



2011 ANNUAL REPORT

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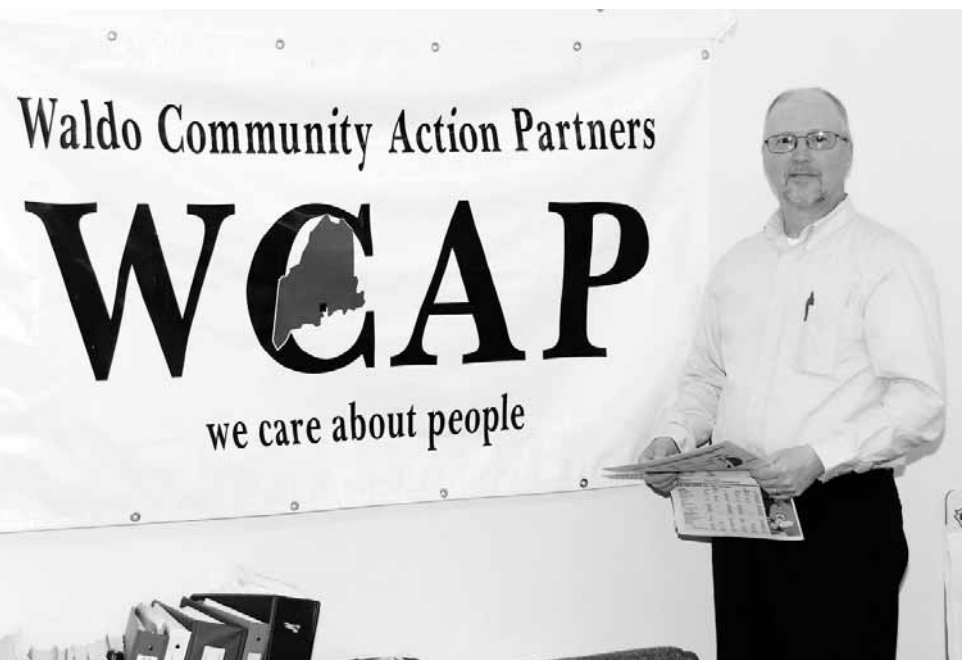
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NEIGHBORS HELPING NEIGHBORS



Bangor Daily News

A message from Waldo Community Action Partners



By Keith Small, Executive Director
with Kate Mikovich, Board Chair

The year 2011 has brought many changes for Waldo Community Action Partners. With the threat of unprecedented budget cuts looming and a change in leadership after the agency's executive director of 23 years retired, the seas have been stormy for WCAP. Yet, regardless of choppy waters, the agency has managed to cut a steady path onward with the strong support of the community in which we serve. It is because of this that we have chosen to call this year's Annual Report "Neighbors

Helping Neighbors."

While our community has always been supportive, the funding uncertainties presented over the past year have truly spotlighted this. When the Low-Income Home Energy Assistance Program (LIHEAP) funds were cut by \$18,000,000 statewide, low-income Waldo County residents saw their average fuel benefit shrink from \$829 last season to \$483 this season. Many concerned citizens came through WCAP's door asking what they could do to help. A new fund, "Keep Waldo Warm," was created as a community-funded means to help supplement LIHEAP's lost funding.

The agency will continue to address the loss of funding in its four largest programs; LIHEAP, Transportation, Head Start, and Housing/Weatherization, while still contributing to the needs of Waldo County in every way it can. In 2011, WCAP was able to give its Belfast Head Start Center a major face-lift thanks to a federal Early Head Start grant out of Boston. The building, known as the Jabine Center, is over a hundred years old. Work was done to strengthen the building's foundation and renovate the interior while keeping true to the building's history. An addition was added to the back of the building, expanding the current classroom into an Early Head Start socialization space.

Also in the mix for WCAP during 2011 was a Pathways to Excellence grant that paved the way for the development of several tools for the community to use. The first of which was a new community assessment, which was written with the guidance of the Waldo County Leadership Circle; a group that brings together over 30 organizational leaders and community volunteers throughout the county. The Neighbor for Neighbor Coalition, a clearinghouse of churches, civic groups, and local businesses that provide holiday projects also played a role. They came together during the summer as a group to develop a two-sided Directory of Services, which became available to the public in the fall of 2011.

The dangerous state of the current economy is well reflected within the walls of WCAP — all programs have experienced significant increases in requests from those

in need. LIHEAP applications surged well past 3,000 families. WCAP's Holiday Basket Projects also saw a significant increase, with an additional 158 boxes of food being requested in 2011 from 2010's year-end total.

The Transportation program's phone continues to ring off the hook and staff have been working hard with fewer resources. Luckily, the program was able to benefit from the arrival of two brand-new buses this past year. Both buses were funded by the state of Maine through American Reinvestment Recovery Act (ARRA) funding and each can hold up to 20 passengers and two wheelchairs.

With a growing client base and shrinking funding sources, 2011 has proven to be a year full of creativity and collaboration. The agency came out with a clean audit, as did the Early Head Start and Transportation programs. The Housing and Weatherization department was chosen as one of only five in the state to receive Sustainable Energy Resources for Consumers (SERC) funding through spending out ARRA contracts on time. Internally, the agency was able to achieve significant administrative savings by revisiting employee health and pension benefits to create a new plan. Cutting costs will be crucial in the coming year, second only to continued partnerships within the community.

