



2010 Impact Guide

Supporting Education, Income & Health

United Way
of York County





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Introduction

Our Mission

United Way of York County strengthens community by bringing people and resources together to effect long lasting changes in community conditions that improve lives.

Our Vision

York County is a strong, healthy community created by people caring for one another.

Our Work

United Way of York County creates opportunities by focusing on the building blocks of a good life.

- **Education:** *Lifelong Learning* supports children learning from birth, youth succeeding in school and adults accessing educational opportunities related to parenting, career and more.
- **Income:** *Financial Stability for Individuals and Families* includes access to economic and supportive assets (such as child care, transportation, etc.) for adults and youth that are prepared to engage in the community and the workforce.
- **Health:** *Healthy Foundations for Life* start with children being raised in safe and nurturing homes, support youth choosing healthy behaviors and ensure that adults have access to quality health care of all types.

In this guide, you will find:

- ✓ A list of programs that are receiving funding from United Way of York County in 2010.
- ✓ Information about other special projects and initiatives supported by United Way of York County.
- ✓ Highlights from our volunteer center, Volunteer! York County.

Live United

Every day in our community, people are creating opportunities for everyone by focusing on the building blocks of a good life: education, income and health.

And they're doing it on their own terms – by bringing together their own unique strengths and skills to advance the common good.

By reaching out a hand to one, they're influencing the condition of all. That's what it means to Live United.

Program Investments

EDUCATION: *Lifelong Learning*

Adult Basic Literacy and ESOL (English for Speakers of Other Languages) Tutoring Program

Literacy Volunteers of Greater Saco-Biddeford

2010 UWYC Investment: **\$12,000**

Literacy Volunteers of Greater Saco-Biddeford and Literacy Volunteers of Greater Sanford are collaborating on three tutor trainings: two Adult Basic Education tutor trainings – one each in Sanford and Saco – and one ESOL (English for Speakers of Other Languages) training in Kennebunk. Trained volunteers then provide free, confidential, student-centered individual and small group literacy and English as a Second Language instruction to adults from Biddeford/Saco and the surrounding communities.

Phone: 207-283-2954

www.sacoliteracy.com

Building Health and Workplace Literacy in the Community

Literacy Volunteers of Greater Sanford

2010 UWYC Investment: **\$15,000**

Literacy Volunteers of Greater Sanford serves the literacy needs of adults (at least 18) with free, confidential, one-on-one tutoring and small group instruction by trained volunteers. The program offers confidential literacy services: intake interviews, testing assessments, and weekly tutoring for adults living in Greater Sanford and Southern York County. Weekly educational programs include reading and math instruction, ESOL (English for Speakers of Other Languages), computer workshops, financial and health literacy education, and GED instruction.

Phone: 207-324-2486 www.sanfordliteracy.org

Carelink Child Care Resource Development Center

Child Care Services of York County

2010 UWYC Investment: **\$8,300**

As the child care resource development center for York County, Carelink provides technical assistance and/or training to providers to increase their knowledge, understanding and skills in working with the young child. Carelink works to increase the quality of available child care by supporting unlicensed child care providers as they

move toward licensure and participation with the Maine Quality Rating System.

Phone: 207-324-6025

www.thechildrenscenteronline.com

Child Development Associate (CDA) York County

Child Care Services of York County

2010 UWYC Investment: **\$10,100**

CDA York County is a comprehensive training and credentialing program for child care providers in York County. Provides education, professional development and a transferable, nationally recognized credential for individuals who are currently or are planning to be child care providers. Offer classroom instruction in at least two York County communities each year.

Phone: 207-286-1445

www.cdayorkcounty.org

Children's Center - Kittery

Child Care Services of York County

2010 UWYC Investment: **\$13,500**

A center based child day care program for children ages 2 weeks to 5 years offered five days a week, 6:30 AM–5:30 PM. Developed around the needs of low and moderate income working families in the southern portion of York County, care is provided for 30 children in a nationally accredited quality program. Accreditation was awarded by the National Association for the Education of Young Children (NAEYC).

Phone: 207-324-6025

www.thechildrenscenteronline.com

Children's Center Mainstreaming Program

Child Care Services of York County

2010 UWYC Investment: **\$12,000**

In cooperation with Child Development Services, this program provides positive developmental therapies for 10 Sanford area pre-school children with special needs. Children are supported with a specially designed program that allows the child to progress towards age appropriate developmental skills in a mainstream child care center setting.

Phone: 207-324-6025

www.thechildrenscenteronline.com

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Children's Center - Sanford

Child Care Services of York County
2010 UWYC Investment: **\$18,000**

A center based child day care program for children ages 6 weeks to 5 years offered five days a week, 6:30 AM–5:30 PM. Developed around the needs of low and moderate income working families in the greater Sanford area, care is provided for 65 children in a nationally accredited quality program (by NAEYC). Children may also be transported from outlying regions in partnership with York County Community Action Corporation.

Phone: 207-324-6025

www.thechildrenscenteronline.com

The Children's Center Wrap Around

Child Care Services of York County
2010 UWYC Investment: **\$12,000**

A center based child day care program for children ages 5 weeks to 7 years offered five days a week, 6:30 AM–5:30 PM. This program was developed around needs of the very low-income families in subsidized housing, targeting Head Start, kindergarten and early elementary school aged children in Sanford. Located on Emery Street in the Sanford Housing Authority's East Side Acres, this is a nationally accredited quality program (by NAEYC).

