disclosure

This document is organized by county. Please refer to the Table of Contents for county by county page numbers. Resources are also listed in alphabetical order in the Index. If you do not find what you are looking for, please do not hesitate to contact the Bureau's Central Office at 207-287-7020 or email at mainebvs@maine.gov.

State and Federal Veterans' Benefits

Burial, Survivors and Dependents Benefits	2
Education	5
Employment Assistance	6
Healthcare	7
Housing Programs	12
Recreational Licenses and Privileges	14
Tax Exemptions and Financial Benefits	15
Veteran Identification	18

Veterans' Resources by County

Androscoggin	20
Aroostook	26
Cumberland	31
Franklin	47
Hancock	48
Kennebec	50
Knox	65
Lincoln	65
Oxford	66
Penobscot	67
Piscataquis	76
Sagadahoc	76
Somerset	77
Waldo	78
Washington	79
York	81



From the Director

Key Staff

Bureau of Veterans' Services

Director

David A. Richmond
207-287-7020
david.a.richmond@maine.gov

Acting Deputy Director

Steven Lanning
207-287-7020
steven.d.lanning@maine.gov

Superintendent,

Maine Veterans' Cemetery System
Melissa Willette
207-287-3481
mvmcs@maine.gov

Acting Claims Supervisor

Barrett Fisher
207-492-1173
Barrett.K.Fisher@maine.gov

Director of Communications

207-287-7020
mainebvs@maine.gov

Director of Strategic Partnerships

Sarah A. Sherman
207-430-5816
sarah.sherman@maine.gov

Contact us:

Mailing

Bureau of Veterans' Services
117 State House Station
Augusta, ME 04333-0117

Phone

Voice: 207-287-7020
Fax: 207-626-4471

Website

www.maine.gov/veterans
Volume V

On the cover (l to r): Memorial Day, Travis Mills Breakfast, National Vietnam War Veterans Day Ceremony

The Bureau's *Maine Veterans' Benefits and Resource Guide* documents a wealth of information regarding services and partner agencies throughout the state for Maine's veterans and their families. This ever-evolving document strives to be a one-stop resource for all the veteran-centric programs and agencies in Maine that can be accessed both digitally and in print.

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

Let this guide serve as a roadmap to the benefits and resources available whether you are a veteran, family member, active duty service member, an advocate, or are transitioning out of the military. The Maine Bureau of Veterans' Services remains committed to meeting the individual needs of Maine's veterans and service members, and we hope this guide will help you gain a full understanding of the benefits, services, and programs that are currently available.

Maine has a long tradition of military service that dates back to the Revolutionary War. Established in 1947, the Maine Bureau of Veterans' Services strives to be informed advocates for Maine's veterans' community. Working with community partners, the Bureau has formed a united mission to serve and we thank those organizations for their continued support in the business, education, and the social services sectors.

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 or concerns.

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

With Gratitude,

A blue ink handwritten signature, appearing to read "David", is written in a cursive style.

Director, Maine Bureau of Veterans' Services
david.a.richmond@maine.gov
207-287-7020



State and Federal Benefits

Burial, Dependents, and Survivors', Benefits

Maine Veterans' Cemetery System

Maine Bureau of Veterans' Services
Melissa Willette, 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 for a minimum of 24 continuous months or the full period for which the person was called to active duty.
- 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 veterans' 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:

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)

1-800-535-1117 (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 veterans' cemeteries, contact 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 inurned 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.

State Gravesite Locator

www.maine.gov/veterans/resources/mcs-search/cemetery-search.html

The Maine Bureau of Veterans' Services offers a database of information with details on the burial locations of veterans and their family members in State Veteran Cemeteries.

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

Michael Beane
Survivor Outreach Services Support Coordinator
SRI, 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)
michael.s.beane.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. GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government website at www.benefits.va.gov/gibill.

- 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
207-287-7020 (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.



Maine's Public Universities

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/MEARNGRRB>
<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% 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® (R) 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 51

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 35

Employment

Veteran Assistance at Maine's CareerCenters

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

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

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

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

State of Maine Vocational Rehabilitation Services

Bureau of Rehabilitation Services
Administrative Office



150 State House Station
 Augusta 04333-0150
 207-623-6799 (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. Individuals who have military experience and training and who wish to obtain an occupational license receive appropriate credit for their military training and experience. The program allows for quicker, easier licensing for veterans who have demonstrable military experience in various professional fields. The Office of Professional and Occupational Regulation has flexibility in evaluating and crediting military experience toward licensure and continuing education requirements, reducing the need for veterans to undergo duplicative and expensive training.

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

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

ttt@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 help 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 Veteran Readiness 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

Veteran Readiness 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, and Rehabilitative Services

Please see Resources, page 59,73,28,81,41,67



Women Veterans' Clinic at Togus

Please see Resources, page 60

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 or Health Care Center, 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)

* Blue Water Navy Veterans who may have been exposed to Agent Orange should contact a VSO for more information.

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 six 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 ten 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.

*Veterans exposed to burn pits should contact a VSO for more information.

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

Airborne Hazards and Burn Pit Exposures

On April 25, 2022, VA announced that nine rare respiratory cancers are now presumed service-connected disabilities due to military environmental exposures to fine particulate matter. These cancers include:

Squamous cell carcinoma of the larynx
Squamous cell carcinoma of the trachea
Adenocarcinoma of the trachea
Salivary gland-type tumors of the trachea
Adenosquamous carcinoma of the lung
Large cell carcinoma of the lung
Salivary gland-type tumors of the lung
Sarcomatoid carcinoma of the lung
Typical and atypical carcinoid of the lung

VA will process disability compensation claims for these conditions for Veterans who served any amount of time in the Southwest Asia theater of operations beginning Aug. 2, 1990, to the present, or Afghanistan, Uzbekistan, Syria or Djibouti beginning Sept. 19, 2001, to the present.

See the Federal Register notice.

VA added 3 presumptive conditions related to particulate matter exposure

The new presumptive conditions are asthma, rhinitis, and sinusitis. To be eligible for benefits, you must have gotten one of these conditions within 10 years of your separation from active service.

This will expand benefits for Veterans who served in:

Afghanistan, Djibouti, Syria, and Uzbekistan during the Persian Gulf War, from September 19, 2001, to the present, or
The Southwest Asia theater of operations from August 2, 1990, to the present

If you have a pending claim for one or more of these conditions, you don't need to do anything. We'll send you a decision notice when we complete our review.

For more information about VA benefits and eligibility, or how to file a claim, Veterans and survivors can visit www.VA.gov or call toll-free at 1-800-827-1000.

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.

*Non VA MST and Domestic Violence support services listed on page 61.

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

VA Maine Substance Use Disorder (SUD) Program

1 VA Canter
Augusta, ME 04330
207-623-8411
https://www.va.gov/directory/guide/state_SUD.cfm?STATE=ME

Brain Injury Association of America - Maine Chapter

126 Western Ave #261
Augusta, ME 04330
(800) 444-6443 (helpline)

mainebraininjuryinfo@biausa.org
www.biausa.org/maine

The Brain Injury Association of America - Maine Chapter (BIAA-Maine) serves Mainers affected by brain injury, their families, and the professionals who provide caring services after brain injury. Guided by a volunteer Advisory Board, BIAA-ME identifies the needs of Mainers with brain injuries and their families and works to ensure that a wide range of services and supports are available in the state. BIAA-ME provides advocacy, outreach, education, resources and information to all those in need.

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.



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.

Dental Services/Access to Oral Healthcare

In 2020, the Maine Bureau of Veterans' Services (MBVS) conducted a six-month needs assessment to better understand how Maine's veterans are accessing dental care and what the available options are in the state. As a result of the project a 105-page report was created and a Dental Access and Information page was added to the Bureau's website which includes a list of Maine dental clinics, options for veterans' dental insurance, the University of New England's Dental Hygiene Clinic Fee Schedule, and the University of Maine at Augusta's Dental Hygiene Clinic Fee Schedule. https://www.maine.gov/veterans/benefits/healthcare/dental_access_and_information.html

Maine Veterans Dental Network

In 2021, the Maine Veterans' Dental Network (MVDN) was formed through a generous grant from Northeast Delta Dental. Services will be provided on a first come first serve basis and will be available until the grant funds run out. The MVDN covers the following dental procedures: Preventative, diagnostic, restorative, oral surgery, and major restorative. Services not provided under the grant: dental implants, orthodontics, fixed bridges, telehealth, and PPE charges.

To qualify for the program veterans must meet the following criteria:

- Be a Maine resident.
- Not 100% service-connected to the VA (meaning you don't already receive dental care through Togus or the Bangor or Portland Community Based Outpatient Clinics).
- Cannot afford and/or Does Not have dental insurance of any kind.
- Cannot afford to pay for dental care out of pocket.
- For National Guard Only – Served on Active Duty (other than for training).
- Submit a DD-214 that shows an Honorable or General Under Honorable conditions discharge.