As the new executive director of WCAP, I am thrilled to have been given the opportunity to lead the agency through its efforts to

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A look at just one family enduring LIHEAP cuts

Cuts to Low Income Home Energy Assistance Program affecting Waldo County residents

By David M. Fitzpatrick
SPECIAL SECTIONS WRITER

Priscilla and Donald Lundgren's aging house isn't much to look at from the outside, and the inside is unfinished in places, but when you walk in, it feels like a home. There's a wood stove near the front porch, with comfortable chairs so they can sit and stay warm, surrounded by family photos.

"There are [many] people even worse off than us, and I worry about that," Priscilla said when the Lundgrens invited me into their home to talk about the LIHEAP cuts. "Which is why I'm allowing myself to talk to you... we're kind of private people."

In 48 years of marriage, the Lundgrens have always worked hard. In their younger days, they worked at and later owned a chicken farm. Donald worked for the Jackson and Prospect Fire Departments for 30 years and as a school janitor for a time. Priscilla was a teacher's aide until budget cuts forced her out. Donald worked for a lumber company until retiring at 62; he was to continue part time, but the employer decided the younger guys were faster workers.

Medical problems soon interrupted their retirement. Priscilla had rotator-cuff surgery and two hand operations, and now needs both knees replaced. Donald has had cataract surgery and an ear operation, has trouble with a badly swollen arthritic knee, and recently went on nighttime oxygen. They're both diabetic and have high blood pressure, and need many medications every month. Amidst all of this, they finally had no choice but to go on MaineCare and Medicare.

But under the currently proposed MaineCare cuts, the Lundgrens are worried they'll be eliminated from MaineCare. With a combined income of about \$1,339 per month, they'd never be able to handle their medical care, never mind putting food on the table. And then there's the heat.

"We're very frightened right now, because our oil... is less than a quarter of a tank," Priscilla said.

"We do have wood heat, thanks to our son and family; they keep us supplied with wood."

Until this year, Donald split the wood by hand and hauled it up the stairs. Now 69, and with that bad knee, he was grateful to their son for building a ramp and getting him an electric wood splitter. The question is how long he'll be able to keep doing it.

But the wood stove can't heat the whole house, and certainly not the basement, which must be kept warm to prevent the pipes from freezing. The Lundgrens must also burn oil.

They only recently needed assistance. In retirement, Donald worked part time as a wide-load escort driver, but when that company folded four years ago, they were forced to apply for fuel assistance through LIHEAP. They received LIHEAP for three years before the recent drastic cuts; last year, they received about \$1,200, but this year it was just \$486 — not even enough for one tank.

"We knew that was going to happen... so my son has filled up the wood supply more than we ever had," Priscilla said. "We used to use [wood] just for supplemental [heating]; now, it's 24/7."

They've done everything to conserve heat. For instance, Priscilla loves to sew, and on their limited income she's able to make birthday and Christmas gifts. But now the entire upstairs, including her sewing room, is closed off because they can't afford to heat it.

They know their house needs to be better insulated and weatherized, but they can't afford it. They applied for weatherization help but were denied because too much other work must be done to ensure the weatherization would be effective.

Even their volunteer activities have been curtailed. Among many activities, Priscilla was volunteering in Bangor at Philips-Strickland House until she couldn't afford the gas to drive there. And now, they can't afford to fix a vehicle to put on the road.

Priscilla said that, with tax breaks always making the news, it's distressing to her that LIHEAP has been cut, endangering many desperate people. It's one more factor that makes survival harder.

"Our goal is to not just get by — I don't like that term," Priscilla said. "I like 'living.'"

"Living" might mean Bermuda cruises or Vegas vacations for some. For the Lundgrens, it's just being together in their home, perhaps feeding the birds and chipmunks, which they can watch from their stove-side seats, surrounded by those family photos.

"We live here and we're happy," Priscilla said. "And this is where we want to stay."

At WCAP, the LIHEAP cutback has resulted in the staff managing day to day, relying on piecemeal donations from individuals, churches, businesses, the Stephen and Tabitha King Foundation, and United Way.



BANGOR DAILY NEWS PHOTO BY DAVID M. FITZPATRICK

Priscilla and Donald Lundgren sit by their wood stove. After massive cutbacks to the LIHEAP program, the Lundgrens have struggled to keep enough oil in the tank to keep their water pipes from freezing. The wood stove can't heat the whole house, but keeps them warm when the temperatures drop.

"Benefits are not stretching very far and everyone's running out of fuel," said Kitty Doughty of WCAP. "It's just been emergencies, where you try and work extra people in every day. I feel badly for the people that are living that way, just walking a tightrope."


* * *

Author's note: The interview for this story was on Jan. 26. Two days later, their oil ran out and their heat pipes froze. Their son worked for six hours to thaw them, and they managed to get 75 LIHEAP gallons delivered the next day. But the furnace wasn't working right

as a result, and they could only run it 10 minutes at a time. Donald had to stay up around the clock tending it. The repairs cost \$200, money they were hoping to use to get a car on the road. They were without heat until Feb. 12.

"We are warm and rested now," Priscilla wrote in an email. "Of course, now there is no money for fixing our vehicle or gas money to put in it, and March 3 is a ways off. But guess what? We're happy because we are warm and safe in our own little piece of Eden."

