



MATE Housing Ministry **A Program of Mission at the Eastward**

WHO? Volunteer Mission teams from all over the northeast come to Central Western Maine to share their talents and caring with area homeowners, who without assistance with labor and/or materials, would be unable to make needed repairs and maintenance to their homes. Many of the volunteers take vacation time to be here.

WHAT? Painting, roof repairs, porches, steps, ramps and simple interior and exterior repair are likely prospects for the teams. Wherever possible, we ask homeowners and families to participate in the work and its cost. At times the mission can help with materials through grants and donations.

WHERE? Currently we're serving mostly Franklin County: Farmington area, Chesterville, Jay, N. Jay, Livermore Falls, Wilton, New Sharon, Temple, Strong, New Vineyard. Somerset County: New Portland, Lexington, Highland Plantation & Embden. Volunteer work groups stay in North New Portland and Farmington, and we like to keep the work within 30 minutes of these towns.

WHEN? Volunteer Mission teams arrive during the months of June, July and August. The date and time the team will be at your home will be coordinated with you if your application is accepted.

WHY? The MATE Housing Ministry was created to help people in need stay in their home by doing needed repairs they could not otherwise afford to do. The volunteer Mission teams seek to do Christian service. They are called out of their everyday lives to serve in our community. They come to work on housing and would be pleased to work along with you. Their experience is made better by the time you share with them.

HOW? If you own (or are buying) your home, all you have to do is to fill out this application and return it. Each application received will be considered, and you will be contacted for further information if necessary. We'll call you to set up an assessment appointment, and we'll notify you, whether or not we are able to do the work requested.

MATE-Housing Ministry determines what applications are accepted based on the skill levels of the volunteer teams and the extent and complexity of the work requested. We do our best to prioritize the requests as to those most in need of assistance. We cannot guarantee that we can do everything requested, and it must be kept in mind that the work will be done by volunteers with varying skill levels. Whatever we do is done with the safety of the volunteers as our highest priority, and in completing a job to our mutual [client & MHM] satisfaction.

Mortgages held by other than a financial institution: In cases where the mortgage is held by other than a financial institution, MATE-Housing Ministry will require them to also sign off on any repairs made.

QUICK REFERENCE GUIDE

For Greater Franklin County

EMERGENCY/DISASTER ASSISTANCE

Emergency Dial 9-1-1
 American Red Cross (24 HR)..... 729-8779
 Poison Control..... 1-800-222-1222

CHILD/ADULT PROTECTION

DOMESTIC VIOLENCE / SEXUAL ABUSE
 DHHS Adult Protective Svcs.... 1-800-824-1444
 DHHS Child Protective Svcs.... 1-800-452-1111
 Safe Voices... (helpline)..... 1-800-553-2827
 Safe Voices... (office)..... 778-6107
 Sexual Assault Prevention and Response Services (helpline)..... 1-800-471-7741
 ... (office)..... 778-9522

CHILD CARE/YOUTH RESOURCES

Child & Family Services DHHS... 1-877-680-5866
 Head Start..... 1-800-221-2221
 Franklin Cty. Children's Fast Force 778-6960
 Community Concepts,
 Christine Hufnagel..... 779-1529
 Western Maine Community Action... 645-3714
 DHHS Farmington District Office..... 778-8488

CLOTHING/FOOD/HOUSEWARES

Seniors Plus (Meal on Wheels) 1-800-427-1241
 Franklin Cty. Children's Fast Force 778-6960
 United Methodist Economic Ministry 778-2111
 Western Maine Community Action... 645-3714
 DHHS Farmington District Office 778-8488
 For a complete list of area food pantries visit:
uwva.org/get-help/area-food-pantries
 Car Seat Distribution Program (Healthy Community Coalition)..... 779-2435

DISABILITY SERVICES

Alpha One..... 1-800-844-7288
 Disability Rights Center..... 1-800-452-1141
 IRIS (Services for the Blind)..... 1-800-715-1117
 Maine Parent Federation..... 1-800-177-7741
 ME Relay Service for Deaf..... 7-1-1
 LEAP, Inc..... 778-3443
 Work First, Inc..... 778-3200
 Maine Growth Opportunities..... 645-7920
 Care and Comfort..... 645-5304
 Office of Aging & Disabilities (DHHS)..... 778-8400

EDUCATION

RSU 9..... 778-6571
 Rangeley Lakes..... 864-3311
 MSAD 58..... 639-2086
 Stratton..... 246-2283
 RSU 73..... 897-5719
 UMF..... 778-7293
 Adult Education
 Robyn Raymond RSU 73..... 897-6406
 Glen Kapiloff RSU 9
 RSU 9 North..... 778-3460

ELDER SERVICES

Agencies on Aging - All Area 1-877-353-3771
 Seniors Plus..... 1-800-427-1241
 Western Maine Community Action... 645-3714
 Senior Companion Program..... 743-6329
 Neighbors Calling Neighbors..... 864-4397 x4

Office of Aging & Disabilities (DHHS).....
 778-1488
 Longterm Care Ombudsman..... 621-1079

EMPLOYMENT/TRAINING SERVICES

ASPIRE/NET..... 778-8488
 Literacy Volunteers..... 500-3131
 Wilton Career Center..... 645-5800
 New Ventures, Maine..... 778-2757
 Central and Western Maine Workforce
 Development Board..... 576-7040

