

Community Connections

How to find and give help in difficult times

How to find help

Our communities are in the midst of economic hard times, along with the rest of the country, creating hardships on many fronts for many people. Jobs have been lost, the fishing year hasn't been great because of consistently low prices paid to fishermen, and prices for fuel and necessities remain high.

To help during these difficult times, Penobscot Bay Press presents Community Connections. This community service is a clearinghouse for area services and resources, with information on finding help when you need it and giving help if you can. New this year are tips, and sources for more information, on living frugally.

This information is also on our Web site at www.penobscotbaypress.com (click on Community News). We will update it as we receive information from area communities and organizations. Do you know of a resource that should be on this list? Should any of the information presented here be updated? Call 367-2200 or e-mail new information to cis@penobscotbaypress.com with "Community Connections" in the subject line. Please include contact information in case we have questions.

General Assistance

Town of Blue Hill, 374-2281. Monday, Wednesday, Friday, 9 a.m.-12 p.m.; Tuesday, Thursday, 1-3 p.m. Contact Ann Stadden or Etta Perkins.

Town of Brooklin, 359-8394. Tuesday and Thursday, 2-5 p.m.

Town of Brooksville, 326-4518. Monday and Wednesday, 9 a.m.-2 p.m. Thursday, 6-8 p.m. Call or stop by the town office for an application. Selectmen review completed applications.

Town of Castine, 326-4502. Monday-Friday, 8 a.m.-3:30 p.m. Contact Town Manager Dale Abernethy.

Town of Deer Isle, 348-2324. Monday-Friday, 12-4 p.m. Contact First Selectman Neville Hardy.

Town of Isle au Haut, 335-5001. Contact First Selectman Belvia MacDonald at 335-2201.

Town of Penobscot, 326-4364. Monday and Thursday, 9 a.m.-12 p.m. and 1-5 p.m. Tuesday, 4-8 p.m. Call the town office during business hours and leave a message for the selectmen.

Town of Sedgwick, 359-2275. Contact Selectman Bill Jagger during selectmen's meetings, Tuesday, 3:30-5 p.m., Thursday, 6:30-8 p.m.

Town of Stonington, 367-2351. Monday-Friday, 8 a.m.-4 p.m. Contact Town Manager Kathleen Billings-Pezaris.

Town of Surry, 667-5912. Tuesday-Friday, 7:30 a.m.-4 p.m. Contact Selectman Steve Bemiss.

Heating/Fuel

Brooklin Friends for a Warmer Town, available to Brooklin residents for emergency heating, also weatherization. For more information, contact the selectmen at the town office, 359-8394, Tuesdays, 2-6 p.m.

First Baptist Church of Blue Hill Deacons' Fund, available for emergency heating to Peninsula residents regardless of church affiliation. Steve and Sheila Heneise, 374-5907.

First Congregational Church of Blue Hill Dolly Fisher Fund, available for emergency heating to Peninsula residents regardless of church affiliation. Rob McCall, 374-2892.

Island Heating Assistance Program, a community fund administered by the First Congregational Church of Deer Isle, UCC, 348-6602. Funded by donations; provides fuel oil, kerosene, propane, firewood from area dealers; prevents electricity service disconnections by Bangor Hydro. Also networks with other organizations. Deer Isle and Stonington residents only. To inquire about services, call 348-6602.

Keep ME Warm Fund, a statewide partnership to help people stay safe, warm and secure this winter through public and private contributions, volunteerism and advocacy, primarily for those who may not be eligible for limited federal, state or local fuel assistance programs. Call 211 if you need heating assistance.

LIHEAP (Low Income Home Energy Assistance) is a federally funded program to help low-income householders pay their home energy bills. The program offers fuel assistance benefits, energy crisis assistance, help with electric bills, and weatherization and other energy-related home repairs. Qualification for LIHEAP also qualifies the applicant for other assistance programs. Administered by the Washington Hancock Community Agency. To apply, call 800-828-7544, Monday-Friday, 7:30 a.m.-12 p.m.

