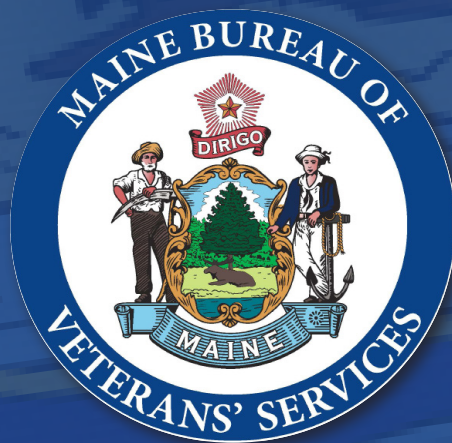


# Maine Veterans' Benefits and Resource Guide



[www.maine.gov/veterans](http://www.maine.gov/veterans)  
[mainebvs@maine.gov](mailto:mainebvs@maine.gov)  
207-287-7020



# Table of Contents

## Resource Guide Disclosure

Please refer to the Table of Contents for resources by page numbers. Resources are also listed in alphabetical order in the Index. If you do not find what you are looking for, please do not hesitate to contact the Bureau’s Central Office at 207-287-7020 or email at [mainebvs@maine.gov](mailto:mainebvs@maine.gov).

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The Bureau's *Maine Veterans' Benefits and Resource Guide* documents a wealth of information regarding services and partner agencies throughout the state for Maine's veterans and their families. This ever-evolving document strives to be a one-stop resource for all the veteran-centric programs and agencies in Maine that can be accessed both digitally and in print.

The State of Maine provides nearly 20 different programs for veterans, including free education for dependents of 100% permanent and totally disabled veterans, property tax exemptions, state parks and museum passes, support for homeless veterans, and hunting and fishing licenses for disabled veterans. Throughout the state, over 400 organizations have established programs to assist veterans and service members wishing to continue their education, increase employment opportunities, access health care, or simply enjoy Maine's great outdoors.

Let this guide serve as a roadmap to the benefits and resources available whether you are a veteran, family member, active duty service member, an advocate, or are transitioning out of the military. The Maine Bureau of Veterans' Services remains committed to meeting the individual needs of Maine's veterans and service members, and we hope this guide will help you gain a full understanding of the benefits, services, and programs that are currently available.

Maine has a long tradition of military service that dates back to the Revolutionary War. Established in 1947, the Maine Bureau of Veterans' Services strives to be informed advocates for Maine's veterans' community. Working with community partners, the Bureau has formed a united mission to serve and we thank those organizations for their continued support in the business, education, and the social services sectors.

In addition to this Resource Guide, we encourage you to visit our website ([www.maine.gov/veterans](http://www.maine.gov/veterans)) to learn more about the services and programs available. As always, please do not hesitate to contact our office with any questions or concerns.

Thank you for your support. Thank you for your service.

A blue ink handwritten signature, appearing to read "David", is written in a cursive style.

David A. Richmond  
Director, Maine Bureau of Veterans' Services  
david.a.richmond@maine.gov  
207-287-7020



# Maine Bureau of Veterans' Services

**Office Hours: Monday - Friday,  
7:30 a.m. to 4:00 p.m.**

Our field offices provide community-based support for veterans, service members, and their families.

**At each office, our Veteran Service Officers are available to assist veterans and family members with:**

- Enrolling in the VA system to access healthcare services and VA benefits.
- Filing a disability claim with the VA.
- Obtaining a copy of DD-214s and other military records.
- Applying for free park passes and hunting and fishing licenses.

Our highly-trained Veteran Service Officers (VSOs) are available to help you – for free – enroll in the VA system and to help you access your earned benefits. Each month, our Officers submit hundreds of claims and are successful in winning millions of dollars in awards for veterans and their families.

## Augusta Field Office

Phone: 207-287-9933

Fax: 207-626-4471

Physical Address: 194 Winthrop Street, Augusta, ME 04333

Mail Address: 117 State House Station, Augusta, ME 04333-0117

Email: [augusta.mainebvs@maine.gov](mailto:augusta.mainebvs@maine.gov)

## Bangor Field Office

Phone: 207-941-3005

Fax: 207-941-3012

Address: 35 State Hospital Drive, Bangor, ME 04401

Email: [bangor.mainebvs@maine.gov](mailto:bangor.mainebvs@maine.gov)

## Caribou Field Office

Phone: 207-492-1173

Fax: 207-492-1175

Address: 14 Access Highway, Suite 5, Caribou, ME 04736

Email: [caribou.mainebvs@maine.gov](mailto:caribou.mainebvs@maine.gov)

## Lewiston Field Office

Phone: 207-753-9106

Fax: 207-783-5307

Address: 35 Westminister Street, Lewiston, ME 04240

Email: [lewiston.mbvsv@maine.gov](mailto:lewiston.mbvsv@maine.gov)

## Machias Field Office

Phone: 207-255-3306

Fax: 207-255-4815

Address: 53 Prescott Road, Machias, ME 04654

Email: [machias.mainebvs@maine.gov](mailto:machias.mainebvs@maine.gov)

## Portland Field Office

Phone: 207-822-2391

Fax: 207-822-2393

Address: 151 Jetport Boulevard, Room 138W, Portland, ME 04102

Email: [portland.mainebvs@maine.gov](mailto:portland.mainebvs@maine.gov)

## Springvale Field Office

Phone: 207-324-1839

Fax: 207-324-2763

Address: 634 Main Street, Springvale, ME 04083

Email: [springvale.mainebvs@maine.gov](mailto:springvale.mainebvs@maine.gov)

## TOGUS

Phone: 207-287-7019

Fax: 207-287-8449

Address: VA Center, Building 248, Room 110, Togus, ME 04330

Email: [hvc.mainebvs@maine.gov](mailto:hvc.mainebvs@maine.gov)

## Maine Veterans' Cemetery System

Harold "Chip" Jones, Superintendent

163 Mt. Vernon Road

Augusta, ME 04330

207-287-3481 (ph)

207-287-3483 (fax)

[mvmcs@maine.gov](mailto:mvmcs@maine.gov)

### Northern Maine Veterans' Cemetery

37 Lombard Road, Caribou, ME 04736

Ph. 207-492-0577

Fax: 207-492-0339

### Central Maine Veterans' Cemetery - Civic Center Drive

(No mailing address) 143 Blue Star Avenue, Augusta, ME

Ph. 207-287-3481

Fax: 207-287-3483

### Central Maine Veterans' Cemetery - Mt. Vernon Road

163 Mt. Vernon Road, Augusta, ME 04330

Ph. 207-287-3481

Fax: 207-287-3483

### Southern Maine Veterans' Cemetery

83 Stanley Road, Springvale, ME 04083

Ph. 207-490-4612

Fax: 207-459-7397



# State & Federal Benefits

## Burial, Dependents, and Survivors' Benefits

Maine is home to four state veterans' cemeteries: Two in Augusta (Civic Center Drive & Mt. Vernon Rd.), one in Caribou, and one in Springvale. Veterans, spouses, and their dependents are eligible to be interred in Maine's veterans' cemeteries. The State of Maine provides the plot, will open and close the grave and supplies perpetual care, at no cost to the family. The VA will supply the stone at no cost.

Persons eligible for burial in one of Maine's veterans' cemeteries must have received an honorable discharge or a general discharge under honorable conditions and are:

- Individuals who have served for a minimum of 24 continuous months or the full period for which the person was called to active duty.
- Individuals who served and died as a result of injury, disease or illness sustained while serving on active duty as National Guard.
- Members of the reserve components (Reserve or National Guard) who served for at least 20 years.

**Spouses, widows, widowers and dependent children are also eligible to be buried in Maine's veterans' cemeteries. Eligible dependents include:**

- Unmarried minor children.
- Unmarried dependent children enrolled in secondary school.
- Unmarried adult children who became incapable of self-support before reaching 18 years of age on account of mental or physical disability and are unmarried.

Please contact the Maine Bureau of Veterans' Services' cemetery office for any questions about eligibility and to make arrangements for a burial.

### Military Funeral Honors

Military Funeral Honors is now an entitlement for all honorably discharged veterans. The rendering of Military Funeral Honors is a tribute that veterans and their families justly deserve. It is a way to show our nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country.

Family members of a deceased veteran should notify the Funeral Director of their desire to have Military Funeral Honors rendered at the interment of their loved one. The Funeral Director should contact the appropriate military branch Casualty Assistance Center (CAC) of the deceased veteran. Further details regarding arranging Military Funeral Honors may be found at: [www.funeralhonors.org](http://www.funeralhonors.org), or by contacting the appropriate Casualty Assistance Center.

### United States Army including Army National Guard, US Army Reserves, and Merchant Marine:

Maine Military Funeral Honors Coordinator  
1-800-958-5967  
207-430-6208/6209 (ph)  
703-901-8531 (mobile)  
207-626-7804 (fax)

### United States Air Force including Air National Guard and US Air Force Reserves:

In-state, please call  
207-404-7263 (ph)  
207-852-0396 (mobile)

### Out-of-state burials are coordinated by the Hanscom Air Force Base Patriot Honor Guard:

781-225-5900/6558 (ph)  
781-225-3941 (fax)

### United States Navy:

860-694-3475/3699

### United States Marine Corps:

866-826-3628

### United States Coast Guard:

617-990-6249  
[basebostonhonorguard@uscg.mil](mailto:basebostonhonorguard@uscg.mil)

### VA Burial and Memorial Benefits

National Cemetery Scheduling Office (for burial in VA national cemeteries)

1-800-535-1117 (ph)  
1-866-900-6417 (fax)  
[www.cem.va.gov](http://www.cem.va.gov)  
1-800-827-1000 (for general burial questions)

Maine Bureau of Veterans' Services/Maine Veterans' Cemetery System For assistance with understanding burial benefits or to arrange burial in Maine's veterans' cemeteries, contact Harold Jones, Superintendent.

163 Mt. Vernon Road  
Augusta, ME 04330  
207-287-3481 (ph)  
207-287-3483 (fax)  
[mvmcs@maine.gov](mailto:mvmcs@maine.gov)

Burial benefits available include a gravesite in any of the VA's 135 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some veterans may also be eligible for burial allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.

Burial benefits available for spouses and dependents buried in a national cemetery include burial with the veteran, perpetual care,



and the spouse or dependent's name and date of birth and death inscribed on the veteran's headstone, at no cost to the family. Eligible spouses and dependents may be buried even if they predecease the veteran.

Funeral or cremation arrangements must be made with a funeral provider or cremation office. Please be aware that any item or service obtained from a funeral home or cremation office will be at the family's expense and will not be covered by the VA.

To schedule a burial, please fax the deceased veteran's military discharge documentation to the above fax number and follow-up with a phone call.

## Acadia National Cemetery

1999 U.S. Route 1  
Jonesboro, ME 72404  
508-563-7113

Acadia National Cemetery is a 6.22-acre Department of Veteran Affairs (VA) national cemetery located in Washington County, Maine. The cemetery serves the needs of more than 23,599 Veterans, spouses and eligible children within a 75-mile radius of nearby Machias.

## Houlton Band of Maliseet Indians Veterans Cemetery

88 Bell Road  
Littleton, ME 04730  
(207) 532-4273

## Headstones

The VA will furnish upon request, at no charge to the applicant, a government headstone or marker for the unmarked grave of any deceased eligible veteran in any cemetery around the world, regardless of their date of death.

Please note that veterans who are buried or memorialized in a national cemetery, state veterans' cemetery, or military post/base cemetery will have their headstone or marker ordered by the cemetery officials for that facility. Spouses and dependents are not eligible for a government-furnished headstone or marker unless they are buried in a national cemetery, state veteran's cemetery, military post/base cemetery, or tribal cemetery.

## Burial Flag

A United States flag is provided, at no cost, to drape the casket or accompany the urn of a deceased Veteran who served honorably in the U.S. Armed Forces. U.S. Post Offices are the primary issuing point for burial flags, although not all local post offices have burial flags on hand. Alternatively, a funeral director or representative from a regional VA office can assist with obtaining a flag.

To request a burial flag, please complete VA Form 27-2008, Application for United States Flag for Burial Purposes, which may be found at: [www.cem.va.gov/burial\\_benefits/burial\\_flags.asp](http://www.cem.va.gov/burial_benefits/burial_flags.asp).

## Burial and Plot Allowances

Some veterans may be eligible for burial or plot allowances if they died as a result of a VA service-connected disability, were receiving a VA pension at the time of their death, or died while hospitalized at the VA, among other criteria. These allowances may be used to help cover funeral home costs or the expenses of burial at a private cemetery. Contact the VA to determine if your veteran family member is eligible for a burial allowance.

## Additional Burial Eligibility

The Director may allow the earth burial in one of the cemeteries of a person, and any spouse or minor child of that person, who meets the criteria established by the department by rule and who died while:

- A member or former member of the National Guard;
- A member or former member of the state military forces or the Reserve Components of the United States Armed Forces; or
- A member of a reserve officer training corps of the United States Armed Forces.

Rules are currently in the process of being adopted, including rules governing the eligibility for burial in the cemeteries.

## State Gravesite Locator

[www.maine.gov/veterans/resources/mcs-search/cemetery-search.html](http://www.maine.gov/veterans/resources/mcs-search/cemetery-search.html)

The Maine Bureau of Veterans' Services offers a database of information with details on the burial locations of veterans and their family members in State Veterans' Cemeteries.

## National Gravesite Locator

<https://gravelocator.cem.va.gov/>  
Mobile gravesite locator: <https://m.va.gov/>.

The VA offers a database of information with details on the burial locations of veterans and their family members in VA National Cemeteries, state veterans cemeteries, various other military and Department of Interior cemeteries, and for veterans buried in private cemeteries when the grave is marked with a Government grave marker.

The Arlington National Cemetery provides information on service members buried there. The American Battle Monuments Commission provides information on service members buried in overseas cemeteries.



## Survivor and Dependents' Benefits

### ARNG Survivor Services Program (Camp Keyes)

194 Winthrop Street, Bldg #7  
Augusta, ME 04333  
207-430-5959 (office)  
207-332-6804 (cell)  
207-430-4218 (fax)

Survivor Outreach Services is a holistic and multi-agency approach to delivering services to military families in their home communities.

#### Outreach coordinators will:

- Provide expertise on state and federal survivor benefits, as well as connections to other entitlements and local resources.
- Arrange for estate and financial advice as needed
- Connect survivors with appropriate mental health support and counseling as requested
- Educate the military command, community social services, and support agencies of the needs of military survivors

Family members who have lost a loved one in military service should contact the Coordinator for connections to resources and assistance.

## Dependency and Indemnity Compensation

Dependency and Indemnity Compensation (DIC) is a tax free monetary benefit paid to eligible survivors of military servicemembers who died in the line of duty or eligible survivors of veterans whose death resulted from a service-related injury or disease.

#### In order to qualify for DIC, a surviving spouse must meet one or more of the following criteria:

- Was married to a service member who died on active duty, active duty for training, or inactive duty training.
- Validly married the veteran before January 1, 1957.
- Married the veteran within 15 years of discharge from the period of military service in which the disease or injury that caused the veteran's death began or was aggravated.
- Was married to the veteran for at least one year.
- Had a child with the veteran.
- Cohabited with the veteran continuously until the veteran's death or, if separated, was not at fault for the separation.
- Is not currently remarried.

#### To learn more about DIC and apply, please:

- Visit any Maine Bureau of Veterans' Services offices ([www.maine.gov/veterans](http://www.maine.gov/veterans))
- Visit the Togus Regional Office  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor

- Complete an Application for Pension (VA Form 21P-534ez) and send to the regional Pension Management Center.
- Department of Veterans Affairs  
Claims Intake Center  
Attention: Philadelphia Pension Center  
P. O. Box 5206  
Janesville, WI 53547-5206
- Fax: 1-844-655-1604

## Survivors Pension

The Survivors Pension benefit, which may also be referred to as the Death Pension, is a tax-free monetary benefit payable to a low-income, unremarried surviving spouse and/or unmarried child(ren) of a deceased veteran with wartime service.

#### The deceased veteran must have met the following service requirements:

- For service on or before September 7, 1980, the veteran must have served at least 90 days of active military service, with at least one day during a wartime period.
- If he or she entered active duty after September 7, 1980, generally he or she must have served at least 24 months or the full period for which called or ordered to active duty with at least one day during a wartime period.
- Was discharged from service under other than dishonorable conditions.

#### While an un-remarried spouse is eligible at any age, a child of a deceased wartime veteran must meet one of the following criteria:

- Under 18, or
- Under age 23 if attending a VA-approved school, or
- Permanently incapable of self-support due to a disability before age 18.

Eligibility is also established by the survivor's family income, which must be less than the amount set by Congress to qualify for the Survivors Pension benefit.

#### To learn more about Survivors Pension and apply, please:

- Visit any Maine Bureau of Veterans' Services offices ([www.maine.gov/veterans](http://www.maine.gov/veterans))
- Visit the Togus Regional Office  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor
- Complete an Application for Pension (VA Form 21P-534ez) and send to the regional Pension Management Center.
- Department of Veterans Affairs  
Claims Intake Center  
Attention: Philadelphia Pension Center  
P. O. Box 5206  
Janesville, WI 53547-5206
- Fax: 1-844-655-1604





There are two main GI Bill® programs offering education assistance to survivors and dependents of veterans. GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government website at [www.benefits.va.gov/gibill](http://www.benefits.va.gov/gibill).

- The Marine Gunnery Sergeant John David Fry Scholarship (Fry Scholarship) is available for children and spouses of servicemembers who died in the line of duty after September 10, 2001.
- The Survivors' and Dependents' Educational Assistance (DEA) Program offers education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service-related condition or of veterans who died while on active duty or as a result of a service-related condition.

Surviving family members may be eligible for more than one of these programs, but most survivors will be required to choose between the two.

**Both will cover education opportunities, such as:**

- College, business, technical, or vocational programs
- Certification tests
- Apprenticeship and/or on-the-job training
- Tutorial assistance
- Work-study

Each program differs in how benefits are allocated (monthly payments made to student vs tuition reimbursement and stipends paid to schools) and the duration of benefits.

**To learn more and apply, please:**

- Visit any Maine Bureau of Veterans' Services offices ([www.maine.gov/veterans](http://www.maine.gov/veterans))
- Visit the Togus Regional Office  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor
- Apply online at eBenefits ([www.ebenefits.va.gov/ebenefits/homepage](http://www.ebenefits.va.gov/ebenefits/homepage)).

## Education

### Veterans' Dependents Educational Benefits Program

Maine Bureau of Veterans' Services  
117 State House Station  
Augusta, ME 04330  
207-287-7020 (ph)  
207-626-4471 (fax)  
[mainebvs@maine.gov](mailto:mainebvs@maine.gov)  
[www.maine.gov/veterans/benefits](http://www.maine.gov/veterans/benefits)

The State of Maine Veterans' Dependents Educational Benefits (VDEB) program provides a 100% waiver for tuition and all related fees for spouses and dependents of veterans who have lived in Maine for at least five years and have a service-connected 100% total and permanent VA disability, or who meet the following criteria:

- Was killed in action;
- Died from a service-connected disability as a result of service;
- At the time of death was totally and permanently disabled due to a service-connected disability, but whose death was not related to the service-connected disability; or
- Is a member of the Armed Forces on active duty who has been listed for more than 90 days as missing in action, captured or forcibly detained in the line of duty.

Schools covered under this program are those in the University of Maine System, Maine Community College System, and Maine Maritime Academy. Spouses may be admitted to a certificate, associate's, bachelor's or master's degree program. Children may use the benefit for an associate's or bachelor's program and must enroll before the age of 23.

The program is administered by the Maine Bureau of Veterans' Services. More information can be found by contacting the Bureau.

### Free In-State College Tuition for National Guard

On June 25, 2018, Governor LePage signed into law, LD 1736, "An Act To Broaden Educational Opportunities to Members of the Maine National Guard and Provide Financial Assistance to Veterans."

Current law provides a 100% tuition waiver for Maine's National Guard members to attend all schools in the University of Maine and Maine Community College Systems and Maine Maritime Academy. LD 1736 will allow all eligible National Guard members to also attend the Maine Criminal Justice Academy, or a private nonprofit postsecondary education institution in the State, registered with the Military Bureau as a participating institution.

Eligible Maine National Guard service members must be fully qualified drilling members of the Guard, be enrolled or accepted into a postsecondary education institution and not have previously earned a bachelor's degree or equivalent.

**For more details, please contact the Maine National Guard Recruiting and Retention Battalion:**

1-800-462-3101  
<http://www.me.ngb.army.mil/recruiting>

### Education and Training Programs from the VA

The VA offers multiple programs to advance the education and skills of veterans and service members. Some might find that they are eligible for more than one benefit or that one program is more suited to their education and training goals than another. Spouses and family members may also be eligible for education and training assistance. In fact, 25% of those benefitting from the VA's education programs are non-veterans.





#### Among the programs offered by the VA are:

- The Post-9/11 GI Bill®, or “Forever GI Bill®” offers higher education and training benefits to veterans, service members, and their families who served after September 10, 2001.
- Traditional eligibility included individuals who after September 10, 2001 - had 90 days or more of active duty service; were honorably discharged veterans; or were honorably discharged veterans who were discharged with a service-connected disability after 30 days.
- In November 2017, the Harry W. Colmery Educational Assistance Act of 2017, otherwise known as the “Forever GI Bill®”, expanded eligibility to Purple Heart recipients and Reservists ordered to active duty for medical care or a disability exam on or after September 11, 2001 (effective August 1, 2018).
- Other provisions included eliminating the 15-year limitation for using GI Bill® benefits for service members released from active duty on or after January 1, 2013; the ability to use GI Bill® benefits at technical and vocational schools; and expanded eligibility and housing allowance support for reserve components, among others.

#### The GI Bill® provides up to 36 months of educational benefits that covers the following programs, among others:

- Undergraduate and graduate degrees at institutions of higher learning.
- Entrepreneurship training.
- Independent and distance learning.
- Vocational/technical training.
- National testing reimbursement.

#### Financial support provided by the program may also include:

- Monthly housing allowance.
- Annual books and supplies stipend.
- One-time rural benefit payment.

#### The Montgomery GI Bill® assists active duty and Reservists with the pursuit of higher education degrees, certificates, and other education and training. There are two components to the program:

- Montgomery GI Bill® Active Duty (MGIB-AD) - for active duty members who enroll and pay \$100 per month for 12 months and are then entitled to receive a monthly education benefit once they have completed a minimum service obligation.
- Montgomery GI Bill® Selected Reserve (MGIB-SR) - for Reservists with a six-year obligation in the Selected Reserve who are actively drilling.

The Reserve Educational Assistance Program (REAP) provides educational assistance to members of the Reserve components called or ordered to active duty in response to a war or national emergency declared by the president or Congress.

**NOTE:** The National Defense Authorization Act of 2016 ended REAP on November 25, 2015. Some individuals will remain eligible for REAP benefits until November 25, 2019, while others are no longer eligible for REAP benefits.

The Post-9/11 GI Bill® in many ways has replaced REAP because it also provides educational assistance benefits for Reserve and National Guard members called to active duty on or after September 11, 2001, and in many cases provides a greater benefit than REAP.

Veterans Educational Assistance Program (VEAP) is available for service members who elected to make contributions from their military pay to participate in this education benefit program. The government matches their contributions on a 2-for-1 basis. Participants in this program may use these benefits for degree, certificate, correspondence, apprenticeship/on-the-job training programs, and vocational flight training programs.

#### The VA’s Survivors and Dependents Educational Assistance Program consists of:

- The Marine Gunnery Sergeant John David Fry Scholarship (Fry Scholarship). Available for children and spouses of Service members who died in the line of duty after September 10, 2001.
- The Survivors’ and Dependents’ Educational Assistance (DEA) Program. The program offers education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service-related condition or of veterans who died while on active duty or as a result of a service-related condition.

For more detailed information about these programs, including a GI Bill® Comparison Tool, please visit: <https://benefits.va.gov/gibill/>.

#### The VA also offers an Education Call Center:

1-888-442-4551  
Monday – Friday,  
7 a.m. – 6 p.m. CST

Maine has several resources to help veterans, service members, and their families better understand how to utilize their benefits and prepare for secondary education:

### Maine State Approving Agency (MSAA) for Veterans’ Education Programs

Please see Resources, page 27

### Financial Assistance for High School Students from the MSAA

High school students with a parent who has a 100% permanent and total VA disability rating may be eligible to receive \$1,000 a month under Chapter 35 of the GI Bill®. Students must be 18 to receive this assistance. For more information, please contact the MSAA.

### Veterans Upward Bound

Please see Resources, page 35



## Employment

### Veteran Assistance at Maine's CareerCenters

As part of the U.S. Department of Labor's Veterans' Employment and Training Services program (VETS), each of the CareerCenters in Maine has a Disabled Veterans' Outreach Program (DVOP) representative and a Local Veterans' Employment Representative (LVER), who offer expert advice to veteran job seekers and spouses who need assistance finding employment.

**Through the DVOP and LVER programs, veterans and eligible spouses are given priority for:**

- Translating military skills to match civilian job descriptions.
- Developing resumes.
- Strategizing job searching techniques and resources.
- Identifying training and educational opportunities.
- Assistance with applying for funding for training.

To find a CareerCenter near you, please visit: [www.mainecareercenter.gov/employment/veterans.shtml](http://www.mainecareercenter.gov/employment/veterans.shtml)

### State of Maine Vocational Rehabilitation Services

Bureau of Rehabilitation Services  
Administrative Office  
150 State House Station  
Augusta 04333-0150  
207-623-6799 (ph) , 207-287-5292 (fax)  
[www.maine.gov/rehab/dvr/vr.shtml](http://www.maine.gov/rehab/dvr/vr.shtml)

The Division of Vocational Rehabilitation, also known as "VR," is a Department of Labor program that helps people who have disabilities find and keep a job. VR helps people who have physical, mental, or emotional disabilities. There is no charge for diagnostic services, vocational evaluation, counseling, or job placement assistance. A VR counselor will first help you explore possible career opportunities by helping you assess your interests and aptitudes. From there, a VR counselor will:

- Identify skills and training needed to prepare you for a new career.
- Locate or develop specific training programs with special accommodations to meet your needs.
- Purchase tools, uniforms, or basic equipment needed to either start a new job or keep an existing job. Occasionally, VR will also be able to help pay for some medical/psychological services.

**To be eligible you must:**

- Have a disability that keeps you from getting or keeping a job; and
- Need VR services to find or keep a job.

To apply for VR, please call or visit one of the Bureau of Rehabilitation Services offices to request an application.

### Maine's Occupational Licensing Initiative

Since 2012, Maine's Department of Professional and Financial Regulation (DPFR) has taken great strides to accelerate the licensing process for veterans in the state. Individuals who have military experience and training and who wish to obtain an occupational license receive appropriate credit for their military training and experience. The program allows for quicker, easier licensing for veterans who have demonstrable military experience in various professional fields. The Office of Professional and Occupational Regulation has flexibility in evaluating and crediting military experience toward licensure and continuing education requirements, reducing the need for veterans to undergo duplicative and expensive training.

**The initial focus of the Licensing Initiative allowed for quicker licensing for veterans with demonstrable military experience in the areas of:**

- Boiler
- Electrical
- Fuel
- Plumbing

For more information, please visit:  
[www.maine.gov/pfr/military.html](http://www.maine.gov/pfr/military.html)

### VA Veteran Readiness and Employment

1 VA Center  
Augusta, ME 04330-6795  
207-623-8411 (ph)  
207-621-4867 (fax)  
1-800-827-1000  
VRE.VBATOG@va.gov  
[www.benefits.va.gov/vocrehab](http://www.benefits.va.gov/vocrehab)

Veteran Readiness and Employment (VR&E) is the VA program that assists veterans with service-connected disabilities to achieve employment or enhance their ability to function independently at home and in the community. Eligible veterans must have a VA service-connected disability rating of at least 20 percent with an employment handicap, or be rated 10 percent with a serious employment handicap. Eligible veterans must be discharged under other than dishonorable conditions.