MVDN application link - https://iqconnect.lmhostediq.com/IQExtranet/EForm.aspx?__cid=MaineVets&__fid=100009&iiframe=Y%22

Arrangements for services will be made directly with the participating dental clinic through the MVDN. Once the veteran's application is received, they will be contacted directly by the MVDN program managers. If you do not have a copy of your DD-214, please let the MVDN team know so they can research it for you.

Please direct any program questions or concerns to: Sarah Sherman
Director of Strategic Partnerships, Maine Bureau of Veterans' Services
(207-430-5826) or sarah.sherman@maine.gov.

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 SaluteME 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 SaluteME 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 SaluteME 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: also called the Streamline Refinance Loan can help you obtain a lower interest rate by refinancing your existing VA loan.



- Native American Direct Loan 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 VA's 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

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.

Maine Bureau of Veterans' Services- Homeless Veteran Coordination Team

Maine Bureau of Veterans' Services
1 VA Center, Building 248, Room 110
Togus, ME 04330
207-287-7019
Hvc.mainebvs@maine.gov
8:00 a.m. – 4:00 p.m.

We are a one-stop resource for all of a veteran's post-service needs, primarily focused on homeless veterans. 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.

Recreational Licenses & Privileges

Free State Park and Museum Access for Maine's Veterans and Active Duty Personnel

Maine Bureau of Veterans' Services
Maine Bureau of Veterans' Services
Augusta, ME 04333-0117
207-287-7020 (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, beaches and the Maine State Museum. The Maine Resident Free Lifetime Veteran Park and Museum Pass provides a day use pass to Maine's state parks and historic sites, as well as the Maine State Museum to veterans who are residents of Maine and received an honorable discharge or general discharge under honorable conditions. The Veteran State Park and Museum 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
207-287-7020 (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 permits to in-state residents and 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 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.

Veterans who have previously tagged a moose through the Disabled Veterans' Controlled Moose Hunt are ineligible to hunt again.



Tax Exemptions and Financial Benefits

Veterans' Emergency Financial Assistance Program

Maine Bureau of Veterans' Services
 194 Winthrop Street
 Augusta, ME 04330
 207-287-7020 (ph)
 207-626-4471 (fax)
 mainebvs@maine.gov
<https://www.maine.gov/veterans/benefits/tax-finance-benefits/vefa.html>

VEFAP was created to provide assistance for Maine veterans who suffer an emergency and do not have sufficient savings or access to other financial assistance to resolve the emergency. Examples of assistance may include: Damage to the veterans home due to fire, flood or hurricane that is not covered by insurance; illness of the veteran or family member that results in hardship, assistance to prevent or resolve the veteran being homeless; and any other condition that puts the veteran at risk of not having the basic necessities of food, shelter, or safety, or dental (pain and infection).

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 a \$6,000 exemption.

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 3

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 office

(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 3

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

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 two 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 and 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 one 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 two 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
207-287-7020 (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% 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 and 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; ten 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
207-287-7020 (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 (GS) 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.

In 2019, the 129th Legislature enacted PL 443 which allows holders of Gold Star Family vehicle registration plates to be issued complimentary licenses to hunt, trap and fish.

In addition to recreational opportunities, Gold Star Families will now be exempt from vehicle registration fees.

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@healthaffiliatesmaine.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. 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 Specialists are 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 DANTES/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 Legal Services for the Elderly (LSE) 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.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. - 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.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 - 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.

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 or www.facebook.com/veteransinc?ref=ts

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.



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!

Office of Senator Susan Collins - Lewiston

Carlene Tremblay and Ellen Wainwright
55 Lisbon Street
Lewiston, ME 04240
207-784-6969

www.collins.senate.gov/contact

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
207-753-9106
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.

Congressman Jared Golden - Lewiston

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

Congressman Golden enlisted in the Marines after 9/11 and went on to serve in Iraq and Afghanistan. Informed by the personal challenges he faced following service in combat zones, Rep. Golden has worked to improve mental health care for veterans, first in the Maine State House and now in the U.S. Congress. Golden led a successful effort to establish a new long-term substance use treatment facility at Togus, and worked directly with vets and their families to make sure they get the benefits and care they need from the VA.



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
8:00a.m. - 4:30p.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 telehealth for Specialty Care to reduce travel for the Veterans.

The Togus campus also hosts the Togus VA Regional Office which provides various Veteran services including Compensation/Disabilities, Vocational



Rehabilitation, education, insurance, home loans, etc.

The Togus VAMC campus is the site of a 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.com>

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The network is comprised of ten 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 Mellow 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
P.O. BOX 293
Auburn, ME 04201
800-832-1653
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

Goodwill Northern New England

190 Lancaster Street, Suite 200
Portland, ME 04101
Serves ALL Counties
207.699.0798
veteransjobconnection@goodwillnne.org
www.goodwillnne.org
www.facebook.com/goodwillnne

The Veterans Job Connection Program at Goodwill is open to all veterans, regardless of military discharge status, as well as the spouses and children of fallen soldiers. Our dedicated teams serve the entire state of Maine and support you in many ways to achieve your career and personal goals. Those enrolled in our program receive assistance with career exploration, job searches, resume writing, and interview preparation. We also offer supportive counseling, budgeting assistance and other support to overcome employment barriers related to homelessness, food insecurity, transportation and related challenges. We can provide financial support for costs such as fees for licensing exams, training and education, as well as other items or services that will help facilitate your overall stability. Our goal is to support you as you strive for greater stability for yourself and your family, and we do this by taking a holistic and individualized approach. Goodwill's Career Advisors and Life Navigators work as a team to help you reach your goals.



Operation Reboot Outdoors

887 Upper Street

Turner, ME 04282

nicole@operationrebootoutdoors.com

daniel@operationrebootoutdoors.com

(207) 491-6204

<https://www.operationrebootoutdoors.com/>

Operation ReBoot Outdoors is a 501c3 non-profit organization that concentrates on getting Veterans, LEOs, and service members out of the house and into nature, providing healing through hunting, fishing, and other outdoor recreational activities. We do not turn anyone away here at ORO. If there is a Veteran who needs a reboot, who served honorably or are currently serving our country, they qualify for our services. We are thankful for our ability as Veterans and Registered Maine Guides to help other Veterans reset their back azimuth to True North.

We offer hunting and fishing trips to Veterans at no cost, and with no hidden fees. We have registered Maine Guides on our team, and we are focused 100% on bringing the experience of our natural environment to veterans. This is a Brotherhood, and we are committed to helping veterans and active duty military only. We will also offer many other recreational adventures that do not involve hunting and fishing.

Aroostook County

Northern Maine 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 Legal Services for the Elderly (LSE) 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.

Office of Senator Angus King - Presque Isle

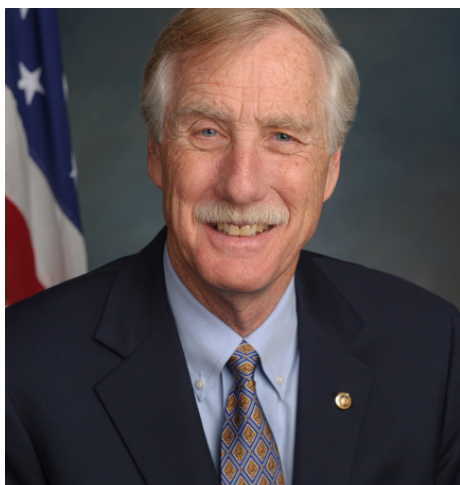
169 Academy St, Suite A
Presque Isle, ME 04769
207-765-5124

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.



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 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
207-492-0577
mvms@maine.gov
www.maine.gov/veterans

Summer Hours: May 1 to November 15, 7:30 a.m. to 4:00 p.m., 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 or <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, 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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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
207-227-8457
<https://www.facebook.com/Wilderness-Walk-for-Warriors-615012731884921/>

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.com>
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 ten 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 Sincock 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 five 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 seven 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

Goodwill Northern New England

190 Lancaster Street, Suite 200
Portland, ME 04101
Serves ALL Counties
207.699.0798
veteransjobconnection@goodwillnne.org
www.goodwillnne.org
www.facebook.com/goodwillnne

The Veterans Job Connection Program at Goodwill is open to all veterans, regardless of military discharge status, as well as the spouses and children of fallen soldiers. Our dedicated teams serve the entire state of Maine and support you in many ways to achieve your career and personal goals. Those enrolled in our program receive assistance with career exploration, job searches, resume writing, and interview preparation. We also offer supportive counseling, budgeting assistance and other support to overcome employment barriers related to homelessness, food insecurity, transportation and related challenges. We can provide financial support for costs such as fees for licensing exams, training and education, as well as other items or services that will help facilitate your overall stability. Our goal is to support you as you strive for greater stability for yourself and your family, and we do this by taking a holistic and individualized approach. Goodwill's Career Advisors and Life Navigators work as a team to help you reach your goals.

