

FY2020 Budget

Expense

Dep't/Div:	65-01 RELIEF AGENCY / RELIEF AGEN	2016	2017	2018	2018	2019	2019	2020
		Actual	Actual	Budget	Actual	Budget	YTD	Manager
OUTSIDE SERVICE	OUTSIDE SERVICE	0.00	0.00	0.00	0.00	0.00	0.00	0.00
OTHER	OTHER							
	35-60 YORK COUNTY COMMUNITY ACTION	4,005.00	4,005.00	4,005.00	0.00	4,005.00	4,005.00	4,005.00
	35-61 CARING UNLIMITED	1,809.00	1,809.00	1,809.00	0.00	1,809.00	1,809.00	1,809.00
	35-62 MAINE AGENCY ON AGING	2,594.00	2,594.00	1,500.00	1,500.00	2,000.00	2,000.00	1,500.00
	35-63 YORK COUNTY SHELTER PROGRAMS	1,388.00	1,500.00	1,500.00	0.00	1,500.00	1,500.00	1,700.00
	35-65 COUNSELING SERVICES INC	2,450.00	0.00	2,450.00	0.00	0.00	0.00	0.00
	35-69 KIDS FREE TO GROW	250.00	250.00	250.00	0.00	250.00	250.00	250.00
	35-72 LEBANON COMMUNITY LEARNING CTR	300.00	300.00	0.00	0.00	0.00	0.00	0.00
	35-74 AMERICAN RED CROSS	250.00	500.00	250.00	0.00	250.00	250.00	250.00
	35-75 SOUTHERN MAINE VETERANS CEMETE	0.00	0.00	500.00	0.00	1,000.00	1,000.00	1,000.00
	35-76 LIFE LIGHT	0.00	0.00	500.00	0.00	500.00	500.00	500.00
	35-77 NORTH BERWICK FOOD PANTRY	0.00	0.00	0.00	0.00	400.00	400.00	400.00
	35-78 MSAD60 BACKPACK PROGRAM	0.00	0.00	0.00	0.00	250.00	250.00	250.00
	35-79 RYAN HOUSE	0.00	0.00	0.00	0.00	250.00	250.00	550.00
	35-80 AMERICAN LEGION	0.00	0.00	0.00	0.00	250.00	0.00	250.00
BUDGET	OTHER	13,046.00	10,958.00	12,764.00	1,500.00	12,464.00	12,214.00	12,464.00
BUDGET	BUDGET	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RELIEF AGEN	RELIEF AGEN	13,046.00	10,958.00	12,764.00	1,500.00	12,464.00	12,214.00	12,464.00



YCSPP

HOPE STARTS HERE

24 George Road Alfred ME 04002 | P: 207-824-1137 | E: info@ycsp.org | yorkcountyshelterprograms.com

The ultimate goal is to move people out of the emergency shelter, on a case by case basis, into more transitional and permanent housing with continued support through Community Outreach when appropriate. We want to end the cycle of homelessness so that when an individual or family leaves our emergency shelter, they no longer require our services now and in the future. It is often the individual and the families' efforts that make this a reality. We are able to provide some support and a framework, but residents are often the catalyst to their own success.

Our Emergency Shelter is the front door to all other services offered through YCSP. The primary goal of the emergency shelter is to meet the urgent, and basic needs of our clients. We have an Adult Emergency Shelter located on the Alfred Campus that houses 37 adults. We have a Family Emergency Shelter located in Sanford that can house up to 16 people.

Serenity House is a long standing half-way house located in Portland, Maine. Serenity House focuses on community engagement, the importance of being connected, while addressing chronic addiction/ co-occurring issues. Serenity House is a 16 bed facility for males.

The farm is located in West Newfield, Maine. Like serenity house the farm is a half-way house for males. This program incorporates the responsibilities of living on a farm alongside traditional and recovery methods. The farm is a 10 bed facility for males.

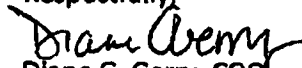
On our Alfred Campus we have a fully functional food pantry open to the community. The food pantry is open Monday-Wednesday-Friday from 1-4pm and is available to anyone in need of food regardless of what town they are from. The food Pantry always makes accommodations for emergency situations and food boxes can be obtained outside of operating hours

YCSP also has a considerable amount of permanent housing. Approximately 30 properties, totaling over 130 units, houses between 250-300 people on a daily basis. (In total YCSP provides housing, shelter, and treatment to nearly 400 people on any given night).