Their son will drive her to her volunteer work at the Jackson Food Pantry.



Our Hat's off to WCAP

Thanks for everything that you do to help the people of Waldo County!

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In changing times, WCAP thankful for its neighbors

By Tabitha Lowe

WALDO COMMUNITY ACTION PARTNERS

Waldo Community Action Partners' articles of incorporation state that the purposes of said corporation are exclusively charitable and educational, namely to act as an improvement society for Waldo County and as a private non-profit agency in the administration, operation, sponsorship, and coordination of community action programs under the Federal Economic Opportunity Act of 1964, Title II.

President Lyndon B. Johnson signed the Federal Economic Opportunity Act in 1964. The act charges community action programs with developing employment opportunities, improving human performance, motivation, and productivity, or bettering the conditions under which people live, learn, and work. With the maximum feasible participation of residents of the areas and members of the groups served.

Community action agencies — WCAP included — were intended to remain closely braided into the cultures and communities in which they serve. Waldo Community Action Partners and other community-action agencies mobilize public resources, such as federal and state grants, and bring them to their neighborhoods in an organized way. "Many don't realize WCAP is local and not a government agency," said Arlin Larson, chair of WCAP's Development Committee. "We're working together as neighbors. Therefore, our concerns are for Waldo County."

"We are a private organization with the broad charge to eliminate poverty through many different

programs and many different pools of government funding," said Executive Director Keith Small. "We really are the connection between government funds and our community."

Unfortunately, as federal and state funding continues to dwindle, WCAP and its clients are finding themselves in a difficult position, made fortunate only by local hands.

If not for the agency's stalwart base of volunteers and community supporters, it would be impossible for the agency to keep afloat. "Think of the number of volunteers. Think of the volunteer [transportation] drivers, and the Head Start volunteers," said Larson. "The agency belongs to the



One woman entered Waldo Community Action Partners and approached the receptionist. When asked how the receptionist could help her that day, she replied, "What can I do to help?"



community. It is community-run."

Waldo Community Action Partners is a private non-profit agency, governed by a board of directors and policy council—all residents of Waldo County, whose roles are to represent the people of the county.

In many ways, WCAP has been performing a balancing act between local efforts and government funding. The hardship is that

while the local community continues to invest time, energy, and money, the state and federal governments aren't able to continue their support at the level that they used to. Times are bleak economically and it has been the community that has kept the chins of WCAP's staff up. Already, letters and private donations are frequently received, simply from neighbors who wish to help.

One woman entered the red and

white building where Waldo Community Action Partners is located and approached the receptionist. When asked how the receptionist could help her that day, she replied, "What can I do to help?" The woman expressed a concern for WCAP's fuel assistance program and wished to make a donation. Another family sent a \$50 check in the mail, with a note stating that they had received help from WCAP in the past and were better off now, so they wanted to give back.

"Donations can be as little as \$28 to buy a box of food for a family through our Holiday Baskets Projects to amounts as great as \$1,500 or \$2,000 — enough to help several individuals with fuel or furnace repair," said Small. "In this time of cutbacks, we recognize that we need to turn more toward our friends and neighbors."

Even small donations can go a long way. "Small donations show big donors that we have the support of our community," Larson said. "We want to continue to do more in tough economic times."

WCAP's Development Committee, a subcommittee of its board of directors, has been working to develop fundraising and planned giving plans. The agency recognizes the great fortune it has been handed in the friends that it has—whether it be a local business holding a benefit dinner for one of its programs or a stranger off the street looking for a way to help.

BANGOR DAILY NEWS PHOTOS BY DAVID M. FITZPATRICK

Top right: Some of the hundreds of volunteers await the beginning of the Christmas holiday baskets event. Left: All ages pitch in to the holiday baskets, even if they're small enough that they have to climb on the table to toss canned goods into boxes as volunteers slide them by. It's community teamwork like what is seen at these events that help Waldo CAP succeed.

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WCAP is always in need of volunteer drivers. If you have some spare time during the week and would like to help, contact WCAP at (207) 338-6809.

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Holiday food-baskets program swells with success

By David M. Fitzpatrick
SPECIAL SECTIONS WRITER

Each year, Waldo CAP manages two programs to distribute boxes of food to needy people. The first is WCAP's holiday project at Thanksgiving. The second is the annual People for People Christmas holiday project. Together, they distributed nearly 2,000 food boxes in 2011. That number is expected to increase this year.

Paul Garelli started a holiday-basket program in his three-bay garage in the late 1980s, distributing a couple hundred boxes. The event eventually outgrew Garelli's garage, and he approached Waldo CAP, which was doing a similar project at Thanksgiving. The two groups joined forces; in 2011, they distributed nearly 2,000 boxes.

Franklin Hart first became involved around 10 years ago, when someone suggested he might

enjoy helping out. Back then, they did about 700 boxes, and the volunteer group was much smaller than today.

"We took a little bit longer; sometimes it would take us maybe three hours to put 700 boxes together," he recalled.

Hart started assembling, filling, and delivering boxes. He later became a director, keeping lines in order and looking out for potential hazards.

"You have a chance to meet and greet people that you probably normally wouldn't even see," he said. "Some of the kids... have grown up to be young adults that were kids when they started."

Hart is also a basket recipient, and he feels he owes it to the program to lend his time to the group effort. The six hours or so he donates is the least he can do, he says. "I figure that earns my box," he said.