Houlton Band of Maliseet Indian Tribal Headquarters

88 Bell Rd #1
Littleton, ME 04730
207-532-4273
1-800-564-8524
Fax: 207-532-4273
www.mailseets.com/index.htm
www.facebook.com/HoultonBandofMaliseetIndians
Serves all Counties

Aroostook Band of MicMacs Tribal Headquarters

7 Northern Rd
Presque Isle, ME 04769
207-764-1972
www.facebook.com/aroostookbandofmicmacs



Serves all Counties

Wabanaki Vocational Rehabilitation Program

Darcy Gentle, Program Director
88 Bell Rd
Littleton, ME 04730
207-532-2021
www.maliseets.com/vr.htm
Serves all Counties

The Wabanaki Vocational Rehabilitation is a program that helps tribal members with disabilities who want to return back to work, find employment, or provide support in maintaining employment.

Aroostook Veterans Alliance

207-496-8211
<https://www.facebook.com/Aroostook-Veterans-Alliance-2020617314903046>

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. HAM is part of the Veteran's Choice network, Tricare, and most all other insurances.

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.

Maine Paws for Veterans

P.O. Box 516
Topsham, ME 04086

675 Old Portland Rd. Unit 2
Brunswick, ME 04011

207-449-9149
executivedirector@mainepawsforveterans.org
www.mainepawsforveterans.org
www.facebook.com/MainePawsForVeterans

Maine Paws for Veterans is a non-profit organization established as Embrace A Vet in 2012. Founded by the late Joy Johnson, Embrace A Vet initially focused on retreats for veterans and spouses, and later on service dog training for veterans with Post-Traumatic Stress.

In 2021, Maine Paws for Veterans was established to provide service dog training and support for veterans with militar-related Post-Traumatic Stress.

Maine Paws for Veterans and Embrace A Vet have graduated approximately 130 teams of veterans and service dogs since 2012

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.

K9s on the Front Lines

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

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
245 US Route One
Scarborough, ME 04074
207-775-3253
maine@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

To help with the transition, we provide services and support throughout 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

103 Norway Road
Harrison, ME 04040
207-583-2477
info@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
800-447-1151
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@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.

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 seven 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.

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.

Justice Affected Veterans

Maine Pretrial Services - Cumberland County

76 Elm Street
Portland, ME 04101
207-774-1501
Fax: 207-874-0218
info@mainepretrial.org
<http://mainepretrial.org>

Veterans' Treatment Court

Maine Judicial Branch Veterans' Treatment Court (VTC) is currently offered in Kennebec and Cumberland Counties.

Cumberland County Superior Court
Maine Pretrial Services
Telephone: (207) 351-0074

Capital Judicial Center in Augusta
Maine Pretrial Services
Telephone: (207) 399-6281

The VTC in Kennebec County may accept cases from all District and Superior Courts statewide. The VTC in Cumberland County accepts cases from Cumberland County only.

Website: www.courts.maine.gov/treatment/veterans
Email: specialtydockets@courts.maine.gov

VTC Application Form CR-234: <https://mjbportal.courts.maine.gov/CourtForms/FormsLists/DownloadForm?strFormNumber=CR-234>

VA - Veterans' Justice Outreach

Anne Archibald - Southern Maine
207-713-2943
anne.archibald@va.gov
Amy Morin - Northern Maine
207-530-7622
amy.morin@va.gov
Danielle Mayer - Central Maine
207-250-1742
danielle.mayer@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 of Maine

James Orr or Ziggy Lawrence
9 Green Street, Suite 3A
Waterville, ME 04903
207-480-0438 / 207-592-3077
www.facebook.com/veteranmentorsofme



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.

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. 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
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/unetweets><https://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 Service. 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

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

ITN Portland 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. ITN Portland 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 ten 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. 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
 207-396-6500
 1-800-427-7411
 info@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.



Vet2Vet Maine

PO Box 1205
 11 Morin Street
 Biddeford, ME 04005
 207-579-4024



office@vet2vetmaine.org
www.vet2vetmaine.org
Hours of Operation: M-F by appointment

Vet2Vet Maine, a nonprofit 501(c)(3) organization, recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each volunteer 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 - Windham

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

Boots2Roots

Bill Benson
428 Fore Street, 3rd Fl.
Portland, ME 04101
207-747-9225
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

Goodwill Northern New England

190 Lancaster Street, Suite 200
Portland, ME 04101
Serves ALL Counties
207.699.0798
veteransjobconnection@goodwillnne.org
www.goodwillnne.org
www.facebook.com/goodwillnne

The Veterans Job Connection Program at Goodwill is open to all veterans, regardless of military discharge status, as well as the spouses and children of fallen soldiers. Our dedicated teams serve the entire state of Maine and support you in many ways to achieve your career and personal goals. Those enrolled in our program receive assistance with career exploration, job searches, resume writing, and interview preparation. We also offer supportive counseling, budgeting assistance and other support to overcome employment barriers related to homelessness, food insecurity, transportation and related challenges. We can provide financial support for costs such as fees for licensing exams, training and education, as well as other items or services that will help facilitate your overall stability. Our goal is to support you as you strive for greater stability for yourself and your family, and we do this by taking a holistic and individualized approach. Goodwill's Career Advisors and Life Navigators work as a team to help you reach your goals.

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/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.tions

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/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 - 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
[@CHOMhousing](https://www.facebook.com/CHOMhousing)
9:00 a.m. – 5:00 p.m.

Community Housing of Maine (CHOM) is a 501(c)(3) non-profit organization that provides advocacy, 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.

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.

Maine Homeless Veterans' Action Committee

Arwen Agee, Committee Chair
 Contact the Maine Bureau of Veterans' Services: 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'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>.

Goodwill Industries Northern New England Veterans' Fund

34 Hutcherson Drive
Gorham, ME 04038
207-774-6323

<https://goodwillnne.org/jobs/veterans-job-connection/>

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.

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.

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, ESQ.
P.O Box 31
Brunswick, ME 04011
207-319-4431
Sethlevylaw@gmail.com
www.sethlevylaw.com

Seth Levy served as the defense counsel for the Veterans' Treatment Court in Augusta. 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

The Cumberland Legal Aid Clinic is a small legal services provider. Clients are represented by student attorneys, law students specially licensed by the state and federal courts to provide legal services to low-income clients under faculty supervision. Our faculty supervisors are experienced members of the Maine bar. The Clinic's mission is twofold: educating law students through an intense, high-quality clinical and mentoring experience, while providing free legal services to those in need. The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the 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.



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.

Office of Senator Angus King - Biddeford

227 Main Street
Biddeford, ME 04005
207-352-5216
<https://www.king.senate.gov/contact>

Helping ensure that federal government agencies are responsive to Mainer's needs is one of my most important jobs as your United States Senator. I am proud to work on your behalf.

We have an obligation to ensure our nation's veterans are provided with the most comprehensive and accessible assistance programs available. We must not only redouble our efforts to care for those who have already served in the armed forces, but as a new generation of Soldiers, Sailors, 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 Simpson, Sara Holmbom Lund, Ellie Espling, and Peter Morin
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 p.m., please be seated by 6:00p.m.)

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 (five 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
- Improved sleep, reduction of nightmares
- Reduced pain- acute and chronic
- Reduced stress, anxiety, depression and irritability
- Reduced intrusive recall (flashbacks)

City of Westbrook - Veteran Services Officer

Arty Ledoux, Veteran Service Officer
2 York Street



Westbrook, ME 04092
207-591-8128
vetservices@westbrook.me.us
Call for an appointment

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, 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.

- 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

141 W Commercial 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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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 provide 21 Cabins in the Woods for homeless veterans. Additionally, a new 16 unit Fisher House for families of Togus inpatient veterans has been built across from the Togus Hospita.

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.

Maine Historical Society

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



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.

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.

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 Mainers through artifacts and telling the stories of the folks represented by their items. Just this fall we have hosted over 500 school children from all over the state with many more this coming year. The museum is free, but donations are welcome.

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.

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 ecotherapy. Heroes can reflect in solitude or connect in groups as they learn kayaking and kayak fishing..

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.com
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 Net-work is comprised of ten 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 updated information on our group and meeting schedule.

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 five 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 seven 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.

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 - 9 a.m. to 12 noon. Includes xc skiing, snowshoeing, cycling, archery, disc golf, bocchia, pellet rifle shooting, WC Basketball and Tennis. Additionally, we host one day events and three-four x four 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.

ID Cards/DEERS - South Portland (Western Ave)

50 Western Ave.
 South Portland, ME 04106
 207-756-7853
 Tues – Thurs: 8:00 a.m. – 11:00 a.m., 1:00 p.m. – 3:00 p.m.
 Closed Fridays
 Appointment Required

ID Cards/DEERS - South Portland (High Street)

259 High St.
 South Portland, ME 04101

207-741-5424
 Tues – Thurs: 8:00 a.m. – 3:00 p.m.
 Appointment only – may call and leave message to schedule appointment.