York County Shelter Programs, Inc. was incorporated in 1979 as a private non-profit corporation in the state of Maine. YCSP is exempt from federal income tax under section 501 (3) of the Internal Revenue Service code. Contributions are deductible for income tax purposes. It is governed by a voluntary board of directors who are representative of the community and who serve without compensation. In 1994, YCSP was designated by the Maine State Housing Authority as a Community Housing Development Organization (CHDO)

Thank you for considering our requests for funds. We appreciate the collaborative effort you put forth in helping solve our community's challenges with homelessness and hunger.

Respectfully,


Diane G. Gerry, COO

York County Shelter Programs, Inc. does not discriminate in the rental of housing, the provision of services, or in any matter, based on race, color, age, religion, sex, ancestry, national origin, disability, familial status, sexual orientation or status as a recipient of public assistance.

	FY08		FY15		FY16		FY17		FY18	
	Units of Service	Boxes	Units of Service	Boxes	Units of Service	Boxes	Units of Service	Boxes	Units of Service	Boxes
July TOTALS	2573	639	6886	1,866	6908	1837	4808	1211	3562	804
August TOTALS	2717	906	6819	2,304	6467	1901	6000	1515	3647	976
September TOTAL	3262	1087	6643	2,181	6112	1836	6672	1494	3085	938
October TOTALS	3338	1133	5982	1,804	5484	1696	5322	1340	3916	1036
November TOTAL	6744	2000	11413	3,808	9882	2633	11788	2918		
December TOTAL	4801	1407	8148	2,841	7030	1987	6322	1763		
January TOTALS	3874	1225	4948	1,891	6068	1987	5417	1405		
February TOTALS	2893	964	4948	1,982	4879	1255	4879	1088		
March TOTALS	2910	970	4830	1,268	6635	1508	4710	1157		
April TOTALS	3225	1075	6842	1,787	6575	1810	4308	1074		
May TOTALS	2649	884	6148	1,833	5884	1840	4442	1102		
June TOTALS	2855	852	7884	1,727	6908	1482				
GRAND TOTAL	41,741	13,442	81,888	26,071	76,886	20618	62842	18036	15312	3912

BY TOWN FY 18 Units served

By Town Boxes

	Units of Service	Boxes	Percent	
Acton	432	2.8		15312 Acton
Afford	950	8.2		15312 Afford
Arundel	196	1.3		15312 Arundel
Berwick	124	0.8		15312 Berwick
Biddford	134	0.8		15312 Biddford
Buxton	130	0.8		15312 Buxton
Cornish	94	0.6		15312 Cornish
Dayton	162	1.1		15312 Dayton
Ellet	17	0.1		15312 Ellet
Hollis	214	1.4		15312 Hollis
Kennelbunk	48	0.3		15312 Kennelbunk
Kennelbunkport	17	0.1		15312 Kennelbunkport
Kittery	12	0.1		15312 Kittery
Lebanon	335	2.2		15312 Lebanon
Limerick	425	2.8		15312 Limerick
Lunenburg	266	1.7		15312 Lunenburg
Lyman	845	5.5		15312 Lyman
Newfield	471	3.1		15312 Newfield
North Berwick	59	0.4		15312 North Berwick
Ogunguit	0	0.0		15312 Ogunguit
OOB	68	0.4		15312 OOB
Out of County	43	0.3		15312 Out of County
Parsons	111	0.7		15312 Parsons
Saco	63	0.4		15312 Saco
Sanford	8317	64.3		15312 Sanford
Shapleigh	734	4.8		15312 Shapleigh
South Berwick	3	0.0		15312 South Berwick
Waterboro	1208	7.9		15312 Waterboro
Wells	74	0.5		15312 Wells
York	9	0.1		15312 York
	0	0.0		15312 Chatham
	1284	8.4		15312 Thanksgiving

	81			
	326			
	52			
	45			
	50			
	37			
	12			
	26			
	5			
	54			
	16			
	8			
	3			
	82			
	98			
	65			
	226			
	94			
	17			
	0			
	20			
	12			
	25			
	31			
	2032			
	139			
	2			
	381			
	28			
	2			
	0			
	1284			



YCSPI

HOPE STARTS HERE

24 George Road Alfred ME 04002 | P: 207-324-1137 | E: info@ycspi.org | yorkcountyshesterprograms.com

The primary goal and mission of YCSPI is to move people out of the emergency shelter, into more transitional and permanent housing with continued support through Community Outreach when appropriate. We want to end the cycle of homelessness so that when an individual or family leaves our emergency shelter, they no longer require our services now and in the future. It is often the individual and the families' efforts that make this a reality. We provide support, resources and a framework for residents to become the catalyst to their own success.