Hart said he has many memo-

rable stories from his years helping out, but what sticks out in his mind is when, during his first few years, he made a delivery to an elderly lady. When he brought the big box full of food into the house — a turkey, potatoes, vegetables, bread, rolls — she was astounded.

"Her eyes lit up," he said, because the lady had been expecting a microwave dinner, or maybe a plate of food. "She says, 'I can't believe it. What a Godsend!' It made my whole day."

There have been many changes over the years as they've streamlined the process: taping boxes the night before, abandoning town-specific stacks of boxes for one big stack, changing from carrying boxes to sliding them along tables, and so on.

These days, the Thanksgiving project is held at the Tarratine Hall and the Christmas project is held in the Belfast Armory. It begins in the wee hours of the morning, when truck drivers bring in and unload the food. At 5:30 a.m., volunteers start arriving; an hour later, it's in full swing. It takes about under an hour to fill all the boxes, and about that to load up the vehicles; emergency-services personnel show up in cars, trucks, and even ambulances to get boxes for their towns to do the deliveries.

Anyone can help out, from manning food stations to moving boxes to cleaning up cardboard. Hart cited examples of young children helping out, and a young Boy Scout in a wheelchair who has been there every year recently. He's seen plenty of elderly volunteers, and even pregnant women. Hart has a prosthetic on his lower right arm and uses gripping hooks in



Top (photo courtesy WCAP): Franklin Hart (left) directs the action at the 2011 Christmas holiday baskets event. **Above** (Bangor Daily News photo by David M. Fitzpatrick): A young girl in her pajamas finds a way to heft a box of food.

place of a hand, so he knows fully well that anyone can pitch in. And he says it's always nice to see that they do.

"If you were to get everybody together for a photo, you'd have to

have all the people that distribute it, all the people that give food, all the people that transport the food, all the people that box the food, the volunteers in there, all the staff at

Continued on next page

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WCAP: Need for holiday donations is great

Twenty years after its founding, Waldo County's largest holiday food box project remains one of the largest community-wide charity efforts. Thousands of families are provided with food to share as a household for Thanksgiving and Christmas. The most astounding part, however, is not that over a thousand boxes of food are packed in under an hour or that over 250 community volunteers crawl out of bed before the sun to help pack them, but also that this project is 100 percent funded by community donations and every penny that is donated goes directly toward the cost of food.

Unfortunately, when the number of families in need continues to steadily increase, so does the cost. Gro-

cery prices are also on the rise. "It's getting much harder to swing," said Tabitha Lowe, the project's coordinator. "We don't ever want to turn anyone away but the project is getting so large, it's difficult not to start to wonder where the tipping point is."

Lowe said that donations are extremely valuable to this project, in so many ways. "The project means a lot to not only those who receive the food boxes but also those who show up to pitch in," she said. "I hear them talking sometimes before we start packing the boxes, about how much they look forward to doing it each year. It's become an important part of their family's holiday traditions."

-By Waldo CAP

Continued from previous page

Waldo CAP," he said. "It's amazing." This year's programs distributed 1,953 food boxes to 26 Waldo County towns (1,122 boxes at Christmas and 831 at Thanksgiving). The total cost was \$55,570.92. The food weighed a whopping 71,860 pounds, or 35.93 tons.

The food isn't free, and the programs need donations to help fund the 2012 holiday baskets; \$30 will buy food for an entire family,

enough to last a week.

To donate to the Thanksgiving baskets, send your contribution to:
WCAP
Thanksgiving Basket Project
PO Box 130
Belfast, ME 04915

To donate to the Christmas baskets, send your contribution to:

People for People
PO Box 372
Belfast, ME 04915



WCAP's transportation services vital to Waldo County residents

By David M. Fitzpatrick
SPECIAL SECTIONS WRITER

What do you do when you live in Waldo County and can't afford to get to a doctor's appointment in Bangor? Or you can't drive or don't have a car? You call Waldo CAP, which provides transportation services throughout Waldo County.

"I think it's pretty important all the way around, because it helps meet their medical needs," said Jamie Parsons, WCAP's Operations Manager.

WCAP serves 3,000 people who need to get to medical appointments, often well out of town — Augusta, Bangor, Waterville, and far beyond — but who don't have cars, can't afford the gas, or are unable to drive.

With a stable of about 20 drivers from around Waldo County, WCAP dispatches volunteers to transport those in need. Drivers are reimbursed at just 41 cents a mile.

WCAP will also reimburse those in financial need who use their own vehicles, or family or friends' vehicles. They're reimbursed at just 21 cents a mile. Computers determine mileage from pickup to dropoff, so there's no guesswork or errors.

And WCAP operates a fleet of buses that make regular runs around the county and out of town. Those in need can get scheduled onto the buses, but the gener-



PHOTOS COURTESY OF WCAP

WCAP Transportation Director Ed Murphy (right) hands the keys to a new bus to driver Dean Hustus. WCAP received grant money to buy the much-needed two new buses, which are the biggest WCAP operates. The bus service is just one of three ways WCAP provides transportation services; the others are volunteer drivers using their own vehicles and reimbursements for self-drivers. The buses are even open to the general public with paid fares. Buses go around the county and well out of town, including to Bangor, Waterville, Augusta, and Rockland.

al public is welcome to use them as well by paying fares. It's quite a moneysaver, since a ride from Belfast to places like Bangor, Augusta, and Waterville costs just \$3.50. "You can't run a car for that," said Parsons.