Phone: 207-324-6025

www.thechildrenscenteronline.com

Community Connections

Northern York County Family YMCA
2010 UWYC Investment: **\$2,000**

Connects 6th and 7th grade students who need additional support with caring adults and resources in their community. Serves youth in Arundel and the Kennebunks from September to May with one-on-one mentoring as well as group outings/field trips in the community, monthly group meetings (Tuesday from 6:30–8:00 PM at the YMCA) and a free YMCA membership.

Phone: 207-283-0100

www.nycymca.org

Community Center Child Full Day Child Care

Northern York County Family YMCA
2010 UWYC Investment: **\$11,500**

A full day licensed child care program for children ages 6 weeks to 5 years, offered five days a week, 6:30 AM–6:00 PM at the YMCA Community Child Care Center at 1 Enterprise Drive, Biddeford. Care

for 70 children includes the Creative Curriculum centered on a child's developmental needs, enrichment activities and family events, recreational swimming and morning/afternoon snacks.

Phone: 207-283-3778

www.nycymca.org

Kids Out/Y CLUB

Northern York County Family YMCA
2010 UWYC Investment: **\$5,100**

Kids Out is offered to elementary school children ages 5-12 at Biddeford Primary School, Biddeford Intermediate School and Wells Elementary School and Y CLUB at Wells Junior High School. Care at these sites is provided from school dismissal until 6:00 PM, Monday-Friday. Before school care is offered at Biddeford Primary and Wells Elementary Schools.

Phone: 207-283-0100

www.nycymca.org

Practical Parenting Series

Parent Resource Center, Inc.
2010 UWYC Investment: **\$5,000**

This educational series consists of 17 hours of classroom instruction designed to facilitate an awareness of a parent's role and responsibilities. Classes are taught by experienced educators who work with parents to expand on their knowledge of child development, age-appropriate behavior, communication skills, and alternatives to physical discipline. Also, discuss how parenting styles are developed and emphasize the importance of parents' self-esteem and that of their children.

Phone: 207-324-1371

www.parentresourcecenter.info

Preschool and Pre-Kindergarten

Sanford –Springvale YMCA
2010 UWYC Investment: **\$10,100**

Operates a year-round licensed Preschool and Pre-Kindergarten Program for children ages 3 to 5 from 6:00 AM–6:00 PM, Monday through Friday at the YMCA facility off River Street in Sanford.

Phone: 207-324-4942

www.sanfordymca.org

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St. Louis Child Development Center

Catholic Charities Maine

2010 UWYC Investment: **\$25,000**

A state licensed and nationally accredited facility (by NAEYC), St. Louis CDC provides children age 18 months to 10 years of age with quality child care while parents work or attend school. Located on Pool Street in Biddeford, the center operates for 51 weeks a year, 6:30 AM–5:30 PM, Monday through Friday. Provides a preschool program that includes a comprehensive early literacy curriculum, early intervention services for young children with special needs and a range of services focused on nurturing children and supporting the family.

Phone: 207-282-3790

www.ccmaine.org

Trafton Senior Center

Sanford-Springvale YMCA

2010 UWYC Investment: **\$5,500**

A membership based program dedicated to providing people aged 50 and over in Sanford, Springvale and the surrounding communities opportunities to socialize, enjoy recreation and participate in learning and wellness activities. Located on Elm Street, Sanford, the Center is open 9:00 AM– 4:00 PM, Monday through Thursday, and 9:00 AM–3:00 PM on Friday.

Phone: 207-457-0080

www.sanfordymca.org

Tutor Training

Literacy Volunteers of Greater Saco-Biddeford

2010 UWYC Investment: **\$5,500**

Literacy Volunteers of Greater Saco-Biddeford and Literacy Volunteers of Greater Sanford are collaborating to create a new Basic Literacy Teen Tutoring Program. Two teen tutor trainings are being offered in partnership with Joyful Harvest in Biddeford and Sanford High School. Trained teen tutors will support at-risk peers who need to improve their literacy skills to successfully finish high school, enter the workforce and engage in their communities.

Phone: 207-283-2954

www.sacoliteracy.com

York County Head Start Biddeford – Full Day

York County Community Action Corp.

2010 UWYC Investment: **\$10,100**

This preschool program located on Hill Street Ext. in Biddeford runs from 7:30 AM–5:30 PM five days

a week, September to mid June. Through play activities, children ages 3-5 develop school readiness skills, improve social skills, and receive health screenings and nutritious meals. Biddeford area families, who are working or attending school, and meet Head Start income guidelines, qualify for the program.

Phone: 800-965-5762

www.yccac.org

York County Mentoring Programs

Big Brothers Big Sisters of Southern Maine

2010 UWYC Investment: **\$15,100**

Children throughout York County, between the ages of 7 to 14, are matched with adult mentors who become caring friends and role models.

Phone: 207-571-0126

www.somebigs.org

INCOME: Financial Stability for Individuals and Families

Before and After School Care

Sanford-Springvale YMCA

2010 UWYC Investment: **\$5,100**

This affordable, enriching program is for children in kindergarten to 6th grade. Six licensed sites include Waterboro Elementary School, Carl J. Lamb Elementary School in Springvale, North Parish Church in Sanford, North Berwick Primary School, Vivian E. Hussey School in Berwick, and Hanson and Lebanon School in Lebanon. The program operates Monday through Friday from 6:00–9:00 AM and from 3:00–6:00 PM during the school year.