GOVERNMENT

DHHS Farmington District Office.... 778-8488
 Town Office..... visit
uwva.org/get-help/community-resources-guides-for-the-unemployed/government-resources

HEALTH INFO/ADVOCACY

Consumers for Affordable Health.....
 1-800-965-7476
 HIV/ST/D/ Hepatitis Infr. (CDC).....
 1-800-232-4631
 Tobacco Health Line..... 1-800-207-1230
 MaineCare..... 1-800-877-1788
 Maine Rx Plus..... 1-800-786-4683
 Western Maine Community Action... 645-3714
 FamilyWize (Prescription
 card) familywize.org
 DHHS Farmington District Office.... 778-8488
 Healthy Community Coalition..... 779-2926

HOUSING AND HEATING ASSISTANCE

New Beginnings (Farmington)..... 778-6193
 Western Maine Homeless Outreach 431-4188
 Rural Community Action Ministry... 524-5095
 United Methodist Economic Ministry 778-2111
 Western Maine Community Action... 645-3714
 Community Concepts (Levermore/Lv.
 Falls)..... 1-800-818-5511
 Local Town Office (General Assistance).... 211
 DHHS Farmington District Office.... 778-8488
 Searching for subsidized or market rate
 housing: mainehousingsearch.org/
 For a complete list of Farmington renter's visit:
uwva.org/get-help/area-food-pantries

HOSPITALS/MEDICAL SVS./WELLNESS

Annie's Bean Pole Medical Equipment
 Lending Library..... 778-6124
 Farmington Family Planning..... 778-4553
 Public Health Nurse..... 1-877-781-4431
 Farmington Community Dental..... 779-2659
 Strong Area Dental Center..... 684-3045
 Strong Area Health Center..... 684-4010
 Rangeley Dental..... 864-3400
 Rangeley Family Medicine..... 864-3303
 Rangeley Health and Wellness... 864-4397 x4
 Franklin Memorial Hospital..... 771-1111
 W. Abram Health Center..... 265-4555
 Healthy Community Coalition..... 779-2926
 Western Maine Family Health Ctr... 897-4345
 Androscoggin Valley Medical Arts Ctr...
 117-1111
 North Star Ambulance Services..... 811

Internal Revenue Service..... 1-800-829-1040
 Lawyer Info & Referral Service.....
 1-800-818-1488
 Legal Services for the Elderly 1-800-750-5353
 ME Volunteer Lawyers Project.....
 1-800-442-4211
 Money Mgmt International... 1-800-818-3147
 Pine Tree Legal Assistance..... 622-4731
 Social Security Administration 1-800-772-1213
 Tax Assistance..... Dial 2-1-1
 WCA SH Coalition Free Tax Prep... 778-7954
 New Ventures, Maine..... 778-2757

MENTAL HEALTH

Maine Psychological Assoc... 1-800-287-5815
 Mental Health Crisis Helpline 1-800-568-1112
 Nat'l Alliance on Mental Illness (NAMI).....
 1-800-414-5774
 Support Groups..... Dial 2-1-1
 Evergreen Behavioral Services..... 779-2390
 Care and Comfort..... 645-5304
 Tri-County Mental Health Services... 778-1479
 WARM Line..... 117-771-8271
 Assistance Plus..... 1-800-711-8878
 WASH Home Care of Maine..... 778-7070
 Kennebec Behavioral Services.....
 1-800-322-2138
 Western Maine Behavioral
 Health..... (207) 500-1927

MENTAL HEALTH CRISIS? CALL 1-888-568-1112

PARENTING

G.E.A.R. Parent Helpline... 1-800-214-1224
 Franklin County Children's Task
 Force..... 778-6960

SUBSTANCE ABUSE/RECOVERY

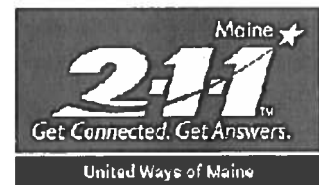
Addiction Resource Center... 1-800-244-1185
 A Non-Statewide..... 1-800-681-1444
 Alcoholics Anonymous..... 1-800-737-6217
 Rehab Support Services..... 645-5304
 Narcotics Anonymous..... 1-800-874-8412
 Evergreen Behavioral Services..... 778-0035
 Tri-County Mental Health Services... 778-1479
 Wilson Stream Family Practice..... 778-1511

TRANSPORTATION

LogistiCare for Maine Care... 1-855-881-5111
 Western Maine Transportation..... 333-6972
 Community Concepts, Inc..... 645-9512
 Farmington Taxi Service..... 500-3512

UTILITIES

Central Maine Power..... 1-800-751-4111
 Public Utilities Commission..... 207-3031



NEED MORE HELP?
 Call 211
 or Visit 211maine.org
 ANY TIME

IT'S FREE AND CONFIDENTIAL

Additional resources include:



United Way
 of the Tri-Valley Area
 218 Fairbanks Road
 Farmington, ME 04938
 207-778-5048

Visit the GET HELP section
 online at www.uwva.org



FIND LOCAL RESOURCES

Healthy Community Coalition
 105 Mt. Blue Circle, Suite 1
 Farmington, ME 04938
 207-779-2435
 Visit HCC online at
www.fchnc.org

This list is a place to start.
 To access more than 8,000
 resources visit 211.

Resources constantly change.
 Please help us keep this list
 and 211 up to date.
 Contact director@uwva.org
 with updates.