Our Emergency Shelter is the front door to services offered through YCSPI. The primary goal of the emergency shelter is to meet the urgent, and basic needs of our clients. We have an Adult Emergency Shelter located on the Alfred Campus that houses 37 adults. We have a Family Emergency Shelter located in Sanford that can house up to 16 people.

Layman's Way is a new collaborative effort between YCSPI, York County Government, and the District Attorney's office. Layman's Way is a 24 bed Substance Abuse Residential Treatment facility located in Alfred Maine. It has the capacity to treat 24 individuals (12 men and 12 women). This program serves people who have interfaced with law enforcement and are in need of treatment for substance use disorder. It is a 180-day program.

We have a fully functional food pantry open to the community. The food pantry is open Tuesdays and Fridays from 12:00 to 3:00pm and is available to anyone in need of food regardless of what town they are from. The food Pantry makes accommodations for emergency situations and food boxes can be obtained outside of operating hours. We employ the shopping choice model which enable customers to retain dignity and choose what they can use.

We also off an 8-bed licensed mental health residential treatment facility. This program offers counseling, mental health med management, psychiatrist appointments at the program, daily living skills and case management to our most vulnerable population.

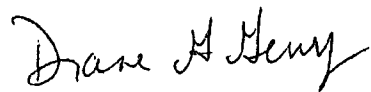
YCSPI also has a considerable amount of permanent housing. Approximately 30 properties, totaling over 130 units, houses between 250-300 people on a daily basis. (In total YCSPI provides housing, shelter, and treatment to nearly 600 people on any given night).

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Thank you for considering our requests for funds. We appreciate the collaborative effort you put forth in helping solve our community's challenges with homelessness, addiction and hunger.

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Respectfully,

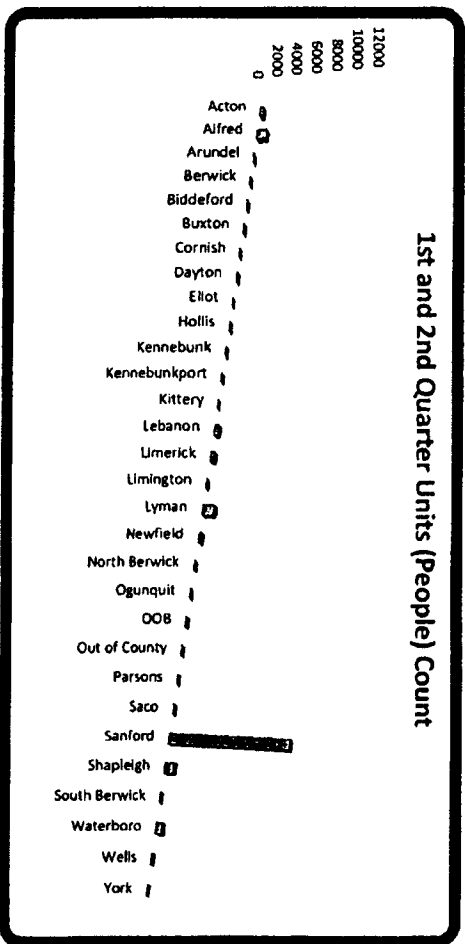
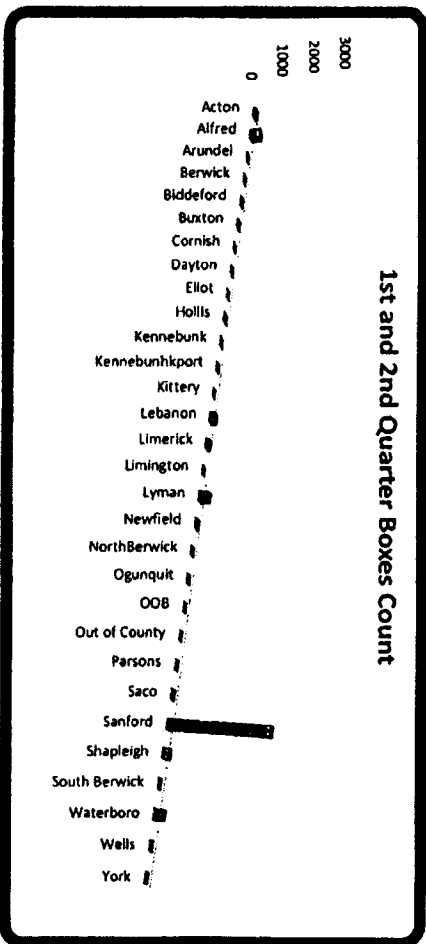
A handwritten signature in cursive script that reads "Diane G. Gerry".