Phone: 207-324-4942

www.sanfordymca.org

Comprehensive Youth Development York County

Pine Tree Council/Boy Scouts of America

2010 UWYC Investment: **\$10,100**

Provides character and skill development, meaningful volunteer service, job seeking skills and prepares young people to make healthy life choices for more than 1600 York County youth. Support includes camp scholarships, materials, youth and adult training and recognition awards.

Phone: 207-797-5252

www.pinetrebsa.org

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Disaster Services Infrastructure

American Red Cross of Southern Maine

2010 UWYC Investment: **\$12,000**

Provides ongoing training to staff and volunteers to ensure disaster action teams can provide humanitarian aid and support to families and individuals in times of emergency. The program maintains a large bank of emergency supplies and equipment in strategic locations available at a moment's notice to assist staff and volunteers in their work. Red Cross volunteers support shelter operations in York County when needed, providing food and other personal supplies to care for residents.

Phone: 207-874-1192

www.southernmaine.redcross.org

Disaster Services (Emergency Financial Assistance)

American Red Cross of Southern Maine

2010 UWYC Investment: **\$10,000**

This program provides immediate emergency financial assistance to victims of natural and man-made disaster to support short-term housing, food, appropriate clothing and replacement of lost medical supplies. This program is available 24 hours a day, 365 days a year. This support is provided to anyone in need at no charge to recipients.

Phone: 207-874-1192

www.southernmaine.redcross.org

Family Welcome Center

York County Shelter Programs, Inc.

2010 UWYC Investment: **\$10,100**

Located on Lebanon Street in Sanford, the program provides a 24-hour family shelter with case management with 16 beds for homeless families, men and/or women with children. Clients are then moved on to transitional housing and services and eventually into affordable, permanent housing in the community. This process involves life skills training for housing stability, employment and vocational training and securing Section 8, or rental subsidies or subsidized housing units.

Phone: 207-324-1137

www.yorkcountyshelterprograms.org

Financial Peace Budgeting Classes

Salvation Army, Old Orchard Beach Corps

2010 UWYC Investment: **\$3,000**

This 13-week course teaches participants practical skills for making the right decisions with their money. Provides common sense ideas about finances and offers tools for self-sufficiency. Two programs of 30 participants each will be offered in 2010. Offered free of charge to residents of Arundel, Biddeford, Dayton, Old Orchard Beach and Saco. Classes are offered in the evening.

Phone: 207-934-4381

www.use.salvationarmy.org/nne

Food Pantry

York County Shelter Programs, Inc.

2010 UWYC Investment: **\$11,000**

The pantry, located in the Shaker Barn off Shaker Hill Road in Alfred, serves low-income people from all York County towns. Each person requesting help with food is provided with a box of food - no proof of income is required. Hours are Monday through Friday, 1:00-4:00 PM with emergency food available at the Bakery at Notre Dame during the week from 8:00 AM-1:00 PM and on weekends from 8:00 AM-4:00 PM. Food is also available daily at the Emergency Shelter on Shaker Hill Road from 4:00 PM-8:00 AM.

Phone: 207-324-8733 (days)/207-324-1137 (nights)

www.yorkcountyshelterprograms.org

Foster Grandparents and Senior Companions

People's Regional Opportunity Program

2010 UWYC Investment: **\$10,700**

Adults age 60 and older and living on a limited income are matched with the volunteer needs of community organizations. Foster Grandparents provide 20-40 hours per week of support to children with special needs in schools, child development centers, Head Start classrooms and summer recreation programs. Senior Companions spend 20 hours per week visiting with frail and vulnerable seniors needing non-medical support to remain independent. Weekly visits may include accompanying clients to recreational or social events, grocery shopping or medical appointments and respite for family caregivers.

Phone: 773-0202

www.wherepeoplecomefirst.org

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Freedom Wheels Program

Caring Unlimited, Inc.

2010 UWYC Investment: **\$10,000**

This car repair and donation program was organized to assist low-income domestic violence survivors obtain the safe, reliable transportation they need to create safe and economically secure lives for themselves and their children after leaving an abusive relationship.

Phone: 800-239-7298 (24-hour Hotline)

www.caring-unlimited.org

Hands Up Center (Emergency Financial Assistance)

Salvation Army, Old Orchard Beach Corps

2010 UWYC Investment: **\$11,000**

Provides emergency financial assistance to those who are facing disconnection of utilities, eviction from their home or a lack of heating fuel. The food pantry provides food for 3 days. Services are not a hand out but a hand up as clients are counseled on living within their means, receive education on nutrition, health and safety, and referrals to additional programs. Serves the greater Old Orchard Beach, Saco and Biddeford area. Assistance office is open Monday, Tuesday, Thursday and Friday from 1:00–3:00 PM.

Phone: 207-934-4381

www.use.salvationarmy.org/nne

Hope Fund (Emergency Financial Assistance)

York County Community Action Corp.

2010 UWYC Investment: **\$13,225**

Provides small amounts of emergency financial assistance to families or individuals in crisis, with the goal of improving household stability and/or building economic self-sufficiency, and at the same time, connects them to other resources and services as appropriate. This fund assists individuals in need throughout York County.