**Depending on your needs and goals, VR&E services may include:**

- A complete evaluation to determine your abilities, skills, and interests for employment.
- Vocational counseling and rehabilitation planning for employment services.
- Employment services such as job training, resume development, and other work-readiness support
- On the Job Training (OJT), apprenticeships, and non-paid work experiences.
- Post-secondary training at a college, vocational, technical, or business school.



- Supportive rehabilitation services including case management, counseling, and medical referrals.
- Independent living services if you are unable to work due to the severity of your disabilities.

## Healthcare

### Maine Veterans' Homes – Eldercare, Nursing, and Rehabilitative Services

Please see Resources, page 47

### Women Veterans' Clinic at Togus

Please see Resources, page 50

### VA Health Benefits

Veterans with active military service and an honorable discharge may be eligible for VA health care. Enrollment in VA health care provides comprehensive care and services designed to promote good health, preserve your current health, or restore you to better health. This includes treating illnesses and injuries, preventing future health problems, improving functional abilities and enhancing quality of life.

Health care provided by the VA includes preventive care, inpatient care, ancillary services, specialty care, and mental health services. Inpatient care includes a full spectrum of treatment services, such as medical, surgical, mental health, dialysis and acute care. The VA also provides care for mental health needs, such as counseling and specialized programs including intensive case management, work programs, and psychosocial rehabilitation.

Veterans receiving care from the VA may be treated on-site during inpatient hospitalization, at one of their primary or specialty care clinics, at a Community Based Outpatient Clinic or Health Care Center, in a VA Community Living Center (formerly known as a VA nursing home), or in a residential care facility.

While VA operates over 1,700 health care facilities, not all services are available at every location. In that instance, the VA may refer patients to another VA facility or the VA will pay for care from a community provider through its Community Care or Veteran's Choice Programs.

Eligibility for VA health care is determined by need, gross household income, and service-connection status. The VA operates eight priority groups of health care access, with the VA absorbing the costs of caring for more severely disabled or low-income veterans. Other veterans without service-connected disabilities and higher gross incomes may have some care provided by the VA, with co-pays.

#### There are multiple ways to apply for VA health care, you can:

- Visit any Maine Bureau of Veterans' Services office ([www.maine.gov/veterans](http://www.maine.gov/veterans))

- Apply in person at Togus:  
1 VA Center  
Health Benefits Advisor Office, Building 200  
Augusta, ME 04330
- Call the VA at 1-877-222-8387
- Apply online at: <https://www.vets.gov/health-care/apply>

**The VA also offers health care programs specific to certain veteran populations, to include:**

### PACT Act

The PACT Act is a law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they've earned and deserve.

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act.

#### The PACT Act brings these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras.
- Adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures.
- Adds more presumptive-exposure locations for Agent Orange and radiation.
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care.
- Helps us improve research, staff education, and treatment related to toxic exposures.

### Veterans Exposed to Agent Orange

Agent Orange Help Line: 1-800-749-8387  
GW/AOHelpline@vba.va.gov  
[www.publichealth.va.gov/exposures/agentorange](http://www.publichealth.va.gov/exposures/agentorange)

Veterans who were exposed to Agent Orange or other herbicides during military service may be eligible for a variety of VA benefits, including disability compensation for diseases associated with exposure. Their dependents and survivors also may be eligible for benefits.

"Agent Orange" refers to a blend of tactical herbicides the U.S. military sprayed in the jungles of Vietnam and around the Korean demilitarized zone to remove trees and dense tropical foliage that provided enemy cover. Veterans who may have been exposed to Agent Orange include veterans who were in Vietnam, the Korean Demilitarized Zone, on Thai Air Force bases, who flew on or worked on C-123 Aircraft, and those who served on ships and boats around Vietnam at the time of the war.





VA and federal law presumes that certain diseases are a result of exposure to these herbicides. This “presumptive policy” simplifies the process for receiving compensation for these diseases since VA foregoes the normal requirements of proving that an illness began during - or was worsened by - your military service.

**Diseases presumed to be connected to Agent Orange exposure include:**

- Chronic B-Cell Leukemias
- Hodgkin’s Disease
- Ischemic Heart Disease
- Multiple Myeloma
- Non-Hodgkin’s Lymphoma
- Parkinson’s Disease
- Prostate Cancer
- Type 2 Diabetes
- Cancer of the bronchus
- Cancer of larynx
- Lung Cancer
- Cancer of the trachea
- Specific Soft Tissue Sarcomas
- Specific Lymphomas
- Hairy cell leukemia
- Chronic lymphocytic leukemia (CLL)
- Early-onset peripheral neuropathy\*
- Chloracne\*
- Porphyria cutanea tarda\*

\*These diseases must appear within one year of the last day the veteran was exposed to Agent Orange.

VA offers eligible veterans a free Agent Orange Registry health exam to identify possible long-term health problems related to exposure. VA also offers health care, disability compensation, and other benefits to eligible veterans for certain disease conditions, as well as benefits for children of Vietnam Veterans who developed spina bifida. Dependents & survivors may also be eligible for other benefits.

**To explore if you or a family member are eligible for benefits, please:**

- Visit any Maine Bureau of Veterans’ Services office ([www.maine.gov/veterans](http://www.maine.gov/veterans))
- Apply in person at Togus:  
One VA Center  
Health Benefits Advisor Office  
Building 200  
Augusta, ME 04330
- Apply online using eBenefits ([www.ebenefits.va.gov/ebenefits/homepage](http://www.ebenefits.va.gov/ebenefits/homepage))
- Blue Water Navy Veterans who may have been exposed to Agent Orange should contact a VSO for more information.

## Gulf War Veterans’ Illnesses and Coverage

1 VA Center  
Togus, ME 04330  
Environmental Health Coordinator  
207-623-8411, x5697

Certain illnesses are associated with Gulf War service in the Southwest Asia theater of military operations from August 2, 1990 to present. Medically unexplained illnesses (commonly referred to as Gulf War illness or Chronic Multi-symptom illness) are a significant concern for some veterans who served during the Gulf War.

**For VA benefit purposes, Gulf War service is active military duty service in any of the following areas at any time from August 2, 1990 to present:**

- Iraq
- Kuwait
- Saudi Arabia
- The neutral zone between Iraq and Saudi Arabia
- Bahrain
- Qatar
- The United Arab Emirates (U.A.E.)
- Oman
- Gulf of Aden
- Gulf of Oman
- Waters of the Persian Gulf, the Arabian Sea, and the Red Sea
- The airspace above these locations

A prominent condition affecting Gulf War veterans is a cluster of medically unexplained chronic symptoms that can include fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders, and memory problems. VA refers to these illnesses as “chronic multisymptom illnesses” and “undiagnosed illnesses.”

VA presumes certain chronic, unexplained symptoms existing for six months or more are related to Gulf War service without regard to cause. These “presumptive” illnesses must have appeared during active duty in the Southwest Asia theater of military operations or by December 31, 2001, and be at least ten percent disabling.

**Specifically, these illnesses include:**

- Chronic Fatigue Syndrome
- Fibromyalgia
- Functional gastrointestinal disorders (includes IBS, functional dyspepsia, functional abdominal pain syndrome)
- Undiagnosed illnesses with symptoms including those listed above, as well as abnormal weight loss, menstrual disorders, skin conditions, and sleep disturbances.

For veterans who meet the theater of operations and timeframe eligibility, the VA offers a free Gulf War Registry health exam to find possible long-term health problems related to Gulf War service. The Registry health exam includes an evaluation of environmental exposure and medical history, laboratory tests, and a physical exam. You do not need to be enrolled in VA health care to receive this free exam.

A VA health professional will then connect eligible veterans to key services, which may include health care, disability compensation, and other benefits. Veterans’ dependents and survivors may also be eligible for benefits.

To receive a Gulf War Registry health exam, please use the contact information above.

\*Veterans exposed to burn pits should contact a VSO for more information.



## OEF/OIF/OND Veterans' Enhanced Eligibility for Health Care Benefits

1 VA Center  
Togus, ME 04330  
OEF/OIF/OND Program Manager  
(207) 623-8411, x3078  
1-877-421-8263, x3078

OEF/OIF/OND Program Social Work Case Manager  
207-623-8411, x5344  
1-877-421-8263, x5344

OEF/OIF/OND Point of Contact  
207-623-8411, x4266  
1-877-421-8263, x 4266

Veterans, including activated Reservists and members of the National Guard, who served in a theater of combat operations after November 11, 1998 are entitled to an extended period of eligibility for health care for five years post discharge, if discharged under other than dishonorable conditions.

### Combat veterans who enroll during the five-year eligibility period will receive:

- Free medical care and medications for any conditions related to their service in theater, with no co-pays.
- Immediate benefits of health care coverage.
- Dental treatment necessary for the one-time correction of dental conditions, provided they did not receive a complete dental examination 90 days prior to release.

For veterans who do not enroll during the five-year eligibility period, eligibility for VA health care enrollment and subsequent care is based on other factors such as a compensable service-connected disability, or the veteran's financial circumstances. Consequently, combat veterans are strongly encouraged to apply for enrollment within their enhanced eligibility period, even if they perceive that they do not need immediate medical care.

### If you are a combat veteran interested in enrolling in VA health care, please:

- Visit any Maine Bureau of Veterans' Services office.
- Apply in person at the Togus  
1 VA Medical Center  
Health Benefits Advisor Office  
Building 200  
Augusta, ME 04330
- Call 1-877-222-8387

## Airborne Hazards and Burn Pit Exposures

On April 25, 2022, VA announced that nine rare respiratory cancers are now presumed service-connected disabilities due to military environmental exposures to fine particulate matter.

### These cancers include:

- Squamous cell carcinoma of the larynx.
- Squamous cell carcinoma of the trachea.
- Adenocarcinoma of the trachea.
- Salivary gland-type tumors of the trachea.
- Adenosquamous carcinoma of the lung.
- Large cell carcinoma of the lung.
- Salivary gland-type tumors of the lung.
- Sarcomatoid carcinoma of the lung.
- Typical and atypical carcinoid of the lung.

VA will process disability compensation claims for these conditions for Veterans who served any amount of time in the Southwest Asia theater of operations beginning Aug. 2, 1990, to the present, or Afghanistan, Uzbekistan, Syria or Djibouti beginning Sept. 19, 2001, to the present. VA added three presumptive conditions related to particulate matter exposure.

The new presumptive conditions are asthma, rhinitis, and sinusitis. To be eligible for benefits, you must have gotten one of these conditions within ten years of your separation from active service.

### This will expand benefits for Veterans who served in:

Afghanistan, Djibouti, Syria, and Uzbekistan during the Persian Gulf War, from September 19, 2001, to the present, or the Southwest Asia theater of operations from August 2, 1990, to the present.

If you have a pending claim for one or more of these conditions, you don't need to do anything. We'll send you a decision notice when we complete our review.

For more information about VA benefits and eligibility, or how to file a claim, Veterans and survivors can visit [www.VA.gov](http://www.VA.gov) or call toll-free at 1-800-827-1000.

1 VA Center  
Augusta, ME 04330  
PTSD Clinical Team Outpatient  
207-623-8411, x6344

## Posttraumatic stress disorder (PTSD)

Can occur after someone goes through a traumatic event like combat, assault, or disaster. It is common to have reactions such as upsetting memories of the event, increased jumpiness, or trouble sleeping. If the reactions don't go away over time, or they disrupt your life, you may have PTSD.

Many factors can increase the chance that someone will have PTSD, many of which are not under that person's control. Factors like previous traumatic exposure, age, and gender, can affect whether or not a person will develop PTSD. PTSD symptoms usually start soon after the traumatic event, but they may not appear until months or years later.

### Typical symptoms of PTSD include:

- Feelings of hopelessness, shame, or despair.



- Depression or anxiety.
- Drinking or drug problems.
- Physical symptoms or chronic pain.
- Employment problems.
- Relationship problems, including divorce.

The VA operates a National Center for PTSD dedicated to research and education on trauma and PTSD. The intent of the National Center is to assure that the latest research findings on PTSD help those exposed to trauma. The VA offers a range of counseling options and medications for the treatment of PTSD. Veterans experiencing PTSD may also be eligible for disability compensation and benefits.

**Many places within VA provide PTSD treatment, including VA Medical Centers, Community Based Outpatient Clinics (CBOCs), and Vet Centers. Veterans or family members seeking help for PTSD are encouraged to contact the above clinical outpatient coordinator or:**

- Call the Veterans Crisis Line: 9-8-8, press 1.
- Call the Vet Center Call Center: 1-877-WAR-VETS (927-8387).
- Visit any of the Maine Bureau of Veterans' Services offices ([www.maine.gov/veterans](http://www.maine.gov/veterans)) to discuss filing a PTSD claim to receive VA programs and benefits

## Military Sexual Trauma (MST) Services

1 VA Center  
Togus, ME 04330  
Military Sexual Trauma Program Coordinator  
207-623-8411, x4296

Any veteran who was sexually traumatized while serving in the military is eligible to receive counseling regardless of gender or era of service. Medical services are also available at each VA Medical Center and can be accessed by contacting the Military Sexual Trauma Coordinator (or Women Veterans Program Manager). Assessment and referral for sexual trauma counseling are available at all Vet Centers.

Services for MST may include individual or group counseling, marital and family counseling, health care, disability compensation, referrals to community agencies, and substance abuse counseling. For referrals to services, please contact the coordinator.

## TRICARE

207-430-5778  
Humana Military  
TRICARE East Region Contractor  
1-800-444-5445  
<https://tricare.mil>

TRICARE is the health care program for uniformed service members and their families, including active duty and retired members of the: U.S. Army; U.S. Air Force; U.S. Navy; U.S. Marine Corps; U.S. Coast Guard; the Commissioned Corps of the U.S. Public Health Service; and the Commissioned Corps of the National Oceanic and Atmospheric Association.

**TRICARE provides comprehensive coverage to all beneficiaries, including:**

- Health plans – TRICARE provides up to 11 plans, depending on the service member's eligibility.
- Special programs – Beneficiaries may be eligible for supplemental programs to address needs related to cancer, autism, chiropractic, assistive technologies, and cutting-edge treatments for some conditions.
- Prescriptions – TRICARE covers most prescription drugs approved by the U.S. Food and Drug Administration (FDA). Prescription drugs may be available as part of either the pharmacy or medical benefit.
- Dental Plans – Dental care required to address a medical condition, injury, or disease is covered by TRICARE as part of the medical benefit. Non-medical care, such as preventive services, restorative services, and orthodontics are provided as part of the following plans: TRICARE Active Duty Dental Program, TRICARE Dental Program, and TRICARE Retiree Dental Program.

## VA Maine Substance Use Disorder (SUD) Program

1 VA Center  
Augusta, ME 04330  
207-623-8411  
[https://www.va.gov/directory/guide/state\\_SUD.cfm?STATE=ME](https://www.va.gov/directory/guide/state_SUD.cfm?STATE=ME)

## Brain Injury Association of America - Maine Chapter

126 Western Ave #261  
Augusta, ME 04330  
(800) 444-6443 (helpline)  
[mainebraininjuryinfo@biausa.org](mailto:mainebraininjuryinfo@biausa.org)  
[www.biausa.org/maine](http://www.biausa.org/maine)

The Brain Injury Association of America - Maine Chapter (BIAA-Maine) serves Mainers affected by brain injury, their families, and the professionals who provide caring services after brain injury. Guided by a volunteer Advisory Board, BIAA-ME identifies the needs of Mainers with brain injuries and their families and works to ensure that a wide range of services and supports are available in the state. BIAA-ME provides advocacy, outreach, education, resources and information to all those in need.

## Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

VHA Office of Community Care  
CHAMPVA  
PO Box 469063  
Denver, CO 80246-9063  
1-800-733-8387

Follow the directions for submitting email via IRIS at <https://iris.custhelp.com/app/ask> <http://www.va.gov/purchasedcare/>





CHAMPVA is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with beneficiaries. Due to the similarity between CHAMPVA and TRICARE, the two are often mistaken for each other. CHAMPVA is a national VA program while TRICARE is a regionally managed health care program that primarily serves active duty and retired members of the military and their families or survivors.

In some cases, a veteran may appear to be eligible for both or either program on paper; however, if you are a military retiree, or the spouse of a veteran who was killed in action, you are and will always be a TRICARE beneficiary and cannot choose between the two programs.

**CHAMPVA provides coverage to the spouse or widow(er) and to the children of a veteran who:**

- Is permanently and totally disabled (P&T) because of a service-connected disability, or
- Died as a result of a service-connected disability or who at the time of death was rated P&T due to service-connected conditions, or
- Died while in an active duty status and in the line of duty

CHAMPVA covers most medically necessary health care services, including ambulance services, ambulatory surgery, durable medical equipment (DME), family planning and maternity, hospice, inpatient services, mental health services, outpatient services, pharmacy, skilled nursing care and transplants. CHAMPVA beneficiaries may receive medical services at a VA Medical Center, clinic, or from non-VA providers.

## Dental Services/Access to Oral Healthcare

In 2020, the Maine Bureau of Veterans' Services (MBVS) conducted a six-month needs assessment to better understand how Maine's veterans are accessing dental care and what the available options are in the state. As a result of the project a 105-page report was created and a Dental Access and Information page was added to the Bureau's website which includes a list of Maine dental clinics, options for veterans' dental insurance, the University of New England's Dental Hygiene Clinic Fee Schedule, and the University of Maine at Augusta's Dental Hygiene Clinic Fee Schedule. [https://www.maine.gov/veterans/benefits/healthcare/dental\\_access\\_and\\_information.html](https://www.maine.gov/veterans/benefits/healthcare/dental_access_and_information.html)

## Maine Veterans' Dental Network

In 2021, the Maine Veterans' Dental Network (MVDN) was formed through a generous grant from Northeast Delta Dental. Services will be provided on a first come first serve basis and will be available until the grant funds run out. The MVDN covers the following dental procedures: Preventative, diagnostic, restorative, oral surgery, and major restorative. Services not provided under the grant: dental implants, orthodontics, fixed bridges, telehealth, and PPE charges.

**To qualify for the program veterans must meet the following criteria:**

- Be a Maine resident.
- Not 100% service-connected to the VA (meaning you don't already receive dental care through Togus or the Bangor or Portland Community Based Outpatient Clinics).
- Cannot afford and/or Does Not have dental insurance of any kind.
- Cannot afford to pay for dental care out of pocket.
- For National Guard Only – Served on Active Duty (other than for training).
- Submit a DD-214 that shows an Honorable or General Under Honorable conditions discharge.

**MVDN application link:** <https://tinyurl.com/mr3abxtp>

Arrangements for services will be made directly with the participating dental clinic through the MVDN. Once the veteran's application is received, they will be contacted directly by the MVDN program managers. If you do not have a copy of your DD-214, please let the MVDN team know so they can research it for you.

For more information, contact the Maine Veterans' Dental Network at 207-287-6836 or [MVDN.mainebvs@maine.gov](mailto:MVDN.mainebvs@maine.gov).

## Housing

### Maine Bureau of Veterans' Services Homeless Veteran Coordination Team

1 VA Center, Building 248, Room 110  
Togus, ME 04330  
207-287-7019  
[hvc.mainebvs@maine.gov](mailto:hvc.mainebvs@maine.gov)  
8:00 a.m. – 4:00 p.m.

We are a one-stop resource for all of a veteran's post-service needs, primarily focused on homeless veterans. On an individual basis, we assist veterans with obtaining their military discharge records, connecting with VA benefits and disability compensation, and maximizing their use of Maine's more than 20 veteran programs. Statewide, we lead collaborations amongst our partner agencies to better serve veterans by bolstering employment opportunities, improving access to education, reducing homelessness, and honoring veterans' legacy of service.

### Avesta Housing – Thomas Heights

Opened in mid-December 2015, Thomas Heights was named in honor of Thomas Ptacek, a veteran and advocate for people experiencing homelessness. Thomas Ptacek, who became homeless for a time after serving in the U.S. Navy, has been a strong advocate for veterans and affordable housing in Portland for years.

Thomas Heights features 18 efficiency apartments targeted to veterans whose income is under 50% of the median area income. Located on a bus route at the base of Munjoy Hill, Thomas Heights'



18 households enjoy views of Back Cove, as well as easy access to services, shops, restaurants and Portland's Old Port.

For more information and to apply for residency, please visit: <http://thomasheights.avestahousing.org>.

## MaineHousing - SaluteME Mortgage Program

MaineHousing offers qualified active duty, veterans, and retired military personnel a 0.25% discount on its already low First Home Loan 30-year fixed interest rate through the SaluteME and Salute Home Again programs.

In appreciation for the commitment and sacrifices made by Maine's current and former military, MaineHousing wishes to provide the most affordable way for veterans to either buy their first home or return to home ownership.

### To be eligible for the SaluteME or Salute Home Again program, applicants must:

- Remain on active duty or have been honorably discharged from military service.
- Served on active duty for 180 days or within a war zone. (National Guard members who meet this qualification are eligible.)
- Be a first-time homebuyer or returning homebuyer whose new home will be their primary residence.
- Meet income limits.
- Meet home cost limits.

MaineHousing has partnered with banks, credit unions, and mortgage lenders to provide the SaluteME and Salute Home Again programs. Find a local lender near you: [www.mainehousing.org/programs-services/homebuyer/GreenKeyLenders](http://www.mainehousing.org/programs-services/homebuyer/GreenKeyLenders).

## VA Housing Programs

### VA Home Loans

The VA helps service members, veterans, and eligible surviving spouses become homeowners. The VA will provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.

VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.

- Purchase Loans help you purchase a home at a competitive interest rate often without requiring a down payment or private mortgage insurance.
- Cash Out Refinance loans allow you to take cash out of your home equity to take care of concerns like paying off debt, funding school, or making home improvements.

- Interest Rate Reduction Refinance Loan: also called the Streamline Refinance Loan can help you obtain a lower interest rate by refinancing your existing VA loan.
- Native American Direct Loan Program: helps eligible Native American veterans finance the purchase, construction, or improvement of homes on Federal Trust Land, or reduce the interest rate on a VA loan.
- Adapted Housing Grants: help veterans with a permanent and total service-connected disability purchase or build an adapted home or to modify an existing home to account for their disability.

Application details and Certificates of Eligibility are managed by the VA's Regional Loan Center in Cleveland.

### For more information, please contact:

Cleveland Regional Loan Center  
U.S. Department of Veterans Affairs  
1240 East Ninth St.  
Cleveland, OH 44199  
1-800-729-5772

## Housing Grants for Disabled Veterans

The VA provides grants to service members and veterans with certain permanent and total service-connected disabilities to help purchase or construct an adapted home, or modify an existing home to accommodate a disability.

Two grant programs exist: the Specially Adapted Housing (SAH) grant and the Special Housing Adaptation (SHA) grant.

### Specially Adapted Housing (SAH) Grant

SAH grants help veterans with certain service-connected disabilities live independently in a barrier-free environment. SAH grants can be used in one of the following ways:

- Construct a specially adapted home to be acquired.
- Build a home on land already owned if it is suitable for specially adapted housing.
- Remodel an existing home if it can be made suitable for specially adapted housing.
- Apply the grant against the unpaid principal mortgage balance of an adapted home already acquired without the assistance of a VA grant.

### Special Housing Adaptation (SHA) Grant

SHA grants help veterans with certain service-connected disabilities adapt or purchase a home to accommodate the disability. You can use SHA grants in one of the following ways:

- Adapt an existing home the veteran or a family member already owns in which the veteran lives.
- Adapt a home the veteran or family member intends to purchase in which the veteran will live.
- Help a veteran purchase a home already adapted in which the veteran will live.



To apply for a grant, please contact a Specially Adapted Housing (SAH) staff member via email at [sahinfo.vbaco@va.gov](mailto:sahinfo.vbaco@va.gov) or by phone at 1-877-827-3702.

**You may also:**

- Apply online via [www.ebenefits.va.gov](http://www.ebenefits.va.gov)
- Download VA Form 26-4555

**Specially Adapted Housing or Special Home Adaptation Grant and mail it to:**

- Cleveland Regional Loan Center  
U.S. Department of Veterans Affairs  
1240 East Ninth St.  
Cleveland, OH 44199
- Call the VA toll free at 1-800-827-1000 for questions and to have a claim form mailed to you.
- Visit the VA regional office at Togus:  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor  
Augusta, ME 04330

## Veterans' Mortgage Life Insurance

Veterans' Mortgage Life Insurance (VMLI) is mortgage protection insurance that can help families of severely disabled service members or veterans pay off the home mortgage in the event of their death. VMLI provides up to \$200,000 mortgage life insurance and is payable only to the mortgage holder (i.e., a bank or mortgage lender), not to a beneficiary.

**VMLI is only available to service members and veterans with severe service-connected disabilities who:**

- Received a Specially Adapted Housing (SAH) grant to help build, remodel, or purchase a home, and
- Have the title to the home, and
- Have a mortgage on the home.

Veterans must apply for VMLI before their 70th birthday. Service members or veterans who receive a grant for the purchase of Specially Adapted Housing (SAH) will be advised by Loan Guaranty personnel if they are also eligible for VMLI to cover the unpaid mortgage on their home. The SAH agent will also assist with the VMLI application.

## Recreational Licenses & Privileges

### Free State Park and Museum Access for Maine's Veterans and Active Duty Personnel

Maine Bureau of Veterans' Services  
Augusta, ME 04333-0117  
207-287-7020 (ph)  
207-626-4471 (fax)  
[mainebvs@maine.gov](mailto:mainebvs@maine.gov)  
[www.maine.gov/veterans/benefits/recreational-licenses/index.html](http://www.maine.gov/veterans/benefits/recreational-licenses/index.html)

Maine offers several ways for veterans and service members to take advantage of the state's many parks, beaches and the Maine State Museum. The Maine Resident Free Lifetime Veteran Park and Museum Pass provides a day use pass to Maine's state parks and historic sites, as well as the Maine State Museum to veterans who are residents of Maine and received an honorable discharge or general discharge under honorable conditions. The Veteran State Park and Museum Pass does not expire and is valid for the lifetime of the holder.

The park pass is valid for the veteran only and is limited to Maine state parks and historic sites operated by the Maine Department of Conservation. Passes are non-transferrable and may not be used by anyone other than the veteran. Please note that Maine veterans age 65 years or older will not be issued a park pass as they are automatically entitled to free admission as a Maine senior citizen.

The Maine Resident Day Use Park Pass for Active Military Personnel entitles the holder, and the holder's spouse and unmarried children (when accompanied by the holder), to free admission at Maine's state parks and historic sites.

Eligible service members must have Maine as their home of residence and must be serving in an enlisted grade in the armed forces as defined in 10 United States Code, Section 101(a)(4). Passes are issued for a calendar year and may be renewed upon application and verification of continuing eligibility.

**Neither pass may be used at the following locations:**

- Acadia National Park
- Baxter State Park
- Allagash Wilderness Waterway
- Penobscot Corridor
- Penobscot Narrows Observatory
- Maine Wildlife Park

### Disabled Veterans: Free Use of State Parks

**100% disabled veterans, their spouses, and unmarried children are exempt from paying:**

- Regular day use entrance fees to Maine's state parks.
- Shelter reservation fees.
- Family camping and reservation fees.
- Group camping and reservation fees (applicable to disabled veteran only).

To take advantage of this benefit, the veteran must display either the special disabled veteran plate or similar placards and must be present in the car. Any group members that are not spouses or unmarried children are subject to regular use fees. State parks rules dictate that no more than 6 individuals may be on a family site and that the disabled veteran must be present for the entire reservation.