Maine Army National Guard Family Programs

Joe Tatem
 11 Ordinance Road
 Brunswick, ME 04011
 609-220-8485
 joseph.v.tatem.civ@mail.mil
 www.me.ngb.army.mil/family

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.

ITN Portland 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. ITN Portland 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 a.m.-5:00 p.m.

Regional Transportation Program (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 four-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.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.

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/huskylvets

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

Goodwill Northern New England

190 Lancaster Street, Suite 200
Portland, ME 04101
Serves ALL Counties
207.699.0798
veteransjobconnection@goodwillnne.org
www.goodwillnne.org
www.facebook.com/goodwillnne

The Veterans Job Connection Program at Goodwill is open to all veterans, regardless of military discharge status, as well as the spouses and children of fallen soldiers. Our dedicated teams serve the entire state of Maine and support you in many ways to achieve your career and personal goals. Those enrolled in our program receive assistance with career exploration, job searches, resume writing, and interview preparation. We also offer supportive counseling, budgeting assistance and other support to overcome employment barriers related to homelessness, food insecurity, transportation and related challenges. We can provide financial support for costs such as fees for licensing

exams, training and education, as well as other items or services that will help facilitate your overall stability. Our goal is to support you as you strive for greater stability for yourself and your family, and we do this by taking a holistic and individualized approach. Goodwill's Career Advisors and Life Navigators work as a team to help you reach your goals.

Maine Fallen Heroes Foundation

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

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, 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 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

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.

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, 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.

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

SeniorsPlus is the designated Agency on Aging and Disability Resource Center (ADRC) serving Franklin, Oxford, and Androscoggin counties. 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.

Maine Department of Labor CareerCenter - Wilton

865 U.S. Route 2E
Wilton, ME 04294-6649
207-645-5800
wilton.careercenter.maine.gov
www.maineareercenter.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.

Maine Maritime Academy

Laura Nason - Moulton
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 a.m. – 3:30 p.m. 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.

Great Pond Outdoor Adventure Center

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

A year round Morale, Welfare and Recreation (MWR) facility located in rural Maine, 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.

Maine Military and Community Network - Hancock County

Tara Young
140 State Street
Ellsworth, ME 04605
207-667-7171
tara@healthyacadia.org
https://mainemcn.com

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 ten 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.

Downeast Transportation

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

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

Sara Knowles, Program Coordinator
54 Independence Drive
Augusta, ME 04333
207-624-6085
corps.conservations@maine.gov
www.maine.gov/dacf/parks/get_involved/conservation_corps
www.facebook.com/maineconservationscorps
7:30 a.m. – 4:00 p.m.

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

build great things, with great people.

Maine Criminal Justice Academy

15 Oak Grove Road
Vassalboro, ME 04989
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 GI 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
207-430-6033
mesaa@maine.gov
https://www.maine.gov/veterans/benefits/education/msaa/index.html

The Maine State Approving Agency for Veterans Education Programs ensures 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.

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. – 12 p.m.; 1 p.m. - 4 p.m.

Legal Services for the Elderly (LSE), allows Maine residents age 60 and older to 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.

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.

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. 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.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.

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.

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)

45 Commerce Dr.
Augusta, ME 04333
207-624-5120
augusta.careercenter@maine.gov
www.mainecareercenter.com
www.mainecareercenter.gov/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

Bethanie Mazzaro
194 Winthrop Street
Augusta, ME 04330
207-430-5562
Bethanie.e.mazzaro.ctr@mail.mil
<https://www.esgr.mil/About-ESGR/Contact/Local-State-Pages/Maine>

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.

VA Veteran Readiness 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.

Sisters in Arms

Rebecca Cornell du Houx, Executive Director
 PO Box 5661
 Augusta, ME 04330
 207-358-8491
 director@barhh.org

www.barhh.org

Established in 2014, the Sisters in Arms 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, MST and other military induced stresses, improving access to education and training, reducing homelessness, aiding with legal issues, and getting our female veterans financially stable.

Operation Brotherhood

https://www.facebook.com/OperationBrotherhood/about/?ref=page_internal

A non-profit charitable organization designed to develop and establish comradery in the veteran community with the goal of eliminating veteran suicide



Bread of Life Ministries

157 Water Street
 Augusta, ME 04330
 207-626-3434
 breadoflife@mainebreadoflife.org
 www.mainebreadoflife.org

Bread of Life Ministries' (BOLM) was founded 34 years ago. Carolyn Neighoff's mission was to reach the homeless, partnered with seven 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 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
<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 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.

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, and Veterans, Inc. in Lewiston
- HUD-VASH Supported Housing - multiple service areas throughout

the state

- Emergency Contract Shelter- Augusta

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 five 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. Sixteen of the cabins are VASH (Veteran Administration Subsidized Housing) funded and five 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 and 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

Rick Henry
Senior Examiner-Consumer Complaints
35 State House Station
Augusta, ME 04333
207-624-8527
richard.henry@maine.gov
<https://www.maine.gov/pfr/consumercredit/index.shtml>

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.

Justice Affected Veterans

Kennebec County Sheriff's Incarcerated Veterans' Initiative

Sheriff Ken Mason and/or Valerie Grant, Programs Coordinator
115 State St.
Augusta, ME 04330
207-623-2270
vmgrant@kennebecso.com
www.kennebecso.com
www.facebook.com/Kennebec-County-Sheriff's-Office
8:00 a.m. – 4:00 p.m.

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 and maintains a pod specifically for justice-affected veterans.

The 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 and works as part of the Community Veteran Engagement Board 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
P.O. 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

Pine Tree Legal Assistance's (PTLA) 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.

VA - Veterans' Justice Outreach

Anne Archibald - Southern Maine
207-713-2943
anne.archibald@va.gov

Amy Morin - Northern Maine
207-530-7622
amy.morin@va.gov

Danielle Mayer - Central Maine
207-250-1742
danielle.mayer@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 of Maine

James Orr or Ziggy Lawrence
9 Green Street, Suite 3A
Waterville, ME 04903
207-480-0438 / 207-592-3077
www.facebook.com/veteranmentorsofme

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 Veterans' Treatment 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 veteran in need, give us a call.

Veterans' Treatment Court

Maine Judicial Branch Veterans' Treatment Court (VTC) is currently offered in Kennebec and Cumberland Counties.

Cumberland County Superior Court
Maine Pretrial Services
Telephone: (207) 351-0074

Capital Judicial Center in Augusta
Maine Pretrial Services
Telephone: (207) 399-6281

The VTC in Kennebec County may accept cases from all District and Superior Courts statewide. The VTC in Cumberland County accepts cases from Cumberland County only.

Website: www.courts.maine.gov/treatment/veterans

Email: specialtydockets@courts.maine.gov

VTC Application Form CR-234: <https://mjbportal.courts.maine.gov/CourtForms/FormsLists/DownloadForm?strFormNumber=CR-234>

Maine Pretrial Services, Inc. - Kennebec County

9 Green Street
Augusta, ME 04330
207-831-6849
info@mainepretrial.org
www.mainepretrial.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
40 Western Ave, E.S. Muskie Federal Building, Room 412
Augusta, ME 04330
207-622-8292, 1-800-432-1599
Teague_Morris@king.senate.gov
www.king.senate.gov
www.facebook.com/SenatorAngusSKing Jr
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, Mark Winter, 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, Director
117 State House Station
Augusta, ME 04333
207-287-7020
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
207-287-9933
mailvsome@va.gov
8:00 a.m. – 4:00 p.m.

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.

Maine Veterans' Home - Augusta

Jacob C. Anderson, Administrator
35 Heroes Way
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, 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

Central Maine Veterans' Memorial Cemetery - CCD

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, as well as green-burials..

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.



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.

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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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 21 Cabins in the Woods for homeless veterans and a 16 unit Fisher House for families of Togus inpatient veterans.

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.

Specialized programs 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

23 Blue Star Avenue
Augusta, ME 04333
207-430-5824
ng.me.mearng.list.j1-sarc@mail.mil
<https://www.me.ng.mil/Resources/Sexual-Assault-Prevention-and-Response/>
www.facebook.com/Maine.SAPR

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

Mary Rose Callain, LCSW, LADC
1 VA Center
Augusta, ME 04330
207-623-8411, x4296
MaryRose@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.

Maine Coalition Against Sexual Assault

45 Memorial Circle, Suite 302
Augusta, ME 04330
207-626-0034
1-800-871-7741 (Helpline)
www.mecasa.org
Serves all Maine Counties

The Maine Coalition Against Sexual Assault is organized to end sexual violence and to support high quality sexual violence prevention and response within Maine communities.