Phone: 207-324-5762

www.yccac.org

Leaders Club

Sanford-Springvale YMCA

2010 UWYC Investment: **\$3,300**

A national YMCA initiative, this program provides area youth with opportunities for leadership training, personal growth, service to others and social development. Open to youth in 8th-12th grades, the Club meets regularly during the school year.

Phone: 207-324-4942

www.sanfordymca.org

Legal Services for Homelessness Prevention

York County Shelter Programs, Inc.

2010 UWYC Investment: **\$15,100**

Legal services are provided for homeless individuals and families housed in the emergency shelter, transitional housing, permanent housing and low-income housing in York County. A Pine Tree Legal attorney provides basic legal advice for eviction proceedings and assistance with family law issues including public assistance, child support and divorce proceedings. Trainings are provided on homelessness prevention issues such as tenants' rights, welfare programs, special education, the rights of homeless youth and accessing Maine Care. Open Monday and Wednesday, 9:00 AM-3:00 PM at Emery House on Lebanon Street in Sanford.

Phone: 207-206-1100

www.ptla.org

www.yorkcountyshelterprograms.org

Let's Eat

Volunteers of America Northern New England

2010 UWYC Investment: **\$2,400**

Provides food support to residents of the Paul Hazelton House, an affordable senior housing community located on Smith Lane in Saco. The 36 residents, with an average age of 80, are living on limited fixed incomes and find it increasingly difficult to meet their basic needs, especially with food. This program augments limited resources with food support.

Phone: 207-284-5653

www.voanne.org

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Sanford/Springvale Free Meals Kitchens

York County Shelter Programs, Inc.

2010 UWYC Investment: **\$11,000**

Open to all people, individuals and families from any town in York County who want a free, hot meal. No proof of income is required. Meals are served at noon on Monday, Wednesday and Friday at the Sanford Masonic Temple on Elm Street in Sanford and at 11:45 AM on Tuesday and Thursday at the First Baptist Church on Main Street, Springvale.

Phone: 207-324-8811

www.yorkcountyshelterprograms.org

Transitional Housing and Services Program

Caring Unlimited, Inc.

2010 UWYC Investment: **\$20,100**

Offers safe, affordable housing with comprehensive supportive services for up to 24 months to formerly battered women working to make a fresh start after leaving an abusive relationship. During their time in the program, residents work to acquire the information, education and skills needed to create safe and economically secure futures for themselves and their children.

Phone: 800-239-7298 (24-hour Hotline)

www.caring-unlimited.org

York County Food Rescue

*York County Community Action Corp.**

2010 UWYC Investment: **\$13,225**

Provides a substantial portion of food available for distribution by the 45 food pantries and meals programs in York County. In addition to USDA commodity foods, the program “rescues” as much as two million pounds of food annually and ensures that York County hunger prevention programs receive an appropriate and equitable amount safely and efficiently. Conducts monthly food distributions at Jagger Mill Building in South Sanford.

**Fiscal Agent for program*

Phone: 207-206-2812

www.yorkcountyfoodrescue.net

York County Senior Helpline

Legal Services for the Elderly

2010 UWYC Investment: **\$9,800**

Provides free legal help to York County residents age 60 and over in a wide range of civil legal areas including housing, health care, consumer debt, foreclosure, Medicare and MaineCare and other public benefits, elder abuse or financial exploitation and self determination. Helpline available Monday

through Friday, 9:00 AM–Noon and 1:00-4:00 PM to request free legal assistance.

Phone: 800-750-5353

<http://www.maine.org>

HEALTH: *Healthy Foundations for Life*

A Place for Girls – Biddeford

Girl Scouts of Maine

2010 UWYC Investment: **\$12,000**

Offered in conjunction with community partner Joyful Harvest Neighborhood Center, this program serves girls ages 5-10 in a 20-week session. Outcomes-based activities focus on developing social consciousness, leadership and self-confidence. This comprehensive prevention program promotes resiliency by giving girls a safe and healthy physical environment, trust and respect from caring adults, and a feeling of belonging and worth.

Phone: 207-772-1177

www.girlscoutsofmaine.org

After School Program

Joyful Harvest Neighborhood Center

2010 UWYC Investment: **\$15,000**

Located on Water Street in Biddeford, this free after-school program runs weekdays from 3:00–5:00 PM. Activities include academic help, games, crafts, cooking and nutrition classes, teen work projects and a healthy snack. Children residing in Biddeford of all ages and backgrounds are welcome to attend.

Phone: 207-286-9105

www.joyfulharvestcenter.org

Baby Think It Over

Child Abuse Prevention Council of York County

2010 UWYC Investment: **\$7,500**

This program uses computer simulated “babies” to assist in teaching parenting and child abuse prevention skills to adolescents in grades 7–12. Students learn about safe baby care for infants, the importance of never shaking a baby and the parenting tools and attitudes adults need to meet an infant’s needs in stressful situations.

Additional option for schools is ‘Healthy Kidcare 101,’ (same program without the “babies.”) Both options offered free to York County schools.

Phone: 207-985-5975

www.kidsfreetogrow.org

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Biddeford Dental Health Center

Community Dental

2010 UWYC Investment: **\$25,000**

This new and modern facility in Biddeford provides a full range of outpatient dental health services, including oral health education, for children and adults. Payment for services is available on a sliding fee schedule for uninsured patients who meet household income guidelines. MaineCare and private insurances are also accepted. Located in the Robert G. Dodge Business Park on Route 111 in Biddeford, the center is open Monday through Friday, 8:00 AM–4:30 PM.