## Disabled Veterans' Hunting and Fishing Licenses

Inland Fisheries and Wildlife  
41 State House Station  
Augusta, ME 04333  
207-287-8000 (ph)  
207-287-8094 (fax)  
[www1.maine.gov/ifw/hunting-trapping/disabilities.html](http://www1.maine.gov/ifw/hunting-trapping/disabilities.html)

A disabled veteran who has a service-connected disability evaluated at 50% or more may obtain a complimentary license to fish, trap, and hunt (including archery, muzzleload, crossbow). Maine's complimentary hunting and fishing license extends to: bear, migratory bird, pheasant, spring/fall wild turkey, coyote night hunt, one expanded archery antlerless deer permit, one expanded archery either sex permit, and - upon meeting the qualifications - a license to guide.

This license is available to disabled veterans who are residents of Maine, New Hampshire, and Vermont.

This license remains valid for the life of the license holder, as long as the license holder continues to satisfy Inland Fisheries & Wildlife's residency requirements and the license is not revoked or suspended. Please visit the above website for more details and an application.

## Maine's Disabled Veterans' Controlled Moose Hunt

Maine Bureau of Veterans' Services  
117 State House Station  
Augusta, ME 04333-0117  
207-287-7020 (ph)  
207-626-4471 (fax)  
[mainebvs@maine.gov](mailto:mainebvs@maine.gov)  
[www.maine.gov/veterans/benefits/recreational-licenses/index.html](http://www.maine.gov/veterans/benefits/recreational-licenses/index.html)

Since 2009, Maine has offered disabled veterans a free chance to participate in a controlled moose hunt in Aroostook County. Held in conjunction with the Maine Department of Inland Fisheries and Wildlife (IF&W) and Smoldering Lake Outfitters, the Hunt provides permits to in-state residents and permits to out-of-state residents to hunt on broccoli fields to help with crop protection and herd management.

This Hunt is a very unique program and is unlike the regular IF&W moose lottery, as it requires each hunter to team up with a registered Maine Guide who has specific training for the Controlled Moose Hunt. Each year the Hunt is comprised of small groups of veterans and personal guides who hunt during August and September.

Typically, applications for the Hunt are posted on the Bureau of Veterans' Services' website at the beginning of April with the in-state participants drawn by lottery system in May. Maine residents interested in applying for the Hunt must have a Maine Disabled Veteran Complimentary Hunting License. Out of state residents must have a big game license from their home state.

Veterans who have previously tagged a moose through the Disabled Veterans' Controlled Moose Hunt are ineligible to hunt again.

## Tax Exemptions & Financial Benefits

### Veterans' Emergency Financial Assistance Program

Maine Bureau of Veterans' Services  
194 Winthrop Street  
Augusta, ME 04330  
207-287-7020 (ph)  
207-626-4471 (fax)  
[mainebvs@maine.gov](mailto:mainebvs@maine.gov)

VEFAP was created to provide assistance for Maine veterans who suffer an emergency and do not have sufficient savings or access to other financial assistance to resolve the emergency. Examples of assistance may include: Damage to the veterans home due to fire, flood or hurricane that is not covered by insurance; Illness of the veteran or family member that results in hardship, assistance to prevent or resolve the veteran being homeless; and any other condition that puts the veteran at risk of not having the basic necessities of food, shelter, or safety, or dental (pain and infection).

### Veterans' Property Tax Exemptions

Maine Revenue Services  
Property Tax Division  
PO Box 9106  
Augusta, ME 04332-9106  
207-624-5600 (ph)  
207-287-6396 (fax)  
[prop.tax@maine.gov](mailto:prop.tax@maine.gov)  
[www.maine.gov/revenue/propertytax/sidebar/exemptions.htm](http://www.maine.gov/revenue/propertytax/sidebar/exemptions.htm)

A veteran who served during a recognized war period and is 62 years or older; or, is receiving 100% disability as a veteran; or, became 100% disabled while serving, is eligible for a \$6,000 exemption.

### Excise Tax Exemption for 100% Disabled Veterans

Please see Maine Excise Tax Exemption for 100% Disabled Veterans, pg 20

### Income Tax Exemption for Military Pensions

Maine Revenue Services  
Income Tax Division  
P.O. Box 1060  
Augusta, ME 04332-1060  
207-626-8475 (ph)  
207-624-9694 (fax)

As of January 1, 2016, military pension benefits, including survivor benefits, are completely exempt from Maine state income tax. Military retirees and their survivors who receive military pension benefits as a result of service in the active or reserve components of the Army, Navy, Air Force, Marines or Coast Guard are eligible for this benefit.



With this important reform, Maine joins 22 other states that honor their veterans by not taxing their pensions. Veterans with civilian employee retirement plan benefits may continue to utilize the \$10,000 pension exemption for qualifying plans.

Eligible veterans must complete the Worksheet for Pension Income Deduction available at [www.maine.gov/revenue/forms](http://www.maine.gov/revenue/forms), and submit the worksheet with your income tax return to claim a Pension Income Deduction.

## VA Compensation and Pension Programs

### Disability Compensation

Disability compensation is a monthly tax-free benefit paid to veterans who are at least 10% disabled because of injuries or diseases that were incurred in or aggravated during active duty, active duty for training, or inactive duty training. A disability can apply to physical conditions, such as chronic knee issues, as well as mental health conditions, such as posttraumatic stress disorder (PTSD).

The benefit amount is increased according to the degree of the veteran's disability on a scale from 10% to 100% (in increments of 10). Compensation may also be paid for disabilities that are considered related or secondary to disabilities occurring in service and for disabilities presumed to be related to circumstances of military service, even though they may arise after service. Generally, the percentage of disabilities and related payment amounts are also designed to compensate for lost work time due to exacerbations or illnesses.

Eligible veterans with dependents who are rated at 30% or greater may receive an additional allowance for dependents. Total disability compensation may be offset for veterans receiving military retirement pay, disability severance pay, or separation incentive payments.

Veterans wishing to apply for disability compensation must provide medical evidence of a current physical or mental disability and evidence of a connection between that disability and an injury, disease, or event in military service. Medical records or medical opinions are required to establish this relationship.

#### To apply for disability compensation, please:

- Visit any Maine Bureau of Veterans' Services office.
- Visit the Togus Regional Office
- Apply online using eBenefits ([www.ebenefits.va.gov/ebenefits/homepage](http://www.ebenefits.va.gov/ebenefits/homepage))

### Special Monthly Compensation

Special Monthly Compensations is an additional tax-free benefit that can be paid to veterans, their spouses, surviving spouses and parents. For veterans, SMC is a higher rate of compensation paid due to special circumstances such as the need of aid and attendance by another person or a specific disability, such as loss of use of one hand or leg.

**For spouses and surviving spouses, this benefit is commonly referred to as aid and attendance and is paid based on the need of aid and attendance by another person. Eligibility for SMC includes:**

- You require the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, adjusting prosthetic devices, or protecting yourself from the hazards of your daily environment.
- You are bedridden.
- You are a patient in a nursing home due to mental or physical incapacity.
- Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less.

#### To apply for SMC, please:

- Visit any Maine Bureau of Veterans' Services offices ([www.maine.gov/veterans](http://www.maine.gov/veterans))
- Visit the Togus Regional Office  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor
- Complete an Application for Pension (VA Form 21P-527EZ) and send to the regional Pension Management Center:
- Department of Veterans Affairs  
Claims Intake Center  
Attention: Philadelphia Pension Center  
P. O. Box 5206  
Janesville, WI 53547-5206  
Fax: 1-844-655-1604

### Dependency and Indemnity Compensation (DIC)

Please see Survivors' Benefits, page 3

### Supplemental Income for Wartime Veterans

VA helps veterans and their families cope with financial challenges by providing supplemental income through the Veterans Pension benefit. Veterans Pension is a tax-free monetary benefit payable to low-income wartime veterans.

To qualify for the pension, a veteran must have at least 90 days of active duty service, with at least one day during a wartime period. Veterans who entered active duty after September 7, 1980, generally must have served at least 24 months or the full period for which they were called or ordered to active duty (with some exceptions), with at least one day during a wartime period.

**In addition to meeting minimum service requirements, the veteran must be:**

- Age 65 or older, or
- Totally and permanently disabled, or
- A patient in a nursing home receiving skilled nursing care, or
- Receiving Social Security Disability Insurance, or
- Receiving Supplemental Security Income



#### To apply for the supplemental pension, please:

- Visit any Maine Bureau of Veterans' Services office ([www.maine.gov/veterans](http://www.maine.gov/veterans))
- Visit the Togus Regional Office  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor

#### Complete an Application for Pension (VA Form 21P-527EZ) and send to the regional Pension Management Center:

Department of Veterans Affairs  
Claims Intake Center  
Attention: Philadelphia Pension Center  
P. O. Box 5206  
Janesville, WI 53547-5206  
Fax: 1-844-655-1604

#### Survivors Pension Program

Please see Survivors' Benefits, page 3

### VA Life Insurance Programs

The VA offers a variety of life insurance programs to provide the families of veterans and service members with financial security and peace of mind.

#### Servicemembers' Group Life Insurance

Servicemembers' Group Life Insurance (SGLI) is a program that provides low-cost term life insurance coverage to eligible service members. Service members who qualify for SGLI are automatically enrolled and issued the maximum coverage. SGLI provides automatic life insurance coverage of \$400,000 to service members upon enlistment. Members with SGLI also get automatic coverage for their dependent children and spouses.

##### Servicemembers automatically enrolled in SGLI include:

- Active duty members of the Army, Navy, Air Force, Marines, or Coast Guard.
- Commissioned members of the National Oceanic and Atmospheric Administration (NOAA) or the U.S. Public Health Service (USPHS).
- Cadets or midshipmen of the U.S. military academies.
- Members, cadets, or midshipmen of the Reserve Officers Training Corps (ROTC) engaged in authorized training and practice cruises.
- Members of the Ready Reserve or National Guard who are scheduled to perform at least 12 periods of inactive training per year.
- Service members who volunteer for a mobilization category in the Individual Ready Reserve.

#### Family Servicemembers' Group Life Insurance

Family Servicemembers' Group Life Insurance (FSGLI) is a program that provides term life insurance coverage to the spouses and dependent children of servicemembers insured under SGLI. The service member pays the premium for spousal coverage.

Dependent children are insured at no cost.

##### Spouses & dependent children of the following are eligible if:

- Active duty service members covered by full-time SGLI and
- Members of the National Guard or Ready Reserve of a uniformed service covered by full-time SGLI.

Family coverage is available only to members insured under the SGLI program. If you are covered under full-time SGLI, you are eligible to insure your spouse, regardless of whether your spouse is on active duty, retired, or is a civilian. FSGLI provides up to a maximum of \$100,000 of insurance coverage for spouses, not to exceed the service members' SGLI coverage amount, & \$10,000 for dependent children.

#### Servicemembers' Group Life Insurance Traumatic Injury Protection

Servicemembers' Group Life Insurance Traumatic Injury Protection (TSGLI) provides automatic traumatic injury coverage to all service members covered under the SGLI program. TSGLI offers short-term financial assistance to severely injured service members and veterans to assist them in their recovery from traumatic injuries. TSGLI is not only for combat injuries, but provides insurance coverage for injuries incurred on or off duty.

Service members insured under full-time SGLI are automatically covered by TSGLI. TSGLI coverage applies to active duty members, Reservists, National Guard members, funeral honors duty and one-day muster duty.

##### To be eligible for payment of TSGLI, service members must meet all of the following requirements:

- Insured by SGLI when you experience a traumatic injury.
- Incurred a scheduled loss that was a direct result of a traumatic injury.
- Suffered the traumatic injury prior to midnight of the day that you separate from the uniformed services.
- Suffered a scheduled loss within 730 days of the traumatic injury.
- Survived for a period of not less than seven full days from the date of the traumatic injury.

This benefit is also provided retroactively for service members who incurred severe losses as a result of traumatic injuries between October 7, 2001 and November 30, 2005, regardless of the geographic location where the injury occurred, and regardless of whether coverage was in effect at the time of injury. Please visit: [www.benefits.va.gov/INSURANCE/tsgli-claim-questionnaire.asp](http://www.benefits.va.gov/INSURANCE/tsgli-claim-questionnaire.asp) to determine if you are eligible for retroactive coverage.



As of October 2017, nearly all service members may manage their SGLI coverage using the SGLI Online Enrollment System (SOES). Through the SOES, service members may decline SGLI coverage, select a lesser amount than maximum coverage, designate beneficiaries, and/or make other changes.

To access SOES, sign into [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect) and go to the Benefits Tab, Life Insurance SOES- SGLI Online Enrollment System.

## Veterans' Group Life Insurance

Veterans' Group Life Insurance (VGLI) is a program that continues life insurance coverage after separation from service. VGLI will provide lifetime coverage as long as premiums are paid. Veterans may enroll for a maximum amount of coverage that is equal to the amount of SGLI coverage they had when separating from service. Lesser amounts of coverage are also available in increments of \$10,000.

Once enrolled in VGLI, coverage may be increased by \$25,000 every five years up to the legislated maximum of \$400,000, until age 60.

**Veterans are eligible to apply for VGLI if they had SGLI and are within one year and 120 days of the following events:**

- Release from active duty or active duty for training under a call or order to duty that does not specify a period of less than 31 days.
- Separation, retirement or release from assignment from the Ready Reserves/National Guard.
- Assignment to the Individual Ready Reserves (IRR) of a branch of service or to the Inactive National Guard (ING). This includes members of the United States Public Health Service Inactive Reserve Corps (IRC).
- Placement on the Temporary Disability Retirement List (TDRL)

Veterans are also eligible to apply for VGLI if they had part-time SGLI and while performing duty, suffered an injury or disability that rendered them uninsurable at standard premium rates.

## Service-Disabled Veterans Insurance

The Service-Disabled Veterans Insurance (S-DVI) program was established in 1951 to meet the insurance needs of certain veterans with service-connected disabilities. S-DVI is available in a variety of permanent plans as well as term insurance. Policies are issued for a maximum face amount of \$10,000.

**Veterans can apply for S-DVI if they meet the following four criteria:**

- Released from active duty under other than dishonorable conditions on or after April 25, 1951.
- Rated for a service-connected disability (even if only 0%).
- Are in good health except for any service-connected conditions.
- Apply within two years from the date VA grants your new service-connected disability.

**To apply for VGLI or S-DVI, please:**

- Apply through eBenefits ([www.ebenefits.va.gov/ebenefits/homepage](http://www.ebenefits.va.gov/ebenefits/homepage)).
- Visit the Togus Regional Office  
1 VA Center  
Veteran Service Center  
Building 248, 2nd Floor
- Visit any Maine Bureau of Veterans' Services offices ([www.maine.gov/veteran](http://www.maine.gov/veteran))

## Veteran Identification

### Military Discharge Requests

Maine Bureau of Veterans' Services  
117 State House Station  
Augusta, ME 04330  
207-287-7020 (ph)  
207-626-4471 (fax)  
[mainebvs@maine.gov](mailto:mainebvs@maine.gov)  
[www.maine.gov/veterans/docs/MBVS%20Request%20Form.pdf](http://www.maine.gov/veterans/docs/MBVS%20Request%20Form.pdf)

Copies of military discharges (DD214 form or equivalent) are often required as proof of service when applying for state and federal veteran benefits, as well as programs from local municipalities and discounts from retailers.

**Discharge documents may be requested by an individual to prove veteran status for benefits or by:**

- Case managers or social workers helping a veteran access benefits.
- Funeral homes coordinating burials for veterans.
- Family members who wish to join a veteran service organization or to learn more about their family member's military career.

The Maine Bureau of Veterans' Services has an archive of nearly 50,000 discharge records, which are available for free to veterans and eligible family members. If you are a veteran who entered the military from Maine, the Bureau of Veterans' Services may have a copy of your DD214 (or equivalent) on file. The application form to request a DD214 or other discharge paperwork may be found the MBVS website.

**Typically, the Bureau will not have DD214s for current Maine residents who entered the military from another state. If the Bureau does not have your DD214, you may wish to request it from the following resources:**

- The National Association of State Directors of Veterans Affairs provides a listing of other states' departments of veterans' services. Contact the veterans' services department of your home state to determine if they have your discharge records. ([www.nasdva.us](http://www.nasdva.us))





- The National Archives and Records Administration may also be able to assist in providing you with a copy from the National Personnel Records Center. Please visit their website at [www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records) and follow the instructions for completing a request.

## Maine's Military Service Driver's License Designation

### Bureau of Motor Vehicles

101 Hospital Street, Augusta, ME  
207-624-9000 (ph)  
207-624-9013 (fax)  
[www.maine.gov/sos/bmv/licenses/veteran.html](http://www.maine.gov/sos/bmv/licenses/veteran.html)

Maine offers a military service designation on driver's licenses that allows veterans and service members to prove military status for discounts at businesses and retail outlets.

#### To obtain this designation, applicants must:

- Be currently serving in the United States Armed Forces and show military ID.
- Provide a DD214 verifying that they had an honorable discharge from the United States military.
- Provide a VA ID or service-connected disability ratings letter to verify honorable veteran status.

If you currently have the field of stars background on your license, you do not need to show additional information or reapply for the military service designation. If you wish to have the flag indicator added to the license other than at renewal time, there is a \$5.00 duplicate fee.

Applicants will also have to bring documentation verifying Maine residency and legal presence in the United States if they have not already done so. A complete list of acceptable documents can be found at [www.maine.gov/sos/bmv](http://www.maine.gov/sos/bmv). Any branch of the Bureau of Motor Vehicles can distribute a license with the military service designation.

## Veteran Identification Card

In November 2017, the VA rolled out a national Veterans Identification Card (VIC) to allow all veterans with honorable service an opportunity to prove veteran status.

Only those veterans with an honorable discharge or general (under honorable conditions) can request a VIC.

The VIC can be used to prove veteran status for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold.

In addition, veterans who served in the reserve components are eligible to apply for the ID card. The VIC will provide proof of military service, and may be accepted by retailers in lieu of the DD214 to obtain promotional discounts and other services offered to veterans. The VIC does not qualify veterans for any health benefits or other state and federal veteran programs.

To request a VIC, veterans must visit [www.va.gov](http://www.va.gov) and sign in or create an account. This is the only way to obtain a VIC, the cards are not available at any VA hospitals or clinics.

## Military ID for Commissary and Exchange Privileges

### Maine National Guard Headquarters DEERS Office

Camp Keyes  
194 Winthrop Street  
Augusta, ME 04333  
207-430-5768  
[www.me.ngb.army.mil/family/documents/ID-cards-maine.pdf](http://www.me.ngb.army.mil/family/documents/ID-cards-maine.pdf)

**Unlimited commissary and exchange store privileges in the United States are available to honorably discharged veterans with a service-connected disability rated at 100 percent permanent and total and to:**

- Military retirees.
- Recipients of the Medal of Honor.
- Active duty service members.
- Guard and reserve members.
- Family members of all of the above.
- Unremarried surviving spouses and dependents of service members who pass away on active duty.
- Family members of veterans whose service-connected disability was rated 100 percent permanent and total at the time of death.

Please visit the above website to find the closest ID card office. Veterans with a 100% permanent and total disability rating who are interested in obtaining an ID card must provide their VA ratings letter and two forms of photo ID.

## Excise Tax Exemption for 100% Disabled Veterans

Bureau of Motor Vehicles  
101 Hospital Street, Augusta, ME  
207-624-9000 (ph)  
207-624-9013 (fax)  
[www.maine.gov/sos/bmv/registration/availablevet.html](http://www.maine.gov/sos/bmv/registration/availablevet.html)

To qualify for this exemption, veterans must provide documentation proving their 100% disability rating from the Department of Veterans Affairs when registering their vehicles with the Maine Bureau of Motor Vehicles. Once verified, the excise tax exemption will be applied to the veteran's vehicle registration.

Applicants must provide their DD214 to prove veteran status, as well as their VA ratings letter to confirm their service-connected disability.

Additional information and guidance regarding this exemption can be obtained by contacting the Maine Bureau of Veterans' Services directly at 207-287-7020.

## Veterans' Decal Program

Bureau of Motor Vehicles  
 Attention: Registration Unit  
 29 State House Station  
 Augusta, ME 04333-0029  
 207-624-9000, x52149  
 registrations@maine.gov

The Bureau of Motor Vehicles offers qualified veterans specialized decals for their veteran license plates to allow veterans to display a special symbol of their service to our country.

Realizing it would be impossible to include all of the hundreds of military awards and decorations, a legislatively appointed task force set guidelines for the initial issuance of decals. Five decals depict the seal of each branch of the United States Armed Forces. Other decals available include 11 individual awards for bravery including the Bronze Star or higher; ten campaign medals; and six military badges.

Veterans interested in placing decals on their veteran or disabled veteran plate may obtain decals by bringing a copy of their DD214 to a Bureau of Motor Vehicles branch office or by mailing their DD214 and the \$5.00 fee to the above address.

For a veteran who did not receive a medal until after discharge, and who seeks a decal representing this medal, a copy of the military orders or a copy of the citation will serve as proof of eligibility.

An honorably discharged veteran may obtain up to three sets of veterans' plates and decals. There is no additional fee for a special veteran or disability special veteran plate and the fee for a set of decals is \$5.00 per set. There is no fee for replacement decals.

## Gold Star Family License Plates

Maine Bureau of Veterans' Services  
 117 State House Station  
 Augusta, ME 04333-0117  
 207-287-7020 (ph)  
 207-626-4471 (fax)  
[www.maine.gov/veterans/benefits/veteran-identification/index.html](http://www.maine.gov/veterans/benefits/veteran-identification/index.html)

In 2011, Public Law Chapter 246 was enacted by the First Regular Session of the 125th Legislature which established the Gold Star Family License Plate. To be eligible for the plate, a family member must have received a Gold Star Lapel Button (purple background) from the casualty branch of service, or be eligible to receive a Gold Star Lapel Button from the federal government. The Gold Star Lapel Button signifies that the service member was killed-in-action or died in a combat theater of operations.

In 2015, the 127th Legislature enacted Public Law Chapter 17, which amended the laws governing the Gold Star Family Plate. Specifically, this law allows issuance of gold star family registration plates for family members, including grandparents, of a person who died while on active duty, but not in combat. This plate features the Gold Star (GS) on a gold background, versus the purple background for those killed in combat. The 2015 law also authorizes the issuance of gold star family vanity registration plates that feature the "GS" classification and can be customized with up to five characters.

Family members may also request a Gold Star Family License Wall Plate to be used for ceremonial, display purposes.

### Eligible family members for a Gold Star Family License Plate (must be Maine residents) include:

- Widow or Widower.
- Parents (includes stepparents, parents through adoption, and foster parents).
- Children (includes stepchildren and children through adoption).
- Brothers/sisters (includes half-brothers/sisters).
- Grandparents of those who died after March 28, 1973

Families of service members who meet above eligibility requirements must submit a completed license application, as well as a DD Form 1300 Casualty Report, (or other official paperwork indicating death on active duty in support of a combat or non-combat operation), and proof of relationship which may be copies of birth, marriage, or baptismal certificates.

Applications and more details regarding eligibility requirements may be found at the above link. Once eligibility has been verified, the Bureau of Veterans' Services will coordinate with the Bureau of Motor Vehicles for the issuance of license plate(s). Only one license plate or set of plates will be issued per qualifying family member. The Gold Star Family License Plate may only be used on a car or pickup truck rated 6,000 lbs. or fewer.

In 2019, the 129th Legislature enacted PL 443 which allows holders of Gold Star Family vehicle registration plates to be issued complimentary licenses to hunt, trap and fish.

In addition to recreational opportunities, Gold Star Families will now be exempt from vehicle registration fees.





# Congressional Office Resources:



## Senator Susan Collins

[www.collins.senate.gov/contact](http://www.collins.senate.gov/contact)  
Office Hours: 8:00 a.m. – 5:00 p.m

As the daughter of a World War II Purple Heart recipient and a life member of the VFW Auxiliary in Caribou, Senator Collins knows that the heroes who wear the uniforms of America’s armed forces are patriotic, caring men and women who have put aside the comforts of civilian life to advance the cause of freedom. We owe them all a great debt. Senator Collins is a strong advocate of all of those who are serving or have served in our nation’s Armed Forces and has worked hard to ensure that the federal government maintains a strong commitment to service members and veterans alike.

Anyone who is having difficulty with a federal agency can contact one of Senator Collins’ Maine Constituent Service Centers for assistance.

### Augusta Office

68 Sewall Street, Room 507  
Augusta, ME 04330  
2077-622-8414

### Bangor Office

202 Harlow Street., Room 20100  
Bangor, ME 04401  
2077-945-0417

### Biddeford Office

160 Main Street  
Biddeford, ME 04005  
207-283-1101

### Caribou Office

25 Sweden Street, Suite A  
Caribou, ME 04736  
207-493-7873

### Lewiston Office

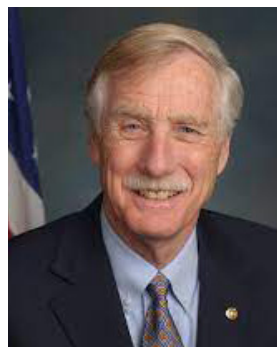
55 Lisbon Street  
Lewiston, ME 04240  
207-784-6969

### Portland Office

One Canal Plaza, Suite 802  
Portland, ME 04101  
207-618-5560

### Washington, D.C.

413 Dirksen Senate Office Building  
Washington, DC 20501  
202-224-2523



## Senator Angus King

[www.king.senate.gov/contact-home](http://www.king.senate.gov/contact-home)  
Office Hours: 8:00 a.m. – 5:00 p.m

We have an obligation to ensure our nation’s veterans are provided with the most comprehensive and accessible assistance programs available. We must not only redouble our efforts to care for those who have already served in the armed forces, but as a new generation of Soldiers, Sailors, Airmen, Coast Guardsmen, and Marines return home from around the globe, we must also make certain that they have continued access to the health, education, and employment services they undeniably deserve.

### Augusta Office

40 Western Ave, E.S. Muski Federal Building, Room 412  
Augusta, ME 04330  
207-622-8292

### Bangor Office

202 Harlow Street, Suite 20350  
Bangor, ME 04401  
207-945-8000

### Biddeford Office

227 Main Street  
Biddeford, ME 04005  
207-352-5216



### Portland Office

1 Pleasant Street, Suite 4  
Portland, ME 04101  
207-245-1565

### Presque Isle Office

167 Academy Street, Suite A  
Presque Isle, ME 04769  
207-764-5124

### Washington, D.C. Office

133 Hart Building  
Washington, DC 20510  
202-224-5344



## U.S. Representative Chellie Pingree

1st District of Maine  
[www.pingree.house.gov/contact](http://www.pingree.house.gov/contact)  
Office Hours: 8:30 a.m. – 5:00 p.m.

Congresswoman Pingree is committed to ensuring veterans receive the benefits and resources they—and their families—have earned and deserve. Veterans or their families with questions or concerns about benefits, including inquiries about VA claims, VA health care, and replacement military medals and awards, are encouraged to reach out to her dedicated constituent services team in one of her district offices. She has also been nationally recognized for her legislation and policy initiatives surrounding Military Sexual Trauma and her staff is experienced with these disability and compensation claims.

### Portland Office

2 Portland Fish Pier, Suite 304  
Portland, ME 04101  
207-774-5019

### Waterville Office

1 Silver Street  
Waterville, ME 04901  
207-873-5713

### Washington, D.C. Office

2354 Rayburn House Office Building  
Washington, DC 20515  
202-225-6116



## U.S. Representative Jared Golden

2nd District of Maine  
[www.golden.house.gov/contact](http://www.golden.house.gov/contact)  
Office Hours: 8:30 a.m. – 5:00 p.m.