Joanne Peters knows the value of WCAP's transportation servic-

es. After having a kidney with a tumor removed two years ago, she discovered she had renal-cell cancer in March 2011. She needed to have regular chemotherapy treatments, and couldn't drive herself. She got set up for transportation through WCAP, and was See TRANSPORTATION Page 9

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**Congratulations Waldo
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on another year of service
to the community.**

WCAP offers child safety seat education, and seats

By David M. Fitzpatrick
SPECIAL SECTIONS WRITER

Is your child car safety seat installed correctly? Are all its parts functional? Is it the right seat for your child? And is it past its expiration date?

Yes, expiration date — usually about six years from the manufacture date. There are many safety concerns when using car seats, but most of us don't know about them. In fact, recent statistics show that 90 percent of child safety seats are not used properly, which puts children at risk.

Waldo Community Action Partners is helping to educate people, offering free monthly workshops and individual consultations, as well as providing free car safety seats for income-eligible people.

"A lot of people don't know that car seats expire, or that car seats are recalled," said Dawn Bryant, WCAP's Health and Safety Coordinator, noting that her recall book contains over 100 seat models.

At the workshop, participants can bring their car seats in to be checked for expira-

tion and against the recall list. Bryant will go through a checklist to see if the seat is installed correctly, facing the right way, buckled properly, and that the retaining clips and harnesses are in top shape. Participants learn that car seats should only be used if you got it new or you know who did, it was never in an accident, the model was never recalled, and the seat hasn't expired.

Bryant said that since no stores in Waldo County sell child safety seats, and many destitute people can't afford them anyway, people frequently use old or unsafe seats. Seats past expiration dates, or that have been in storage for too long, might have brittle plastic or unsafe straps. And, like a bike helmet, a seat that has been in a vehicle accident should be discarded and never reused.

As we learn more, recommendations change. For example, conventional wisdom used to say a child had to be in a rear-facing car seat until age 1; this year, the National Highway Safety Administration and the American Academy of Pediatrics have changed its recommendation to keep seats rear-facing until the child can longer fit that



way, usually at 35 pounds or 36 inches.

Last year, the WCAP program served 144 families and 190 children, and distributed 147 free child safety seats. The safety class is held at the Belfast Fire Department

on the second Thursday of each month from 9 a.m. until 1 p.m. WCAP will do individual training by appointment. For more information, visit :

www.waldocap.org.

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Message

Continued from Page 2

continue supporting its mission. I have spent 30 years in the community-action world with Washington Hancock Community Agency (WHCA), working as director of the Down East Business Alliance—one of WHCA's many arms. In the few months I have been working at WCAP and in its outlying communities, I have already become truly astounded by the magnitude of

Waldo County's neighborliness. The staff at Waldo Community Action Partners feels very fortunate to be assisting individuals in the community that it serves, a grassroots community that proves itself to be helpful and compassionate in sometimes the most unexpected and inspiring of ways. Waldo Community Action Partners has been working in Waldo County for over 45 years and we have our friends, partners, and neighbors to thank for that. Our hats are off to you.

**Thank you, WCAP,
for all your help!**

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How Head Start benefits children, families, and communities

By David M. Fitzpatrick
SPECIAL SECTIONS WRITER

Amanda Shorey didn't give it much thought when her son Andrew's speech development seemed a little slow. He'll grow out of it, everyone advised her.

But he didn't, and when he was 4, Amanda decided to investigate. His pediatrician referred Andrew to a child development specialist, who confirmed he was having speech problems. At age 4, a child's vocabulary should number 200 to 300 words; Andrew's was just 25.

The specialist put him into speech therapy, but also recommended another important step: enrolling him in Head Start, where he could be socially immersed and have ample opportunity to put his developing speech skills to work.

A year later, Andrew's vocabulary was between 500 and 1,000 words, and he'd become quite a

conversationalist. At first, he could tell his mother whether he had a good day or not, but couldn't describe the activities he'd done. All that had changed.

"Sometimes I'm still amazed," said Amanda. "He can tell me how he feels. He says 'I love you, Mom.' When we drive home from school, he'll tell me about his day. It was just stuff I never got before."

Now almost 6, Andrew continues progressing well. But he's not the only one who has undergone a metamorphosis. Amanda's eyes were opened to Head Start's importance, and she got more involved with the program. She soon joined the Waldo County Head Start Policy Council and served as the chairperson. Later, she served on the Waldo Community Action Partners board of directors, where she was part of the committee that hired Waldo CAP's new executive director, Keith Small. And although she had worked with computers as an

intelligence analyst in the U.S. Army and was in school to learn networking technology, her experiences inspired her to switch her major: She's now working towards a career in health and human services.

Recently, with the Head Start program facing possible cuts, she spoke to the Maine Legislature about her experiences, and how she and Andrew have benefited from Head Start. Normally shy and reserved — she once cried right before speaking to 15 people in a college speech class — Amanda persevered.

"I was very scared," she said. "But... I knew I wanted to speak with my heart and give them a little taste of what a Head Start parent goes through."