St. Francis-by-the-Sea Episcopal Church Rector's Discretionary Fund, available for emergency heating to Peninsula residents regardless of church affiliation. Claudia Smith, 374-5200.

Town of Stonington Heating Fund, coordinated by the town's general assistance administrator, 367-2351. Funded by donations and fund-raising events.

Eligible families (those who do not qualify for LIHEAP or other assistance programs) can receive 100 gallons of fuel, propane or firewood as funds allow. To apply, call the town office.

Town of Surry Heating Fund, for Surry residents only. Call the town office at 667-5912 for information and to apply.

Food Banks and Meals

Island Pantry, lower level of Island Community Center, Memorial Lane, Stonington, 348-6181. For low income or those out of work. On Thursdays, from 5:30 to 7:30 p.m., come to the community center to pick up food.

The Simmering Pot, community-created supper, a healthy food project of the Tree of Life Food Pantry, free and open to all community members, Mondays 2:30-6 p.m., Blue Hill Congregational Church. Information: Hadley Friedman, 374-2898.

Tree of Life Food Pantry, 23 South Street, Blue Hill, 374-2900. On Thursdays, from 9 a.m. to 3 p.m., come to the pantry to pick up food.

Eastern Area Agency on Aging Community Café, midday meals for people age 60 and older in community dining rooms or through home delivery to those who qualify. Reservations required; see list below for the meal in your area. The program receives some government funding but not enough to cover the full cost of the meal. The recommended donation per meal is \$3; additional donations are welcome. Food stamps are gladly accepted. Please call to make reservations; contact numbers are shown with each site below.

- **Blue Hill**, Baptist Church. Meals served Wednesday and Friday at noon. Reservations: 374-5592 or 326-4580 before 9:30 a.m. the day of the meal.

- **Brooksville**, Town House. Meals served Thursday at noon. Reservations: 326-4912 before 8 a.m. Wednesday.

- **Deer Isle**, Deer Run. Meals served Monday through Friday at noon. Reservations: 348-6879 by 11 a.m. the day before the meal.

- **Penobscot**, United Methodist Church. Meal served Monday at noon. Reservations: 326-8721 before 9 a.m. on Monday.

- **Sedgwick**, Ben's Pantry. Meals served Wednesday at 11:30 a.m. Reservations: 359-2716 before 9 a.m. Wednesday.

Clothing and Household Goods

Community Clothes Closet, 58 South Burnt Cove Road, Stonington, 367-2271. Free clothing, household goods, furniture; also free lending service of handicapped aids. Wednesday, 9 a.m.-12 p.m.; Thursday, 6-8 p.m.

Goodwill Industries, 15 Downeast Highway, Ellsworth. Monday-Saturday, 9 a.m.-9 p.m. Sunday, 9 a.m.-8 p.m.

Island Community Center's General Store, 6 Memorial Lane, Stonington, behind the former Stonington elementary school. Gently used and new low-cost household goods, linens, gifts and games. Monday-Thursday, 9 a.m.-5 p.m. Pat Gross, 367-2735, www.islandcommunitycenter.net.

Queen's Closet, better clothing for children to adults, ranging from church wear to prom clothes to job interview ensembles. Donations welcome. By appointment: call Cathy Boyce, Stonington, 367-5061. (Opening in January on the second floor of the former Stonington elementary school.)

Second Edition, Route 15, Sedgwick, next to Eggmoggin Country Store, 359-5514. Clothes and shoes for infants, children, men and women. Consignments welcome. Will help people in dire need. Thursday and Friday, 10 a.m.-4 p.m.; Saturday, 10 a.m.-3 p.m.

Turnstyle, 23 South Street, Blue Hill, 374-2900. Gently used clothing for all ages, linens, accessories. Tuesday, Thursday, Saturday, 10 a.m.-3 p.m. Free or minimal cost clothing may be obtained with letter from a church or appropriate agency. Donation of goods accepted during business hours or in drop-off boxes on site.

Village Boutique, Enterprise Lane, just off Main Street in Surry village, 667-8454. Women's and children's new and used clothing; some household linens. Thursday and Friday, 10 a.m.-4 p.m. Saturday, 10 a.m.-3 p.m.