Congressman Golden enlisted in the Marines after 9/11 and went on to serve in Iraq and Afghanistan. Informed by the personal challenges he faced following service in combat zones, Rep. Golden has worked to improve mental health care for veterans, first in the Maine State House and now in the U.S. Congress. Golden led a successful effort to establish a new long-term substance use treatment facility at Togus, and worked directly with vets and their families to make sure they get the benefits and care they need from the VA.

### Bangor Office

6 State Street, Suite 101  
Bangor, ME 04401  
207-249-7400

### Caribou Office

7 Hatch Drive, Suite 230  
Caribou, ME 04736  
207-492-6009

### Lewiston Office

179 Lisbon Street  
Lewiston, ME 04240  
207-241-6767

### Washington, D.C. Office

1710 Longworth HOB  
Washington, DC 20515  
202-225-2943





## Veteran Resources:

### Behavioral Health/Therapy/ Counseling:

#### Aroostook Agency on Aging

1 Edgemont Drive, Suite 2  
Presque Isle, ME 04769  
207-764-3396  
information@aroostookaging.org  
www.aroostookaging.org  
8:00 a.m. – 4:30 p.m.

We work with the VA Medical and Benefits Center in Togus and the Caribou VA clinic to provide Aroostook County veterans wanting to stay home and who are at risk of nursing home placement with home care options. This includes access to the Veteran's Independence Program (VIP); assistance with bathing and dressing, homemaking, plus adult day respite service in Presque Isle. As an agency on aging we provide services to people age 60 and older, whether veterans or not, including Meals-on-Wheels; help with Medicare and supplemental insurance options including prescription drug help; information on and assistance with public benefits; family caregiver training, support, and counsel, those caring for someone with memory decline, and much more.

#### Bangor Veterans' Acupuncture Clinic

224 State Street  
Bangor, ME 04401  
bangorvetsacuclinic@gmail.com  
www.bangorvetsacuclinic.org  
www.facebook.com/Bangor-Veterans-Acupuncture-  
207-990-0188

Bangor Veterans Acupuncture Clinic (BVAC) is a free auricular (ear) acupuncture clinic offered weekly to veterans, active duty military and their family members to alleviate physical and emotional stress. In operation since 2012, BVAC is one of four free-standing veterans acupuncture clinics operated by volunteer acupuncturists in Maine. Acupuncture is a gentle and safe therapy which works well as a complement to other treatments. Visitors to BVAC have reported decreased symptoms associated with post-traumatic stress and a greater sense of general well-being.

#### Carlisle Academy

65 Drown Lane  
Lyman, ME 04002  
207-985-0374  
info@carlisleacademymaine.com  
www.carlisleacademymaine.com  
9 a.m. – 5:00 p.m. Mon-Sat

The Veterans Program provides services for veterans and their immediate family members, giving those who have served and their loved ones an opportunity to learn or rediscover equestrian sports and successfully master a new skill, while providing a foundation for positive experiences and improved well-being. First piloted in the summer of 2008 under the Professional Association of Therapeutic Horsemanship International (PATH) Equine Services for Heroes Program to assist veterans in their recovery and reintegration back into their communities, we've also expanded into recreational and competitive sport programs in partnership with United States Equestrian Federation and the U.S. Department of Veterans Affairs. The Academy is an International Para-Equestrian Center of Excellence Program, an accredited Paralympic Sport Club, as well as a PATH Premier Accredited Center.

#### Community Health and Counseling Services

42 Cedar Street  
Bangor, ME 04401  
1-800-924-0366  
www.chcs-me.org  
Contact@chcs-me.org

Community Health and Counseling Services is a private non-profit organization that provides community-based healthcare services through our offices in central, eastern, southern and northern Maine. Our mental health programs offer a range of supports to adults, children, and families, including crisis intervention, office based therapy and psychiatric services, community-based case management and in-home services. Our home health and hospice programs provide in-home skilled nursing, physical, occupational, and speech therapy, hospice care, telehealth and lifeline services, and other supports. Through partnership with the VA Maine Healthcare System, we work with veterans in need of many of these healthcare services who due to distance or other barriers may not be able to easily access care through the VA Healthcare system.

#### Dirigo Counseling Clinic, LLC

557 Hammond St.  
Bangor, ME 04401  
207-973-0505  
info@dirigome.org

Dirigo Counseling Clinic in Bangor enthusiastically welcomes veterans with appreciation for their service. We are experienced to engage techniques of assessment and therapy that are particularly appropriate for this population. We broadly rely on Cognitive Behavioral Therapy but each treatment plan is unique to every individual. Our providers specialize in mental health assessment and treatment, substance abuse assessment and treatment, and an Intensive Outpatient.

#### Health Affiliates Maine

306 Rodman Rd.  
Auburn, ME 04210  
877-888-4304



85 Stone St.  
Augusta, ME 04330  
877-888-4304

66 Main St.  
Ellsworth, ME 04605  
877-888-4304

62 Elm St.  
Portland, ME 04101  
877-888-4304

info@healthaffiliatesmaine.com  
www.healthaffiliatesmaine.com

Health Affiliates Maine (HAM) is a mental health and substance abuse treatment agency with a network of hundreds of licensed clinicians in private practice offices statewide. We serve veterans, service members, National Guard and Reserve members, and their families. HAM is part of the Veteran's Choice network, Tricare, and most all other insurances. HAM also provides tele-counseling services.

### Kennebec Behavioral Health

66 Stone St.  
Augusta, ME 04330  
207-873-2136  
ddix@kbhmaine.org  
www.kbhmaine.org

Our group meets monthly, on the third Thursday of every month from 1:00 – 2:00 PM

The Somerset County MMCN's mission is to network within the community and throughout the state to identify available resources. It will be our focus to actively find ways to connect these resources with service members, veterans, and their families. We bring awareness to our community regarding the challenges they are facing and we work to bridge the gaps between existing services and those that are still needed.

### Maine Army National Guard Psychological Health Program

109 Pesch Circle, Suite 423  
Bangor, ME 04401  
207-404-7633

194 Winthrop St.  
Augusta, ME 04333  
207-430-5976

The purpose of the Psychological Health Program (PHP) for the Maine Army National Guard is to provide preventative, remedial, and support services aimed at improving and sustaining the psychological health of the military members and their families. As part of the office of the State Surgeon, the PHP focuses on outreach, education and prevention, needs-based and psychosocial assessment, diagnosis, short-term problem resolution, crisis intervention and management, and provision of or referral to evidenced-based interventions.

### Maine Army National Guard - Sexual Assault Response

23 Blue Star Avenue  
Augusta, ME 04333  
207-430-5824  
ng.me.mearng.list.j1-sarc@mail.mil  
<https://www.me.ng.mil/Resources/Sexual-Assault-Prevention-and-Response/>  
[www.facebook.com/Maine.SAPR](http://www.facebook.com/Maine.SAPR)

The Maine National Guard Sexual Assault Response Program provides responsive, confidential advocacy and support to service members who have been victims of sexual assault. Joint Force Headquarters and Wing Sexual Assault Response Coordinators serve as points of contact to provide sexual assault awareness, prevention and response training to Soldiers, Airmen, leadership, and family members; coordinate for medical treatment, including emergency care, for eligible victims of sexual assault; and track the services provided to victims from the initial report through final disposition and resolution.

### NAMI Maine

52 Water Street  
Hallowell, ME 04347  
(800)464-5767  
info@namimaine.org

Through support, education, and advocacy, NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by mental illness.

Offering compassion and provides social/emotional support for all persons affected by mental illness. Promoting the importance of peer support for all persons affected by mental illness. Advocating for improved quality of services for all persons affected by mental illness. Educating, informing, and providing resources for and about mental illness.

Specific to caregivers, family members, and military service members and veterans, NAMI Homefront is free, six-session education program, NAMI Homefront is for family, friends, and partners of military service members and veterans with mental health conditions.

The course is designed to help family members understand and support their loved one while maintaining their own well-being.

To learn more, visit: <https://namimaine.org/programs/nami-homefront/>

### Riding to The Top

14 Lilac Dr.  
Windham, ME 04062  
207-892-2813  
info@ridingtothetop.org  
www.ridingtothetop.org

Riding To The Top's Therapeutic Horsemanship Program (THP) for Veterans is tailored to meet individual veterans' needs and interests. Sessions may include ground work, horsemanship skills and riding



or carriage driving activities designed to foster trust, hope and purpose. Individual and group opportunities are available.

### Sweetser

2 Pendleton Drive  
Saco, ME 04072  
207-294-4900

Sweetser's Veterans Services include support and counseling for active duty military members, veterans and their family members. We have clinicians on-staff who are veterans. All of our clinicians offer confidential evaluations and treatment, and many are fully certified in behavioral health care for veterans. Our services support recovery, rehabilitation and community reintegration. In addition to offering services and resources to support the transition between military and civilian life, we support those who may be experiencing social and personal well-being issues associated with military service. Sweetser also provides help for the families of veterans and military personnel as well. If you or someone you know is in need of support related to military service, contact Sweetser's PromiseLine at 1-800-434-3000.

### Tide Meadow Counseling

1132 US Route 1  
York, ME 03909  
207-450-6565

If you are seeking someone with the training and experience to listen carefully, to try to understand where you are in your life and to help you get to where you'd like to be, I'd be honored to be of assistance. My professional inclination is toward brief, solution-based therapy. A counselor does need to understand your past, but I tend not to focus too long on the past. I work on what is achievable in the future. It can be very difficult for you and challenging to those around you to change the way we think or behave. Therapy is hard work. I am trained to work with children, teens, adults, couples, and families in a wide range of issues. As a Navy brat myself, I have a unique perspective on veteran issues and hope to especially be helpful to families.

### Tri-County Mental Health Services

**Lewiston Office:**  
1155 Lisbon Street  
Post Office Box 2008  
Lewiston, ME 04240  
207-783-9141

**Farmington Office:**  
144 High St.  
Farmington, ME 04938  
207-778-3556

**Oxford Office:**  
143 Pottle Road  
Oxford, ME 04270  
207-743-7911

**Rumford Office:**  
49 Congress Street  
Rumford, ME 04276  
207-364-7981

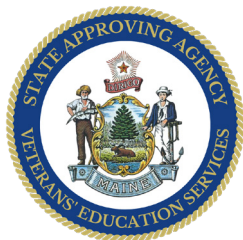
[www.tcmhs.org](http://www.tcmhs.org)  
[www.facebook.com/tcmhs](https://www.facebook.com/tcmhs)

Tri-County Mental Health Services provides trauma-informed, integrated services that promote whole health and wellness. We work to create healthy communities that are inclusive and respectful of all. We believe that all children, adults, and communities deserve to have access to the resources needed to achieve optimal health status in all realms of well-being. We provide behavioral health services, substance-use disorder treatment, outpatient counseling, services for children and families, and more. Our Veterans Outreach Specialist works with veterans and their families to help them access programs and services to which they are entitled. From housing to education to healthcare to discharge materials, our Veterans Outreach Specialists are available to work with you.





## Education Opportunities:



### Maine State Approving Agency for Veterans Education

194 Winthrop Street  
Mailing Address 117 State House Station  
Augusta, ME 04333-0117  
207-430-6033  
mesaa@maine.gov  
<https://www.maine.gov/veterans/benefits/education/msaa/index.html>

The Maine State Approving Agency for Veterans Education Programs ensures the quality and integrity of programs of education and training for the use of GI Bill® benefits. We do this through the approval of education and training programs for the use of GI Bill® benefits. The scope of responsibility runs the gamut from high schools, adult education centers, employers providing on-the-job training and apprenticeship training, license and certification testing, vocational training, as well as all certificate and degree levels of post-secondary education. We are also a resource for individuals needing assistance in accessing or applying for GI Bill® education benefits.

### Academy of Medical Professions

18 Pleasant Street, Suite 210  
Brunswick, ME 04011  
207-721-0714  
[www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com)  
[www.facebook.com/AcademyofMedicalProfessions](https://www.facebook.com/AcademyofMedicalProfessions)  
MWF 11 a.m. – 8 p.m. and T/TH 9:30 a.m. – 6:30 p.m.

We are a licensed and bonded Vocational Medical Training School. Our job is provide training programs in a short time (10-20 weeks) that are lucrative and rewarding. Our programs are all-inclusive, no extra out of pocket expenses. We are GI Bill®, MYCAA And DOL approved. Our programs include books, national certifications and resume assistance. We currently offer programs onsite or online and our instructors are all currently working in the field that they teach. We offer Medical Billing, Medical Coding, Pharmacy Technician, Medical Front Office (Medical Office Specialist), Dental Assisting, Phlebotomy, Medical Transcription and Group Fitness and Personal Training. For more information contact one of our partnering Adult Education Centers, SMCC or The Academy of Medical Professions.

### Bates College

2 Andrews Road  
Lewiston, ME 04240  
207-786-6255  
[www.bates.edu](http://www.bates.edu)

Since its founding in 1855 by Maine abolitionists, Bates College has welcomed men and women from diverse racial, ethnic, religious and economic backgrounds.

A private, highly selective, residential college devoted to undergraduate study in the liberal arts, Bates has always stood firmly for the ideals of academic rigor, intellectual curiosity, egalitarianism, social justice and freedom. Bates is recognized for its inclusive social character and progressive tradition, and is rightly celebrated as one of the first U.S. institutions of higher learning to admit women and people of color.

All activities, resources, and facilities have always been open to all members of the Bates community. Bates does not believe in — and has never allowed on campus and will never allow — organizations such as fraternities or sororities that exclude people.

Bates values the diversity of persons and perspectives, supporting this commitment through official college statements and policies.

### Beal College

99 Farm Road  
Bangor, ME 04401  
207-307-3900  
admissions@beal.edu  
<https://beal.edu/>  
[www.facebook.com/pg/bealcollege](https://www.facebook.com/pg/bealcollege)

At Beal College, we build careers, one student at a time. We have offered training for today's most in-demand careers, in the Central Maine region for over 125 years. Our convenient Mod System helps to fit college classes into your busy lifestyle, with personal attention, in a small campus setting. Beal college is dedicated to assist Veteran students and their families with their educational and VA related needs. Certifying Officials act as the link between students and the Department of Veterans Affairs. We understand that the transition from military to college life can be difficult and are committed to providing the best possible care in appreciation for your sacrifice and service.

### Birthwise Midwifery School

24 South High Street  
Bridgton, ME 04009  
207-647-5968  
<http://birthwisemidwifery.edu>  
8:30 a.m. – 5:00 p.m.





## Bowdoin College

Brunswick, ME 04011  
207-725-3797

Bowdoin College has been educating leaders on the coast of Maine since the dawn of the American republic. Founded in 1794, Bowdoin today is a highly selective college of approximately 1,800 students from across America and around the world who are admitted for their accomplishments and promise without regard for their financial circumstances. The college offers bachelor of arts degrees in more than forty majors, including interdisciplinary programs. Approximately 45 percent of Bowdoin students receive need-based financial aid. Loans are not required, and the average financial aid grant is in excess of \$40,000 a year. Bowdoin proudly supports veterans and their families by accepting GI Bill® benefits.

## Build Green Maine

29 Purple Heart Highway  
Brooks, ME 04921  
855-924-5347 or 207-323-1974  
info@buildgreenmaine.org  
www.buildgreenmaine.org

Since 2007, Build Green Maine has been training professional energy auditors to conduct residential building assessments. In 2010, we began offering Building Performance Institute (BPI) certification trainings and in 2012 were proud to begin offering trainings to Maine's veterans as part of their VA benefits. Regardless of their certification (BA, ES, MFBA, HHE, IDL, QCI or EA) our students go on to significantly reduce energy consumption, utility bills and greenhouse gas emissions for homeowners and commercial enterprises alike. Build Green Maine taps the ethic of service and connects it with tangibly improving the day to day life of Maine residents and businesses.

## Capilo Institute

43 Bridge Street  
Augusta, ME 04330  
207-621-9941  
www.capilo.com

Aveda Institute Maine a Capilo School is located in Central Maine and offers a 1500 hour cosmetology program, 800 hour limited barber program, 600 hour esthetician program and a 200 hour nail technician program. As part of a global network of Aveda schools, our highly trained staff assists veterans and their family members to become successful professionals dedicated to providing the highest quality of hair care and services to their future clientele

## Center for Furniture Craftmanship

25 Mill Street  
Rockport, ME 04856  
207-594-5611  
www.woodschoo.org

The mission of the Center for Furniture Craftmanship is to provide the best possible education for people who want to design and build functional, beautiful, and expressive work out of wood to the highest standard of craftsmanship. At the heart of the Center's mission is the belief that design and craftsmanship are deeply meaningful expressions of the human spirit. They contribute to individual fulfillment and inform the larger culture. Our programs are for novice, intermediate, and advanced woodworkers who seek an inspiring learning experience in a supportive environment.

## Central Maine Community College

1250 Turner St.  
Auburn, ME 04210  
207-755-5328  
finaid@cmcc.edu

Our Financial Aid Office is responsible for certifying with the VA any students who are receiving veteran education benefits, such as the GI Bill®, Vocational Rehabilitation, and Dependents Education Assistance. Students should contact the school certifying official in the Financial Aid Office with any questions about applying for benefits, submission of documents, or about the VA programs

## Colby College

4000 Mayflower Hill  
Waterville, ME 04901  
207-859-4807  
www.colby.edu

## College of the Atlantic

105 Eden Street  
Bar Harbor, ME 04660  
800-528-0025  
inquiry@coa.edu  
www.coa.edu/admissions  
www.facebook.com/collegeoftheatlantic  
8:00 a.m. – 4:00 p.m.

College of the Atlantic is a small liberal arts college of approximately 350 students, located on the coast of Frenchman Bay and next door to Acadia National Park. All COA students design their own program of study in human ecology, the relationship between humans and their natural, social, and built environments. The COA curriculum spans the arts, sciences, humanities, and social sciences, and focuses on complex, real-world environmental, social, and political issues.

## Dale Carnegie Maine

245 US Route One  
Scarborough, ME 04074  
207-775-3253  
maine@dalecarnegie.com



Founded in 1912, Dale Carnegie Training has evolved from one man's belief in the power of self-improvement to a performance-based training company with offices worldwide. We focus on giving people in business the opportunity to sharpen their skills and improve their performance in order to build positive, steady, and profitable results.

## Downeast School of Massage

99 Moose Meadow Lane  
Waldoboro, ME 04572  
207-832-5531  
downeastmassage@gmail.com  
www.downeastchoolofmassage.net  
www.facebook.com/DowneastSchoolofMassage  
9:00 a.m. – 5:00 p.m.

The Downeast School of Massage was established in 1981 for the purpose of training individuals in the professional health career field of Massage Therapy. The mission of DSM is to train individuals in the art and science of therapeutic massage for an entry-level professional career, for continuing education, and for personal growth. Open to a holistic philosophy, DSM provides a wide variety of traditional and alternative subjects, giving the students a firm foundation for growth and gaining skills necessary for practicing massage in a caring, competent manner. Our goal is to endeavor to provide the highest quality education to individuals enrolled in our program. DSM encourages each student to investigate personal growth physically, emotionally, spiritually, and intellectually in a friendly, supportive, country environment.

## Empire Beauty School

639 Broadway  
Bangor, ME 04401  
207-482-0419  
<https://www.empire.edu/cosmetology-schools/maine/bangor>

Empire Beauty School, centrally located to both downtown Bangor and surrounding towns, is a large campus with a full-service student salon. Offering hands on cosmetology education in a salon-centric setting, senior level students gain experience with real clientele. Empire Beauty School is a veteran approved school. Along with preparing students for licensure in the Cosmetology industry, Empire Beauty School also provides students with business building techniques. With a 25:1 faculty to student ratio Empire offers knowledgeable educators who are there to support you, emphasize a real-world salon atmosphere, and hands-on approach to learning.

## Helping Hands Trade School

410 China Road  
Winslow, ME 04901  
207-872-9075  
helpinghands@gwi.net  
www.helpinghandstradeschool.com

Helping Hands Trade School is a post-secondary educational institution that has been training students in medical careers since 1994. With specialized training for, Helping Hands Trade School puts the training emphasis on providing educational opportunities in career positions determined by both the State of Maine and the U.S. Department of Labor to be increasing in demand for the future. The classroom experience is held at our Winslow, ME location with hands on training available throughout the Central Maine area with our medical partners in Long Term Care facilities, Medical Labs, Doctor and Dental offices and associated Hospital settings.

## Husson University

1 College Circle  
Bangor, ME 04401  
207-941-7034  
www.Husson.edu/admissions/veterans  
www.facebook.com/HussonU  
twitter.com/husson  
<https://instagram.com/hussonU>  
8:00 a.m. – 4:30 p.m.

Husson University, in the heart of Maine, close to mountains, forests, streams and the shore. A safe, active campus with 21 NCAA DIII athletic teams. Husson is a university of choice for premier professional programs where students succeed, experiential learning is championed, and global engagement is emphasized. Husson has been designated a Military Friendly® School by Victory Media for eight consecutive years. Husson inspires and prepares students for careers in current and emerging fields on campus and online. With a 15:1 faculty to student ratio Husson offers knowledgeable faculty who have time for you, emphasize a real-world, hands-on approach to learning, and internship opportunities needed for professional success.

## Loring Job Corps

113 Commerce Center Rd.  
Limestone, ME 04750  
207-328-4044  
<https://loring.jobcorps.gov/contact-us>

The Loring Job Corps Center located in Limestone Maine offers training and educational opportunities in a residential setting. Job Corps places over 90% of its graduates in either advanced training, college, military or meaningful employment. Team Maine continues to lead the nation in providing training for Maine youth for the needs of Maine employers. For information on how you can join Job Corps and continue on your path to success .

## Maine AgrAbility

138 Pleasant Street, Suite #1  
Farmington, ME 04938  
207-944-1533  
<http://extension.umaine.edu/agrability>



Maine AgrAbility is a non-profit collaboration of the University of Maine Cooperative Extension, Industries of Northern New England, and Alpha One; Maine AgrAbility is part of a nationwide network of United States Department of Agriculture (USDA) programs begun through the 1990 Farm Bill. The goal of the National AgrAbility Project is to inform, educate, and assist farmers, fishermen and forest workers, and their families with disabilities, so they can continue to have successful careers in agriculture.

## Maine College of Art

522 Congress St.  
Portland, ME 04101  
207-775-3052  
[www.meca.edu](http://www.meca.edu)

To help with the transition, we provide services and support through out the academic career of our veteran students, as well as ensure that all veteran students receive Department of Veteran Affairs educational benefits. MECA Vets assist active and reserve military, veterans, spouses and dependents at Maine College of Art to navigate the academic environment through programs, support services, the certification of educational benefits and campus and community resources. Our commitment is to provide comprehensive and personalized services within the unique learning community that facilitates the students social and academic integration.

## Maine Conservation Corps

54 Independence Drive  
Augusta, ME 04333  
207-624-6085  
[corps.conservations@maine.gov](mailto:corps.conservations@maine.gov)  
[www.maine.gov/dacf/parks/get\\_involved/conservation\\_corps](http://www.maine.gov/dacf/parks/get_involved/conservation_corps)  
[www.facebook.com/maineconservationscorps](https://www.facebook.com/maineconservationscorps)  
7:30 a.m. – 4:00 p.m.

The Maine Conservation Corps (MCC) provides community service opportunities and career training. MCC members serve Maine's communities, participate in the AmeriCorps program, and gain hands-on experience. MCC is dedicated to accomplishing outdoor recreation and conservation projects for the public, promoting and managing volunteer opportunities, providing conservation education, building self-esteem and leadership, and strengthening the future employability of members, while raising the aspirations of members and volunteers. The MCC actively seeks the engagement of military service members and veterans. Participants enrolled in long-term MCC training programs are eligible for GI Bill benefits.

## Maine Criminal Justice Academy

15 Oak Grove Road  
Vassalboro, ME 04989  
207-877-8000  
[www.maine.gov/dps/mcja/index.shtml](http://www.maine.gov/dps/mcja/index.shtml)

The Maine Criminal Justice Academy is the primary law enforcement and corrections training facility in Maine. The Academy training provides basic and in-service training for all law enforcement and correction officer in the State of Maine which is required training to be licensed to work in those professions. Our training model combines a variety of subject matter experts in our programs that allow individuals enrolled at our facility to have the most current instruction and hands on training available. Several of our programs have been approved through the GI Bill® and the staff at the Academy work to assist our veterans in transitioning to the law enforcement and corrections professions.

## Maine Maritime Academy

1 Pleasant St.  
Castine, ME 04420  
207-326-4311  
[www.mma.edu](http://www.mma.edu)  
7:30 a.m. – 4:00 p.m.

Maine Maritime Academy welcomes all veterans--active and resetheir spouses, and dependents that are looking for a career in the maritime industry. Transitioning from military life to an academic career can be challenging. Faculty, staff and other veterans on campus encourage and support all students in their efforts to succeed, both academically and socially. Laura Nason-Moulton, the certifying official, and other staff are available to assist with using VA benefits at Maine Maritime Academy.

## Maine Media Workshops and College

70 Camden St.  
Rockport, ME 04856  
877-577-7700  
[info@mainemedia.edu](mailto:info@mainemedia.edu)  
[www.facebook.com/mmwandc](https://www.facebook.com/mmwandc)

Maine Media Workshops and College (MMWC) educates and inspires visual artists and storytellers. The school delivers degree and certificate programs, workshops, intensives, and cooperative labs geared to students pursuing creative work in fine arts and media-related professions. MMWC is a welcoming community that provides lifetime opportunities to explore the practice and concepts of media arts in photography, filmmaking, design and book arts as well as the converging applications of these dynamic media forms. MMWC embraces historical processes as well as leading-edge technologies in image making and narrative expression.

## Merrymeeting Adult Ed

35 Republic Ave.  
Topsham, ME 04086  
207-729-7323  
[adulthood@link75.org](mailto:adulthood@link75.org)  
<https://merrymeeting.maineadulted.org/>  
Office Hours: 9:00 a.m. – 9:00 p.m. Monday through Thursday.  
9:00 a.m. – 3:00 p.m. Friday. Closed Holidays



Merrymeeting Adult Education offers academic programming to assist people in completing their high school credential, and college preparatory courses to support individuals who would like to go to college and need to increase their Accuplacer test scores. A variety of schedules are offered to accommodate busy student work schedules and home lives. In addition to these opportunities, workplace certificate coursework is available in the booming medical field in classes such as Certified Nursing Assistant, Phlebotomy, and Medical Assistant and others. Other pathways students may pursue to meet their career goals are HVAC, Bus Driver Training, Computer Skills Certificates, and CDL (Commercial Driver's License).

### Mid-Coast School of Technology Adult Education

1 Main St.  
Rockland, ME 04841  
207-596-7752, ext. 3  
[www.midcoastadulthood.com](http://www.midcoastadulthood.com)

### New England School of Communications

One College Circle  
Bangor, ME 04401  
207.941.7000  
[www.husson.edu/nescom](http://www.husson.edu/nescom)  
[www.facebook.com/NESCom](https://www.facebook.com/NESCom)

The New England School of Communications (NESCom) is part of Husson University. (See Husson for more information on programs for Veterans.) NESCom offers undergraduate degrees in audio engineering, live sound technology, video production, entertainment production, radio broadcasting, marketing, sports journalism and journalism. The journalism program has developed a class involving military history, veterans and journalism.

### New England School of Metalwork

7 Albiston Way  
Auburn, ME 04210  
207-777-3375  
[www.newenglandschoolofmetalwork.com](http://www.newenglandschoolofmetalwork.com)  
Metalsmithing 8:00 a.m. – 5 p.m.  
Welding days, 7:30 a.m. – 3:30 p.m. and 6:00 p.m.-9:00 p.m. evening

The New England School of Metalwork was established in 2000 as a nonprofit educational facility to promote and strengthen Blacksmithing, Bladesmithing and hobby or industrial welding skills. Currently with three buildings each dedicated to its trade where every student is provided with their own work station and low student/instructor ratio of 8:1. We run all year, offering over 75 courses per year with nearly 80 percent of them being approved for VA benefit. Students choose and build their own curriculum. We provide courses for every skill level and in many topics. Students can train for the workforce or hobby interest. All students receive a certificate of completion or may opt to take certification tests. All are welcome.