Phone: 207-282-1305

www.communitydentalme.org

Biddeford Free Dental Clinic

Biddeford Free Clinic

2010 UWYC Investment: **\$10,000**

This new program will utilize the state of the art Community Dental facility in Biddeford to provide dental care to patients who have no insurance or the means to pay privately. The Dental Clinic will enhance services to medically underserved patients with access to affordable, comprehensive dental care. Open two evenings each month by appointment that can be scheduled through the Biddeford Free Clinic.

Phone 207-282-1138

www.biddefordfreeclinic.org

Break the Silence

Child Abuse Prevention Council of York County

2010 UWYC Investment: **\$8,000**

This program, appropriate for students in 5th grade, includes information on different forms of abuse and provides skills for reporting and helping to prevent child abuse. Students learn how to get help for him/herself or a friend in need. Offered free to York County Schools.

Phone: 207-985-5975

www.kidsfreetogrow.org

Building Life Skills

Community Bicycle Center

2010 UWYC Investment: **\$6,000**

Located on Hill Street, Biddeford, this program serves youth ages 8 to 18 from surrounding communities and is offered during the after/out of school hours. Activities focus on learning life skills through reconditioning bicycles, group cycling adventures, and community service projects.

Phone: 207-282-9700

www.communitybike.net

Camping Program for Girls

Girl Scouts of Maine

2010 UWYC Investment: **\$4,000**

Thanks to Girl Grants, many girls who lack financial resources are given the opportunity to enrich their lives through Girl Scout programming and summer camp. Through outdoor skill building activities, girls grow in personal skills and self-image, learn about their environment, and gain practical life skills that will help them become self-sufficient, independent and productive members of their communities.

Phone: 207-772-1177

www.girlscoutsofmaine.org

Community Health Care

HomeHealth Visiting Nurses

2010 UWYC Investment: **\$10,000**

Free and reduced-fee community health clinics are held regularly at community locations throughout York County for adult patients over age 18. Annual public flu shot clinics serve infants, youth and adults. Provide essential health education, foot and nail care, medical screenings and tests including blood pressure screenings, disease detection, flu and pneumonia vaccinations, health monitoring and education and referral services to physicians or other community resources.

Phone: 207-284-4566/800-660-4867

www.homehealth.org

Community Partnerships for Protecting Children (CPPC), Biddeford

Youth Alternatives Ingraham

2010 UWYC Investment: **\$12,000**

This innovative approach to child protection builds strong community and encourages multi-agency collaboration to keep children safe and families strong. The CPPC project will focus on the greater Bacon Street neighborhood area. During 2010, community leadership will be identified, shared ownership created and neighborhood priorities established.

Phone 207-523-5049/877-429-6884

www.yaimaine.org

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Ensuring Elder Access to Long Term Care

Legal Services for the Elderly

2010 UWYC Investment: **\$12,500**

Provides free legal assistance to York County residents age 60 and older who are socially or economically disadvantaged in appealing denials or reductions in MaineCare service and discharges from health care facilities, and in executing powers of attorney or health care advance directives. The Helpline is available Monday through Friday, 9:00 AM–Noon and 1:00–4:00 PM.

Phone: 800-750-5353 (Helpline)

www.mainelse.org

Family Access Visitation Program

Parent Resource Center, Inc.

2010 UWYC Investment: **\$5,250**

Provides supervised visitation and monitored transfers for children and their parents when access between parent and child is disrupted due to violence, high conflict separation or divorce.

Phone 207-324-1371

www.parentresourcecenter.info

Fatherhood Initiative

Child Abuse Prevention Council of York County

2010 UWYC Investment: **\$9,000**

Includes two programs: A 12-week in-school or after-school program modified for high school students that provides a safe opportunity for exploring the challenges young people face as they make the transition from high school to adulthood.

Appropriate for grades 9–12. Offered free to York County Schools. Also, *Hooked on Fishing:*

Connecting with Your Child, a program designed to help dads develop parenting skills. Topics address a unique approach to discipline, dealing with feelings, conflict resolution, being a role model, teamwork, balancing work and fathering. Children are required to attend with dads or father figures.

Offered free in various communities in York County.

Phone: 207-985-5975

www.kidsfreetogrow.org

Fellowship Lunch/Walkers

Salvation Army, Old Orchard Beach Corps

2010 UWYC Investment: **\$6,000**

Walkers and Fellowship Luncheon welcome anyone interested in keeping body, mind and spirit healthy and happy in a safe warm environment.

Tuesday, Walkers trek the gym floor, record mileage and enjoy a well-balanced meal. On

Friday, various crafts, painting and knitting projects are offered to participants in the morning followed by a healthy meal. Activities begin each day at 9:30 AM with lunch served at 11:30 AM. Located at Salvation Army on Sixth Street in Old Orchard Beach.

Phone: 207-934-4381

www.salvationarmy.org/oldorchardbeach

Health Care for the Homeless

York County Shelter Programs, Inc.

2010 UWYC Investment: **\$17,000**

Clients of York County Shelter Programs – those in shelter and transitional or permanent housing – with or without insurance, may receive medical, dental and mental health treatment at York County Community Health Care (operated by York County Community Action Corporation) located on Patriot Lane in Sanford. The health center is open 8:30 AM–5:00 PM, Monday–Friday.