Diane G. Gerry, COO

York County Shelter Programs, Inc. does not discriminate in the rental of housing, the provision of services, or in any matter, based on race, color, age, religion, sex, ancestry, national origin, disability, familial status, sexual orientation or status as a recipient of public assistance.

MONTHLY TOTALS	FY15		FY16		FY17		FY18		FY19	
	Units of Service	Boxes	Units of Service	Boxes	Units of Service	Boxes	Units of Service	Boxes	Units of Service	Boxes
July	2573	859	5509	1837	4809	1211	3582	904	2629	712
August	2717	906	6457	1901	6000	1515	3947	975	2338	658
September	3262	1087	6112	1938	5672	1484	3965	988	2647	723
October	3338	1113	5494	1685	5322	1340	3918	1035	2768	773
November	6744	2000	9662	2533	11766	2919	8552	2237	4188	1252
December	4901	1407	7030	1887	6322	1763	4510	1280	3182	920
January	3674	1225	5069	1344	5417	1405	3107	837	2750	777
February	2893	964	4679	1255	4173	1066	2249	640		
March	2910	970	5525	1506	4710	1157	2282	661		
April	3225	1075	5875	1610	4309	1074	2441	690		
May	2649	884	5884	1640	4442	1102	2815	771		
June	2855	952	5989	1482	2693	770	2389	633		
GRAND TOTAL	41,741	13,442	75885	20618	65635	16806	43657	11661	20503	5815

By Town Units served	Percent	By Town Boxes	
		Units of Service	Boxes
Acton	2.1	Acton	117
Alfred	5.3	Alfred	351
Arundel	0.5	Arundel	26
Berwick	0.429205482	Berwick	27
Biddeford	0.6	Biddeford	40
Buxton	0.8	Buxton	44
Cornish	0.156074721	Cornish	9
Dayton	0.9	Dayton	31
Elliot	0.0	Elliot	0
Hollis	0.7	Hollis	43
Kennebunk	0.3	Kennebunk	20
Kennebunkport	0.0	Kennebunkport	4
Kittery	0.0	Kittery	0
Lebanon	2.3	Lebanon	177
Limerick	2.0	Limerick	89
Limington	0.2	Limington	14
Lyman	5.4	Lyman	301
Newfield	1.4	Newfield	62
North Berwick	0.1	North Berwick	9
Ogunquit	0.0	Ogunquit	1
OOB	0.2	OOB	11
Out of County	0.0	Out of County	2
Parsons	0.1	Parsons	3
Saco	0.2	Saco	18
Sanford	51.6	Sanford	2865
Shapleigh	4.0	Shapleigh	167
South Berwick	0.0	South Berwick	2
Waterboro	2.9	Waterboro	244
Wells	0.2	Wells	19
York	0.1	York	2
Christmas	1291	Christmas	390
Thanksgiving	2281	Thanksgiving	727
GRAND TOTAL	20503	5815	





Layman Way Recovery Center

207-459-7321

- ❖ York County residents only
- ❖ Evidence based programming includes:
 - Motivational interviewing
 - Cognitive behavioral therapy
 - Medication assisted treatment (suboxone)
 - Therapeutic community*
- ❖ Licensed facility and program through Department of Health and Human Services
- ❖ Credentialed staff providing services
- ❖ Individuals referred by York County District Attorney's Office
- ❖ Non-violent offenders
- ❖ Open AA and NA meetings on-site
- ❖ Community providers deliver supportive services in-house:
 - Adult education-GED and diploma
 - Medical and nutritional education
 - Parenting education
 - Job seeking support
 - Peer Recovery Services
 - Fitness and exercise
 - Pet therapy
- ❖ Family Matters educational component offered on weekends
- ❖ No cell phones, no computers, no gaming consoles
- ❖ Visitors are scheduled and approved ahead of time
- ❖ Aftercare services available