Health and Medical Needs

"Adopt a Family" through Blue Hill Memorial Hospital to help with medical expenses and prescription medicines. Information: Ann Dickens, Social Services, 374-3492.

Bagaduce Area Health Resources, 102 Court Street, Castine, 326-8005. For residents of Castine and Penobscot, transportation to medical appointments and delivery of prescriptions for those unable to drive; loaner program for durable medical equipment. Office hours, Monday-Friday, 9 a.m.-12 p.m.

Eastern Area Agency on Aging, Medicare prescription drug and health

Continued on page 5

How to give help

Many of the area organizations that provide help, food, heat and more, welcome donations of money, goods or time. Most area churches also have discretionary funds to help those in need; some are listed here and we welcome information about others.

The following list shows how you can help in some areas. More information on these and other opportunities to help should be e-mailed to cis@penobscotbaypress.com with "Community Connections" in the subject line; please include your contact information in case we have questions.

The list is also available at www.penobscotbaypress.com. Click on Community News to find "Community Connections: How to find and give help during difficult times."

Heating/Fuel

Brooklin Friends for a Warmer Town, P.O. Box 219, Brooklin, 04616. Selectmen, 359-8394.

First Baptist Church of Blue Hill Deacons' Fund, P.O. Box 836, Blue Hill, 04614. Steve and Sheila Heneise, 374-5907.

First Congregational Church of Blue Hill Dolly Fisher Fund, P.O. Box 444, Blue Hill, 04614. Rob McCall, 374-2892.

Island Heating Assistance Program, 348-6602. Send donations made out to "Deer Isle/Sunset Church" with a notation on the memo line of "Island Heating Assistance Program" to Island Heating Assistance Program, P.O. Box 383, Stonington, 04681.

Keep ME Warm Fund, a statewide partnership to help people stay safe, warm and secure through public and private contributions, volunteerism and advocacy, primarily for those who may not be eligible for federal, state or local fuel assistance programs. Mail donations to Keep Me Warm Fund, United Way of Greater Portland, P.O. Box 15200, Portland, 04112-5200.

St. Francis-by-the-Sea Episcopal Church Rector's Discretionary Fund, P.O. Box 76, Blue Hill, 04614. Claudia Smith, 374-5200.

THAW Fund, administered by the Washington Hancock Community

Continued on page 5



Penobscot Bay Press
Community Information Services

Also on the Web at www.penobscotbaypress.com
Click on Community News, then on Captain's Quarters
for Community Connections

November 19, 2009

How to find help Continued from page 4

insurance assistance for seniors provided by community services consultants. For information, call 800-432-7812 or visit www.eaaa.org.

Neighborcare, volunteers offering free health-related assistance to neighbors in need in all area towns. If you need transportation from Deer Isle/Stonington, call Anne Williams at 367-5823. Those in other area towns should call Maggie Davis at 266-7673. More information: <http://heart-songbooks.com/neighbor.html>.

Stonington Church of the Nazarene, 58 South Burnt Cove Road, Stonington, 367-2271. Free lending service of handicapped aids, such as crutches, wheelchairs, walkers and more. Call for information or visit during Community Clothes Closet hours: Wednesday, 9 a.m.-12 p.m. and Thursday, 6-8 p.m.

Other Services

Eastern Area Agency on Aging monthly visit to Island Community Center, Stonington, to provide assistance and information on all services and programs. Date and time: Pat Gross, 367-2735. Visit www.eaaa.org for information on services available.

Island Community Center, 6 Memorial Lane, behind the former Stonington elementary school. A warm place for winter walking, other activities, camaraderie and more. Monday-Thursday, 9 a.m.-5 p.m. Information: Pat Gross, 367-2735.

Home Repair and Winterizing

U.S. Department of Agriculture's Rural Development grant if over age 62 and qualify, or loans at 1 percent interest up to \$20,000 if eligible (also first-time home buyers, no down payment needed if qualified). Call 800-352-8963, ext. 161, or e-mail rdhelps@me.usda.gov. Give your name, phone number and the county you live in.