Phone: 207-490-6900

www.yccac.org

HIV Prevention/Community Education Project

Frannie Peabody Center

2010 UWYC Investment: **\$7,500**

This program offers individual risk counseling and rapid, anonymous HIV testing. The community education program provides HIV and STD (sexually transmitted diseases) prevention education to schools, businesses and social service agencies in York County. Programming tailored to each group's individual needs.

Phone: 363-3558

www.peabodycenter.org

Home Health Care for Uninsured/Underinsured

HomeHealth Visiting Nurses

2010 UWYC Investment: **\$13,500**

Provides comprehensive home health care to people of all ages in York County regardless of ability to pay. Services include skilled nursing, physical, occupational and speech therapies, home health aides, nutritional counseling and social work and specialty services. Provided 24 hours a day, 7 days a week.

Phone: 207-284-4566/800-660-4867

www.homehealth.org

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Independent Support Services

Catholic Charities Maine

2010 UWYC Investment: **\$7,000**

Provides in-home assistance to low-income elders and adults with physical, developmental, and psychiatric disability in all of York County's communities. Services provided by homemakers include house cleaning and home management tasks, meal preparation, shopping and errands and transportation to appointments.

Phone: 207-871-1161/888-477-2263

www.ccmaine.org

Maine Families York County

Southern Maine Medical Center

2010 UWYC Investment: **\$20,000**

A free home visitation program offered to first-time parents who live in York County. Through periodic visits, this voluntary program provides age-appropriate activities and curriculum for parents to use in stimulating brain development and to promote the parent-child bond from birth to age 5. Parents may enroll prenatally or before the child turns 3 months old.

Phone: 207-490-7329

Mediation Services

Youth Alternatives Ingraham

2010 UWYC Investment: **\$15,000**

Provides free, voluntary, low barrier mediation service to all families living or working in York County. Trained volunteer mediators and professional case managers work with families in a neutral and supportive environment to improve relationships and empower families to make good decisions. Fosters better communication among family members and offers education and referrals as needed.

Phone 207-523-5049/877-429-6884

www.yaimaine.org

Natural Helpers of Maine

Day One

2010 UWYC Investment: **\$8,000**

This peer listening and support program for high school students utilizes the natural network of "teens helping teens" that exists in every school. These networks play primary roles in the schools' overall prevention and support systems addressing high-risk behaviors. Students are nominated by their peers, attend retreats to develop listening and

referral skills and are supported by adult facilitators. Offered to York County schools.

Phone: 207-767-0991

www.day-one.org

Nurturing Program

Child Abuse Prevention Council of York County

2010 UWYC Investment: **\$10,100**

A 10-week program designed for the whole family to build healthier family relationships. A free family-style meal is provided along with workshops for adults, and for children ages 5-8 and 9-12. Child care is available for children under 5. Families learn skills and share ideas about family relationships between adults, and between adults and children. Open to all families. Offered free in various communities in York County.

Phone: 207-985-5975

www.kidsfreetogrow.org

Outreach Program

St. Andre Home, Inc.

2010 UWYC Investment: **\$17,000**

Serves pregnant and parenting women of York County with case management and therapeutic services, offered in-home and in community, by a licensed social worker. Promotes family stabilization and ensures the future safety and well being of their children. Because of these services, women are able to successfully negotiate challenges in their lives to keep their families united. A client must be pregnant or have at least one child under age 5 and must be a MaineCare recipient.

Phone: 207-282-3351

www.saintandrehome.com

Outreach Services Program

Caring Unlimited, Inc.

2010 UWYC Investment: **\$20,100**

Offers individualized safety planning by appointment, and ongoing weekly support and education groups for battered women and their children at Caring Unlimited Resource Centers in Sanford, Biddeford, Limerick and Kittery. All services are confidential and offered free of charge.

Phone: 800-239-7298 (24-hour Hotline)

www.caring-unlimited.org

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Pharmacy

Biddeford Free Clinic

2010 UWYC Investment: **\$10,000**

Provides non-narcotic prescription medications for uninsured, low-income adults and children. The pharmacy is open during the clinic hours: Monday and Thursday from 6:00-9:00 PM at the J. Richard Martin Community Center, Alfred Street, Biddeford.

Phone 207-282-1138

www.biddefordfreeclinic.org

Prescription Assistance Program

York Hospital – Community Health Connection

2010 UWYC Investment: **\$21,000**

Connects uninsured and underinsured financially eligible individuals with free or low-cost medications through pharmaceutical companies. Target population is adults with household incomes at or below 200% of the Federal Poverty Level. Uninsured and underinsured individuals are connected to a participating York Hospital physician.

Phone: 207-438-9167 or 207-361-6988

www.yorkhospital.com

Project Prevention

Child Abuse Prevention Council of York County

2010 UWYC Investment: **\$12,500**

Through Rick Charette's 'I've Got Super Powers' concert and the 'No More Secrets' play, students learn personal body safety, respect for their bodies and the importance of telling a trusted adult if they are being "secret touched" Appropriate for grades K-6 and offered to schools in York County.

Phone: 207-985-5975

www.kidsfreetogrow.org

Residential Treatment Center

Day One

2010 UWYC Investment: **\$18,500**

Provides year-long holistic substance abuse treatment for Maine youth ages 16-21 in a therapeutic community model. The 12-bed residence provides individualized treatment plans that address physical, spiritual, emotional and educational needs. Helps youth to develop the tools needed to overcome serious addiction and become positive, productive and healthy members of the community. Clients must be eligible for MaineCare.