Maine Coalition to End Domestic Violence

P.O. BOX 5188
Augusta, ME 04330
207-430-8334
info@mcedv.org
www.mcedv.org
Serves all Maine Counties

Our nine member agencies work in communities across the state to provide direct support to people affected by domestic abuse and violence, and to improve the ways our communities and institutions respond to abuse. Supporting their efforts is a core component of MCEDV's mission. This close partnership benefits us all. We rely on our members to shape our policy, training and awareness-raising priorities. Their experiences with survivors in communities across Maine deeply informs our work at the Coalition office.

Wabanaki Women's Coalition

Donna Brown, Executive Director
207-866-3030
wabanakiwomenscoalition@gmail.com
www.wabanakiwomenscoalition.org
Serves all Counties

The Wabanaki Women's Coalition's mission is to increase the capacity of tribal communities to respond to domestic and sexual violence, and influence tribal, national, and regional systems to increase awareness, safety, justice, and healing for all our relations.

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 Foundation

747 Western Ave.
Manchester, ME 04351
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.

Our founder, US Army SSG Travis Mills, is one of only five quadruple amputees to have survived the wars in Iraq and Afghanistan.

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.

In 2020, the Travis Mills Foundation added the Warrior Pathh Program as an alternative offering for veterans. The program is designed to cultivate and facilitate posttraumatic growth with a seven-day initiation at the Foundation, followed by 18 months of training by fellow Veteran guides. This program is offered to Active Duty, Retired, and Post 9/11 Combat Veterans, as well as to First Responders. For more information contact travismillsfoundation.org/warriorpathh or James Prindle at james@travismillsfoundation.org

2-1-1 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, Valerie Grant
Kennebec County Sheriff's Office
<https://mainemcn.com>
vmgrant@kennebecso.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 ten 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

Bear Parker
194 Winthrop Street, Building #7
Augusta, ME 04330
207-232-8710
bear.parker@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
1-888-365-9287
ng.me.mearng.list.me-mil-fac@mail.mil
<https://www.me.ng.mil/family/>
www.facebook.com/MaineMFAC

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

Michael Beane, Support Coordinator
194 Winthrop Street, Building #7
Augusta, ME 04333
207-430-5959 (ph)
207-332-6804 (cell)
michael.s.beane.ctr@mail.mil
[www.facebook.com/Maine-Survivor-Outreach-Services SOS-359014316508](http://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. 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
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

Disabled American Veteran is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than one 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.

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 Greater 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 - Disabled American Veterans

Linda Neptune, Deb Maillet, and Leila Mills, Hospital Service Coordinators
PO Box 3415
Augusta, ME 04330
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: Ten 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.

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.

Pine Grove Programs

PO Box 92
South China, ME 04358-0092
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.

Knox County

Center for Furniture Craftmanship

Dorrie Butterfield Higbee, Student Services Manager
25 Mill Street
Rockport, ME 04856
207-594-5611
www.woodschoool.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 Workshops and College

70 Camden St.
Rockport, ME 04856
877-577-7700
info@mainemedia.edu
www.facebook.com/mmwandc

Maine Media Workshops and College (MMWC) 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. MMWC 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. MMWC embraces historical processes as well as leading-edge technologies in image making and narrative expression. MMWC is committed to fostering creativity, culture, and human communication in the world.

Mid-Coast School of Technology Adult Education

1 Main St.
Rockland, ME 04841
207-596-7752, ext. 3
www.midcoastadulsted.com

Spectrum Generations

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

Spectrum Generations' award winning Legacy Corps program provides up to ten 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.

Maine Department of Labor CareerCenter - Rockland

91 Camden Street, Suite 201

Rockland, ME 04841-3424
207-596-2600
rockland.careercenter.maine.gov
www.maineecareercenter.gov
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

The Knox Museum

30 High Street
Thomaston, ME 04861
207-354-8062
info@knoxmuseum.org
www.knoxmuseum.org
www.facebook.com/KnoxMuseu
10:00 a.m. – 4:00 p.m.

The General Henry 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.



Lincoln County

Downeast School of Massage

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

297 Bath Road
Wiscasset, ME 04578
207-504-5899
info@ceimaine.org
www.ceimaine.org
www.facebook.com/CEIMaine
twitter.com/ceimaine
9:00 a.m. – 5:00 p.m.

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

767 Main Street, Suite 5
Damariscotta, ME 045443
207-563-1363

Spectrum Generations' award winning Legacy Corps program provides up to ten 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.

Kieve Wavus Veterans' Camp

42 Kieve Rd
Nobleboro, ME 04348
207-549-5719
veterans@kievewavus.org

Kieve Wavus says thank you for your service by offering you and your family a week or weekend long program at one of our Veterans' Camps on beautiful Damariscotta Lake in mid-coast Maine. There are three Family Camps to choose from and two 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.

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 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.

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, 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 and 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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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.

Maine Adaptive Sports - Veterans No Boundaries

Alissa Towle, Specialty Program Manager
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 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
8:30a.m. - 5:00p.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
- Outreach and education about veteran issues and services

Community Health and Counseling Services

42 Cedar Street
Bangor, ME 04401
1-800-924-0366
www.chcs-me.org
Contact@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
info@dirigome.org

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

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. 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
207-404-7633
Tracy.l.souza.civ@mail.mil

The Psychological Health Program was started in 2010 and has developed into a trusting agent for service members. The following are 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.

Beal College

99 Farm Road
Bangor, ME 04401
207-307-3900
admissions@beal.edu
https://beal.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
207-974-4680

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

639 Broadway
Bangor, ME 04401
207-482-0419
https://www.empire.edu/cosmetology-schools/maine/bangor

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

One College Circle
Bangor, ME 04401
207.941.7000
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.

Northeast Technical Institute - Bangor

1435 Stillwater Ave.
Bangor, ME 04401
(800) 447-1151
inquiry@ntinow.edu
<https://ntinow.edu/contact/>
www.facebook.com/NTInow

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

Northern Penobscot Tech Region III

35 West Broadway
Lincoln, ME 04457
207-794-3004
<https://region3.mainecte.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

200 Hogan Road
Bangor, ME 04401
207-942-5296
<http://utc.mainecte.org/contact/>
www.utc.maineadulted.org
www.facebook.com/UTCAdultEd
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

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.

Eastern Area Agency on Aging

240 State St
Brewer, ME 04412
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.

Legal Services for the Elderly (LSE) allows Maine residents age 60 and older to 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

559 UNION STREET
SUITE 2
Bangor, ME 04401
207-945-3100
<https://bonneystaffing.com/locations/staffing-agencies-bangor/>
BANGOROFFICE@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

1 University Drive
Bangor, ME 04401
207-942-1744
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 Veterans' Project

207 Parkview Avenue
Bangor, ME 04401
207-262-6061
www.maineveteransproject.org
www.facebook.com/MVPforME
Hours Vary Daily

Maine Veterans' Project (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.

MVP focuses solely on suicide prevention and reduction of PTSD or 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.



Maine Department of Labor CareerCenter - Bangor

45 Oak Street, Suite 3
Bangor, ME 04401
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.

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 - Bangor

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

Maine Small Business Development Centers (Maine SBDC) provide free, confidential business advising and training to Maine's entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as business feasibility, business plan development, capital acquisition, financial management, marketing and sales, and much more. Start or grow your business with the help of the Maine SBDC. Helping small businesses succeed since 1977.

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
docnelson133@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

Joe Connors, Military and Family Life Program -
Personal Financial Counselor
Bangor, ME
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

Pine Tree Legal Assistance 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

Thomas B. Jamieson, L.Ac.
224 State Street
Bangor, ME 04401
bangorvetsacuclinic@gmail.com
www.bangorvetsacuclinic.org
www.facebook.com/Bangor-Veterans-Acupuncture-
207-990-0188

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.

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, 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 Drive
Bangor, ME 04401
(877) 421-8263 ext. 3600
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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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 provides 21 Cabins in the Woods for homeless Veterans. Additionally, a new 16 unit Fisher House for families of Togus inpatient veterans was built across from the Togus Hospital in 2018.

VA Community Based Outpatient Clinic - Lincoln

99 River Road
Lincoln, ME 04457
(207) 403-2000
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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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 provides 21 Cabins in the Woods for homeless veterans. Additionally, a

new 16 unit Fisher House for families of Togus inpatient veterans was built across from the Togus Hospital in 2018.

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 and Family Retreat

Deanna and Paul House, Gold Star Family
217 Skunk Hill Rd.
Lee, ME 04455
207-738-VETS (8387)
info@houseinthewoods.org
<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.

Airman and Family Readiness Office

Andrew Matlins
101 MAINEiacs Ave., Suite 505
Bangor, ME 04401
207-404-7494
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
207-874-1192
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 - Bangor

300 Hildreth St. North
Bangor, ME 04101
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 five 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 seven 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.

Greater Bangor Maine Military and Community Network mainemcn.com/

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The network is comprised of ten 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.