Maine State Resources

211 Maine: Twenty-four hours a day, seven days a week, you can call 2-1-1 for referral information to more than 5,000 health and human service resources throughout the state. Resources range from counseling to childcare, elder care to emergency preparedness. The information is also available at www.211maine.org.

"Maine Answers Tough Times," Web resources through the Maine State Library. Links by category to find information or contacts for official support services in Maine. www.maine.gov/msl/services/toughtimes/shtml.

Energy Saving

"Stay Safe and Warm" from the Office of the Governor, providing energy saving tips, brochures, news and links to assistance. www.maine.gov/governor/baldacci/contact/citizen_services/safeandwarm.html.

University of Maine Cooperative Extension energy saving tips (fact sheets and how-to videos) at www.umext.maine.edu/energy/tips.htm.

Efficiency Maine. The Maine Home Performance with Energy Star Program links homeowners with qualified building contractors who provide one-stop-shop access to a whole-house approach for energy efficient retrofit actions and low-interest loans. The program is administered by Efficiency Maine, a program of the Maine Public Utilities Commission. For more information, visit www.mainehomeperformance.org or call 287-8349. The Efficiency Maine Business Program provides cash incentives and free, independent technical advice to help businesses save energy and money and improve the environment. For an application, additional details and qualifications, call 866-376-2463 or visit www.energymaine.com/business_programs.htm.

Energy Conservation Tips

- Replacing incandescent bulbs with compact fluorescent lamps will save more than 30 percent of energy costs. Using a dimmer switch can also reduce costs by 7 to 10 percent annually.

- Turning down the thermostat by one degree can save 25 to 30 gallons of fuel per year. Turn down your thermostat to 55 degrees when the house is unoccupied. When at home during the day, setting your thermostat to 68 degrees is a comfortable maximum temperature. At night, when you are sleeping, around 60 degrees should be comfortable.

- Keep light bulbs and fixtures clean. Dirt will absorb the light and reduce efficiency.
- Reduce the "phantom load." Many appliances—such as TVs, VCRs, stereos and kitchen equipment—can use up to 75 percent of their power even when turned off. If a small colored light remains on when the power is turned off, it is a sure sign the appliance is continuing to drain power (and money from your wallet).

- Installing energy-saving showerheads, repairing leaky faucets and turning the hot water heater down just a few degrees (but not below 120 degrees) will add up in savings.

- When cooking, use the smallest pan necessary and match the pan to the element size—a 6-inch pan on an 8-inch burner wastes over 40 percent of the heat produced by the burner.

- Don't preheat your oven and avoid "peeking," as each peek can lower the oven temperature by 25 degrees.

—From *Efficiency Maine*, a program of the Maine Public Utilities Commission. For more *Energy Conservation Tips*, visit www.energymaine.com.

Tips for frugal living

There are a number of ways to reduce your day-to-day costs to save some money and still enjoy life. These tips on living a frugal life and how on manage better when money is tight are gathered from the resources listed at the end of this article.

It may be obvious, but spend less than you earn. Pay cash and use your credit cards as little as possible to save on interest.

Avoid impulse purchases; shop only when you know what you want. Make a list for groceries and don't shop when you're hungry.

Plan ahead for large purchases when possible and save up for them instead of buying them using a credit card. You'll save on the credit card interest.

What can you do without? For example, do you really read all those magazines each month?

Combine errands to save on gas, not to mention wear and tear on your vehicle.

Shop the sales when buying groceries. Buy in bulk and repackaging and freeze food in portions suited to your family size. Use coupons which can be found in newspapers and on the Web. Instead of buying convenience foods, which tend to be more expensive, consider cooking these items yourself.

Eat out less or eat out frugally (at a less expensive restaurant). If you choose not to eat out, calculate how much it would have cost and tuck that amount of money away. Take a brown bag lunch to work or school (be sure to pack something you and your kids like to eat).

Use the local library instead of buying books.

Shop area thrift stores for clothing for all ages.

Stop smoking. You'll save the cost of the cigarettes themselves and the associated health costs of smoking.