Phone: 207-767-0991

www.day-one.org

School-Based Services

Sweetser

2010 UWYC Investment: **\$15,000**

School-based clinicians collaborate with school personnel and families to provide therapy services for uninsured or underinsured York County children whose emotional and/or behavioral issues interfere with successful school performance. Treatment intervention concludes when children and families are successfully functioning in the school and community.

Phone: 800-434-3000

www.sweetser.org

Sexual Assault Advocacy and Support Services

Sexual Assault Response Services of So. Maine

2010 UWYC Investment: **\$9,000**

Consists of the 24-hour Crisis and Support Line, support groups and the York County Sexual Assault Response Team. This program is available to victim/survivors of sexual violence and those family members, partners and friends who directly support them. Program is free and available to all people of York County.

Phone: 800-313-9900 (Crisis and Support Line)

www.sarsonline.org

Sexual Assault Prevention Education

Sexual Assault Response Services of So. Maine

2010 UWYC Investment: **\$17,000**

Based on the belief that intervention at an early age can interrupt the cycle of violence, this age-appropriate school-based sexual violence prevention curriculum is offered free of charge to schools and students in grades K-12. Topics include personal body safety, Internet safety, sexual harassment and sexual assault. Also available for colleges, parent groups, businesses, civic groups and other community organizations throughout York County.

Phone: 207-828-1035

www.sarsonline.org

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Summer Day Camp

Camp Laughing Loon

2010 UWYC Investment: **\$14,000**

Provides safe and healthy fun for children in a day camp setting and offers swimming lessons, canoeing, arts and crafts, music, nature, sports and games. Located on Little Ossipee Lake in East Waterboro, summer camp is offered for 8 weeks, Monday-Friday, 9:00 AM-4:00 PM for children ages 6 (who have completed 1st grade)-12. Campers come from all over Southern Maine with daily transportation from Saco, Biddeford and Dayton.

Phone: 207-247-6329 (summer)/207-499-2295 (off season)

www.camlaughingloon.com

York County Reproductive Health Care

Planned Parenthood of Northern New England

2010 UWYC Investment: **\$10,000**

Provides quality reproductive health care to women, men and teens on a sliding fee scale at Main Street Biddeford and Main Street Sanford sites. Services include annual exams, Pap tests, screening for five types of cancer, contraceptives, testing and treatment for sexually transmitted infections, HIV testing and counseling, physicals, and immunizations. Combined, these sites offer care 5 days a week in addition to the first Saturday of the month at the Sanford Health Center. Same-day appointments available.

Phone: 800-230-7526

www.ppnne.org

York County Transport Program

York County Community Action Corp.

2010 UWYC Investment: **\$27,100**

Provides a critical connection for York County residents whose medical or other high priority trips cannot be accommodated by other means. Trained volunteer drivers transport eligible individuals to medical and mental health appointments and cancer care. Children in foster care are transported to counseling and visitation.

Phone: 207-324-5762/800-965-5762

www.yccac.org

Youth Council Programs

Strategies for a Stronger Sanford

2010 UWYC Investment: **\$7,500**

Based in Sanford, the Youth Councils – one for younger teens and one for older teens – meet weekly to plan service projects and fundraisers that

support the community. Through these activities, the youth create constructive alternative activities and forge partnerships with the Sanford community.

Phone: 207-459-4371

Other Projects and Initiatives

2-1-1 Maine

Through a partnership with the State of Maine and the 10 United Ways of Maine, anyone in Maine can dial 2-1-1 to get needed information about health and human services. Trained call specialists share local resources and contact information that meet the callers' needs.

This easy, confidential and free access to health and social service information is a proven and invaluable resource in times of crisis. During flooding in 2006 and 2007 and the ice storm of 2008, York County residents were able to find assistance by calling 2-1-1. Each winter, 2-1-1 also serves as the key resource for those seeking services during the coldest months.

To list York County programs or services, please contact the 2-1-1 York County Resource Coordinator at United Way of York County.

Phone: 207-985-3359

www.211maine.org

York County Early Childhood Workgroup

Since November 2007, a team advocating for support of early childhood policy and local initiatives has been active in York County. Hosted by United Way of York County, over the last year the group has created a Speakers Bureau, is piloting two Born Learning project sites in the county and co-sponsored a second York County Community Conversation on Early Childhood with the national advocacy group Every Child Matters.

This year, the group plans to continue to speak about the critical role of early childhood, expand the Born Learning project, host another countywide conversation on early childhood and seek additional partners in their efforts. In addition, the group will be working with United Ways of Maine on statewide efforts to promote early childhood initiatives and school readiness.

Phone: 207-985-3359

E-mail: earlychildhood@buildcommunity.org

2010 Community Impact Guide

Keep ME Warm York County

Last year, United Way of York County served as the county coordinator for a statewide Keep ME Warm initiative. Teams of volunteers assisted in weatherizing 22 homes in York County.

This year, as part of our AmeriCorps*VISTA's work, we are developing a local program that will include a community guide book, weatherization training for community members who wish to work on their own homes and a volunteer led effort to weatherize homes of low income residents.

Training will be offered for interested volunteers who wish to assist as part of a community team. For more information on training dates and volunteer opportunities, contact United Way of York County.