### New Hampshire Institute for Therapeutic Arts

103 Norway Road  
Harrison, ME 04040  
207-583-2477  
[info@nhita.com](mailto:info@nhita.com)  
[www.nhita.com](http://www.nhita.com)

NHITA is a massage therapy school offering a comprehensive ten and twelve month professional-level, career-oriented massage therapy certification program of day or evening classes.

NHITA has been helping students achieve their career goals for over 30 years. We train individuals in a diversity of skills, giving you options to work in private practice, group practice or in a range of other settings such as spas, health clubs, hospitals, physical therapy and chiropractic offices.

New Hampshire Institute for Therapeutic Arts is the only school in the states of Maine and New Hampshire that is accredited by the Commission on Massage Therapy Accreditation (COMTA). COMTA is the only independent accrediting agency for the massage therapy profession recognized by the United States Department of Education. Being accredited by this agency means NHITA has achieved recognition for meeting detailed and challenging standards.

### Northeast Technical Institute

1435 Stillwater Ave.  
Bangor, ME 04401  
(800) 447-1151

20 East Ave.  
Lewiston, ME 04240  
207-805-8000

51 U.S. Route 1  
Scarborough, ME 04074  
800-447-1151

[inquiry@ntinow.edu](mailto:inquiry@ntinow.edu)  
[www.ntinow.edu](http://www.ntinow.edu)  
[www.facebook.com/NTInow](https://www.facebook.com/NTInow)

Headquartered in Scarborough, Maine, Northeast Technical Institute is the region's leading provider of short-term, career focused training, and has been working with Veterans since its inception. NTI is a privately held Maine career school that continues to grow and expand its course offerings, which now include Health Care, Information Technology, Truck Driving, HVAC/R and more. Over the past four decades, the owners of NTI have established partnerships with hundreds of organizations within the business community to provide them with well-trained, professional employees. The commitment to the success of our graduates is unrivalled, and our instructors employed have many years of experience in their fields and take pride in teaching their skills in a professional and friendly manner.





## Northern Penobscot Tech Region III

35 West Broadway  
Lincoln, ME 04457  
207-794-3004  
<https://region3.maine.gov>  
[www.facebook.com/RegionIII](https://www.facebook.com/RegionIII)

NPT Region III is a career and technical high school serving 28 towns and five sending high schools. NPT Region III is committed to being a leader in Career and Technical Education as well as promoting student values and achievement that meet the global challenges of the 21st century. Region III has a full range of counseling services including; career, personal, and college placement. Our state-of-the-art facilities along with quality instructors allow us to provide exceptional programs that offer the opportunity for students to obtain certifications and licenses that can lead to meaningful employment, post-secondary education or both.

Region III Adult Education offers many of the same quality learning opportunities to adults seeking to further their technical and career skills.

## Purdue University Global

866-583-4412  
[www.purdueglobal.edu](http://www.purdueglobal.edu)

### We support our military in the following ways:

- Reduced tuition rates and fee waivers for military students.
- Participation in the Yellow Ribbon Program.
- Military-friendly change of orders withdrawal policy.
- Acceptance of military credits earned through DANTES/CLEP exams.
- Advisors specially trained to assist with military and VA benefits.

## Southern Maine Community College

2 Fort Road  
South Portland, ME 04106  
207-741-5926  
[www.smccme.edu/admissions-aid/veterans](http://www.smccme.edu/admissions-aid/veterans)  
[www.facebook.com/smccme](https://www.facebook.com/smccme)

Southern Maine Community College is Maine's largest, oldest and most diverse community college. The college offers an affordable and accessible education with courses at its South Portland Campus, its Midcoast Campus in Brunswick, seven satellite locations and online. SMCC has nearly 6,000 students and more than 40 degree and certificate programs that emphasize hands-on learning with faculty who maintain active partnerships with employers and community leaders. SMCC offers many resources for veterans, including a dedicated advisor for veterans, college credit for military experience, and a student veterans club to provide support and a forum for those interested in veterans' issues.

## Spa Tech Institute

100 Larrabee Rd.  
Westbrook, ME 04092  
207-591-4141  
[www.spatech.edu](http://www.spatech.edu)  
[www.facebook.com/WestbrookSpaTech](https://www.facebook.com/WestbrookSpaTech)

The wellness and beauty industries are great careers for mission and service oriented people. As a practitioner, you help people succeed in all aspects of their lives. Whether it's by teaching them to manage stress, heal injury or illness, or by helping them feel more confident by looking their best, it's very satisfying to see the difference you make in people's lives on a daily basis. With full-time day and part-time evening programs for massage or natural skin care and day programs for cosmetology, you can be starting your new career in seven to 14 months. Whether you work for someone else or have your own business, having a career that is both creative and makes a meaningful contribution to your community is a gift for both you and your clients. Call us today to learn more about the growth of the industry, schedules and financial aid for qualified students.

## St. Joseph's College

278 Whites Bridge Road  
Standish, ME 04084  
800-752-4723  
[www.sjcme.edu](http://www.sjcme.edu)

The 474-acre campus, located on the shore of Sebago Lake in Standish, Maine offers more than 40 undergraduate programs and a Division III athletic program to a population of approximately 1,000 on-campus students. Saint Joseph's College provides certificates and undergraduate and advanced degrees for thousands more working adults who reside throughout the United States and in more than 20 other countries through an online learning program.

We are proud to honor those who serve and protect our nation. Saint Joseph's College has been a pioneer in distance education since the 1970s and proudly served as one of the first colleges selected by the Army and the Navy to provide online learning courses. You will find that the flexibility of our fully accredited programs and our generous prior college credit transfer policy makes it a great choice for both active duty military, spouses, and veterans. Our goal is to make your transition to college as seamless as possible, and we will accept generous credit for prior learning and military schooling and experience. Whatever education plan you choose, we can help you earn your degree or certificate at your convenience, and on your schedule. We offer a wide variety of interesting courses, all taught by experienced, well-qualified, and caring faculty.

## The Landing School

286 River Road  
Arundel, ME 04046  
County: York  
207-985-7976  
[www.facebook.com/LandingSchool](https://www.facebook.com/LandingSchool)  
[twitter.com/landingschool](https://twitter.com/landingschool)



The Landing School effectively prepares men and women for careers in the marine industry as practical designers, builders and systems technicians who work professionally on today's vessels, adapt to the industry's evolving technology and appreciate the traditions of the past while imagining and building the boats of the future.

### Thomas College

180 West River Road  
Waterville, ME 04901  
207-859-1423  
regasst@thomas.edu  
www.thomas.edu

Thomas College recognizes the motivation of this group to succeed academically and invites veterans of the U.S. Armed Forces to apply for admission within the guidelines stated for non-traditional students. Additionally, the College is a member of ConAP, the Concurrent Admissions Program with the Army Recruiting Command. This program admits eligible Army enlistees to Thomas College concurrent with their enlistment. Matriculation to the College will follow directly after the enlistee leaves active duty. Students wishing evaluation of their learning experiences during military service are encouraged to submit DD Form 295 or an AARTS Transcript to the Office of Admissions.

### University of Maine at Augusta

46 University Drive  
Augusta, ME 04330  
800-UMA-1234  
www.uma.edu

Since our founding in 1965 when a simple "Welcome Veterans" sign encouraged Vietnam-era veterans to enroll, UMA has continued a rich tradition of supporting military-experienced students. UMA is the third largest public university in Maine.

In addition to its main campus in the state's capital, UMA also serves students at its campus in Bangor (UMA Bangor) and through University College centers around the state. With its multiple locations and long-term expertise in online and distance learning, UMA is generally considered the university of choice for people of all ages who want to attend college without uprooting their lives.

### UMA Lewiston

51 Westminster Street  
Lewiston, ME 04240  
(207) 753-6600  
uma.edu/lewiston

### UMA Houlton Center

18 Military Street  
Houlton, ME 04730  
(207) 521-3100  
uma.edu/Houlton

### UMA Brunswick Center

Orion Hall  
12 Sewall Street  
Brunswick, ME 04011  
(207) 442-7736  
uma.edu/brunswick

### UMA Ellsworth Center

Mill Mall  
248 State St., Suite 1  
Ellsworth, ME 04605  
(207) 667-3897  
uma.edu/ellsworth

### UMA East Millinocket Center

1 Dirigo Drive, Suite 1  
East Millinocket, ME 04430  
(207) 746-5741  
uma.edu/east-millinocket

### UMA Rockland Center

Breakwater Building  
91 Camden Street, Suite 402  
Rockland, ME 04841  
(207) 596-6906  
uma.edu/rockland

### UMA Rumford Center

60 Lowell Street  
Rumford, ME 04276  
(207) 364-7882  
uma.edu/rumford

### UMA Saco Center

4 Scamman Street, Suite 18  
Saco, ME 04072  
(207) 282-4111  
uma.edu/saco

### United Technology Center

200 Hogan Road  
Bangor, ME 04401  
207-942-5296  
<http://utc.maine.cte.org/contact/>  
[www.utc.maineadulted.org](http://www.utc.maineadulted.org)

The UTC Adult Education Program, part of the Maine Adult Education system, offers evening courses for individuals hoping to advance their careers, secure a certification in various occupations or enrich their personal lives with continuing education. Courses currently approved by the Veteran's Administration and available to veteran's seeking to enroll are:



Activities Coordinator Training Program, Certified Nurse's Aid Program, Basic Structural Welding, and Advance Structural Welding. Contact the UTC Adult Education office for more information.

## University of Maine

5748 Memorial Union  
Orono, ME 04469  
207-581-1316  
um.veterans@maine.edu  
umaine.edu/veterans  
www.facebook.com/UniversityofMaine

The University of Maine is proud to serve those who have served our country. Along with offering student veterans free parking, no application fee, and in-state tuition rate, we are dedicated to fostering a sense of community and to develop a channel of communication among veteran and reservist students, and with faculty, staff and administration. The University of Maine's VETS Office serves student veterans as they apply to, attend and advance beyond UMaine. The Veterans Office connects student veterans with the resources they need to successfully transition from combat to classroom to career. This includes help navigating the admissions process, applying for financial aid and U.S. Department of Veterans Affairs education benefits, academic assistance and preparing to re-enter the workforce. The veterans office is located in Room 143 of the Memorial Union.

## University of Maine at Farmington

224 Main Street  
Farmington, ME 04938  
207-778-7243  
registrar@umf.maine.edu  
www2.umf.maine.edu/merrillcenter/veteran-services

The University of Maine at Farmington is dedicated to assisting military veterans and their families navigate the process of enrolling at UMF, with the ultimate goal of obtaining a degree.

### We assist veterans and their dependents with:

- Applying for educational benefits.
- Helping veterans access benefits, services and programs that are available to them.
- Acting as a liaison between the Veteran Regional Office in Buffalo with any questions or concerns.
- Certifying attendance to activate benefits – notifying the VA of any academic changes.
- Answering questions regarding benefits, university policies, graduation requirements and any academic or financial concerns.

## University of Maine at Presque Isle

181 Main St.  
Presque Isle, ME 04769  
207-768-9540  
www.umpi.edu/admissions/how-to-apply/#veteran  
www.facebook.com/umpiowls

UMPI welcomes the application of military personnel and veterans of the armed forces as well as their spouses and dependents. In considering applicants, it is the policy of the University to recognize the advantages of the training and maturing aspects of the military. UMPI is an authorized institution for use of the Veterans Education Assistance Program benefits.

## University of Maine School of Law

59 Exeter Street (Mailing Address: 246 Deering Avenue)  
Portland, ME 04102  
207-780-4370  
clac.info@maine.edu  
www.mainelaw.maine.edu/public-service.clac

Established in 1970 as a program of the University of Maine School of Law, the Cumberland Legal Aid Clinic is a small legal services provider. Clients are represented by student attorneys, law students specially licensed by the state and federal courts to provide legal services to low-income clients under faculty supervision. Our faculty supervisors are experienced members of the Maine bar.

The Clinic's mission is two-fold: educating law students through an intense, high-quality clinical and mentoring experience, while providing free legal services. The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the Maine Correctional Center or Southern Maine Re-Entry Center (who may have court cases arising anywhere in the state). The Clinic's caseload involves family, juvenile, consumer, immigration, criminal, administrative, probate, and miscellaneous civil law issues. Because our resources are very limited, the Clinic cannot accept every case that meets our eligibility requirements. If we are unable to accept someone's case, we can provide information about other potential resources for seeking legal help.

## University of New England

11 Hills Beach Road  
Decary Hall Rm 114  
Biddeford, ME 04005  
207-221-4246

716 Stevens Avenue  
Hersey Hall Rm. 119  
Portland, ME 04103  
207-221-4246

www.une.edu/registrar/veteran-benefits  
www.facebook.com/universityofnewengland

Maine's largest private university, an innovative educational community with two distinctive coastal Maine campuses, a vibrant new campus in Tangier, Morocco and a robust offering of degree and certificate programs online. UNE attracts internationally recognized scholars in the health sciences, life sciences, business, education, the social sciences and the humanities, allowing both our graduate and undergraduate students to engage in research and scholarship alongside dedicated faculty. The University of New England (UNE) is strongly committed to supporting men and women who have served our nation through military service. UNE serves veterans, service members and their families and is a proud participant in the Yellow Ribbon Program.

### University of Southern Maine

235 Luther Bonney Hall  
Portland, ME 04110  
207-780-5232

37 College Ave.  
Gorham, ME 04104  
207-780-4826

35 Westminster St.  
Lewiston, ME 04240  
207-780-5232

[usm.maine.edu/veterans](http://usm.maine.edu/veterans)  
[www.facebook.com/VeteransServicesUSM](https://www.facebook.com/VeteransServicesUSM)

The University of Southern Maine's Veterans Services Office (VSO) serves as a one-stop-shop for veterans, service members, and dependents by assisting veterans and family members with all questions on benefits, university policies/procedures, and by operating, when needed, as a referral agent to campus and community resources. We ensure incoming veterans feel welcome at USM and happy about their choice by providing a peer mentor who engages in ongoing outreach. USM's VSO team acts as an advisor and an advocate for the nearly 450 GI Bill® recipients on its three campuses. In addition to certifying education benefits, we also counsel students on financial literacy to help them maximize their benefits so they can earn a degree with as little debt possible.

### Veterans Upward Bound

102 Bedford Street  
Portland, ME 04101  
<https://usm.maine.edu/trioprograms/veterans-upward-bound>

The USM Veterans Upward Bound (VUB) program is a free pre-college program to help low-income veterans develop the academic and personal skills necessary for success in post-secondary education. Eligible veterans seeking to become first-generation college students will receive intensive year-round support, including academic tutoring, VUB advising, preparation for college entrance exams, information on federal student financial aid programs, as well as coaching on economic and financial literacy.

Participants will also receive guidance on general college readiness, study skills, career development, and personal and leadership growth.

### Washington County Community College

One College Drive  
Calais, ME 04619  
207-454-1000  
[www.wccc.me.edu](http://www.wccc.me.edu)  
7:30 a.m – 6:00 p.m.

Washington County Community College's programs are approved for the education and training of military personnel, veterans and their dependents by the state approving agency for veterans' education programs. Students who wish to apply for VA educational benefits should contact the Registrar's Office when applying for admission. Prior military learning experiences will be reviewed for credit, and the credit awarded depends upon course equivalents and the technology in which the student enrolls.

### York County Community College

112 College Drive  
Wells, ME 04090  
207-216-4410  
[finaid@yccc.edu](mailto:finaid@yccc.edu)  
[https://my.yccc.edu/ICS/Campus\\_Services/Financial\\_Aid/Veterans\\_Benefits.jnz](https://my.yccc.edu/ICS/Campus_Services/Financial_Aid/Veterans_Benefits.jnz)

In an effort to make the college transition as smooth as possible, our office will assist you with the Veteran's Benefits application process, and also provide you with the referral services to successfully maneuver the multiple college application processes.







## Employment Assistance:

### Boots2Roots

428 Fore Street, 3rd Fl.  
Portland, ME 04101  
207-747-9225  
boots2roots@boots2roots.org  
www.boots2roots.org  
www.facebook.com/Boots2RootsAmericanGI

Boots2Roots' mission is to bridge the gap between serving our country and strengthening Maine communities. Boots2Roots is a new Maine 501(c)(3) nonprofit providing personalized and proactive support for active duty military members and their families who are transitioning to Maine. We focus on employment, navigating transition services, and community reintegration, and networking connections based on trust form the foundation of our mission.

If you are active duty, planning to separate or retire in the next 12 months, and want live and work in Maine, then you are exactly why Boots2Roots exists. Boots2Roots' mission was born out of lessons learned from personal transition experiences, and we strive to help facilitate your smooth and successful transition to Maine. Learn more at [boots2roots.org](http://boots2roots.org).

### Coastal Enterprises Inc.

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

30 Federal Street  
Brunswick, ME 04011  
207-504-5900

165 Front Street  
Farmington, ME 04938  
207-778-6529

415 Lisbon Street, Suite 4 - LAEGC  
Lewiston, ME 04240  
207-241-5592

2 Portland Fish Pier, Suite 201  
Portland, ME 04101  
207-772-5365

info@ceimaine.org  
www.ceimaine.org  
www.facebook.com/CEIMaine  
twitter.com/ceimaine  
9:00 a.m. – 5:00 p.m.

### Goodwill Northern New England

190 Lancaster Street, Suite 200  
Portland, ME 04101  
207.699.0798  
veteransjobconnection@goodwillnne.org  
www.goodwillnne.org  
www.facebook.com/goodwillnne

The Veterans Job Connection Program at Goodwill is open to all veterans, regardless of military discharge status, as well as the spouses and children of fallen soldiers. Our dedicated teams serve the entire state of Maine and support you in many ways to achieve your career and personal goals. Those enrolled in our program receive assistance with career exploration, job searches, resume writing, and interview preparation. We also offer supportive counseling, budgeting assistance and other support to overcome employment barriers related to homelessness, food insecurity, transportation and related challenges. We can provide financial support for costs such as fees for licensing exams, training and education, as well as other items or services that will help facilitate your overall stability. Our goal is to support you as you strive for greater stability for yourself and your family, and we do this by taking a holistic and individualized approach. Goodwill's Career Advisors and Life Navigators work as a team to help you reach your goals.

### Hire a Vet Campaign

Maine Department of Labor  
54 State House Station  
Augusta, ME 04333  
207-624-5156  
MaineHireAVet.DOL@maine.gov  
www.mainecareercenter.gov/hireavet.shtml  
www.facebook.com/MaineHireAVet

Our goal is to engage a minimum of 100 employers to hire 100-plus veterans in 100 days. As the Maine economy continues to grow with business expansion, the rebounding real estate market and relatively low unemployment, we still have way too many qualified military veterans and family members' unemployed or underutilized.

As you know, veterans possess unique skills and abilities that are essential to effective organizations. Their inherent drive for job accomplishment, leadership and survival skills bring highly desired qualities that set the tone for an environment of a highly successful workplace.

Our veterans' employment staff throughout the state will work with you to find the appropriate fit for your vacancies. Alternatively, if you are a veteran seeking employment, we'll help you find that right job. We can also assist you in translating military skills, language, culture, assimilation, and retention.



## Maine Department of Labor CareerCenter

[www.mainecareercenter.gov](http://www.mainecareercenter.gov)  
[www.facebook.com/MaineHireAVet](https://www.facebook.com/MaineHireAVet)  
8:00 a.m. – 5:00 p.m.

Our mission at the Bureau of Employment Services is to build and sustain a skilled workforce. Through 12 CareerCenter located across the state, staff connect job seekers and businesses with the employment, training and other services that help employers recruit and retain a quality workforce and grow our economy, including an online job board - Maine Joblink <https://joblink.maine.gov/ada/r/> For employers we provide worker recruitment, hiring incentives and incumbent staff training. For jobseekers we provide specialized employment and training services including job search, resume development, interviewing skills and more! Veterans receive priority of service at all CareerCenter locations statewide. In addition, Veterans Representatives are available to serve veterans at all of Maine's CareerCenter locations.

Augusta Office  
45 Commerce Dr.  
Augusta, ME 04333  
207-624-5120  
[augusta.careercenter@maine.gov](mailto:augusta.careercenter@maine.gov)

Bangor Office  
45 Oak Street, Suite 3  
Bangor, ME 04401  
207-561-4050  
[bangor.careercenter@maine.gov](mailto:bangor.careercenter@maine.gov)

Brunswick Office (L.L. Bean Learning Center)  
29 Sewall Street  
Brunswick, ME 04011  
207-721-8200  
[brunswick.careercenter@maine.gov](mailto:brunswick.careercenter@maine.gov)

Calais Office  
One College Drive  
Calais, ME 04619-0415  
207-454-7551  
[calais.careercenter.maine.gov](mailto:calais.careercenter.maine.gov)

Lewiston Office  
5 Mollison Way  
Lewiston, ME 04240  
207-753-9001  
[lewiston.careercenter@maine.gov](mailto:lewiston.careercenter@maine.gov)

Machias Office  
53 Prescott Drive, Suite 1  
Machias, ME 04654  
207-255-1900  
[machias.careercenter@maine.gov](mailto:machias.careercenter@maine.gov)

Portland Office  
151 Jetport Blvd.  
Portland, ME 04102  
207-822-3300  
[portland.careercenter@maine.gov](mailto:portland.careercenter@maine.gov)

Presque Isle Office  
66 Spruce Street, Suite 1  
Presque Isle, ME 04769  
207-760-6300  
[presqueisle.careercenter@maine.gov](mailto:presqueisle.careercenter@maine.gov)

Rockland Office  
91 Camden Street, Suite 201  
Rockland, ME 04841-3424  
207-596-2600  
[rockland.careercenter.maine.gov](mailto:rockland.careercenter.maine.gov)

Springvale Office  
9 Bodwell Court  
Springvale, ME 04083  
207-324-5460  
[springvale.careercenter.maine.gov](mailto:springvale.careercenter.maine.gov)

Skowhegan / Hinkley Office  
KVCC Alford Campus  
23 Stanley Road  
Hinkley, ME 04944  
207-474-4950  
[skowhegan.careercenter@maine.gov](mailto:skowhegan.careercenter@maine.gov)

Wilton Office  
865 U.S. Route 2E  
Wilton, ME 04294-6649  
207-645-5800  
[wilton.careercenter.maine.gov](mailto:wilton.careercenter.maine.gov)

## Maine Small Business Development Centers

[mainesbdc@maine.edu](mailto:mainesbdc@maine.edu)

[www.mainesbdc.org](http://www.mainesbdc.org)  
[www.facebook.com/mainesbdc](https://www.facebook.com/mainesbdc)

Maine Small Business Development Centers (Maine SBDC) provide free, confidential business advising and training to Maine's entrepreneurs and small businesses. Certified business advisors located throughout Maine provide guidance to new and existing businesses on topics such as business feasibility, business plan development, capital acquisition, financial management, marketing and sales, and much more. Start or grow your business with the help of the Maine SBDC. Helping small businesses succeed since 1977.

125 Manley Road  
Auburn, ME 04210  
207-783-9186

5 Community Drive  
Augusta, ME 04333  
207-620-3521

1 Cumberland Place, Suite 306  
Bangor, ME 04401  
207-942-1744



30 Federal Street  
Brunswick, ME 04011  
207-504-5886

11 West Presque Isle Road  
Caribou, ME 04736  
207-493-5765

210 Main Street, Suite 7  
Ellsworth, ME 04605  
207-664-2990

55 Exeter St.  
PO Box 9300  
Portland, ME 04014  
207-780-4949

190 Main Street  
Saco, ME 04072  
207-282-1748

297 Bath Road  
Wiscasset, ME 04578  
207-780-4949

### National Guard Employment Support Program

194 Winthrop Street  
Augusta, ME 04330  
207-430-5562  
<https://www.esgr.mil/About-ESGR/Contact/Local-State-Pages/Maine>

The NGESP is a DOD/NGB program which provides employment support/opportunities/options to Maine National Guard Commanders, Uniformed Service Members, their families, and veterans throughout the state. Maine's ESP utilizes a close working relationship with the Maine Department of Labor, Maine Bureau of Veterans' Services, MENG organic Deployment Cycle Support Programs, Family Support Groups, Unit briefings, face-to-face employer contact, and availability/engagement with The Adjutant General and Senior Staffs to provide its support. Employment support services include: resume build/review, employer referral, employer info-briefings, Unit briefings, career opportunity and job announcements, and training referrals. The ESP Program Support Specialist is based at Camp Keyes and supports the entire state.

### Small Business Administration

[www.sba.gov/me](http://www.sba.gov/me)

Since its founding on July 30, 1953, the U.S. Small Business Administration has delivered millions of loans, loan guarantees, contracts, counseling sessions and other forms of assistance to small businesses.

If you are interested in starting your own business, the U.S. Small Business Administration (SBA) provides loan guarantees and technical assistance specifically for local veterans, service-disabled veterans, and Reserve Component members. The Maine District Office has designated Veteran's Business Development Officers who can assist veteran entrepreneurs with starting, managing and growing successful businesses. For more information, please contact the Maine SBA District Office at 207-622-8551 or go to <https://www.sba.gov/content/veteran-service-disabled-veteran-owned> or <https://www.sba.gov/sites/default/files/files/veteransbackbus.pdf>.

68 Sewall Street, Room 512  
Augusta, ME 04330  
207-622-8555

202 Harlow St.  
Bangor, ME 04401  
207-945-2021

312 Fore St., Room 104  
Portland, ME 04101  
207-780-1013

### U.S. Department of Labor - Veteran Employment and Training Services

5 Mollison Way  
Lewiston, ME 04240  
207-753-9089  
[www.dol.gov/vets](http://www.dol.gov/vets)

The U.S. Department of Labor, Veterans' Employment and Training Service (VETS) serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights. Preparation for meaningful careers is achieved through the Employment Workshop within the Transition Assistance Program. Employment resources and expertise is provided through our grant programs; Jobs for Veterans State Grant (JVSG) and Homeless Veterans Reintegration Program (HVRP). In Maine, JVSG is administered through the Maine Department of Labor, funding Disabled Veterans Outreach Program (DVOP) Specialists and Local Veteran Employment Representatives in CareerCenter statewide. HVRP grantees compete annually.

### VA Veteran Readiness and Employment

1 VA Center  
Augusta, ME 04330  
207-626-4826  
[www.benefits.va.gov/togus](http://www.benefits.va.gov/togus)  
[www.facebook.com/VRE-Togus-Official](https://www.facebook.com/VRE-Togus-Official)

The VR&E program assists veterans with service-connected disabilities prepare for, obtain, and maintain suitable employment, and/or live as independently as possible. A Vocational Rehabilitation Counselor (VRC) will work with the veteran to

determine if an employment handicap exists. An employment handicap exists if the service-connected disability impairs the ability to obtain and maintain employment.

You can apply for services online at [www.ebenefits.va.gov](http://www.ebenefits.va.gov) through the Veterans On-Line Application (VONAPP) or you can print an application using the following link to apply in person at the Togus Regional Office, via mail or fax: <http://www.vba.va.gov/pubs/forms/VBA-28-1900-ARE.pdf>. You can also pick up an application at the Togus Regional Office.

## Housing / Homeless Services

### Avesta Housing

307 Cumberland Ave.  
Portland, ME 04101  
207-245-3352  
[www.avestahousing.org](http://www.avestahousing.org)

Avesta Housing operates the Thomas Heights apartment complex in Portland for homeless veterans. Thomas Heights features 18 efficiency apartments targeted to veterans whose income is under 50% of the median area income. Located on a bus route at the base of Munjoy Hill, Thomas Heights's 18 households enjoy views of Back Cove, as well as easy access to services, shops, restaurants and Portland's Old Port. For more information, please visit <http://thomasheights.avestahousing.org>.