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.

Penquis Transportation

Marcia Larkin
262 Harlow Street
Bangor, ME 04401

(207) 974-2420
 info@penquis.org
<https://www.facebook.com/PenquisHelpingTodayBuildingTomorrow>
 8:00 a.m. – 4:30 p.m.

Penquis/Lynx Mobility Services offers transportation services to veterans in Penobscot and Piscataquis counties. Lynx requires three 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
MESC@PatriotGuard.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

Penobscot National Tribal Headquarters

23 Wabanaki Way
 Indian Island, ME 04468
 207-827-6101
www.penobscotnation.org
www.facebook.com/PenobscotNationTribalAdministration
 Serves all Counties

Our mission is to work in unison with the Tribal Council and our Administration to protect Penobscot People, culture and our territory by the wise exercise of our Sovereign Powers; to promote prosperity and success for all of our people

through the creation of economic and cultural opportunities while always maintaining the highest level of integrity; and to preserve our cultural values entrusted to us by our ancestors in order to pass them along to our children.



Wabanaki Public Health & Wellness

1 Merchant's Plaza, Suite 401
 P.O. Box 1356
 Bangor, ME 04401
 207-352-0183
www.wabanakiphw.org and www.facebook.com/WabanakiPHW
 Serves all Counties

Wabanaki Public Health & Wellness is a nonprofit organization serving the four federally recognized tribes located in five communities in Maine: the Houlton Band of Maliseet Indians, the Aroostook Band of Micmacs, the Passamaquoddy Tribe at Indian Township, the Passamaquoddy Tribe at Pleasant Point, and the Penobscot Nation. They offer counseling and case management services, peer-based support, housing supports, substance use prevention and recovery services, violence and injury prevention, environmental health promotion, infectious disease prevention, youth leadership, maternal and child health programs, food sovereignty programs, and cultural programs. Services are available to tribal members living on and off reservation across Maine.

Wabanaki Vocational Rehabilitation Program

Darcy Gentle, Program Director
 207-532-2021
dgentle@maliseets.com
 Serves all Counties

The Wabanaki Vocational Rehabilitation is a program that helps tribal members with disabilities who want to return back to work, find employment, or provide support in maintaining employment.



Piscataquis County

Piscataquis Valley Adult Ed

Thelma Regan
50 Mayo Street
Dover Foxcroft, ME 04426
207-564-6525
hroberts@pvaec.org
<https://pvaec.maineadulted.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
adulted@link75.org
<https://merrymeeting.maineadulted.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 ten 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.

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 U.S. veterans, and 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

55 Front Street



Bath, ME 04530
 207-443-8363
 mpeabody@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 8a.m. to 5:30p.m. 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 one dollar. Service is provided to Mid Coast Hospital in Brunswick twice daily, when requested in advance. An appointment is required and must be made 24 hours in advance. Morning service is provided from City Hall, leaving at 9:30 a.m. and returning at 10:00 a.m.; afternoon service is provided from City Hall, leaving at 1:30 p.m. and returning at 2:00 p.m. Each direction costs two dollars. Additional information, reservations, and schedules are available online at <http://www.cityofbath.com/citybus> or 207-443-8363.

Somerset County

Spectrum Generations

30 Leavitt Street
 Skowhegan, ME 04976
 207-474-8552

Spectrum Generations' award winning Legacy Corps program provides up to ten 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.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.

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.

Maine Military and Community Network-Somerset County

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>
 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 ten 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 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 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 four to six months to complete. Salute of Service offers training classes in various locations around the state. All the veteran needs is a copy of DD-214, 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 ten 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 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 Owen House

P.O. Box 34
Liberty, ME 04949
207-323-1070
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 houses homeless veterans and has a commercial kitchen and a large communal dining and social area. Veterans 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 sheltering themselves.

Wabanaki Women's Coalition

Jane Root, Executive Director
PO BOX 365
Lincolntonville, ME 04849
207-538-0858
wabanakiwomenscoalition@gmail.com
www.wabanakiwomenscoalition.org
Serves all Counties

The Wabanaki Women's Coalition's mission is to increase the capacity of tribal communities to respond to domestic and sexual violence, and influence tribal, national, and regional systems to increase awareness, safety, justice, and healing for all our relations.

United Farmer Veterans of Maine

PO BOX 576
Winterport, ME 04496
207-323-1671
ufvmaine@gmail.com
ufvme.us

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.

Washington County

Internity

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

We specialize in helping veterans with Hidden Disabilities, Behavioral Issues, and Military Sexual Trauma, and are not limited by large teams, operational constraints, geographical borders, or legislative issues.

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.

Washington County Community College'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. Students who wish to apply for VA educational benefits should contact the Registrar's Office when applying for admission. Prior military learning experiences will be reviewed for credit, and the 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

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.maine-careercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL

Our mission is to build and sustain a skilled workforce. Through 12 CareerCenter located across the state, staff connect job seekers 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.maine-careercenter.gov
www.facebook.com/MaineHireAVet
www.facebook.com/MaineDOL

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.

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
PO BOX 560
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 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



Maine Veterans' Home - Machias

Marcia Jackson, Administrator
 32 Veterans Way
 Machias, ME 04654
 207-255-0162
info@MaineVets.org and <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, 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 and 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 eight full-time Community-Based Outpatient Clinics (CBOC) and three 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 provides 21 Cabins in the Woods for homeless veterans. Additionally, a new 16 unit Fisher House for families of Togus inpatient Veterans was built across from the Togus Hospital beginning.

Washington County Maine Military and Community Network

Machias Career Center (meeting location)
 53 Prescott Drive
 Machias, ME 04654
 Leader: Ruth Moore
<https://mainemcn.com>
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 ten 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.

Passamaquoddy Tribe at Indian Township

8 Kennebasis Street
 Princeton, ME 04668
 207-796-2301
 Fax: 207-796-2420
www.facebook.com/indtwprtribe
www.passamaquoddy.com
 Serves all Counties

Passamaquoddy Tribe at Pleasant Point (Sipayik)

9 Sakom Drive
 PO Box 343
 Perry, ME 04667
 207-853-2600
www.passamaquoddy.com
www.facebook.com/indtwprtribe
 Serves all Counties



Washington Hancock Community Agency

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

The Washington Hancock Community Agency (WHCA) 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.

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 to 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

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 Professional Association of Therapeutic Horsemanship International (PATH) 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
aruskansky@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 (UNE) is Maine's largest private university, an innovative educational community with two distinctive coastal Maine campuses, a 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 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.

Vet2Vet Maine

PO Box 1205
11 Morin Street
Biddeford, ME 04005
207-579-4024
office@vet2vetmaine.org
www.vet2vetmaine.org
Hours of Operation: M-F by appointment

Vet2Vet Maine, a nonprofit 501(c)(3) organization, recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each volunteer 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.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. - 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.

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.orgwww.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.orgwww.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, Abby Mendoza, and Trevor Hustus
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

634 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

Maine Department of Labor CareerCenter - Springvale

9 Bodwell Court
Springvale, ME 04083
207-324-5460
springvale.careercenter.maine.gov
www.maineccareercenter.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
207-490-4612
www.maine.gov/veterans
Office Hours: 7:30 a.m. – 4:00 p.m.
Summer Hours: May 1 to November 15, 7:30 a.m. to 4:00 p.m., Monday through Friday. Open on weekends.
Winter Hours: 7:30 a.m. to 4:00 p.m., Monday through Friday. Closed for 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.



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.com
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 ten 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

P.O. 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
207-490-4612.
mvmcs@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.

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

Office of Senator Angus King - Biddeford

227 Main Street
Biddeford, ME 04005
207-352-5216
<https://www.king.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.

National Resources

Brain Injury Association of America

703-761-0750
www.biausa.org/about/contact/offices

Home Base

617-724-5202
homebase.org/

Defense and Veterans' Brain Injury Center

315-774-9031
Fort Drum, NY

A Soldier's Journey Home

845-661-1075
P.O. Box 578
Hixson, TN 37343-9998
www.asoldiersjourneyhome.org/contact

PGA REACH New England

508-869-0000
81C Shrewsbury Street
P.O. BOX 743
Boylston, MA 01505
nepgainfo@pgahq.com
<https://nepga.com/foundation/military>



2-1-1 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.

Cole Land Transportation Museum

Jim Neville
405 Perry Road
Bangor, ME 04401
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.