"Head Start takes care of our kids, but it also promotes family engagement," she told the Legislature that day. "It gives parents voices and the ability to serve their communities. I am not just a Head



Start parent; I am an advocate for my child and my community. Please do not take away that opportunity for other parents to find their voices. Please do not cut our Head Start program."

So what are her plans when she earns her degree?

"I would love to stay with Head Start," she said. "That's definitely my passion, because so many children need [that experience]... Head Start... not only helps children but it helps families, too. It gives people a chance to help their community. It's awesome."

Transportation

Continued from Page 7

impressed from the start.

Then, "I read about volunteering, and when I got back on my feet, I said, 'I think I'd like to do that,'" she said.

By September, she was able to drive herself, and began as a volunteer driver two days a week. Most of her drives have been around Waldo County, but she's been to Lewiston, Lincoln, Brunswick, and even South Portland.

"It occupies my mind a couple days a week," she said. "I do like the people I come in contact with."

The reimbursement is enough to cover her monthly car payment and insurance, but she puts on a lot of miles, not to mention wear and tear. She makes nothing.

"Not a cent," she said. "You're putting it back in your vehicle between your tires and gas and oil change and miles on your car."

The state may soon change how such transportation is handled, going to what's called a brokerage system. Currently, WCAP handles everything: working with the client, establishing eligi-

bility, and scheduling transportation. A brokerage method would involve an independent

agency to take over most of that.

While having one agency handle that statewide might sound fiscally smart, the result would mean an extensive loss of funding for an agency like WCAP. Without funding, positions would likely be lost, and the public bus service would possibly suffer. It could impact how WCAP provides transportation to county residents. As such, WCAP is watching those developments closely in an effort to protect its clients' needs.

On an average day, WCAP sets

up and dispatches around 650 trips. "It's pretty big," said Parsons. "It's getting bigger and bigger and bigger."

Parsons' job is to plan out all those trips, which is quite a challenge. "It's like a great big gigantic puzzle every day," she said.

Meanwhile, Joanne Peters continues on her mission to help others — by getting them their medical appointments, but also being a friend in the car for the trip.

"Everyone has a story," Peters said. "You almost feel like you're a counselor at times, but that's okay. I'm a good listener."

Peters still goes to chemo every week, although her cancer is in remission. She's pleased she found WCAP's service, and hopes others

take notice.

"I think it's a very good organization, and I hope it continues get-

ting supported," she said. "I think it does a real good thing for the community."



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Early Head Start invaluable to many... just ask Kayden

By David M. Fitzpatrick
SPECIAL SECTIONS WRITER

Mary Cox knew early in her pregnancy that her son would be born with a bilateral cleft lip and palate. And after Kayden arrived in the world, he underwent seven surgeries in Boston, all before 18 months, to correct the extensive deformation.

There were concerns about his ongoing development, so his public-health nurse referred him to several professionals, such as a speech therapist at Waldo County General Hospital. Today, at 2½, Kayden has the vocabulary of a 5-year-old and speaks in complex sentences, although he's still working on his articulation. But part of that success was the collaboration the speech therapist had with another early referral.

That was to WCAP's Early Head Start program. Once a week, an EHS home visitor comes into the Cox home to work with Kayden and help with his development. The process begins with an Ages & Stages Questionnaire



BANGOR DAILY NEWS PHOTOS BY DAVID M. FITZPATRICK
Kayden engages in many at-home activities designed to stimulate his learning and help the Early Head Start professionals gauge his development. At left, Kayden and his parents work with EHS Home Visitor Crystal Cullen. At right, Kayden sits with his mother, Mary, rolling a pain-covered ball in a plastic tub.



to identify challenge areas. From there, the home visitor works with Kayden in fun, engaging activities that are intensive evaluation and education — but looks and feels like playtime. That works well for an energetic guy

like Kayden, and great for Mary.

"I love having a goal, knowing what I should be looking at, knowing what his strengths are," said Mary. "And they make it fun, too."

The home visitor observes the family engaging in activities with Kayden, and then suggests ways to get additional benefits from the activity. For example, the Coxes worked with Kayden to count and stack blocks, which works his brain in two ways. But the EHS visitor suggested a new idea: line up alternating long and short blocks, and ask Kayden which comes next.

And when Kayden was learning colors, the home visitor took him on outdoor color walks to find colors in nature and in the neighborhood — turning an educational task into physical exercise and an entertaining time with the family.

Such activities are not by accident. The EHS home visitors carefully track children's development to mark what are called milestones — ensuring the children can do certain tasks at certain ages. If they're behind, the visitor knows what areas to work on, and can suggest activities to help, without needing to spend much money to do them.

"These are all things that families can do in their homes," Mary said. "You use supplies that people usually have already."

Kayden's parents are intimately involved with his development. Her parents, who live downstairs in the house, also spend a lot of time with him.

"There's always somebody around that really cares for him, and really, really wants to see him grow and develop," said Kayden's father, Kenneth.

That's key, the parents agree,

and some parents might need a little boost in that department — a boost EHS can give a family that needs it.

But despite the success of EHS, its government funding could very well be endangered next year as across-the-board cuts for 2013 are considered as part of the debt-limit deal.

"That's scary, because I just think what we've done is pure gold," Mary said. "A lot of that is that we've had tremendous support from them."

"It's just like a house: If you break the foundation, it isn't going to work," said Kenneth. "When they cut back all these Head Start programs, that's really what they're doing is they're breaking the kids' education right from the start."