Statistics:

Opening Day: May 7, 2018

Referrals Received: 85

Admissions: 49

Graduations: 12

Current Census: 22

Acton-1	Alfred-1	Arundel-2	Berwick-2	Biddeford-9	Buxton-2
Eliot-2	Hollis-2	Kennebunk-1	Kittery-1	Lebanon-2	Limerick-1
Limington-1	Newfield-1	North Berwick-1	OOB-1	Saco-6	Sanford-9
Shapleigh-1	Springvale-1	Waterboro-1	Wells-1		

*Therapeutic community supports a "community as method" philosophy, where senior members in treatment offer support and leadership, embrace the concept of community support, and reinforce positive behaviors and confronts negative ones. They have been proven to be effective modalities for treating incarcerated, substance abusing individuals.

COUNTY OF YORK, MAINE



FY19 YEAR TO DATE BUDGET REPORT

JULY 2018 THROUGH DECEMBER 2018

10203060 40500 INTERFUND TRANSFERS

10201400	40500	INTERFUND TRANSFERS	0	0	0	-500,000.00	.00	500,000.00	100.0%
		TOTAL LAYMAN WAY OTHR REVENUE	0	0	0	-500,000.00	.00	500,000.00	100.0%

10203060 50118 WAGE & BENEFITS REI

10203060	50118	WAGE & BENEFITS REI	0	0	0	390,447.00	.00	-390,447.00	100.0%*
10203060	50301	OFFICE SUPPLIES	0	0	0	319.49	.00	-319.49	100.0%*
10203060	50302	GENERAL SUPPLIES	0	0	0	5,243.75	.00	-5,243.75	100.0%*
10203060	50345	PROPANE	0	0	0	3,405.58	.00	-3,405.58	100.0%*
10203060	50360	MINOR EQUIPMENT	0	0	0	53.99	.00	-53.99	100.0%*
10203060	50451	PROFESSIONAL SERVIC	0	0	0	8,056.36	.00	-8,056.36	100.0%*
10203060	50510	ELECTRICITY	0	0	0	6,972.95	.00	-6,972.95	100.0%*
10203060	50511	WATER USAGE FEES	0	0	0	3,148.59	.00	-3,148.59	100.0%*
10203060	50512	TELEPHONE	0	0	0	2,290.50	.00	-2,290.50	100.0%*

TOTAL LAYMAN WAY RECOVERY CENTER

TOTAL LAYMAN WAY RECOVERY CENTER	0	0	0	0	0	419,938.21	.00	-419,938.21	100.0%
TOTAL REVENUES	0	0	0	0	0	-80,061.79	.00	80,061.79	100.0%
TOTAL EXPENSES	0	0	0	0	0	-500,000.00	.00	500,000.00	
						419,938.21	.00	-419,938.21	

PRIOR FUND BALANCE
CHANGE IN FUND BALANCE - NET OF REVENUES/EXPENSES
REVISED FUND BALANCE

548,962.19
80,061.79
629,023.98

8:30 community group is mandatory for all residents, the focus is on plans for the day, celebration of achievements (for example-sobriety milestones, GED attainment, goal attainment), embracing differences, demonstrating tolerance, solidifying our community

9:00 Psycho-Ed group-a variety of groups will be offered daily, educational format, where group members are provided information about relapse, warning signs, ways to avoid usage, positive communication, appropriate boundaries, dealing with anger, grief and loss, nicotine cessation, and nutrition

9:30 Family Matters-this is an opportunity offered on the weekends to accommodate working parents and other loved ones who desire engagement in the recovery process of the individual in treatment. The family members will be invited and encouraged to attend a group on Saturday or Sunday mornings, alongside the resident, in effort to provide insight, education, and begin to mend fractured relationships. There will be opportunity to meet individually with counseling staff and the individual in treatment as needed. It may be asking general questions about addiction, looking for alternative resources, or just having a compassionate, caring ear to listen to their concerns.