Notes:



Index:

211 Maine	62	Coastal Enterprises, Inc. - Portland	37
Academy of Medical Professionals	32	Coastal Enterprises, Inc. - Biddeford Think Tank	83
Airman & Family Readiness Office	73	Coastal Enterprises, Inc. - Fairfield Maine SBDC Branch Office	77
Alpha One - Bangor	69	Coastal Enterprises, Inc. - Machias	79
Alpha One - Presque Isle	26	Coastal Enterprises, Inc. -Wiscasset Maine SBDC Branch Office	66
Alpha One - South Portland	35	Coastal Enterprises, Inc - Augusta SBDC Branch Office	54
American Legion Department of Maine	64	Coastal Enterprises, Inc - Ellsworth Maine SBDC Branch Office	48
American Red Cross - Aroostook County	29	Coastal Enterprises, Inc - Farmington	47
American Red Cross - Central and Midcoast	76	Colby College	51
American Red Cross - Central/MidCoast	25	Cole Land Transportation Museum	73
American Red Cross - Headquarters	43	College of the Atlantic	48
American Red Cross - Northern and Eastern Maine	74	Combat Veterans Motorcycle Association of Maine Chapter 17-1	45
AMVETS Department of Maine Marshall F. Archer	85	Community Concepts Transportation Program	25
Army National Guard Family Assistance Center - Augusta	62	Community Health and Counseling Services	67
Army National Guard Family Assistance Center - Bangor	74	Community Housing of Maine	38
Army National Guard Family Assistance Center - Brunswick	43	Congressman Jared Golden - Lewiston	24
Army National Guard Family Assistance Center - Caribou	30	Congresswoman Chellie Pingree - Waterville	58
Army National Guard Survivor Outreach Services - Augusta	63	Congresswoman Chellie Pingree - Portland	41
Army National Guard Survivor Outreach Services - Bangor	74	Consumer Credit Protection Bureau	57
Aroostook Agency on Aging	26	Dale Carnegie Maine	32
Aroostook Band of MicMacs Tribal Headquarters	30	Defense and Veterans Brain Injury Center	86
Aroostook Transportation System	30	Dental Services	12
Avesta Housing	39	Department of Housing and Urban Development	71
Avesta Housing - Thomas Heights	12	Dirigo Counseling Clinic, LLC	67
Aroostook Veterans Alliance	31	Disability Rights Maine	57
A Soldier's Journey Home	86	Disability Rights Maine - Deaf Services	35
Bangor Vet Center	67	Disabled American Veterans	63
Bangor Veterans' Acupuncture Clinic	72	Disabled Veterans' Controlled Moose Hunt	14
Bates College	20	Disabled Veterans' Hunting/Fishing Licenses	14
Bath City Bus	76	Downeast School of Massage	65
Beal College	68	Downeast Transportation	49
Sisters in Arms	55	Eastern Area Agency on Aging	69
Birthwise Midwifery School	32	Eastern Maine Community College	68
Bonney Staffing Center- Augusta	53	Education and Training Programs from the VA	5
Bonney Staffing Center - Auburn	22	Elder Abuse Task Force - Safe Voices	22
Bonney Staffing Center - Bangor	70	Empire Beauty School - Bangor	68
Bonney Staffing Center - Biddeford	83	Finance Authority of Maine	57
Bonney Staffing Center - Windham	37	Free In State Tuition for National Guard	5
Boots2Roots	37	Friendship Cottage Adult Day Service Program	48
Bowdoin College	32	Furniture Friends	39
Brain Injury Association of America	11	Garry Owen House	78
Brain Injury Association of America	86	Gold Star Family License Plates	19
Bread of Life Ministries	55	Goodwill Industries Northern New England Veterans' Fund	40
Brunswick Veterans' Acupuncture Clinic Practitioners	41	Goodwill Northern New England	25
BSOOB/Shuttle Bus/ZOOM	85	Goodwill Northern New England	37
Build Green Maine	78	Goodwill Northern New England	46
Cabin in the Woods	56	Goodwill Northern New England	30
Capilo Institute	50	Greater Portland Transit Authority	44
Carlisle Academy	82	Health Affiliates Maine- Auburn	20
Center for Furniture Craftsmanship	65	Health Affiliates Maine - Augusta	50
Central Maine Community College	21	Health Affiliates Maine - Ellsworth	67
Central Maine Veterans' Memorial Cemetery - Civic Center Drive	60	Health Affiliates Maine - Portland	31
Central Maine Veterans' Memorial Cemetery - Mt. Vernon Road	60	Helping Hands Trade School	51
CHAMPVA	11	Hire A Vet Campaign	54
City of Westbrook - Veteran Service Officer	41	Home Depot Foundation	76
Coastal Enterprise, Inc. - Lewiston	23	HomeBase	86
Coastal Enterprises, Inc. - Bangor	70	Honor Flight Maine	45
Coastal Enterprises, Inc. - Brunswick	37	Houlton Band of Maliseet Indian Tribal Headquarters	30
		House in the Woods Military & Family Retreat	73
		Husson University	68
		ID Cards/DEERS - Augusta	63



ID Cards/DEERS - Bangor	74	Maine Homeless Veterans' Action Committee	39
ID Cards/DEERS - Bath	63	Maine Homeless Veterans' Alliance	39
ID Cards/DEERS - Limestone	30	Maine Maritime Academy	48
ID Cards/DEERS - South Portland (High Street)	44	Maine Media Workshops and College	65
ID Cards/DEERS - South Portland (Western Ave)	44	Maine Military and Community Network - Aroostook County	29
Income Tax Exemption for Military Pensions	15	Maine Military and Community Network - Greater Bangor	74
Independent Transportation Network	36	Maine Military and Community Network - Greater Portland	43
Internity	79	Maine Military and Community Network - Hancock County	49
ITN Portland - Central Office	44	Maine Military and Community Network - Kennebec County	62
Jackson & MacNichol	40	Maine Military and Community Network - Lewiston/Auburn	25
Justice Affected Veterans Resources	57	Maine Military and Community Network-Somerset County	77
K9s on the Front Lines	30	Maine Military and Community Network - Washington County	80
Kennebec Behavioral Health	50	Maine Military and Community Network - York County	84
Kennebec County Sheriff's Incarcerated Veterans' Initiative	57	Maine Military Museum	43
Kieve Wavus Veterans' Camp	66	Maine Paws for Veterans	31
KVCAP Transportation Services	63	Maine Pretrial Services - Cumberland County	34
Legacy Corps - Spectrum Generations	36	Maine Pretrial Services - Kennebec County	58
Legal Services for the Elderly- Lewiston	22	Maine Small Business Development Centers - Caribou	27
Legal Services for the Elderly- Presque Isle	26	Maine Small Business Development Centers - Auburn	23
Legal Services for the Elderly- Scarborough	36	Maine Small Business Development Centers - Augusta	54
Legal Services for the Elderly- Augusta	52	Maine Small Business Development Centers - Bangor	71
Legal Services for the Elderly- Bangor	70	Maine Small Business Development Centers - Brunswick	38
Lewiston Vet Center	20	Maine Small Business Development Centers - Ellsworth	49
Long-Term Care Ombudsman	52	Maine Small Business Development Centers - Fairfield	78
Loring Job Corps	27	Maine Small Business Development Centers - Portland	38
Lynx-Penquis Transportation	74	Maine Small Business Development Centers - Saco	83
Maine Adaptive Sports - Veterans No Boundaries	67	Maine Small Business Development Centers - Wiscasset	66
Maine AgrAbility	47	Maine State Approving Agency for Veterans Education	51
Maine Air National Guard Psychological Health Program	68	Maine State Bar - Lawyer Referral and Information Service	57
Maine Army National Guard Family Programs	44	Maine Veterans' Cemetery System	2
Maine Army National Guard Psychological Health Program	50	Maine Veterans' Home - Augusta	59
Maine Army National Guard Sexual Assault Response Coord.	61	Maine Veterans' Home - Bangor	72
Maine Bureau of Veterans' Services - Augusta	59	Maine Veterans' Home - Caribou	29
Maine Bureau of Veterans' Services - Bangor	72	Maine Veterans' Home - Machias	80
Maine Bureau of Veterans' Services - Caribou	28	Maine Veterans' Home - Scarborough	42
Maine Bureau of Veterans' Services - Lewiston	24	Maine Veterans' Home - South Paris	66
Maine Bureau of Veterans' Services - Machias	79	Maine Veterans' Homes	7
Maine Bureau of Veterans' Services - South Portland	41	Maine Veterans' License Plates and Decals	19
Maine Bureau of Veterans' Services - Springvale	84	Maine Veterans' Project	70
Maine Coalition Against Sexual Assault	61	Maine Wood Carvers Association - Eagle Cane Project	45
Maine Coalition to End Domestic Violence	61	MaineHousing	56
Maine College of Art	33	MaineHousing - SaluteME Mortgage Program	12
Maine Community Law Center	40	Maine's Occupational Licensing Initiative	7
Maine Conservation Corps	51	Martin's Point Health Care System - Biddeford	84
Maine Criminal Justice Academy	51	Martins' Point Health Care System - Brunswick/Bowdoin	42
Maine Department of Labor CareerCenter - Augusta	54	Martins' Point Health Care System - Brunswick/Cook's Corner	42
Maine Department of Labor CareerCenter - Bangor	71	Martin's Point Health Care System - Gorham	42
Maine Department of Labor CareerCenter - Brunswick	37	Martin's Point Health Care System - Portland	42
Maine Department of Labor CareerCenter - Calais	79	Master Sergeant Gary Gordon Veteran Center	71
Maine Department of Labor CareerCenter - Lewiston	23	Merrymeeting Adult Ed	76
Maine Department of Labor CareerCenter - Machias	79	Mid-Coast School of Technology Adult Education	65
Maine Department of Labor CareerCenter - Portland	38	Mid-Maine Homeless Shelter	56
Maine Department of Labor CareerCenter - Presque Isle	27	Military and Family Life Program	40
Maine Department of Labor CareerCenter - Rockland	65	Military and Family Life Program - Personal Financial Counselor	71
Maine Department of Labor CareerCenter - Skowhegan/Hinckley	77	Military Discharge Requests	18
Maine Department of Labor CareerCenter - Wilton	48	Military Funeral Honors	2
Maine Department of Labor CareerCenters - Springvale	84	Military ID for Commissary	19
Maine Elks	56	Military Officers Association of America	45
Maine Fallen Heroes Foundation	47	Military OneSource	62
Maine Historical Society	42	Military Order of the Purple Heart	64
Maine Historical Society - My Maine Stories	43	Military Service Driver's License	18