Mary's mother, Kate Sweetland, didn't believe that Early Head Start would work with Kayden. "I thought, 'What can they do for him?'" she recalled. "We read to him already. He eats vegetables."

But well into the program, she's a woman with a changed mind.

"It really has done a lot for him," she said. "This has been a fantastic program. Even the doubting grandmother is well convinced. And the people in it are just incredibly good people."

Healthy Waldo County

As part of the Healthy Maine Partnerships, Healthy Waldo County works to promote healthier lifestyles through community involvement. The partnerships work on five main areas of health promotion: Tobacco, Substance Abuse, Nutrition, Physical Activity/Sun Safety, and Chronic Disease in the areas of: Early Detection and Access to Self-Management Supports. Please contact us, 207-930-6761, if you have interest in helping promote the work of prevention in any of these areas.

Healthy Waldo County

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WALDO CAP - WALDO COUNTY HEAD START ANNUAL REPORT

Each Head Start agency must make available to the public an annual report that discloses the following information from the most recently concluded fiscal year. During the program year covering September 1, 2010 – August 31, 2011, Waldo County Head Start:

1. Total amount of public and private funds received and the amount from each source:

State DHHS Revenue	\$ 225,969
State CACFP & Child Nutrition	\$58,378.69
HMP Grant	\$1,000.00
MSAD #34 Revenue	\$ 15,996.88
MSAD #22 Revenue	\$ 7,800.00
Federal Head Start	\$1,123,012
Federal Head Start Training	\$ 20,495
Town Funding Head Start	\$ 15,952.40
In-Kind – Head Start	\$ 329,728.91
Federal Early Head Start	\$ 592,164.00
Federal Early Head Start Carryover	\$150,423.00
Federal Early Head Start Training	\$29,608.00
Town Funding Early Head Start	\$1,517.00
Melanoma Foundation of NE	\$500.00
In-Kind –Early Head Start	\$ 166,306.00

2. In 2010 Head Start lost \$7,082.00 in State Funds.

3. 15% of Federal Head Start funds used to support administrative services. 85% used to support direct services to provide child development programming.

4. Total number of children served: 159 (HS) 54 children and 6 pregnant moms (EHS)

5. Total number of families served: 151(HS) families 52 EHS

6. Average monthly enrollment: 151 (HS) 50 (EHS)

7. Head Start eligible children served living in Waldo County: 98% (HS) 100% (EHS)

8. Results of most recent financial audit:

- No audit findings disclosed that are required to be reported in accordance with Circular A-1-33, Section 510(a)
- WCAP qualified as low risk auditee

9. Percentage of enrolled children who received medical exams: 93% (HS) 91% (EHS children) 100% (EHS pregnant moms)

10. Percentage of enrolled children who received dental exams: 99% (HS) 81% (EHS children) 33% (EHS pregnant moms)

11. 2010-2011 concluded our first full year of providing both Early Head Start and Head Start services. For the first time, Waldo Community Action Partners had the ability to present holis-



tic services to families. We are now able to support pregnant moms through their pregnancy, the transition from pregnancy to birth; newborn to toddler; toddler to preschooler; preschooler to pre- kindergarten and onto the public school. It is with our strong community partnerships with Broadreach Family and Community Services, First Steps Child Care as well as with SAD #3, RSU #20 , SAD #22 that our program is so successful. Waldo County Head Start has an equally strong partnership with our parents. Families are invited to participate in center Parent Groups, Policy Council, on our Health Advisory Committees for Head Start and Early Head Start as well as an opportunity to participate in the Self Assessment process. They are also encouraged to participate in their child's education by volunteering in our classrooms, in their home (for our home based EHS program) , at the center in the kitchen, on our buses as monitors and on field trips. Last year our total number of volunteer hours was 10,306.00 (Head Start 8,746; EHS 3,600). This was achieved by 256 volunteers in all.

HEAD START POLICY COUNCIL COMMITTEE PROGRAM YEAR 2011-2012

Belfast Programs BHSC & FSCC

Jason Moody, Voting
Melinda Moody, Voting
Heather Emerick, Alternate
Michelle Martin, Alternate
Vacant , EHS Voting
Vacant , EHS Alternate

Searsport Program

Vacant , Voting
LaTisha Robert, Voting
Shauna Pomeroy, Alternate
Katie Santerre, Alternate

Unity Programs UHSC, UPRK & U-ECIP

Katie McCormick, Voting
Merrily Stevenson , Voting
Jennifer Turnbull , Alternate
Emily McCormick , Alternate
Rebecca Greenleaf, Alternate
Ashley Quimby , Voting
Vacant , Alternate

Mill Lane programs - EHS Center based & BR E-CIP Collab Classroom

Molly Warren, Voting
Vacant , Alternate
Carly Mercer, Voting
Vacant , Alternate
Leroy Smith Pre-K Program ,
Bobbielee Hobbs, Voting
Wendy Bolduc, Alternate

AMES Pre-K

Vacant , Voting
Vacant , Alternate
Belfast Pre-K ,
Kristy Sprague, Voting
Vacant , Alternate