11:00 Self Reflection-individuals are required to keep a journal daily, logging feelings, questions, concerns about their recovery process. This journal will be reviewed bi-weekly with their counselor and is considered an integral part of the goal setting process for the resident. Individuals are encouraged to write, draw, color, use cut outs from magazines to illustrate their recovery process in their journal. Citations from various music lyrics, poems, or spiritual readings are also acceptable things to put into the journal.

1:30pm-Process Group-this group is designed to illicit feedback and sharing from residents. The group focus will be on recovery efforts, the process of recovery, and what it means to be "in" recovery. While specific topics may be provided and identified, more often, an assessment of the current population will drive the focus. For example, if people appear to lack hope, the focus may be on what that feels like, how our internal thoughts generate a lack of hope, and building tolerance for dealing with life and the challenges we all face

1:30pm women's Group/Men's Group-twice a week group will be held for women only and for men only. These gender specific groups will permit open discussion about the various issues each gender faces. For example, grief and loss, parenting concerns, issues of abuse and trauma. These groups are not considered "therapy" but will address the struggles these issues play in the role of the recovering individual.

2:30pm Self Government-held on Saturdays, this is a resident facilitated group, where all meet to discuss the program, things they would like to see changed, new ideas they have for the program, and a way for them to unify as a community and have a voice. Residents keep track of what they have talked about and present their questions and/or concerns to staff for follow up and resolution, prior to the following week's meeting.

8pm-Daily Reflections: this end of the day gathering meets to focus on the positives in our lives, what we are grateful for, and provides a foundation for the work we do in our recovery efforts. Residents are encouraged to share what they have learned through the day and how they will apply that in their lives. A closing to the day is the focus.

York County
**COMMUNITY
 ACTION**
 Corporation

Services provided to Lebanon Residents
 By York County Community Action Corporation
 Fiscal Year 17/18

of households Served

ECONOMIC OPPORTUNITY – Community Outreach	229
Emergency Financial Assistance	14
Legal Advocacy	0
Tax Preparation	16
Housing Counseling	22
Homeownership Education	6
Default Homeownership Assistance	18
Financial Coaching	2
Thriving in Place	2
ENERGY – LIHEAP	124
WEATHERIZATION	25
HEADSTART – Centers & Combo Option	1
EARLY HEAD START	1
NASSON HEALTH CARE	255
TRANSPORTATION – Buses/Vans (Miles)	0
Volunteer Drivers (Miles)	21,544
Riders	11
WIC – Women Infants & Children	73
Dollar Value of Services provided to Lebanon Residents	\$646,466
2018 - Total Amount Requested	\$4,005

Caring Unlimited

York County's Domestic Violence Program

P.O. Box 590 Sanford, Maine 04073
tel. 207.490.3227 fax 207.490.2186
caring-unlimited.org

December 11, 2018

Town of Lebanon
15 Upper Guinea Road
Lebanon, ME 04027

Dear Budget Committee Members:

Thank you in advance for your consideration of Caring Unlimited's annual request for support from the Town of Lebanon. As you know domestic violence is a major problem in York County which experienced the highest number of reported domestic assaults for the fifth year running in 2015 (*Crime in Maine 2016*). And, of course, it is well-known that domestic violence is the cause of the majority of murders committed in Maine each year.

After 40 years Caring Unlimited remains the only organization to which residents of Lebanon can turn for vital safety planning and emergency supports when in danger from domestic abuse. CU's 24-Hour Hotline, Emergency Shelter, Transitional Housing, Outreach Services, Legal Assistance, Youth-Focused Prevention and Community Response Programs are available at no cost to Lebanon residents whenever they need them.

As you may know town support is critical to these efforts as it is the major source of the matching funds necessary for Caring Unlimited to apply for tens of thousands of additional federal dollars each year. It is no exaggeration to say that without local municipal support federal funding with which York County victims are served could be lost.

The following is a snapshot of how Lebanon residents benefitted from CU's pro bono services last year.