See the energy conservation tips on these pages for ideas on reducing your utility bills.

More information about frugal living and managing your finances is available at these Web sites:

www.extension.org/personal_finance

www.thefrugallife.com

www.frugalliving.about.com

www.thesimpledollar.com

www.howtolivefrugally.com

www.bargainist.com

How to give help Continued from front page 4

Agency, provides emergency heating assistance when other sources have been exhausted. Not tied to income or assets. Contributions are tax-deductible and can be designated for specific towns or areas. Send donations to WHCS, THAW Fund, P.O. Box 299, Ellsworth, 04605; or submit online at www.whcacap.org. Information: 664-2424 or 800-828-7544.

Town of Stonington Heating Fund, 367-2351. Send donations to P.O. Box 9, Stonington, 04681.

Town of Surry Heating Fund. Donations welcome. Send to Town of Surry, P.O. Box 147, Surry, 04684. For information, call 667-5912.

Food Banks and Meals

Hunters for the Hungry, a cooperative program between the Maine Department of Inland Fisheries and Wildlife and the state's Emergency Food Assistance Program. Provides a way for hunters to donate all or a portion of their

hunt to a local food pantry. Info: 888-433-3763.

Island Pantry, lower level of Island Community Center, Memorial Lane, Stonington, 348-6181. Donations accepted of nonperishable foods, preferably canned fruits, soups and vegetables. Garden produce in season; call ahead. Monetary contributions welcome: P.O. Box 12, Stonington, 04681.

The Simmering Pot, free community supper Mondays at Blue Hill Congregational Church. Volunteers needed for food prep, serving and clean-up. Information: Hadley Friedman, 374-2898.

Tree of Life Food Pantry, 23 South Street, Blue Hill, 374-2900. Donations of food accepted; monetary contributions also welcome. Also needed are non-food items not covered by the pantry's mission, including pet supplies and diapers. Call for more information. Donations of clothing to The Turnstyle used clothing shop also sup-

port the food pantry. P.O. Box 1329, Blue Hill, 04614.

Health and Medical Needs

Adopt a Family through Blue Hill Memorial Hospital to help with medical expenses and prescription medications. Information: Ann Dickens, Social Services, 374-3492. Donations should be made out to "Adopt a Family" and sent to "Adopt a Family," Blue Hill Memorial Hospital, P.O. Box 1029, Blue Hill, 04614.

Bagaduce Area Health Resources, 102 Court Street, Castine, 326-8005. Call to volunteer as a driver.

Neighborcare, volunteers offering free health-related assistance to neighbors in need in all area towns. Drivers urgently needed for transportation to doctors and medical centers. If you need transportation or can offer to drive someone from Deer Isle/Stonington,

call Anne Williams at 367-5823. Those in other area towns should call Maggie Davis at 266-7673. More information: <http://heart-songbooks.com/neighbor.html>.

Stonington Church of the Nazarene, 58 South Burnt Cove Road, Stonington, 367-2271. Donations of durable medical equipment welcome.

Clothing and Household Goods

Community Clothes Closet, 58 South Burnt Cove Road, Stonington, 367-2271. Free clothing, household goods, furniture; also free lending service of handicapped aids. Donations of items listed are welcome.

Goodwill Industries, 15 Downeast Highway, Ellsworth. Donations welcome.

Island Community Center's General Store, 6 Memorial Lane Stonington behind the former

Stonington elementary school. Donations welcome of new and gently used household goods, linens, gifts, games, more. Call Pat Gross, 367-27.5.

Queen's Closet, better clothing for children to adults, ranging from church wear to prom clothes to job interview ensembles. Donations welcome. Call Cathy Boyce, Stonington, 367-5061.

Second Edition, Route 15, Sedgwick, next to Eggmoggin Country Store, 359-5514. Clothing donations welcome.

Turnstyle, 23 South Street, Blue Hill, 374-2900. Clothing donations accepted during business hours or in drop-off boxes on site. Donations support the Tree of Life Food Pantry.

Village Boutique, Enterprise Lane, just off Main Street in Surry village, 667-8454. Clothing donations welcome.