Community

Ellie Weaver, Voting
Amanda Shorey , Voting
Jennifer Richeson, Voting

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WALDO COMMUNITY ACTION PARTNERS 2010 FINANCIAL ASSISTANCE REQUEST

Summary of Services Report Period, October 1, 2009 to September 3, 2010

Program Services Provided	Number Served	Dollar Value of Service		2011 Financial Request
Transportation	2,606,191 Waldo Vehicle Miles 71,153 Out of County Miles	Operating Inkind Total	\$1,671,661.00 \$244,678.00 \$1,916,339.00	\$57,492.00
Home Energy Assistance (HEAP)	2,949 Households 6,519 Individuals	Operating Benefit Amount Total	\$156,643.00 \$2,397,076.00 \$2,553,719.00	\$51,074.00
Energy Crisis Intervention (ECIP)	239 Households	Operating Benefit Amount Total	\$- \$78,999.00 \$78,999.00	\$1,849.00
Head Start and Child Nutrition	134 Households 159 Individuals	Operating Inkind Total	\$1,425,598.00 \$329,729.00 \$1,755,327.00	\$35,105.00
Weatherization	143 Households 346 Individuals	Operating Benefit Amount Total	\$306,221.00 \$719,449.00 \$1,025,670.00	\$20,514.00
Home Repair	6 Households 7 Individuals	Operating Loan Amount Total	\$11,904.00 \$47,545.00 \$59,449.00	\$1,189.00
Donated Commodities (Food)	991 Households 2,303 Individuals (monthly, not annually)	Operating Food Value Total	\$14,419.00 \$85,135.00 \$99,554.00	\$2,115.00
Central Heating Improvement (CHIP)	72 Households 170 Individuals	Operating Benefit Amount Total	\$87,198.00 \$33,171.00 \$120,369.00	\$2,687.00
Early Head Start	53 Individuals 64 Visits	Operating Inkind Total	\$572,221.00 \$94,145.00 \$666,366.00	\$13,326.00

Community Services Block Grant (CSBG) - \$255,750.00			\$19,382.00	
			TOTAL	\$8,275,792.00
				\$204,733.00

Program Services Provided	Number Served	Dollar Value of Service
Community Services Block Grant (CSBG)		\$255,750.00

County Wide Services Under Community Services Block Grant		
Electric Lifeline Program (ELP)	1090 Households	\$442,760.00
Child Care Food Program	25 Homes/135,208 Served	\$163,628.00
Dental Project	24 Households/24 Served	\$5,986.00
Appliance Replacement Program	17 Households	\$8,641.00
Above Ground Storage Tank Program	16 Households	\$20,086.00
Credit Assistance	3 Households	\$8,400.00
Safety Seat Program-Seats	147 Car Seats	\$8,820.00
Safety Seat Program-Checks	190 Safety Checks	\$3,800.00
Holiday Projects		\$51,215.00
725 Families received Thanksgiving Baskets		
1070 Families received Christmas Baskets		
Total		\$713,336.00
		TOTAL
		\$969,086.00

Ongoing Initiatives		
Neighbor for Neighbor Clearing House for 1190 Families		
Cinderella Project for 84 Individuals		
Completed Community Assessment as of 2010		
		GRAND TOTAL
		\$9,244,878.00

ASSETS	2010 Unrestricted	2010 Temp. Restricted	Total	2009 Unrestricted	2009 Temp. Restricted	Total
CURRENT ASSETS						
Cash and cash equivalents	\$252,688	\$448,936	\$701,624	\$4,919	\$316,183	\$321,102
Accounts receivable	23,943	-	23,943	42,581	-	42,581
Grants receivable	428,787	-	428,787	648,508	-	648,508
Loans receivable - deferred	-	157,052	157,052	-	160,182	160,182
Loans receivable - repayable	-	18,639	18,639	-	18,211	18,211
Prepaid expenses	41,739	-	41,739	37,592	-	37,592
Total current assets	747,157	624,627	1,371,784	733,600	494,576	1,228,176
FIXED ASSETS						
Land	12,200	-	12,200	12,200	-	12,200
Buildings and improvements	176,008	-	176,008	131,899	-	131,899
Furniture and equipment	130,048	-	130,048	130,048	-	130,048
Vehicles	688,872	-	688,872	668,589	-	668,589
	1,007,128	-	1,007,128	942,736	-	942,736
Less: accumulated depreciation	(898,987)	-	(898,987)	(855,946)	-	(855,946)
	108,141	-	108,141	86,790	-	86,790
TOTAL ASSETS	855,298	624,627	1,479,925	820,390	494,576	1,314,966
LIABILITIES AND NET ASSETS						
CURRENT LIABILITIES						
Accounts payable	131,255	-	131,255	142,293	-	142,293
Accrued payroll/compens. absences	121,893	-	121,893	51,937	-	51,937
Payroll taxes & accrued other	26,396	-	26,396	7,549	-	7,549
Current portion of long-term debt	5,957	-	5,957	5,500	-	5,500
Deferred revenue	-	525,821	525,821	-	326,621	326,621
Advances	-	14,983	14,983	-	46,020	46,020
Escrows Payable	40,628	-	40,628	169,113	-	169,113
Total current liabilities	326,129	540,804	866,933	376,392	372,641	749,033
NET ASSETS	518,517	83,823	602,340	443,998	121,935	565,933
TOTAL LIABILITIES AND ASSETS	\$855,298	\$624,627	\$1,479,925	\$820,390	\$494,576	\$1,314,966