### Bread of Life Ministries

157 Water Street  
Augusta, ME 04330  
207-626-3434  
[breadoflife@mainebreadoflife.org](mailto:breadoflife@mainebreadoflife.org)  
[www.mainebreadoflife.org](http://www.mainebreadoflife.org)

Bread of Life Ministries' (BOLM) was founded 34 years ago. Carolyn Neighoff's mission was to reach the homeless, partnered with seven other families BOLM began to grow. BOLM started as a Soup Kitchen on Water Street, soon growing to have a Family Shelter, the Veteran Shelter, 83 apartment units, etc. Our mission is to feed the hungry, shelter the homeless, and provide services that help people change their lives and take personal responsibility.

The Veterans Shelter is a 12 bed facility where veterans can access 24/7 a homelike environment with free access to food, laundry, and support from staff and the onsite case manager. We offer veterans support to set and reach goals in their lives, and ultimately end their battle with homelessness.

### Community Housing of Maine

One City Center, 4th Floor  
Portland, ME 04101  
207-879-0347  
[www.CHOMhousing.org](http://www.CHOMhousing.org)  
[@CHOMhousing](https://www.facebook.com/CHOMhousing)  
9:00 a.m. – 5:00 p.m.

Community Housing of Maine (CHOM) is a 501(c)(3) non-profit organization that provides advocacy, supportive housing, community inclusion, and stability for homeless and special needs populations. CHOM develops, owns, and maintains high quality, affordable, service-enriched housing for people with low incomes and disabilities. Founded in 1993, CHOM has become the largest supportive housing developer in Maine. CHOM has provided stable homes to thousands of disadvantaged people. We at CHOM believe that housing, together with support services, provides







stability, fosters dignity and respect, and transforms lives. CHOM focuses on supportive housing and advocacy as it works to create community inclusion and stability for homeless and special needs populations across the state. Recovery, in all forms, happens in the community - that's why CHOM focuses creating safe, stable, and vibrant inclusive communities where people can thrive.

## Department of Housing and Urban Development

M.C. Smith Federal Bldg., Rm. D2000  
202 Harlow Street  
Bangor, ME 04401  
207-945-0467  
me\_webmanager@hud.gov  
www.hud.gov  
8:00 a.m. – 4:30 p.m.

Active Duty Military/Veterans and their families have been at the heart of many of the programs of the U.S. Department of Housing and Urban Development (HUD) for many years. HUD provides a number of resources to benefit veterans. These include FHA mortgage insurance for homeownership, rental subsidies for affordable housing, and housing assistance for the homeless veteran. HUD funds can also be used to make needed repairs to veteran's houses to allow them to stay home as long as possible.

## Furniture Friends

P.O. Box 631  
Westbrook, ME 04098  
207-210-5797  
www.furniturefriends.org

Furniture Friends is a 501(c)(3) nonprofit organization that provides donated furniture to people in need throughout Greater Portland. With ongoing support from the community, we are able to fulfill our mission of, "Creating Homes. Rebuilding Lives." In 2016, Furniture Friends served over 400 households in need by providing the furniture that helped them create new homes for themselves. In so doing, we also supported them in beginning the process of rebuilding their lives. Furniture Friends partners with over 100 local social service providers, hospitals, faith-based organizations, municipalities, and schools to identify people in need who lack the financial resources to purchase furniture on their own. Among the clients we serve are people who have struggled with homelessness and/or substance abuse as well as those living with physical and mental disabilities. We also serve veterans, survivors of domestic violence, and many immigrants beginning their new lives.

## Garry Owen House

P.O. Box 34  
Liberty, ME 04949  
207-323-1070  
gomcdarkhorse@gmail.com

Garry Owen MC founding members had a bigger dream, that was to create a place for homeless veterans to stay for extended periods of time til they are back on their feet and able to provide for themselves. That is where the idea of the Garry Owen House got started. Garry Owen MC and Garry Owen House are two sides of the same coin. The Garry Owen House has its own board of directors separate from the Garry Owen MC but they work together closely so the Garry Owen House can come to fruition as soon as possible.

The Garry Owen House houses homeless veterans and has a commercial kitchen and a large communal dining and social area. Veterans will be spending their time focused on improving the skills they need to get back on their feet such as find a steady job and sheltering themselves.

## Maine Homeless Veterans' Action Committee

Contact the Maine Bureau of Veterans' Services:  
mainebvs@maine.gov

The Maine Homeless Veteran Action Committee (MHVAC) is a multi-agency group dedicated to cross-collaboration to address homeless veterans' needs in Maine. Members of the MHVAC include the VA Homeless Team, Preble Street, Veterans, Inc., Volunteers of America, MaineHousing, and the Maine Bureau of Veterans' Services. Particular emphasis is placed on identifying – by name – all homeless veterans in Maine, developing a care plan for those individuals, and placing them into stable housing.

The MHVAC meets on the first Tuesday of every month, with one meeting per month open to the public. Since the group began in early 2016, the MHVAC has successfully named approximately 100 homeless veterans and reduced the number of days to be housed from 250 to 105.

## Maine Homeless Veterans' Alliance

P.O. Box 1895  
Portland, ME 04104  
207-632-9842  
Mhva2017@gmail.com  
www.facebook.com/maine

Maine Homeless Veterans' Alliance seeks to provide assistance and resources to homeless and otherwise needy veterans of United States Armed Forces, with a focus on Southern Maine, and to educate the public about the needs and contributions of homeless and otherwise needy veterans and their families.

MHVA's principal activities consist of i) soliciting donations of food, clothes and furnishings; ii) arranging storage of furnishings and non-perishable donations; iii) driving around parts of Portland Maine and surrounding communities where MHVA believes homeless and financially and/or emotionally struggling veterans might be hiding or seeking shelter in order to locate veterans or others in need, including those who may not have the capacity to find help; iv) providing donated food and clothing to homeless veterans and other homeless people; v) providing referrals to agencies or other nonprofits (including the Veterans Administration and the veterans' coordinator at local shelters)



for those homeless veterans who are able to seek help: vi) if a homeless veteran is able to secure housing, arranging delivery of donated furniture and supplies to help the veteran get established.

## MaineHousing

353 Water Street  
Augusta, ME 04330  
207-626-4600  
[www.mainehousing.org](http://www.mainehousing.org)

MaineHousing is a quasi-independent state agency created in 1969 to address the need for safe, affordable housing. The mission of MaineHousing is to assist Maine people in obtaining and maintaining quality affordable housing and services suitable to their housing needs.

We have a variety of initiatives within individual departments of MaineHousing that provide housing and related services to veterans and their families:

- **Veteran Family Homebuyers:** the housing authority offers veterans and active duty military home loan rates starting at 3.25% (4.217% APR, 0 points) and \$3,500 for down payment and closing costs. <http://mainehousing.org/programs-services/homebuyer/saluteme>
- **Homeless Veterans Networking Group:** <http://www.mainehousing.org/news/mainehousing-calendar/2017/05/19/default-calendar/homeless-veterans-networking-group>
- **Rental Assistance for veterans:** Applicants for Section 8 Housing Choice Vouchers are given a preference on the waiting list for rental assistance. Veterans Affairs Supported Housing (VASH) are for veterans needing housing and services and referred by the VA for rental assistance vouchers [www.mainehousing.org/programs-services/rental](http://www.mainehousing.org/programs-services/rental)
- **Housing Development:** MaineHousing offers federal Low Income Housing Tax Credits (LIHTC) on a competitive basis for multifamily housing developments which may serve homeless veterans, seniors, and families. MaineHousing also offers National Housing Trust Fund funding with a preference for housing developments that serve homeless populations. [www.mainehousing.org/programs-services/housing-development](http://www.mainehousing.org/programs-services/housing-development).
- **General Resources For Anyone Experiencing Homelessness:** MaineHousing additionally provides grants to emergency shelters and agencies serving people who are homeless or at risk of becoming homeless. This funding is allocated to the 38 sub-recipients in the Emergency Shelter and Housing Assistance Program (ESHAP). Additional Information about ESHAP funds is available here: <http://mainehousing.org/programs-services/homeless/homelessdetail/emergency-shelter-and-housing-assistance-program>.

For a listing of Emergency Shelters in Maine please see: <http://mainehousing.org/programs-services/homeless/emergency-shelters>.

## Mid-Maine Homeless Shelter

19 Colby Street  
Waterville, ME 04901  
207-872-8082  
[www.shelterme.org](http://www.shelterme.org)

The Mid-Maine Homeless Shelter is an emergency shelter for single adults and families. The MMHS offers case management, referrals, laundry facilities and daily meals; programs for shelter residents include employment workshops, parenting education, budgeting class, AA support groups and other supportive groups. While in the shelter, homeless veterans are linked to appropriate services and supported in applying for eligible benefits.

## Preble Street Veterans' Housing Services

115 Main St #3  
Bangor, ME 04401  
877-377-5709

37 Park St.  
Lewiston, ME 04240  
877-377-5709

Machias, ME 04654  
877-377-5709

38 Preble Street  
Portland, ME 04101  
877-377-5709

[vhs@preblestreet.org](mailto:vhs@preblestreet.org)  
[www.preblestreet.org](http://www.preblestreet.org)  
[www.facebook.com/PrebleStreet](https://www.facebook.com/PrebleStreet)  
8:00 a.m. – 4:30 p.m.

Preble Street Veterans' Housing Services (VHS) offers case management, housing search assistance, budget counseling, and financial assistance to eligible veterans and veterans' families throughout Maine with offices in Portland, Lewiston, Bangor and Machias. VHS is funded by the VA and is a collaborative effort between Preble Street and Pine Tree Legal Assistance.

## Sisters in Arms

PO Box 5661  
Augusta, ME 04330  
207-358-8491  
[director@barhh.org](mailto:director@barhh.org)  
[www.barhh.org](http://www.barhh.org)

Established in 2014, the Sisters in Arms is the only transitional home in Maine for homeless or in need female veterans and their children. Our mission: To establish a support system specific to the individual female veteran that creates an atmosphere of community by providing housing for the veteran and her children, access to services, discovering individual opportunities for training, education and employment to achieve independence.



We offer a warm home, help with employment, benefits, and child care. Statewide, we have partnerships with numerous agencies to better serve our female veterans by bolstering employment opportunities, getting help with PTSD, MST and other military induced stresses, improving access to education and training, reducing homelessness, aiding with legal issues, and getting our female veterans financially stable.

## VA Homeless Services

1 VA Medical Center #116A  
Augusta, ME 04330  
877-424-3838

The VA Maine Healthcare System is committed to ending homelessness by supporting veterans in obtaining housing and appropriate resources, including accessing healthcare (medical and mental health) employment support and benefits.

**The VA Maine Healthcare for Homeless Veterans Program has the following programs for Veterans experiencing homelessness and their families:**

- Grant and Per Diem Transitional Housing - Veterans Career House in Biddeford, Huot House in Saco, and Veterans, Inc. in Lewiston.
- HUD-VASH Supported Housing - multiple service areas throughout the state.
- Emergency Contract Shelter- Augusta.

## Veterans, Inc.

393 Main St.  
Lewiston, ME 04240  
800-482-2565  
veteransinc.org or  
[www.facebook.com/veteransinc?ref=ts](https://www.facebook.com/veteransinc?ref=ts)

Our residential facility in Lewiston is home to case management, employment & training, and supportive services staff who are ready to assist Maine veterans and their families. In addition, Veterans Inc. provides mobile outreach and services at offices in Lewiston and Portland and at partner locations across the state.

## Volunteers of America Northern New England - Arthur B. Huot House

335 Lincoln Street  
Saco, ME 04072  
207-571-3359  
[www.voanne.org/veterans](http://www.voanne.org/veterans)

The Arthur B. Huot House is a designated Grant Per Diem program for transitional housing and supportive respite care. We accept direct transfers of veterans who are homeless and identified and evaluated in hospital and emergency departments and in

patient care settings. Respite care is a medical model to address the housing and recuperative care needs of homeless veterans who have been hospitalized. Veterans who qualify for our Huot House program must have high activity daily living skills score, as well as a post-discharge care management plan that addresses ongoing physical, mental health, substance use disorder, and social work needs from the hospital or facility they are leaving. These prerequisites to program placement are needed with the referral paperwork before an interview is established.

## Volunteers of America Northern New England - Cabin in the Woods

Maine VA Medical Center  
1 VA Center  
Augusta, ME 04330  
207-623-8411, x2892  
[www.voanne.org/citw](http://www.voanne.org/citw)

Cabin in the Woods is a supportive rural community of 21 cabins providing permanent homes for veterans and their families on the grounds of TOGUS VA Medical Center. It's the first project of its kind in Maine, and the only program in Maine that will house homeless male and female veterans, as well as their families. Each home is an energy-efficient, ADA accessible residential cabin (16 one-bedrooms and five two-bedrooms), dedicated to maintaining a rustic, wooded aesthetic for each veteran. Cabin in the Woods will work with local and regional agencies to meet the needs of veterans and their families. Sixteen of the cabins are VASH (Veteran Administration Subsidized Housing) funded and five are private pay.

## Volunteers of America Northern New England - Veterans' Career House

482 West Street  
Biddeford, ME 04005  
207-286-9641  
[www.voanne.org/veterans](http://www.voanne.org/veterans)

The Veterans' Career House offers a Clinical Treatment Model for Veterans who are homeless and have a specific diagnosis of mental illness and/or substance use disorder. Clinically focused treatment is offered in conjunction with services effective in helping homeless Veterans secure permanent housing and increase income through employment and/or entitlements. This seven-room, eight-bed program is in a rural setting and offers private or semi-private rooms with shared living, dining, kitchen, recreation, and bathroom areas. Heat, laundry, electricity, internet and hot water are included.



## Legal & Financial Services:

### Coastal Enterprises Inc. - Wiscasset Main SBDC Branch Office

info@ceimaine.org  
www.ceimaine.org  
www.facebook.com/CEIMaine  
twitter.com/ceimaine  
9:00 a.m. – 5:00 p.m.

5 Community Drive  
Augusta, ME 04333  
207-620-3521

1 University Drive  
Bangor, ME 04401  
207-942-1744

40 Main Street  
Biddeford, ME 04005  
207-805-3835

210 Maine Street, Suite 7  
Ellsworth, ME 04605  
207-664-2990

17 Main Street  
Fairfield, ME 04937  
207-453-4258, ext 215

7 Ames Way  
Machias, ME 04645  
207-255-0938

297 Bath Road  
Wiscasset, ME 04578  
207-504-5899

Coastal Enterprises, Inc. (CEI) helps to grow good jobs, environmentally-sustainable enterprises, and shared prosperity in Maine and in rural regions across the country by integrating financing, business and industry expertise, and policy solutions. CEI envisions a world in which communities are economically and environmentally healthy, enabling all people, especially those with low incomes, to reach their full potential.

### Consumer Credit Protection Bureau

35 State House Station  
Augusta, ME 04333  
207-624-8527  
<https://www.maine.gov/pfr/consumercredit/index.shtml>

The Maine Bureau of Consumer Credit Protection is a non-bank regulator of credit in Maine State Government. The Bureau's regulated entities include: mortgage companies, credit reporting agencies, debt collectors, finance companies, general creditors, payday

lenders, buy-here-pay here auto dealers, rent-to own companies, and money transmitters. The agency accepts and investigates consumer complaints, and has a helpful hotline for consumer credit related questions. The Bureau offers free guides to Mainers on the following topics: Mortgages, auto buying and financing, student loans, credit cards, elder financial protection, debt collection rights, high rate/high fee loans, credit reports and credit scores, personal money management, and recognizing and fighting financial scams.

### Finance Authority of Maine

5 Community Drive  
Augusta, ME 04332  
207-620-3510  
cemmons@famemaine.com  
www.FAMEmaine.com

FAME is a quasi-independent state agency that provides innovative financial solutions to help Maine people and businesses pursue educational and business opportunities. FAME helps to lead the creation of good paying jobs for Maine citizens by working at the nexus between economic and workforce development. We offer a variety of financing options for businesses as well as individuals planning to attend some form of higher education. On the business financing side, our two most popular programs are commercial loan insurance and direct loans, and through FAME's Commercial Loan Insurance (CLI) program, we can offer up to 100% loan insurance to a lending institution to assist in a loan made to a veteran.

### Kennebec County Sheriff's Incarcerated Veterans' Initiative

115 State St.  
Augusta, ME 04330  
207-623-2270  
www.kennebecso.com  
www.facebook.com/Kennebec-County-Sheriff's-Office  
8:00 a.m. – 4:00 p.m.

The Sheriff's Office's law enforcement component responds to calls for service and our correctional facility houses and cares for the needs of up to 150 inmates and maintains a pod specifically for justice-affected veterans.

The Correctional Facility assists the veteran population by identifying those with service backgrounds and related behavioral and/or medical conditions and work to assist them in addressing those issues with specific programming and housing plans. The Kennebec County Sheriff's Office is also a partner in the Maine Military and Community Network and works as part of the Community Veteran Engagement Board to promote and support opportunities to benefit veterans in the community.





## Legal Services for the Elderly

1-800-750-5353 (Legal Helpline)  
1-877-774-7772 (Medicare Part D Unit)  
www.mainelse.org  
9 a.m. - 12 p.m.; 1 p.m. - 4 p.m.

450 Essex Street  
Bangor, ME 04401

8 Falcon Road  
Lewiston, ME 04240

1 Edgemont Drive  
Presque Isle, ME 04769

136 US Route 1  
Scarborough, ME 04074

Maine residents age 60 and older can call Legal Services for the Elderly (LSE) to get free and confidential help with legal problems. The Helpline Attorneys provide information and advice on a wide variety of non-criminal legal problems including elder abuse and protection orders, housing issues including eviction and foreclosure, consumer debt, public assistance benefits, guardianship, Medicare/MaineCare, Powers of Attorney, Health Care Advance Directives, and health care coverage disputes. LSE also has attorneys located in offices across the state that provide legal representation in some situations. If LSE can't help, callers are offered referrals to private attorneys, potentially at reduced fees.

Anyone who is Medicare eligible can call the LSE Medicare Part D Unit if they are having trouble getting or affording prescription drugs.

## Long-Term Care Ombudsman

61 Winthrop Street  
Augusta, ME 04333  
207-621-1079  
mltcop@maineombudsman.org  
www.maineombudsman.org  
8:00 a.m. – 4:30 p.m. Monday-Friday

The Ombudsman Program is an advocacy program for long-term care consumers. We serve residents in nursing homes, assisted living and residential care homes, as well as consumers receiving home care services and patients in hospitals experiencing barriers to discharge. The Ombudsman Program was formed as part of the Older Americans Act to address concerns about the care people receive while in nursing homes. An Ombudsman is a specially trained advocate who is given authority under federal and state law to investigate and resolve complaints made by, or on behalf, of long-term care consumers. The purpose of the Ombudsman Program is to establish and maintain a presence in long-term care homes, investigate and resolve complaints and concerns in long-term care homes and for home care consumers, provide education regarding residents' rights and monitor development of federal and state law, regulations and policies related to long-term care.

## Maine Community Law Center

75 Pearl Street, Suite 470  
Portland, ME 04101  
207-482-3832  
www.mainecommunitylaw.org

The Maine Community Law Center (MCLC) is a non-profit, general practice law firm and Maine's first Legal Incubator. MCLC is dedicated to improving our legal and justice system for the people of Maine by providing affordable legal services to Mainers of modest means, increasing access to justice for all Maine citizens. In furtherance of that goal, MCLC offers flexibility in representation options and legal fees, operating on a sliding fee scale based on household income or a flat rate agreement.

## Maine Pretrial Services - Cumberland County

76 Elm Street  
Portland, ME 04101  
207-774-1501  
Fax: 207-874-0218

## Maine Pretrial Services, Inc. - Kennebec County

9 Green Street  
Augusta, ME 04330  
207-831-6849  
info@mainepretrial.org  
www.maine-pretrial.org  
Hours of Operation: 8:00 a.m. – 4:30 p.m.

Maine Pretrial Services, Inc. is a private non-profit located in thirteen Maine counties. Maine Pretrial Services is dedicated to providing pretrial services, diversion options, and sentencing alternatives to justice involved individuals in need of release from incarceration and assistance. Maine Pretrial Services, originally known as the Cumberland County Bail Project, first started work in Portland in 1974. Since then, it incorporated in 1983, and has grown to offer services throughout most of the state. Maine Pretrial Services' staff can assist with risk assessment, release planning, release, community support, and supervision. It was the first pretrial agency in the United States to be accredited by the National Association of Pretrial Services Agencies (NAPSA) and enjoys accreditation currently. Maine Pretrial Services provides the case management for the Maine Veteran Court, and staff work closely with veteran service providers, mentors, and advocates whenever possible to assure better outcomes for justice involved veterans.

## Maine State Bar - Lawyer Referral and Information Service

P.O. Box 788  
Augusta, ME 04332-0788  
207-622-7523  
www.mainebar.org



Our business is helping you find the right lawyer for your specific situation, whatever that may be. The Lawyer Referral Service has been a program of the Maine State Bar Association since 1972, and is recognized by the American Bar Association for its standards. If you think you have a legal problem, and are not currently represented by an attorney, this is a convenient way to get matched to the right lawyer. The referral fee is only \$25, and includes up to ½ hour of initial legal consult at no charge.

## Pine Tree Legal Assistance

veterans@ptla.org

### Augusta

207-622-4731

### Bangor

207-400-3229

### Portland

207-400-3229

### Machias

207-255-8656

**PTLA's Veterans Legal Services team is able to help veterans who have been referred from Preble Street Veterans Housing Services or the VA Maine Healthcare System for assistance with:**

- Housing issues: eviction, foreclosure, bed bugs, or medical conditions that make it difficult to live in your current home;
- Income issues: debt collection calls or threats of lawsuits, notices of IRS action, debt owed to the VA (e.g. overpayments), student loan debt; and
- Discharge status upgrades and character of service determinations.

Please visit your VA or Preble Street provider for a referral for services!

## Seth Levy Law

Seth Levy, ESQ.

P.O Box 31

Brunswick, ME 04011

207-319-4431

Sethlevylaw@gmail.com

www.sethlevylaw.com

Seth Levy served as the defense counsel for the Veterans' Treatment Court in Augusta. He represents veterans in matters involving criminal defense, and also does wills and estate planning documents. In the course of his work with veterans, he has developed an understanding of the unique issues facing veterans in the criminal justice system.

## University of Maine School of Law - Legal Aid Project

59 Exeter Street

Portland, ME 04102

207-780-4370

clac.info@maine.edu

<http://mainelaw.maine.edu/public-service/clac>

The Cumberland Legal Aid Clinic is a small legal services provider. Clients are represented by student attorneys, law students specially licensed by the state and federal courts to provide legal services to low-income clients under faculty supervision. Our faculty supervisors are experienced members of the Maine bar.

The Clinic's mission is two-fold: educating law students through an intense, high-quality clinical and mentoring experience, while providing free legal services to those in need. The Clinic represents low-income individuals with cases pending before courts and agencies in Southern Maine (Cumberland, York, Sagadahoc, and Androscoggin counties), as well as prisoners at the Maine Correctional Center or Southern Maine Re-Entry Center (who may have court cases arising anywhere in the state). The Clinic's caseload involves family, juvenile, consumer, immigration, criminal, administrative, probate, and miscellaneous civil law issues.

## VA - Veterans' Justice Outreach

Southern Maine: 207-713-2943

Northern Maine: 207-530-7622

Central Maine: 207-250-1742

The Veterans' Justice Outreach (VJO) Initiative was created by the Veterans Administration (VA) to link eligible veterans involved with the local justice systems to their local veterans medical center for health care services which target the symptoms implicated in their criminal justice case.

Please contact the VJO Coordinator if you or a family member are a veteran in jail, or have gotten out of jail and want to be connected to VA Maine Healthcare system.

Or, if you or a family member/friend are a veteran already receive VA Maine Healthcare, but need help with access to specialty care (homeless services, residential treatment,) to fulfill your agreement with the criminal justice system.

## Veterans' Treatment Court

Maine Judicial Branch Veterans' Treatment Court (VTC) is currently offered in Kennebec and Cumberland Counties.

Cumberland County Superior Court

Maine Pretrial Services

Telephone: (207) 351-0074

Capital Judicial Center in Augusta

Maine Pretrial Services

Telephone: (207) 399-6281



The VTC in Kennebec County may accept cases from all District and Superior Courts statewide. The VTC in Cumberland County accepts cases from Cumberland County only.

Website: [www.courts.maine.gov/treatment/veterans](http://www.courts.maine.gov/treatment/veterans)  
Email: [specialtydockets@courts.maine.gov](mailto:specialtydockets@courts.maine.gov)

**VTC Application Form CR-234:** <https://tinyurl.com/yzcdt36v>



## Medical & Health Services:

### Vet Center

#### **Bangor Vet Center**

615 Odlin Rd.  
Bangor, ME 04401  
207-947-3391

#### **Lewiston Vet Center**

35 Westminister Street  
Lewiston, ME 04240  
207-783-0068

#### **Northern Maine Vet Center**

456 York Street  
Caribou, ME 04736  
207-496-3900

#### **Portland Vet Center**

475 Stevens Ave.  
Portland, ME 04103  
207-780-3584

#### **Sanford Vet Center**

628 Main Street  
Springvale, ME 04083  
207-490-1513

8:30 a.m. – 5:00 p.m.

The Vet Center Program, established by Congress in 1979, provides a personal, informal atmosphere in which to assist eligible veterans and their families. Eligibilities include veterans whom have served in combat areas and any veterans whom have experienced sexual trauma. In addition to individual counseling, we provide therapy and activity groups. Family members and significant others are also eligible for readjustment counseling when related to the resolution of the veteran's readjustment issues. The Vet Center program also focuses on educating the public on the effects of military trauma and veterans issues.

#### **Services Offered Include:**

- Individual and group counseling.
- Couples/marital/family counseling.
- Sexual trauma/harassment counseling.
- Bereavement counseling.
- Substance abuse counseling.
- VA information and assistance.
- Outreach and education about veteran issues and services.



## Brunswick Veterans' Acupuncture Clinic Practitioners

62 Pegasus Street, Suite 101  
Brunswick, ME 04011  
207-443-6111  
integrativemedicalarts@gmail.com  
www.maineima.com/brunswick-veterans-acupuncture-clinic-free.html  
www.facebook.com/MaineIMA  
Wednesdays 6 p.m. – 7:15 p.m. (Doors open 5:45 p.m., please be seated by 6:00p.m.)

Welcoming all veterans, active duty personnel, and their families for Free Weekly Acupuncture. We model our clinic from Acupuncturists Without Border's Military Stress Recovery Project.

Acupuncture is a safe, gentle modality with a long history as whole health care. Acupuncture often enhances the effectiveness of other treatments.

Our clinic is using an ear protocol (five tiny sterile needles placed in each ear), which has proven to be effective in alleviating symptoms resulting from stress and trauma. Treatments have cumulative effects, and participants regularly report:

- Increased mental clarity, concentration, memory
- Improved ability to cope
- Improved sleep, reduction of nightmares
- Reduced pain- acute and chronic
- Reduced stress, anxiety, depression and irritability
- Reduced intrusive recall (flashbacks)

## Friendship Cottage Adult Day Service Program

207-374-5612

Friendship Cottage, a program of Washington Hancock Community Agency, provides an Adult Day Service Program to adults living in Hancock County. Every Monday through Friday from 7:30 a.m. – 3:30 p.m. activities, meals and personal care is offered to adults with physical, mental or memory challenges. Our team of trained professionals provide opportunities throughout the day for physical fitness, exploration of interests and socialization. Meaningful activities to move the body and stimulate the mind encourage our participants to achieve maximum functioning in a welcoming setting with individualized attention. Numerous payer sources make Friendship Cottage an affordable resource for your family. For individuals meeting specific eligibility requirements, funding may be available to assist you. Please contact the Director, Adult Day Service Program for additional information.

