

KV CAP Connector

Building Stronger Individuals,
Families and Communities

Kennebec Valley Community Action Program

Issue: Fall 2019

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Teens explore Maine through Summer Blast Trips

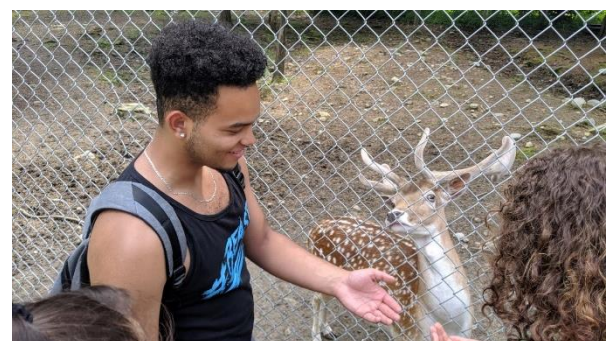
Many of us have fond memories of our childhood summer vacations. Long road trips to visit family, heading to camp, or exploring Maine's coast were common destinations. Unfortunately, most of our South End Teen Center members don't have that luxury today.

That is where our donors stepped in, helping to make Summer Blast Trips a reality for our teens! During July and August, 36 youth were able to experience Maine beyond the South End of Waterville, creating new memories with their friends and staff. Trips included visits to the Benton Family Fun Park, Dew Haven Zoo and Rescue, G-Force Laser Tag, Sparetime Recreation Bowling, Get Air Trampoline Park, and Sunbeam Roller Rink. They also attended a Portland Sea Dogs game. Unfortunately, the trip scheduled for Lake St. George was cancelled due to thunderstorms.

Our members can earn "Teen Star" status by visiting the Teen Center at least twice per week and completing at least five hours of community service. Each summer, Teen Stars are rewarded with a trip to Funtown/Splashtown USA exclusively for this group. This year they even convinced Ryan Kneeland, the Teen Center Coordinator, to ride the roller coaster with several of our brave teens!

"These trips are awesome," said Elliot, a High School Junior who has been a member and Teen Star since 2013. "It gets us out of the house and away from screens during the week while our parents are working. For many of my friends, these are the only opportunities they have all summer."

Thank you to all who supported this opportunity. We are grateful that our teens were able to engage in fun and enriching activities that will broaden their horizons today and beyond.



www.kvcap.org

CLICK for Babies

For the last 9 years, the knitting group at the Spectrum Generations Cohen Community Center in Hallowell have knitted hats for the CLICK for Babies campaign. On average they knit 400 hats per year – enough to provide hats to all babies born in Kennebec and Somerset counties which are distributed to newborns through our local hospitals.



The CLICK for Babies campaign spans across the country in an effort to help educate caregivers about normal infant crying, how to cope with crying, and the dangers of reacting to crying in frustration by shaking or harming an infant. For more information call Lanelle at 207-859-1577.

Winter is coming...

KVCAP is now scheduling appointments for fuel assistance for the 2019/2020 heating season. The Low-Income Home Energy Assistance Program (LIHEAP) serves Kennebec, Somerset, Sagadahoc, and Lincoln counties, providing assistance for income eligible household's to offset the rising costs of home energy, whether they heat with wood, electric, gas, or oil.

This year we continue to offer the option of scheduling appointments through our website, *and* conducting the appointment via telephone if needed. There have been a few changes to required paperwork this year, with the goal of reducing barriers.

The only major change during this program year is a NEW requirement where clients must provide a valid picture identification – either a Maine Driver's License or State ID.



To make an appointment or to review the income guidelines, visit www.kvcap.org or call 859-1500 or 800-542-8227.

Diaper Drive collects over 30,000 Diapers

KVCAP's annual Diaper Drive was a huge success, collecting over 30,000 diapers! We want to thank everyone who contributed. Because of your support, all parents in Kennebec and Somerset counties will have access to diapers when they need them.

Diapers can be a major expense for families, easily costing \$100 a month or more. In the United States 1 in 3 low-income moms report suffering from diaper need. 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.



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

“The need for diapers directly impacts the physical, mental and economic well-being of children and parents. These donations ensure that more babies will be happier and healthier, and parents will have a local resource to turn to when their budgets are simply too tight to make ends meet,” said Lanelle Freeman, KVCAP Social Services Director.

Thanks for “getting behind it.” We couldn't do it without you!

Partnership with ReStore helps people in need

The Habitat for Humanity ReStore in Waterville is partnering with KVCAP to identify people in need of basic household items, such as furniture, small and large appliances, and pots, pans, dishes, and other kitchen items.

Each month KVCAP provides five \$200.00 vouchers to individuals and families who are in need. Many of these families are leaving the homeless shelter and have very few belongings.

“Imagine having no furniture, no cookware, and no money left over after finally moving into your own place. It's hard to create a home without the basics,” said Andrea Pasco, KVCAP's Development Director. “A kitchen table and chairs, a couch, a microwave – these are things so many of us take for granted.”

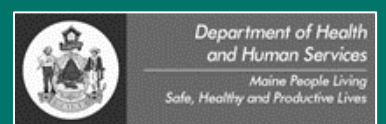
Some of the vouchers are given to low-income people who are weatherizing their home, and need items like insulation, newer windows and doors, and the tools to install them. As they complete one project at a time, they are rewarded with an energy bill that continues to go down.

Do you have items that need a new home? We hope you will consider donating to them to the ReStore for this project.

To learn about their accepted list of items, location, hours, and more, visit www.watervilleareahf.org/restore or call 207-616-0166.



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