Military Talent Source	25	Small Business Administration -Bangor	71
Morale Welfare Recreation Center at Great Pond	49	Somerset County Maine Military and Community Network	78
National Gravesite Locator	3	South Portland Bus Service	45
National Guard Employment Support Program	54	Southern Maine Agency on Aging	36
New England School of Communications	68	Southern Maine Community College	33
New England School of Metalwork	21	Southern Maine Heroes on the Water	43
New Hampshire Institute for Therapeutic Arts	33	Southern Maine Veterans' Cemetery	84
Northeast Technical Institute - Bangor	69	Southern Maine Veterans' Cemetery Association	85
Northeast Technical Institute - Lewiston	21	Spa Tech Institute	33
Northeast Technical Institute - Scarborough	33	Spectrum Generations- Augusta	52
Northern Maine Vet Center	26	Spectrum Generations- Camden	65
Northern Maine Veterans' Cemetery	28	Spectrum Generations- Damariscotta	66
Northern Penobscot Tech Region III	69	Spectrum Generations- Skowhegan	77
Operation Brotherhood	55	Spectrum Generations- Belfast	79
Paralyzed Veterans of America	64	Spectrum Generations People Plus- Brunswick	76
Passamaquaddy Tribe at Indian Township	80	Sportsman's Alliance of Maine	61
Passamaquaddy Tribe at Pleasant Pond	80	Springvale Vet Center	81
Patriot Guard Riders	75	St. Joseph's College	33
Patriot Riders of America - Maine Chapter One	85	State Gravesite Locator	3
Patriot Riders of America - Maine Chapter Two	46	State of Maine Vocational Rehabilitation Services	6
Patriot Riders of America - Maine Chapter Three	77	State Park and Museum Access	14
Penobscot National Tribal Headquarters	75	Student Veterans of America	46
Pets for Vets	31	Survivor and Dependent's Benefits	3
PGA	86	Sweetser	81
Pine Grove Farms	64	Team Red, White & Blue	46
Pine Tree Legal Assistance - Augusta	58	Team Rubicon	46
Pine Tree Legal Assistance - Bangor	72	The Knox Museum	65
Pine Tree Legal Assistance - Lewiston	24	The Landing School	82
Pine Tree Legal Assistance - Machias	80	The Summit Project	43
Pine Tree Legal Assistance - Portland	40	Thomas College	51
Pine Tree Legal Assistance - Presque Isle	28	Tide Meadow Counseling	83
Piscataquis Valley Adult Ed	76	Togus Claims Office	59
Portland Vet Center	31	Togus VA Medical Center	60
Preble Street Veterans' Housing Services- Lewiston	23	Transition Assistance Advisor	63
Preble Street Veterans' Housing Services- Portland	39	Travis Mills Foundation	62
Preble Street Veterans' Housing Services- Lewiston	47	Tricare	11
Preble Street Veterans' Housing Services- Machias	49	Tri-County Mental Health Services	20
Preble Street Veterans' Housing Services- Bangor	71	Tri-County Mental Health Services	47
Preble Street Veterans' Housing Services- Lewiston	27	Tri-County Mental Health Services	66
Purdue University Global- Lewiston	21	Troops to Teachers - Maine	7
Purdue University Global-Portland	32	United Farmer Veterans	78
Purdue University Global- Augusta	51	United Technology Center	69
Recreation Therapy	50	United Veterans of Maine, Inc.	27
Riding to the Top	31	University of Maine	69
Rolling Thunder Maine	46	University of Maine at Augusta	52
Salute of Service	80	University of Maine at Augusta - Brunswick Center	46
Senator Angus King - Augusta	59	University of Maine at Augusta - East Millinocket Center	75
Senator Angus King - Bangor	72	University of Maine at Augusta - Ellsworth Center	50
Senator Angus King - Biddeford	86	University of Maine at Augusta - Houlton Center	30
Senator Angus King - Presque Isle	28	University of Maine at Augusta - Lewiston Campus	25
Senator Susan Collins - Augusta	59	University of Maine at Augusta - Rumford Center	67
Senator Susan Collins - Bangor	72	University of Maine at Augusta - Saco Center	86
Senator Susan Collins - Biddeford	84	University of Maine at Augusta - South Paris Center	67
Senator Susan Collins - Caribou	28	University of Maine at Augusta Rockland Center	66
Senator Susan Collins - Lewiston	24	University of Maine at Farmington	47
Senator Susan Collins - Portland	41	University of Maine at Presque Isle	26
Seniors Plus	22	University of Maine Law School	35
Seniors Plus	48	University of Maine School of Law - Cumberland Legal Aid Clinic	40
Seth Levy Law	40	University of New England - Biddeford	82
Small Business Administration	38	University of New England - Portland	35
Small Business Administration - District Office	55	University of Southern Maine	34



University of Southern Maine - Gorham	34	York County Community College	82
University of Southern Maine - Lewiston	22		
US Department of Labor - Veteran Employment Training Services	23		
VA Access Point - Bingham	77		
VA Access Point - Fort Kent	29		
VA Access Point - Houlton	29		
VA Burial Memorial Benefits	2		
VA Community Based Outpatient Clinic - Bangor	73		
VA Community Based Outpatient Clinic - Calais	80		
VA Community Based Outpatient Clinic - Caribou	29		
VA Community Based Outpatient Clinic - Lewiston/Auburn	24		
VA Community Based Outpatient Clinic - Lincoln	73		
VA Community Based Outpatient Clinic - Portland	42		
VA Community Based Outpatient Clinic - Rumford	67		
VA Community Care	60		
VA Compensation and Pension Programs	15		
VA Geriatrics and Extended Care Services	53		
VA Homeless Services	56		
VA Life Insurance Programs	16		
VA Maine Healthcare System Transportation Services	64		
VA Maine Healthcare System Voluntary Transportation Network	64		
VA Maine Substance Use Disorder Program	11		
VA Military Sexual Trauma Coordinator	61		
VA Veteran Readiness and Employment	7		
VA Veteran Readiness and Employment	55		
VA Veterans' Justice Outreach	34		
VA Veterans' Justice Outreach	58		
VA Women Veterans' Clinic	8		
VA Women Veterans' Clinic	60		
VAST Program	44		
Vet2Vet Maine	36		
Vet2Vet Maine	82		
Veteran Assistance at Maine CareerCenters	6		
Veteran Identification Card	18		
Veteran Mentors of Maine	34		
Veteran Mentors of Maine	58		
Veterans' Choice Program	60		
Veterans' Dependents Educational Benefits	5		
Veterans' Emergency Financial Assistance Program	14		
Veterans' Inc	23		
Veterans' Property Tax Exemption	15		
Veterans' Treatment Court	34		
Veterans' Treatment Court	58		
Veterans Upward Bound	35		
Vietnam Veterans of America	86		
Volunteers of America	56		
Volunteers of America - Arthur B Huot House	83		
Volunteers of America - Veterans Career House	83		
Wabanaki Health and Wellness	75		
Wabanaki Public Health	76		
Wabanaki Vocational Rehabilitation Program	31		
Wabanaki Vocational Rehabilitation Program	75		
Wabanaki Women's Coalition	61		
Wabanaki Women's Coalition	78		
Washington County Community College	79		
Washington Hancock Community Agency	49		
Washington Hancock Community Agency	81		
Western Maine Transportation Services	25		
Wilderness Walk for Warriors	29		
Wreaths Across America	81		
York County Community Action Corp.	85		



Maine Bureau of Veterans' Services
117 State House Station
Augusta, ME 04333-0117
207-287-7020
www.maine.gov/veterans