## Spectrum Generations

**Augusta Location:**  
One Weston Court  
Augusta, ME 04330  
207-622-9212

### **Belfast Location:**

18 Merriam Road  
Belfast, ME 04015  
207-338-1190

### **Brunswick Location:**

35 Union Street  
Brunswick, ME 04011  
207.620.1656

### **Camden Location:**

87 Elm Street  
Camden, ME 04843  
207-596-0339

### **Damariscotta Location:**

767 Main Street, Suite 5  
Damariscotta, ME 04543  
207-563-1363

### **Skowhegan Location:**

30 Leavitt Street  
Skowhegan, ME 04976  
207-474-8552

[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

Spectrum Generations' award winning Legacy Corps program provides up to ten hours of respite care each week to caregivers of adults of all ages. The only qualification necessary is to have someone in the family who was, or is, in the military. We are able to provide free respite care for families, because it is completed by AmeriCorps members (volunteers). The members go through a rigorous background check, are carefully matched with a family, and attend training on a monthly basis.

## Maine Veterans' Home

### **Augusta**

35 Heroes Way  
Augusta, ME 04330  
207-622-2454

### **Bangor**

44 Hogan Road  
Bangor, ME 04401  
207-942-2333

### **Caribou**

163 Van Buren Road #2  
Caibou, ME 04736  
207-498-6074

### **Machias**

32 Veterans Way  
Machias, ME 04654  
207-255-0162





### Scarborough

290 US Route 1  
Scarborough, ME 04074  
207-883-7184

### South Paris

477 High Street  
South Paris, ME 04281  
207-743-6300

info@MaineVets.org  
MaineVets.org

Maine Veterans' Homes is an independent, nonprofit organization serving Maine's veterans and their families. Our Augusta Home provides 24 hour nursing coverage in three separate nursing units: a 40 bed rehabilitation and skilled nursing care unit, a 40 bed long-term care unit, a 40 bed secured long-term care unit for memory care residents, and a 30 bed residential care unit designed to meet the needs of those in the early stages of memory loss.

#### Medical Services:

- Skilled Nursing Care
- Skilled Rehabilitation
- Speech-Language Therapy
- Occupational Therapy
- Physical Therapy
- Long-Term Care
- Residential Care
- Memory Care
- Respite Care

## VA - Geriatrics and Extended Care Services

Togus VA Hospital  
1 VA Center  
Augusta, ME 04330  
207-623-8411 ext.4453  
[www.maine.va.gov/services/geriatrics.asp](http://www.maine.va.gov/services/geriatrics.asp)

The VA provides a variety of services to meet the needs of aging veterans with the goal of keeping them at home and in their communities. Residential or inpatient care may also be available to veterans, especially to those with service-connected needs. Eligible veterans must be enrolled and receiving primary care at the VA.

#### Services include:

- Skilled Home Health Nursing - (x3534).
- Provides skilled home health care for veterans returning home from inpatient care at a VA hospital.
- Homemaker Home Health Aid Program (H/HHA) Non-Institutional Respite – same contacts as above.
- Offers in-home care for veterans who would otherwise need to reside in a nursing home, also provides respite for veterans' live-in, full-time caregivers.
- Home Based Primary Care (HBPC) – HBPC (x4665).

- Outpatient program that coordinates in-home care for veterans including nursing, case management, nutrition, and OT/PT. Other specialized care and services may be available, depending on the needs of the veteran.
- Community Adult Day Health Care (CADHC) – (x5479).
- Provides veterans with socialization and care at a licensed CADHC facility, while also providing respite for live-in caregivers. Some programs are specific to veterans with dementia.
- Geriatric Outpatient Clinic – (x5450).
- Clinic operates 5 days per week, providing initial evaluations, care management, and specialized services, based on need.
- Medical Foster Home (MFH) Program – (x4665).
- Provides nursing home care to veterans in their private homes. MFH partners with HBPC to coordinate the delivery of medical care in the veteran or caregiver's home. Veterans in the MFH program must meet VA nursing home criteria.
- Community Residential Care (CRC) Program – (x5380).
- Outpatient program for veterans who do not need hospital or nursing home care, but cannot live alone because of medical or psychiatric conditions. CRC is available to veterans who do not have a caregiver or other support person to provide monitoring, supervision, or help with activities of daily living. Care is provided in assisted living facilities, personal care homes, group homes, and psychiatric community residential care homes.
- Community Living Centers (CLCs) – CLCs & Short-Term Rehab: (x5511); Inpatient Hospice and Palliative Care (x5663).
- VA Maine has four CLCs, offering a variety inpatient nursing home services on the Togus campus: Patriot Place – 27 beds dedicated to specialized dementia care; Veterans Village – 37 beds for skilled rehab and nursing care; Togus Springs – 12 beds for inpatient hospice and palliative care; Independence Way – 12 bed skilled nursing and rehab unit providing short-term care, including physical, occupational, and speech therapies.
- Contract Nursing Home Program – (x5380).
- Coordinates placements for veterans in VA-approved rehabilitation and/or long-term nursing home care at VA expense. Eligibility depends on the percentage of the veteran's service-connected disability and other factors. There are currently 19 VA-contracted nursing homes dispersed throughout Maine.
- State Veterans Homes are facilities that provide nursing home, domiciliary, or adult day care. For eligible veterans, the VA will help defray costs associated with care at the Homes. Although the Home accept non-veteran spouses and gold star parents, the VA will only cover expenses for veterans. Eligible veterans are honorably discharged veterans who have served one or more days of active duty service outside of training purposes.
- Caregiver Support Program – (x5906).
- Provides support and assistance with referrals to caregivers of veterans. Referrals could include VA services such as Adult Day Health Care, Homemaker and Home Health Aid, Home Telehealth, Respite Care, as well connections to non-VA community resources.



## Martin's Point Health Care System

61 Barra Rd.  
Biddeford, ME 04005  
207-283-1441

6 Farley Rd.  
Brunswick, ME 04011  
207-725-8079

575 Main St.  
Gorham, ME 04038  
207-839-2559

331 Veranda St.  
Portland, ME 04101  
207-828-2402

153 US Route 1  
Scarborough, ME 04070  
207-799-8596

[info@martinspoint.org](mailto:info@martinspoint.org)  
[www.martinspoint.org](http://www.martinspoint.org)  
8:30 a.m. – 4:30 p.m.

In paying for medical services, private commercial health insurance plans are accepted, as well as government plans like Medicaid (Maine Care), Medicare, and TRICARE. The Martin's Point web site gives information about the specialties and providers available at each of the health care centers.

Health insurance plans: Martin's Point also offers two health plans: for Medicare beneficiaries, Generations Advantage; for TRICARE beneficiaries, the US Family Health Plan. The web site has information about eligibility for and enrolling in Generations Advantage or the US Family Health Plan. Both of these plans offer a wide network of providers throughout the state of Maine. Members of the plans may but are not required to use Martin's Point providers or facilities for medical services.

## VA Access Point

### Fort Kent

3 Mountain View Drive  
Fort Kent, ME 04743  
207-834-1572  
[www.maine.va.gov/locations/fort\\_kent.asp](http://www.maine.va.gov/locations/fort_kent.asp)  
8:00 a.m. – 4:30 p.m. (Thursdays Only)

### Houlton

Houlton Regional Hospital  
20 Hartford Street  
Houlton, ME 04730  
207-623-8411 X 7490  
877-421-8263 X 7490  
[www.maine.va.gov/locations/houlton.asp](http://www.maine.va.gov/locations/houlton.asp)  
8:00 a.m. – 4:30 p.m. (Wednesdays Only)

## VA Community Based Outpatient Clinic

### Bangor

35 State Hospital Drive  
Bangor, ME 04401  
877-421-8263 x3600

### Calais

50 Union Street  
Calais, ME 04619  
207-904-3700

### Caribou

163 Van Buren Road #6  
Caribou, ME 04736  
207-493-3800

### Fort Kent

197 East Main Street  
Fort Kent, ME 04743  
207-834-1572

### Houlton

20 Hartford Street  
Houlton, ME 04730  
877-421-8263 x7490

### Lewiston

17 Challenger Drive  
Lewiston, ME 04240  
877-421-8263 x7490

### Lincoln

99 River Road  
Lincoln, ME 04457  
207-403-2000

### Portland

141 West Commercial Street  
Portland, ME 04102  
877-421-8263 x3500

### Rumford VA Clinic

10 Railroad Street  
Rumford, ME 04276  
207-623-8411 x3200

[www.maine.va.gov/locations/](http://www.maine.va.gov/locations/)  
8:00 a.m. – 4:30 p.m. Monday-Friday

VA Maine Healthcare System (HCS) is a Joint Commission accredited facility which serves over 42,000 Maine veterans. It is comprised of the Togus VA Medical Center in Augusta along with eight full-time Community-Based Outpatient Clinics (CBOC) and three part-time Access Points. All 12 facilities provide Primary Care and Mental Health at a minimum and VA Maine HCS has a wide-range of Specialty Care and services. Although the majority of Specialty Care is located at the Togus VAMC, we are expanding some Specialty Care to the CBOCs and are significantly increasing the use of tele-health for Specialty Care to reduce travel for the Veterans.



The Togus campus also hosts the Togus VA Regional Office which provides various Veteran services including Compensation/Disabilities, Vocational Rehabilitation, education, insurance, home loans, etc.

The Togus VAMC campus is the site of a Volunteers of America project that provides 21 Cabins in the Woods for homeless Veterans. Additionally, a new 16 unit Fisher House for families of Togus inpatient veterans was built across from the Togus Hospital in 2018.

### VA Community Care and Veterans' Choice Program

1 VA Center  
Augusta, ME 04330  
207-632-8411 ext. 7222

VA Community Care (formerly NVCC) is an outpatient program that provides authorization for eligible veterans to obtain routine, recurring outpatient medical treatment services through non-VA healthcare providers. This short term authorization may be granted when it has been determined by the appropriate clinic that direct VA treatment services are not available or are geographically inaccessible to meet the Veterans' needs.

#### Specialized programs include but are not limited to:

- Community Nursing Homes
- Home Health and Homemaker Services
- Maternity
- Maine Veteran's Homes
- Dental
- ER
- Inpatient
- Ambulance

Community Care (NVCC) inpatient program provides payment authorization for eligible veterans who have been admitted to an outside hospital. Hospitals throughout Maine will call the VA when a veteran is admitted seeking VA payment authorization. In-patient transfers/admissions, processes internal hospital transfers, and discharges to/from the hospital or nursing home facility or overnight lodging. Depending on the circumstances and the eligibility of the veteran, the VA reserves the position to have the veteran transferred to our facility for further treatment.

### VA Maine Healthcare System Transportation Services

One VA Center  
Augusta, ME 04330  
207-623-8411, x5696  
[www.va.gov/HEALTHBENEFITS/vtp/index.asp](http://www.va.gov/HEALTHBENEFITS/vtp/index.asp)  
Mon-Fri, 7:30 a.m. – 4:00 p.m.

VA Transportation services provides rides for veterans who may require special mode transport (wheelchair van) to Togus for appointments. A travel consult would be required from the veteran's physician for special mode, or if the veteran has exhausted all other options for a ride to Togus. Please also check with the DAV office (x5790) for their transportation schedule. Also provided are shuttle services to The Boston VA Medical Center.

### VA - Togus Women Veterans' Clinic

1 VA Center, (170W)  
Augusta, ME 04330  
1-877-421-8263 ext 4017  
[www.womenshealth.va.gov](http://www.womenshealth.va.gov)  
8:00 a.m. – 4:00 p.m. Monday-Friday

VA Maine HealthCare System is committed to meeting the unique needs of our Women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Our VA facility has a full-time Women Veterans Program Manager ready to assist you in getting timely access to the health care you need and deserve.



## Museum / Military History:

### Cole Land Transportation Museum

405 Perry Road  
Bangor, ME 04401  
207-990-3600  
[www.colemuseum.org](http://www.colemuseum.org)  
[www.facebook.com/colelandtransportationmuseum](https://www.facebook.com/colelandtransportationmuseum)

Our purpose at the Cole Land Transportation Museum is to collect, preserve, and display (before they disappear forever) a cross section of Maine's land transportation equipment from which this and future generations will gain knowledge of the past.

We also wish to remember, record and display U.S. military memorabilia to forever remind this and future generations of the high price our comrades have paid to protect our freedom. In doing so, we hope to inspire and challenge the young people of today to continue on in the footsteps of pioneers who have built our state and country.

### Maine Historical Society

489 Congress Street  
Portland, ME 04101  
207-774-1822  
[info@mainehistory.org](mailto:info@mainehistory.org)  
[www.mainehistory.org](http://www.mainehistory.org)  
[facebook.com/mainehistory](https://www.facebook.com/mainehistory)  
10:00 a.m. – 5:00 p.m.

### Maine Historical Society - My Maine Stories

489 Congress Street  
Portland, ME 04101  
207-774-1822  
[info@mainememory.net](mailto:info@mainememory.net)  
[www.mainememory.net/mymainestories](http://www.mainememory.net/mymainestories)  
[www.facebook.com/groups/mainememorynetwork](https://www.facebook.com/groups/mainememorynetwork)  
10:00 a.m. – 5:00 p.m.

My Maine Stories is a participatory storytelling forum that provides an online space for sharing recollections about Maine, or being a Mainer. Stories could include your experiences in Maine, memories of your family, ancestors, or town; your work life, or impacts a historical event (like going to war) had on you. An ongoing initiative of My Maine Stories is to collect personal histories from or about veterans.

### Maine Military Museum

50 Peary Terrace  
South Portland, ME 04106  
207-650-8651  
[mainemilitarymuseum.info](http://mainemilitarymuseum.info)

The museum is now in its seventh year and will soon double in size to over 12000 square feet of exhibits beginning with the Revolutionary War up to current times. Every artifact is 100% authentic. All the items have been donated by Mainers or their families ensuring that everything is authentic. We do however, accept artifacts from all over the country. Our goal is to teach real history to Mainers through artifacts and telling the stories of the folks represented by their items. Just this fall we have hosted over 500 school children from all over the state with many more this coming year. The museum is free, but donations are welcome.

### The Knox Museum

30 High Street  
Thomaston, ME 04861  
207-354-8062  
[info@knoxmuseum.org](mailto:info@knoxmuseum.org)  
[www.knoxmuseum.org](http://www.knoxmuseum.org)  
[www.facebook.com/KnoxMuseum](https://www.facebook.com/KnoxMuseum)  
10:00 a.m. – 4:00 p.m.

The General Henry Knox Museum honors the life, times, and legacy of American Revolutionary War General Henry Knox; the heritage of Montpelier - a memorial to the original retirement home he built in Thomaston, Maine; and the veterans and families who have served, and continue to serve our nation.







## Recreation:

### Great Pond Outdoor Adventure Center

9 Dow Pines Rd.  
Great Pond, ME 04408  
207-584-2000  
[www.facebook.com/GreatPondOAC](http://www.facebook.com/GreatPondOAC)

A year round Morale, Welfare and Recreation (MWR) facility located in rural Maine, we strive to deliver high quality, customer-focused programs and services that contribute to resiliency, retention, readiness, and quality of life.

Here at Great Pond, we take our mission statement seriously. We go above and beyond for customers to provide the best experience possible in rural Maine. Our facility is located on 375 acres of lakefront property that boasts a sand beach, excellent fishing/boating, wildlife viewing opportunities, and is far removed from the hustle and bustle of modern urban life. We offer a variety of rentals for Active Duty, 100% disabled, retired and civilian military personnel. Those rentals include; Cabins, campsites with electric/water hook-ups, yurts, wilderness sites, canoes, kayaks, motorboats, bicycles, stand up paddleboards, fishing equipment, camping equipment. In the winter: snowshoes, cross-country skis, ice skates, ice fishing equipment and ice shacks.

### Southern Maine Heroes on the Water

73 Jordan Ave.  
Brunswick, ME 04011  
207-504-0184  
[southernmaine@heroesonthewater.org](mailto:southernmaine@heroesonthewater.org)

Since being founded in 2007, Heroes on the Water has been organizing no-expense kayak fishing trips for active-duty military and veterans of the U.S. armed forces and their families. In 2018, we began serving first-responders and their families through the same proven ecotherapy. Heroes can reflect in solitude or connect in groups as they learn kayaking and kayak fishing..

Recurring activities give heroes and their families camaraderie and a lifelong social network with like-minded people. Plus, no experience or equipment is needed, and kayak fishing is adaptive to those with disabilities.

### House in the Woods Military and Family Retreat

217 Skunk Hill Rd.  
Lee, ME 04455  
207-738-VETS (8387)  
[info@houseinthewoods.org](mailto:info@houseinthewoods.org)  
<http://houseinthewoods.org>  
[www.facebook.com/HouseintheWoodsMilitaryFamilyRetreat](http://www.facebook.com/HouseintheWoodsMilitaryFamilyRetreat)  
[twitter.com/HITWVeterans](http://twitter.com/HITWVeterans)

Established in 2010, House in the Woods organizes free hunting, fishing, and recreational activities to bring veterans and their

families together in the great outdoors. Our mission is to assist the military community through therapeutic, recreational, and educational retreats that honors the veteran's service and sacrifice and assists them on their journey towards healing the mental and physical pain of loss. By creating camaraderie across generations, veterans have the opportunity to share their military and post-military experiences with one another. Sometimes the only person who can understand a vet is another veteran. As we grow, we are dedicated to improving service by connecting to other outdoor veterans programming across the country. This networking allows us to help Maine veterans by offering them additional outdoor opportunities.

### Kieve Wavus Veterans' Camp

42 Kieve Rd  
Nobleboro, ME 04348  
207-549-5719  
[veterans@kiewewavus.org](mailto:veterans@kiewewavus.org)

Kieve Wavus says thank you for your service by offering you and your family a week or weekend long program at one of our Veterans' Camps on beautiful Damariscotta Lake in mid-coast Maine. There are three Family Camps to choose from and two specialty camps – Vietnam and Women's only camp.

We offer free programs that support veterans and their families, giving them a chance to relax, reflect and reconnect in the tranquility of the Maine woods and are committed to those who have deployed for our nation.

### Maine Adaptive Sports - Veterans No Boundaries

8 Sundance Lane  
Newry, ME 04261  
207-824-2440  
[info@maineadaptive.org](mailto:info@maineadaptive.org)  
[www.maineadaptive.org](http://www.maineadaptive.org)  
[www.facebook.com/maineadaptive](http://www.facebook.com/maineadaptive)

Maine Adaptive Sports & Recreation is a 501(c)(3) organization whose mission is to promote education and training to children and adults with physical disabilities to develop skills and provide enjoyment through active recreation. Our year-round educational programs in a variety of sports take place throughout Maine and are offered free of charge. We provide equipment and volunteer instructors, and cover all access fees to enable disabled individuals, including veterans, to learn alpine skiing, Nordic skiing, snowboarding, snowshoeing, tennis, golf, paddling, cycling, and climbing. Our Veterans No Boundaries Program offers two specialized week-long camps, summer and winter, for veterans and active duty service members with disabilities and their families or caregivers. Run by dedicated volunteers who understand the needs of active duty service personnel and veterans, these camps allow veterans to learn new sports and skills; gain self-confidence; meet new friends; and reconnect with family members in a stress-free environment.



## Operation Reboot Outdoors

887 Upper Street  
Turner, ME 04282  
(207) 491-6204  
<https://www.operationrebootoutdoors.com/>

Operation ReBoot Outdoors is a 501c3 non-profit organization that concentrates on getting Veterans, LEOs, and service members out of the house and into nature, providing healing through hunting, fishing, and other outdoor recreational activities. We do not turn anyone away here at ORO. If there is a Veteran who needs a reboot, who served honorably or are currently serving our country, they qualify for our services. We are thankful for our ability as Veterans and Registered Maine Guides to help other Veterans reset their back azimuth to True North.

We offer hunting and fishing trips to Veterans at no cost, and with no hidden fees. We have registered Maine Guides on our team, and we are focused 100% on bringing the experience of our natural environment to veterans. This is a Brotherhood, and we are committed to helping veterans and active duty military only. We will also offer many other recreational adventures that do not involve hunting and fishing.

## Pine Grove Programs

PO Box 92  
South China, ME 04358-0092  
207-672-9200  
[pinegroveprograms@gmail.com](mailto:pinegroveprograms@gmail.com)  
[www.pinegroveprograms.org](http://www.pinegroveprograms.org)  
8:00 a.m. – 5:00 p.m.

Since 1976, the founder of this licensed non-profit organization has been providing free fishing, hunting, and other outdoor adventures to all military members and veterans. This is provided to all military and veterans with no disability requirement. We do this as a token of appreciation for your service. All activities offered are at no cost to the participants. Members notified of upcoming events primarily by email. Sign up for the program required either in person, by phone, or from the website. All information given to us is confidential and will not be shared with any other person or organization.

## Recreation Therapy

1 VA Dr.  
Augusta, ME 04333  
207-623-8411

Recreation Therapy (RT), also known as Therapeutic Recreation, is a health and human service discipline that delivers treatment services designed to restore, remediate and/or rehabilitate functional capabilities for individuals with injuries, chronic illnesses and all types of disabling conditions. Recreational Therapy is extremely individualized, incorporating a veterans past, present and future interests and lifestyle. By incorporating the veteran's needs, interests, family and/or community, the therapy process becomes meaningful and relevant. Weaving the

concept of healthy living into treatment will ensure improved functioning, enhanced independence and successful involvement in all aspects of life. Recreation Therapy (RT) Services at VA Maine Healthcare offers a variety of adaptive sports, senior sports, aquatics, horticulture, and creative arts interventions, in addition to intensive 1:1 and small group programs for our Veteran population.

## Sportsman's Alliance of Maine

205 Church Hill Rd.  
Augusta, ME 04330  
207-623-4589  
[www.sportsmansallianceofmaine.org/veterans.html](http://www.sportsmansallianceofmaine.org/veterans.html)  
[www.facebook.com/Sportsmans-Alliance-of-Maine-110003532417899](https://www.facebook.com/Sportsmans-Alliance-of-Maine-110003532417899)  
9:00 a.m. – 4:00 p.m.

Maine's largest sportsman's organization with 10,000 members, headquartered in Augusta, Maine. SAM Veteran membership is available to all veterans at the standard membership fee.

SAM's Veteran Program opportunities are available to all SAM Veteran members and they include the following:

- Discounts on local businesses throughout the state of Maine.
- Invitations to free outdoor activities provided by SAM's Veteran Program.
- Opportunities to network and socialize with other Veterans in your area.

## The Summit Project

PO Box 8130  
Portland, ME 04101  
207-602-8626  
[www.thesummitproject.org](http://www.thesummitproject.org)  
[www.facebook.com/thesummitproject](https://www.facebook.com/thesummitproject)

The Summit Project is a living memorial that pays tribute to fallen heroes from Maine who have died during their military service since the attacks of 9/11. The mission of The Summit Project is to honor our state's newest war casualties and the faithful spirit of all Mainers. The surviving families of our fallen Maine heroes have opened their homes, shared the stories of their heroes' character and service, and unearthed special stones that represents their fallen loved one. Those stones have been engraved with the names of these heroes and carried by countless members of the surrounding community on tribute treks throughout the state of Maine, across the country, and around the world.



## VAST Program

15 Farm View Drive  
New Gloucester, ME 04260  
207-310-8694  
[www.pinelandfarms.org/recreation/vast](http://www.pinelandfarms.org/recreation/vast)  
[www.facebook.com/VeteransAdaptiveSportsTraining](https://www.facebook.com/VeteransAdaptiveSportsTraining)

The goal of our VAST program is to promote lifelong health and well-being of veterans with disabilities through regular participation in a VAST array of physical activities and sports. Any and all veterans are encouraged to volunteer and enjoy some outdoor activities and a sense of camaraderie with fellow veterans. Weekly programming year round on Wednesdays - 9 a.m. to 12 noon. Includes xc skiing, snowshoeing, cycling, archery, disc golf, bocchia, pellet rifle shooting, WC Basketball and Tennis. Additionally, we host one day events and three-four x four day camps / year for Nordic / Biathlon, a Turkey Hunt, Multi-sport camps and other sport specific activities. All of our programming is free for veterans with physical disabilities, TBI, PTS, as well as for Veterans that would like to volunteer.

## Wilderness Walk for Warriors

8 Reservoir Hill  
Houlton, ME 04730  
207-227-8457  
<https://www.facebook.com/Wilderness-Walk-for-Warriors-615012731884921/>

Wilderness Walk for Warriors is a not for profit organization formed in 2014. Our purpose is to assist service members, veterans and or their family members as well as honor the memories of those who have served. Wilderness Walk for Warriors motto is "Assisting the Living, Honoring the Deceased"

The organization each year forms a hiking team that treks the Maine 100 Mile Wilderness as a major fundraiser. This annual hike also honors in various forms deceased service members.

Wilderness Walk for Warriors also organizes and arranges for many additional fund raising activities throughout the course of the year.

All the monies that are collected are then redistributed to veterans, service members, and or their families that are in need.



## Resource Connector:

### 2-1-1 Maine

105 Kennedy Memorial Drive  
Waterville, ME 04901  
207-873-0686  
[info@211maine.org](mailto:info@211maine.org)  
[www.211maine.org](http://www.211maine.org)

2-1-1 Maine is a free resource providing an easy, confidential way to connect people to information about services and supports around Maine. 2-1-1 Maine is available 24 hours a day, seven days a week by phone, text and online. You can access information and resources in your area by dialing 2-1-1 and talking with a trained, Maine-based Specialist, by texting your zip code to 898-211, or by searching the online directory at [www.211maine.org](http://www.211maine.org).

**2-1-1 Specialists provide information and referrals to address issues including but not limited to:**

- Basic needs (food, clothing, shelter)
- Substance use disorders
- Health care
- Financial assistance, and more

### Alpha One

**Bangor Office**  
11 Bangor Mall Blvd. Unit A  
Bangor, ME 04401

**Presque Isle Office**  
66 Spruce Street  
Presque Isle, ME 04769

**South Portland Office**  
127 Main Street  
South Portland, ME 04106

800-640-7200  
[www.alphaonenow.org](http://www.alphaonenow.org)

Alpha One, managed and directed by people with disabilities, offers an array of services to promote independence for people with disabilities.

### American Red Cross

**Northern and Eastern Maine Chapter (Bangor)**  
900B Hammond Street  
Bangor, ME 04401  
207-874-1192

**Northern and Eastern Maine Chapter (Caribou)**  
7 Hatch Drive, Suite 250  
Caribou, ME 04736  
207-493-4620



### Central and Mid Coast Maine Chapter

16 Community Way  
Topsham, ME 04086  
207-729-6779

### Southern Maine Chapter

2401 Congress Street  
Portland, ME 04102  
207-874-1192

[www.maineredcross.org](http://www.maineredcross.org)  
[www.facebook.com/MaineRedCross](https://www.facebook.com/MaineRedCross)  
9:00 a.m. – 5:00 p.m. Mon-Fri

#### Services offered include:

Information and Referral, Independent Living Skills Assessment and Training, Assistive Technology Consultation, Access Design Services (individual and business), Peer Support, Homeward Bound, Youth in Transition Services and Personal Assistance Services. In addition we offer funding for assistive technology and/or home access through the mPower Loan Program, Title 7, Part B Grant, and HomeRetro. We work with farmers, loggers, and individuals in the fishing industry through the AgrAbility Program. We also offer Adapted Driver Evaluation Services (we are a VA approved vendor, available at our S. Portland location).