SERVICE PERIOD:	7/1/17-6/30/18
LEBANON RESIDENTS SERVED LAST YEAR (Unduplicated individuals served)	47 Individuals
TOTAL HRS OF INDIVIDUAL ADVOCACY PROVIDED LAST YEAR (Supportive Counseling and/or Legal Assistance Provided to Individuals):	343.25 Hours
TOTAL HRS OF GROUP SERVICES PROVIDED LAST YEAR (Support and/or Education Groups):	84.5 Hours
TOTAL # OF EMERGENCY SHELTER BEDNIGHTS PROVIDED LAST YEAR:	0 Bednights
COST TO CARING UNLIMITED OF SERVICES OF PROVIDED TO LEBANON LAST YEAR:	\$25,774
SUPPORT REQUESTED:	\$1,809

Should you have questions or need additional information, please don't hesitate to contact me at 490-3227 x101 or by email at susan@caring-unlimited.org anytime.

Sincerely,



Susan Giambalvo
Executive Director



FISCAL YEAR 2019-2020 REQUEST FOR FUNDING TO: Town of Lebanon
FROM: Southern Maine Agency on Aging
Date: December 10, 2018
2019-2020 REQUEST AMOUNT: \$1,500

The Southern Maine Agency on Aging – What do we do?

Since its founding in 1973, the Southern Maine Agency on Aging (SMAA) has provided residents of York and Cumberland counties of Maine with resources and assistance to address the issues and concerns of aging. The programs and services at SMAA are designed to foster independence, reduce the burden on families and caregivers and promote an active and healthy lifestyle for individuals as they age. Maine is the oldest and fastest aging state in the nation. Between 2010 and 2022, the population 65 and older in York and Cumberland counties will increase by 78% and 64% respectively.

Sadly, our society begins to exclude us as we age. In Maine, our policies and systems such as the workplace, transportation, and housing, have not adapted to the fact that all of us are living longer and consequently, people are marginalized within their communities as they age.

It is important for funders, towns, social service organizations, policy makers, and other influencers to work together to reduce this marginalization and isolation of older people, in order to develop more inclusive and vibrant communities.

This year, we are asking the Town of Lebanon to consider a contribution of \$1,500 in unrestricted support to help us meet the ever-evolving and increasing needs of older and disabled Lebanon residents and their caregivers.

The Town's support will help to address: social isolation; hunger and food insecurity; health challenges; Alzheimer's disease and related dementias; long-term care planning; caregiver challenges; financial fraud and exploitation and much more.

Your support helps contribute to building a more just community in which Lebanon seniors can thrive.

How do we serve Lebanon Residents?

Last year, 77 Lebanon residents received the following support and assistance from SMAA valued at \$22,484:

- 39 Lebanon residents received assistance through the Agency's Information and Resources program - staffed by Resources Specialists and Social Workers who work with seniors and their families by phone or in-person to provide information and support, and to increase access to available benefits. Lebanon residents received a total of 170 contacts with SMAA staff;
 - 13 residents received Medicare and other insurance counseling. In addition to helping choose the best coverage for each individual, Agency volunteers assisted in saving participants hundreds and often thousands of dollars on yearly insurance and prescription costs;
 - 2 Lebanon residents received guidance, participated in classes and/or support groups to help better understand and manage their caregiving role through the Family Caregiver Support Programs;
 - 22 residents participated in SMAA's Community Café and/or "As You Like It" congregate dining programs where they received 161 affordable and nutritious meals, and socialized, helping to reduce their risk of isolation and loneliness;
 - 1 Lebanon resident participated in the yearly Maine Seniors Games sporting competition;
 - and 13 Lebanon residents, who are temporarily or permanently homebound and cannot shop for or prepare meals on their own, received 1,381 home-delivered meals, safety checks, and vital socialization through the Meals on Wheels program.
- * SMAA no longer manages the Commodity Supplemental Food Program, but continues to refer Lebanon residents to the program which is now run by Good Shephard Food Bank. This has caused a drop in the total number of unduplicated Lebanon residents served compared to past years.

Why should the Town of Lebanon support SMAA this year?

Maine is the oldest state by median age in the nation. It is also one of the most rural states in the country. Especially in rural communities like Lebanon, many seniors live outside of the Town's center, sometimes miles from the nearest grocery store or even neighbor. Limited access to public transportation adds to and compounds challenges for many seniors such as accessing nutritious and reliable food, attending medical appointments, and participating in social events.

In total, more than 18,000 Mainers turn 65 each year – a trend that is exposing our communities' inadequate transportation, housing, caregiver, and healthcare systems – all of which effect the well-being of our seniors.

*NORTH BERWICK FOOD PANTRY
LEBANON RESIDENTS ASSISTED*

Families	60+
Adults	73
Children	23