

# KV CAP Connector

Building Stronger Individuals,  
Families and Communities

Kennebec Valley Community Action Program

Issue: Fall 2018

## Diaper Drive a Huge Success

KVCAP held its annual Diaper Drive during the last week of September, collecting over 21,000 diapers to assist families in Kennebec and Somerset counties! Diapers are a huge need for families and can easily cost over \$100 each month. In the United States 1 in 3 moms report suffering from diaper need; and 31% of infants and toddlers with at least one parent working full-time live in low-income families. You can't purchase diapers with SNAP benefits, and many communities don't have any safety net programs that provide diapers.

Thanks to so many dedicated champions, we will be able to help local families avoid diaper need and its negative consequences! The need for diapers directly impacts the physical, mental and economic well-being of children and parents.

Babies who remain too long in a soiled diaper are exposed to potential health risks including infections and skin conditions, as well as longer periods of crying. Studies reveal that mothers who lack an adequate supply of diapers are more likely to report symptoms of depression and anxiety than do other low-income mothers. Maternal depression and anxiety can have long-term and debilitating effects on children's well-being and their future success in school.

Without *disposable* diapers, parents cannot bring their children to most childcare providers, leaving them unable to go to work. Thus continuing the cycle of financial instability and creating more stress and anxiety for the entire family.

Because of the generosity of all who donated, more babies will be happier and healthier, and parents will have a local resource to turn to when their budgets are just too tight to make ends meet. Together we are creating a stronger community. Thank you!

*36% of mothers living in poverty regularly run out of clean diapers.*



Students from Skowhegan Area Middle School collect 4,000 diapers

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# Kennebec Criminogenic Addiction Recovery Academy (CARA Program)

The Kennebec County Correctional Facility launched a pilot program in 2010 that intensively addresses substance abuse and criminal thinking. The highly successful Criminogenic Addiction Recovery Academy continues today. KVCAP's Family Enrichment Council provides the parenting classes for CARA participants.



One participant, a 40-year-old father, wrote the poem below to share his feelings about parenting. He will be released soon and we wish him luck as he is reunited with his two children.

*I want to be dependable and consistent  
A dad with a plan  
I wanna be loyal and strong  
Act like a grown man.  
I want to be compassionate and loving  
And teach them the same  
I wanna be present and responsible  
Not who they blame.  
I wanna be a parent, a role model  
Not leave them alone  
I wanna be home with them at night  
Not collect calls on the phone.  
To teach my daughter to be a woman  
My son to be a man  
Teach him to look you in the eye  
And firmly shake your hand.  
Show her how to be treated  
And never settle for less  
I wanna be the son my mom raised  
Never leave my kids stressed.  
I just wanna be a good dad  
Be the best man that I can  
Two weeks these doors open  
I'll get my chance then.*

## #CommunityInvestorsLove



Our Community Investors are amazing! In the last year, 53 Investors contributed \$22,656, helping 40 households secure essential items or services in order to help them become or remain financially stable. Thank you Investors!

The Community Investors, an initiative of the Kennebec County Poverty Action Coalition, supports people who are experiencing a financial challenge *and* no other resource exists. Typical requests are for beds so people are not sleeping on the floor, security deposits to access safe housing, and car repairs so people can continue to get to and from work.

Each week our 200+ Community Investors receive an email detailing the need. If an Investor is able to contribute to the request, they can donate online, through US mail, or in person.

FMI or to become a Community Investor, contact Andrea Pasco at 859-1630 or [andreap@kvcap.org](mailto:andreap@kvcap.org). FMI about the new Somerset County Investors, contact Wanda Steward at 859-1542 or [wandas@kvcap.org](mailto:wandas@kvcap.org).

## Sold! Another Home Sells in Cony Village



KVCAP's affordable housing project in Augusta, Cony Village, has added two more homes this year. One has sold and the other, a two-bedroom, two-bathroom house is currently on the market.

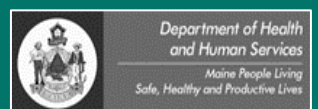
KVCAP first started building homes in 2007. Today there are 17 homes in the neighborhood, and property lots to build 26 more units in a combination of single-family houses and condominiums.

Cony Village offers a mix of affordable and market rate housing. There are income limits for *some* of the properties. Using the affordable housing guidelines, a family of three must earn less than \$78,300 a year.

These well-insulated, energy-efficient homes have propane heat and hot water, and are just 3 miles from downtown Augusta. For more information, please contact Lori Dube at Sprague & Curtis Real Estate, 207-623-0886.

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Thank you to all who provide funding for our services. KVCAP is funded in part by Community Services Block Grant, DHHS, United Way and NeighborWorks® America.