Phone: 207-985-3359

York County Prevention Collaborative

This interdisciplinary group connects and supports prevention initiatives in York County that focus on the prevention of violence and abuse and the promotion of health and well being. Supported by United Way of York County, service providers and educators share current information and resources to increase the power of prevention in York County. E-mail: info@prevention-works.net
www.prevention-works.net

York County Youth Financial Literacy Network

United Way of York County is continuing its involvement in exploring what youth need to be financially literate in today's complex world. Using a 'networks for social change' approach, the York County Youth Financial Literacy Network is striving to ensure that all youth in York County ages 12-18 have access to high quality financial literacy education that has a lasting effect. This work is funded through a three-year grant from Maine Community Foundation with technical assistance provided by Common Good Ventures.

Currently, the network has 3 active workgroups: *Current Situation* – creating an inventory of financial literacy programs operating across the county, *What Works* – exploring national, state and local standards for financial literacy education and *Values and Culture* – examining how socio-economic factors, families and communities influence a youth's financial literacy. The Planning

Team, composed of community leaders in business, education and human services as well as workgroup representatives meets quarterly. Together, the Planning Team and Workgroups are developing a countywide plan to support efforts to bring financial literacy education to all York County youths.

A network weaver helps link community members together through relationship building and communication, in order to address a community issue in a collaborative way. Through a unique partnership, United Way of York County and the University of Southern Maine's Muskie School of Public Service York County Community Collaborative are sharing the services of the network weaver.

Phone: 207-602-8262

E-mail: yorkcountyyouthnetworks@gmail.com

Nonprofit Capacity Building

2009 was an economically challenging year for our communities and nonprofit organizations. Building on last year's efforts to provide nonprofits with open forums for discussion and tools for strategic thinking, United Way partnered with other funders to offer the Viability Program to York County nonprofits.

In March of this year, ten nonprofits from York and Cumberland Counties embarked on a process of self assessment, targeted work in strategic areas (such as board development and finances) and exploration of partnering opportunities. Following a two day clinic, organizations received six hours of consultant services to finalize and implement new strategic efforts based on what was learned through this extensive process.

One of the outcomes of the Viability Program is an upcoming forum on nonprofit collaboration that will be held at the Coastal House in Wells on November 5th. For more information, contact United Way of York County.

Phone: 207-985-3359

The Viability Program is made possible through generous support from Maine Association of Nonprofits, Maine Community Foundation, Sam L. Cohen Foundation and United Way of York County.

Community and Volunteer Engagement

Volunteer! York County

United Way of York County continues to be the premiere resource for volunteerism in York County through our community and volunteer engagement efforts. Through a partnership with VolunteerMaine.org, opportunities for service can be posted and easily found by accessing the statewide online database. Individuals and groups can contact United Way of York County's Project Manager for information on volunteer opportunities.

Beginning in February, United Way of York County began hosting an Americorps*VISTA for a full year. This individual is working to help expand our efforts to promote volunteer engagement, spread best practices in volunteer resource management and support our volunteer staffed events such as Day of Caring and Keep ME Warm. This opportunity is provided as part of our membership in the VolunteerMaine Partnership hosted by the Maine Commission for Community Service.

Day of Caring 2010

United Way of York County hosted its 15th Annual Day of Caring on June 9, 2010. Each year this effort brings together employees of local businesses and nonprofits, middle and high school students, and community volunteers for a day of service to benefit the nonprofit community.

This year, a record breaking 1080 volunteers traded their office equipment and school supplies for rakes, shovels and wheelbarrows as they took on projects that involved landscaping, planting, painting, cleaning, hammering, sawing and renovating in a wide variety of work projects.

38 York County nonprofits received in-kind labor and materials valued at more than \$136,000. As a result, facilities were improved, playgrounds were moved to safer locations and services were enhanced through these efforts.

Since the first Day of Caring in 1996, close to 10,000 volunteers have contributed more than \$1 million worth of volunteer time. Our Day of Caring clearly illustrates that by reaching out a hand to one, we can influence the condition of all.

York County Directors of Volunteers in Agencies (DOVIA)

Directors of Volunteers in Agencies (DOVIA) is a peer-to-peer network that began in 1985 and has been convened by United Way of York County since 1991. The partners of this network share information, technical support and professional development resources. This dynamic professional network is a low cost, high impact source of support, inspiration and training to anyone in the position of managing volunteers or with an interest in volunteerism. Meetings are held monthly and rotate among member agencies. For more information, contact United Way of York County.

Phone: 207-985-3359

School Supply Drives

Over the summer of 2009, an expanded Stuff the Bus campaign secured backpacks filled with school supplies for elementary, middle and high school students in need from the greater Sanford area was a great success. Partnering with Safe Schools Healthy Students in Sanford and York County Community Action, our goal was to secure 200 stuffed backpacks. When the distribution was completed prior to the start of the school year, 350 backpacks were in the hands of area students. Donations from 25 local businesses and organizations and assistance from more than 30 volunteers were vital to this successful Stuff the Bus campaign.

In 2010, we are working with Joyful Harvest Neighborhood Center and local businesses to provide needed school supplies to children and youth in Biddeford. Each year, we will continue to expand these efforts to additional parts of York County, supporting existing school supply drives and creating new champions in York County communities.

Phone: 207-985-3359

www.buildcommunity.org

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