For over 130 years, the American Red Cross has provided help with the healing of our service men and women. We offer psychological resiliency training, information on local resources to assist veterans, members of the military and their families, access to safety training and home fire safety to include the installation of free smoke alarms. Our staff will also explain how to serve others as a Red Cross volunteer. The Director of our Service to the Armed Forces serves out of the Portland office but can meet anyone wishing additional information at any of our other offices, with prior coordination.

### Disability Rights Maine-Deaf Services

68 Bishop St, Suite 3  
Portland, ME 04103  
800.639.3884 (V/TTY)  
207.797.7656 (V/TTY)  
207.766.7111 (VP)  
[deafservices@drme.org](mailto:deafservices@drme.org) or [www.drme.org](http://www.drme.org)  
[www.facebook.com/DRMDeafServices](https://www.facebook.com/DRMDeafServices)

DRM Deaf Services serves individuals who are deaf, hard of hearing, late deafened, or Deaf-Blind and works with the agencies and businesses that provide support, services, education, housing, and employment to these individuals to ensure effective communication.

- Maine Relay Service makes it possible for anyone with a hearing loss or speech impairment to communicate by telephone with operator-assisted calls.
- Maine's Telecommunication Equipment Program provides specialized adaptive equipment to individuals with barriers to using a standard telephone, often at no or low cost. Those ages 65+ may be eligible to choose a single hearing aid.
- Residents with combined hearing and vision loss may qualify for equipment (e.g. computers, screen readers, etc.)

### Houlton Band of Maliseet Indians

88 Bell Road  
Littleton, ME 04730  
207-532-4273  
<https://maliseets.net>  
[www.facebook.com/houltonbandofmaliseetindians](https://www.facebook.com/houltonbandofmaliseetindians)

### Maine Military and Community Network (MMCN)

[www.MaineMCN.com](http://www.MaineMCN.com)

The Maine Military and Community Network (MMCN) is a statewide effort to understand, prevent, and help address the challenges faced by current and former military members and their families. The network is comprised of ten regional groups where federal, state, and local military advocates come together with service members and veterans to identify unmet needs and develop community-based solutions. New members are always welcome – by joining the network, you become connected to comprehensive information and will be better equipped to help military families in your community.

### Mi'Kmaq Nation

7 Northern Rd  
Presque Isle, ME 04769  
207-764-1972 (Serves all counties)  
<https://micmac-msn.gov>  
[www.facebook.com/aroostookbandofmicmacs](https://www.facebook.com/aroostookbandofmicmacs)

### Military OneSource

194 Winthrop Street, Building #7  
Augusta, ME 04330  
207-232-8710  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Services includes, but are not limited to, Non-Medical Counseling, Financial Counseling, Health Coaching, Tax preparation services all at no cost. Confidential services are available 24 hours a day by telephone and online.

Military OneSource also provides outreach services to support the military community when and where they need it most. Military OneSource state consultants work with military leadership and military and community support services to meet the needs of the military population within the state where they are located.

### Passamaquoddy Tribe at Indian Township

8 Kennebasis Street  
Princeton, ME 04668  
207-796-2301  
[www.facebook.com/indtwptribe](https://www.facebook.com/indtwptribe)  
[www.passamaquoddy.com](http://www.passamaquoddy.com)





### Passamaquoddy Tribe at Pleasant Point (Sipayik)

22 Bayview Drive  
Perry, ME 04667  
207-853-2600  
<https://wabanaki.com>  
[www.facebook.com/indtwptribe](http://www.facebook.com/indtwptribe)  
Serves all Counties

### Penobscot Nation

12 Wabanaki Way  
Indian Island, ME 04468  
207-817-7349  
[www.penobscotnation.org](http://www.penobscotnation.org)  
[www.facebook.com/PenobscotNationTribalAdministration](http://www.facebook.com/PenobscotNationTribalAdministration)  
Serves all Counties

Our mission is to work in unison with the Tribal Council and our Administration to protect Penobscot People, culture and our territory by the wise exercise of our Sovereign Powers; to promote prosperity and success for all of our people through the creation of economic and cultural opportunities while always maintaining the highest level of integrity; and to preserve our cultural values entrusted to us by our ancestors in order to pass them along to our children.

### Seniors Plus

1-800-427-1241  
207-795-4010  
[www.seniorsplus.org](http://www.seniorsplus.org)  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)  
Appointment only

8 Falcon Road  
Lewiston, ME 04240

218 Fairbanks Road  
Farmington, ME 04983

Established in 1972, SeniorsPlus is the designated Agency on Aging and Disability Resource Center (ADRC) serving Franklin, Oxford, and Androscoggin counties. We are your trusted source for information, options, and services designed to meet your needs. We are a private 501c3 organization supported in part by funds from the Maine Department of Health and Human Services, grants and contributions. Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve. Our veteran services also include the Veterans Independence Program (VIP) which helps qualified veterans remain independent and self-sufficient in their homes and community. Depending on circumstances and health needs financial assistance is available to obtain services such as grounds maintenance; housekeeping; personal care; access to nutrition; health and support services provided by a health professional. VIP does not replace other federal, provincial or municipal programs but instead complements existing programs to help meet the veteran's needs.

### Southern Maine Agency on Aging

136 U.S. Route One  
Scarborough, ME 04074  
207-396-6500  
1-800-427-7411  
[info@smaaa.org](mailto:info@smaaa.org)  
[www.smaaa.org](http://www.smaaa.org)

SMAA is a non-profit organization dedicated to planning and implementing social services for adults age 60 and older. The Agency provides many services and programs for seniors on a variety of issues, be they financial, medical, or personal. SMAA offers seminars to help navigate the array of insurance and Medicare options, delivers important dietary and fitness practices, and provides older adults with the opportunity to stay active in the community via participation or volunteerism.

### Wabanaki Public Health & Wellness

16 Central Street  
Bangor, ME 04401  
800-349-5006  
[www.wabanakiphw.org](http://www.wabanakiphw.org) and [www.facebook.com/WabanakiPHW](http://www.facebook.com/WabanakiPHW)  
Serves all Counties

Established in 1996, Wabanaki Health and Wellness is a not-for-profit organization for tribally-enrolled Native Americans, serving the Penobscot, Washington and Aroostook Counties of Maine. Located in Bangor, the agency provides case management, administers free HIV testing and hosts wellbriety meetings, among other services. Its board is intertribal, comprised of Native people. Its board members bring a variety of professional expertise and client perspectives to their work. Formerly known as Wabanaki Mental Health Association, Wabanaki Health and Wellness is affiliated with Cornerstone Behavioral Health.

### Wabanaki Vocational Rehabilitation Program

[www.maliseets.net/vocational-rehabilitation](http://www.maliseets.net/vocational-rehabilitation)  
207-532-4273

The Wabanaki Vocational Rehabilitation is a program that helps tribal members with disabilities who want to return back to work, find employment, or provide support in maintaining employment.

### Wabanaki Women's Coalition

20 Godfrey Drive  
Orono, ME 04473  
207-866-3030  
[wabanakiwomenscoalition@gmail.com](mailto:wabanakiwomenscoalition@gmail.com)  
[www.wabanakiwomenscoalition.org](http://www.wabanakiwomenscoalition.org)

The Wabanaki Women's Coalition's mission is to increase the capacity of tribal communities to respond to domestic and sexual violence, and influence tribal, national, and regional systems to increase awareness, safety, justice, and healing for all our relations.

## Transition Assistance Advisor

194 Winthrop Street Building #7  
Augusta, ME 04333  
207-430-5778

6:30 am – 3pm, Monday – Friday. Wednesdays are reserved for offsite work.

TAA Mission: To assist members of all branches of services, military retirees, veterans and their family members in understanding the benefits available to them i.e., Veterans Health Administration, Veterans Benefit Administration, Department of Labor, Tricare (Military Health Benefit options), Tricare dental options, Education, disabled veteran, life insurance, legal assistance, and various other federal and State benefits, and to assist them in contacting the appropriate agencies to apply for and access these benefits.

## Washington Hancock Community Agency

248 Bucksport Road  
Ellsworth, ME 04605  
207-664-2424  
[www.whcacap.org](http://www.whcacap.org)

The Washington Hancock Community Agency is the premier social service organization in eastern Maine, serving over 5,000 families in Washington and Hancock counties each year. With a mission to bring community resources together to help people in Washington and Hancock counties achieve self-sufficiency and a better quality of life, WHCA offers programs and support in the areas of transportation, elder services, home repair, energy assistance, food security, home nurse visits for at risk infants, Affordable Care Act navigation, and free income tax preparation. WHCA has several social workers on staff who work with families and individuals in a holistic manner to help them create a plan to achieve their goals.



## Supportive Services for Veterans and Their Families

### Airman and Family Readiness Office

101 MAINEiacs Ave., Suite 505  
Bangor, ME 04401  
207-404-7494

[www.facebook.com/Maineiacs-Yellow-Ribbon-154982704541284](https://www.facebook.com/Maineiacs-Yellow-Ribbon-154982704541284)  
M-F, 7:30 a.m. – 4:00 p.m.; same hours on drill weekends

Our mission is to provide a wide range of support services to assist the airmen and families of the MeANG in gaining greater personal readiness and self-reliance. These services include but are not limited to: deployment cycle support, life skills education workshops, volunteer opportunities, transition assistance, emergency assistance, and information & referral services. While our primary focus is on our airmen and their families we will also provide support services for service members and families of any branch of the U.S. military, retirees and veterans.

### Army National Guard Family Assistance Center

1-888-365-9287  
[Ng.me.mearng.list.me-mil-fac@mail.mil](mailto:Ng.me.mearng.list.me-mil-fac@mail.mil)  
[www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family)  
[www.facebook.com/MaineMFAC](https://www.facebook.com/MaineMFAC)

#### Bangor Office

300 Hildreth St. North  
Bangor, ME 04101

#### Brunswick Office

Ordinance Road  
Brunswick, ME 04011

#### Carbou Office

120 Sincock Road  
Caribou, ME 04736

The Maine Military Family Assistance Center (FAC) is a team of five professionals spread throughout the state to assist service members and families. The FACs operate a toll-free hotline, with staff available 24 hours a day, 365 days per year. The specialists provide resources, information and support to all Service Members (regardless of component or status), Veterans, Dependents and community members. Each office maintains an updated resource list for services local to their area as well as statewide support services.

#### FACs focus on seven main services:

- Financial Resources and Referral
- ID cards and DEERS Referral
- Legal Resources and Referral
- TRICARE Medical and Dental Resources and Referral
- Crisis Intervention and Referral
- Community Information and Referral
- Employment Information and Referral



Additionally, the FAC provides monthly outreach to the designated point of contact for each deployed Army National Guard Soldier in the state. The Family Assistance Center is truly your "One call does it all" resource for all things Military in the state of Maine.

## Army National Guard Survivor Outreach Services

### Augusta Office

194 Winthrop Street, Building #7  
Augusta, ME 04333  
207-430-5959

### Bangor Office

300 Hildreth St. North  
Bangor, ME 04401  
207-430-5324

[www.facebook.com/Maine-Survivor-Outreach-Services-SOS-359014316508](http://www.facebook.com/Maine-Survivor-Outreach-Services-SOS-359014316508)  
8:00 am – 4:30 pm

Our Fallen Soldiers have paid the ultimate sacrifice. Their Families deserve our respect, gratitude, and the very best we can provide. If you're a surviving Family member, Survivor Outreach Services (SOS) offers you access to support, information, and services, closest to where you live, when you need it and for as long as you need it. Survivor Outreach Services is part of the Army Casualty Continuum of Care. It's designed to provide long-term support to surviving Families of Fallen Soldiers. Our goal is to reassure Survivors that they remain valued members of the Army Family. The loss of a loved one often results in tremendous grief, which can be overwhelming. When faced with a tragedy, you may be wondering what direction to take. Your SOS Coordinator is your link to finding the resources and answers that will work best for you. Your local Support Coordinator is available to meet with you as you journey through this difficult transition by providing direct services as well as information, referrals, and recommendations. He or she can also connect you with support groups, spiritual resources, and bereavement and financial counselors. Your SOS Coordinator can also help you request and obtain copies of documents, navigate local, state, and federal agencies, and direct you to additional Survivor resources. Support Coordinators serve all services, and all statuses.

## Disability Rights Maine

24 Stone St, Suite 204  
Augusta, ME 04330  
800-452-1948 (V/TTY)  
207-626-2774 (V/TTY)  
[advocate@drme.org](mailto:advocate@drme.org)  
[www.drme.org](http://www.drme.org)  
[www.facebook.com/DisabilityRightsMaine](http://www.facebook.com/DisabilityRightsMaine)  
8:00 a.m. – 5:00 p.m.

Established in 1977, Disability Rights Maine (DRM) is Maine's federally-funded protection & advocacy agency for individuals with disabilities. Through its operation of multiple federal and state funded programs, DRM advocates for individuals with disabilities

whose rights have been violated, who are at risk of abuse or neglect, or who have faced discrimination on the basis of disability. DRM seeks redress where rights concerns arise related housing, education, physical access, public accommodations, rehabilitation, health care, community supports and employment. Additionally, DRM works toward public policy reform through training, outreach and systemic advocacy.

## Eastern Area Agency on Aging

240 State St  
Brewer, ME 04412  
207-941-2865  
[info@eaaa.org](mailto:info@eaaa.org)  
[www.eaaa.org](http://www.eaaa.org)  
[www.facebook.com/easternaaa](http://www.facebook.com/easternaaa)  
8:00 a.m. – 4:30 p.m.

Eastern Area Agency on Aging (EAAA) has been serving Penobscot, Piscataquis, Hancock, and Washington counties since 1973. EAAA has specially trained and dedicated staff to provide seniors, adults with disabilities, and caregivers with a variety of options, resources, and referrals. EAAA strives to meet the unique and complex needs of those living in the service area by providing direct services and connecting to partnering services. Contact EAAA to review eligibility requirements for one of their many programs: Food/Nutrition Services, Family Caregiver Support and Education, Alzheimer's Respite, Transportation for medical and food needs, Medicare Education, Aging and Disability Resource Center, Enrichment and Wellness Programs, Money Minders, EZ-Fix, Novel Seniors, Furry Friends, Senior College, Veteran's Independence Program, and Home Technology Services.

## Elder Abuse Task Force - Safe Voices

P.O Box 713  
Auburn, ME 04212  
207-795-6744  
[www.safevoices.org](http://www.safevoices.org)

The Androscoggin Elder Abuse Task Force is a community partnership dedicated to ending elder abuse, generating resources, educating the community, and advocating to meet the needs of elder abuse victims. Membership is open to individuals and organizations working with elders in Androscoggin County.

## ID Cards/DEERS

### Augusta Office

194 Winthrop Street  
Augusta, ME 04333  
207-430-5914  
Mon – Fri, 7:00 a.m. – 3:00 p.m. Appointment Required  
Closed 11:15-12:00. Last customers accepted at 11:15 and 2:45



#### **Bath Office**

574 Washington St.  
Bath, ME 04530  
207-442-2773  
Mon – Wed, 7:30 – 11:00  
Thursday, 12:00 – 3:00. Closed Friday.

#### **Bangor Office**

102 Ashley St.  
Bangor, ME 04401  
207-404-7387  
Mon – Fri, 7:30 a.m. – 3:00 p.m. (No Appointment  
Required)

#### **Limestone Office**

27 Arkansas Rd.  
Limestone, ME 04751  
207-328-1116  
Mon – Fri, 9:00 a.m. – 2:00 p.m. (Appointment Required)

#### **South Portland Office**

50 Western Ave.  
South Portland, ME 04106  
207-756-7853  
Tues – Thurs: 8:00 a.m. – 11:00 a.m., 1:00 p.m. – 3:00 p.m.  
Closed Fridays (Appointment Required)

#### **South Portland Office**

259 High St.  
South Portland, ME 04101  
207-741-5424  
Tues – Thurs: 8:00 a.m. – 3:00 p.m. (Appointment Required)

### **K9s on the Front Lines**

P.O. Box 8823  
Portland, ME 04104  
855-597-6835  
info@k9sonthefrontline.org  
www.k9sonthefrontline.org  
www.facebook.com/K9sOTFL

K9s on The Front Line's team facilitates a unique program that routinely sees superior outcomes. Many of our staff have first-hand knowledge of the effects of PTSD and have experienced the intimate process of tailoring each dog to the individual's needs. All our trainers are active or retired police K9 handlers with many years of real world experience, arguably the best K9 trainers available. Our team also provides medical oversight; outcome studies and a positive group dynamic essential to kick start the healing process.

### **Maine Army National Guard Family Programs**

#### **Augusta Office**

194 Winthrop Street  
Augusta, ME 04333  
888-365-9287

#### **Brunswick Office**

11 Ordinance Road  
Brunswick, ME 04011  
609-220-8485  
www.me.ngb.army.mil/family

### **Maine Coalition to End Domestic Violence**

P.O. BOX 5188  
Augusta, ME 04330  
207-430-8334  
info@mcedv.org  
www.mcedv.org (Serves all Maine Counties)

Our nine member agencies work in communities across the state to provide direct support to people affected by domestic abuse and violence, and to improve the ways our communities and institutions respond to abuse. Supporting their efforts is a core component of MCEDV's mission. This close partnership benefits us all. We rely on our members to shape our policy, training and awareness-raising priorities. Their experiences with survivors in communities across Maine deeply informs our work at the Coalition office.

### **Maine Elks**

<http://maineelks.org/programs/veterans>

Maine Elks Association was instituted in 1928. The Maine Elks Association consists of local lodges of the Benevolent and Protective Order of the Elks of the United States of America. Maine has 22 member lodges and over 10,000 men and women Elk members.

Elks Mission: So long as there are veterans, the Benevolent and Protective Order of Elks will never forget them.

The Veterans Service Commission promises service to our nation's veterans and military members with a special focus on service to those in need.

#### **Elks Programs:**

- Adopt a vet
- Freedom Grants
- VAVS
- Veterans Leather
- Welcome Home
- Stand-Down meals
- VA2K
- Maine Children's Cancer Program
- Homeless Veterans support

### **Maine Fallen Heroes Foundation**

P.O. Box #226  
Auburn, ME 04212  
207-229-0229  
info@mainefallenheroes.org  
www.mainefallenheroes.org  
www.facebook.com/mainefallenheroesfoundation





We honor our fallen by supporting their families. The goal of the Maine Fallen Heroes Foundation is to provide the families of our fallen military heroes with financial assistance in time of need. We supply financial help by helping family members with a car payment, rent, wood, mortgages, heating oil, gasoline, and food. We also hand out (3) \$1,000 college scholarships per year to family members of our fallen. We have also recently created a college trust fund for Gold Star Kids. 100% of all donations collected benefit the families of our fallen military heroes. God Bless you for your support!

## Maine Paws for Veterans

P.O. Box 516  
Topsham, ME 04086  
675 Old Portland Rd. Unit 2  
Brunswick, ME 04011  
207-449-9149  
executivedirector@mainepawsforveterans.org  
www.mainepawsforveterans.org  
www.facebook.com/MainePawsForVeterans

Maine Paws for Veterans is a non-profit organization established as Embrace A Vet in 2012. Founded by the late Joy Johnson, Embrace A Vet initially focused on retreats for veterans and spouses, and later on service dog training for veterans with Post-Traumatic Stress.

In 2021, Maine Paws for Veterans was established to provide service dog training and support for veterans with military-related Post-Traumatic Stress.

Maine Paws for Veterans and Embrace A Vet have graduated approximately 130 teams of veterans and service dogs since 2012

## Military and Family Life Program

Bangor, ME  
571-469-1659  
PFC2.ME.NG@Zeiders.com  
8:00 a.m. – 5:00 p.m.

Personal Financial Counselors provide Free and Confidential Personal Financial Counseling services and education for all Military and family members, as well as recently separated Veterans, to assist with establishing a basic level of financial literacy, good financial behavior and habits, benefit utilization and long term financial planning to include retirement planning.

## Military Order of the Purple Heart

Building 248, Room 205k  
Togus, ME 04330  
207-239-8111  
evo3782000@yahoo.com

Chartered by Congress in 1958, The Military Order of the Purple Heart is composed of military men and women who received the Purple Heart Medal for wounds suffered in combat. Although our

membership is restricted to the combat wounded, we support all veterans and their families with a myriad of nation-wide programs by Chapters and National Service Officers.

## Pets for Vets

118 Caleb Street  
Portland, ME 04102  
207-415-8423  
portland-me@petsforvets.com  
<http://www.petsforvets.com/portland-me>  
[www.facebook.com/PetsForVetsPortlandMaine](http://www.facebook.com/PetsForVetsPortlandMaine)  
[twitter.com/PetsForVets207](http://twitter.com/PetsForVets207)

Pets for Vets goal is to help heal the emotional wounds of military veterans by pairing them with a shelter dog that is specially selected to match his or her personality. Professional animal trainers rehabilitate the dogs and teach them good manners to fit into the veteran's lifestyle.

**Training may also include:** desensitization to wheel chairs or crutches as well as recognizing panic or anxiety disorder behaviors. Needy shelter dogs receive a second chance at life while giving our returning troops a second chance at health and happiness. The bonds of friendship formed between man and animal have the power to ease the suffering of our troops when they return from overseas.

## Operation Brotherhood

207-293-8033  
www.operationbrotherhood.org  
<https://www.facebook.com/OperationBrotherhood>

A non-profit charitable organization designed to develop and establish comradery in the veteran community with the goal of eliminating veteran suicide.

Operation: Brotherhood was created to bring veterans together so they realize they are not alone. We have found over years of working in other vocations where we saw the group dynamic change people almost overnight, for the better.

The message is that we can rely on each other for support, that we are NOT alone, that we have a brother or sister that will always listen. There are approximately 22 million veterans in the US. There is no reason we should feel alone. Ever.

We achieve our goals through: Teambuilding, comradery, physical challenge, open mindedness, outdoor activity, quiet reflection.

## Sisters in Arms

PO Box 5661  
Augusta, ME 04330  
207-358-8491  
director@barhh.org  
www.barhh.org

Established in 2014, the Sisters in Arms is the only transitional home in Maine for homeless or in need female veterans and their children. Our mission: To establish a support system specific to the individual female veteran that creates an atmosphere of community by providing housing for the veteran and her children, access to services, discovering individual opportunities for training, education and employment to achieve independence.

We offer a warm home, help with employment, benefits, and child care. Statewide, we have partnerships with numerous agencies to better serve our female veterans by bolstering employment opportunities, getting help with PTSD, MST and other military induced stresses, improving access to education and training, reducing homelessness, aiding with legal issues, and getting our female veterans financially stable.

### Salute of Service

Searsport, ME 04974  
207-323-4460  
rosebrierfarm@yahoo.com  
www.facebook.com/saluteofservice

Salute of Service is a small Maine based 501(c)(3) non-profit organization that helps veterans train their own service dogs to assist them with their disabilities. Our training is provided free of charge to veterans. We serve veterans from any era, with any disability, and there is no requirement for the disability to be service connected. We have developed a very successful and rigorous owner based service dog training program. It is a three phase training program which takes approximately four to six months to complete. Salute of Service offers training classes in various locations around the state. All the veteran needs is a copy of DD-214, a letter from any provider stating that the veteran has a disability and would benefit from the use of a service dog, and a copy of the dog's rabies certificate.



## Transportation Options:

### Aroostook Transportation Systems

24 Houlton Road  
Presque Isle, ME 04769  
Office: 207-764-1290  
Bus Information: 207-764-5246  
800-442-3320  
arts@ne.twcbc.com  
www.aroostooktransportation.org  
Mon - Fri, 6:00 a.m. – 5:00 p.m.

### Bath City Bus

55 Front Street  
Bath, ME 04530  
207-443-8363  
www.cityofbath.com/citybus  
8:00 a.m. – 5:30 p.m.

The Bath CityBus is operated by the City of Bath. It provides transportation to anyone within Bath, from and to places where you live, work, and shop. The CityBus runs Monday-Friday from 8a.m. to 5:30p.m. There are two service regions in town: the north loop, serving areas north of Route 1 and the south loop, serving areas south of Route 1. The bus will make pick-ups anywhere along its travel path on the north and south loops, but since this is a flex service, to be guaranteed that the bus will pick you up go to one of the check-points shown on the service maps. Each ride on the regular service is one dollar. Service is provided to Mid Coast Hospital in Brunswick twice daily, when requested in advance. An appointment is required and must be made 24 hours in advance. Morning service is provided from City Hall, leaving at 9:30 a.m. and returning at 10:00 a.m.; afternoon service is provided from City Hall, leaving at 1:30 p.m. and returning at 2:00 p.m. Each direction costs two dollars. Additional information, reservations, and schedules are available online or by phone.

### BSOOB/ShuttleBus/ZOOM

13 Pomerleau Street  
Biddeford, ME 04005  
207-282-5408  
www.shuttlebus-zoom.com  
Mon-Fri 9:00 a.m. – 4:30 p.m.

The Biddeford-Saco-Old Orchard Beach Transit Committee, d/b/a ShuttleBus-Zoom, is the provider of public transportation in the Tri-Town area of Maine, just south of Portland.

**Tri-Town Connector:** This local route runs through of Biddeford, Saco and Old Orchard Beach seven days per week. Route termini are at the shops at Biddeford Crossing and the Cascade Shopping Plaza in Old Orchard Beach.

**Tri-Town Intercity:** This route provides seven days per week service between Biddeford, Saco, Old Orchard Beach, Scarborough and



Portland. Starting at SMHC in Biddeford. After passing Old Orchard Beach, the line travels along US 1 and US 9 to serve Scarborough. It then allows passengers to disembark at the Maine Mall in South Portland or to travel to Downtown Portland.

**Old Orchard Beach/Camp Ellis Trolley:** This summer-only tourist trolley shuttles visitors around Old Orchard Beach and Camp Ellis Beach.

**ZOOM Turnpike Express:** This service provides peak-hour weekday service between Biddeford and Downtown Portland. The line makes two stops, at the Biddeford Park & Ride adjacent to Maine Turnpike Exit 32 and at the Saco Park & Ride adjacent to Exit 36.

**Nor'easter Express:** This route runs seven days per week during normal academic terms to provide a service from Biddeford to the University of New England. Transportation is free to all students with valid ID.

### Community Concepts Transportation Program

240 Bates Street  
Lewiston, ME 04210  
207-795-4065  
rides@community-concepts.org  
www.community-concepts.org/transportation  
Mon-Fri, 8:00 a.m. – 4:30 p.m.

Provides door to door specialized transportation services to residents of Androscoggin, Franklin and Oxford Counties for over 30 years. We offer regularly scheduled van routes, flexible routes through our trained volunteer driver network, and a wheelchair van service. Free rides are available based on funding to medical appointments for those with no other means of transportation and for all cancer patients.

### Disabled American Veterans - VA Maine Healthcare System Voluntary Transportation Network

PO Box 3415  
Augusta, ME 04330  
1-877-421-8263, x5790, 207-623-5790  
www.davmembersportal.org/me  
Mon-Fri, 7:30 a.m. – 3:30 p.m.

Type of Service: Ten passenger vans, must be able to load and unload independently. Not handicap accessible and unable to transport large oxygen bottles. Serving many areas throughout the State of Maine. Recommend calling a week prior to appointment to reserve a seat.

### Downeast Transportation

117 Gateway Center Drive  
Trenton, ME 04605  
207-667-5796  
www.downeasttrans.org  
Service area: Hancock County

Type of service: Flex route, subscription, seasonal shuttle service.

#### Geographic area:

Downeast Transportation, Inc. (DTI) is a private, non-profit agency that operates a year-round flex route bus service in Hancock County (Downeast Transportation) as well as the summer Acadia National Park Island Explorer Shuttle Service.

Downeast Transportation. DTI serves Ellsworth, all of Mount Desert Island, the Blue Hill peninsula including Brooklin, Sedgwick, Deer Isle and Stonington, the coastal towns of Hancock, Sullivan, Gouldsboro and Winter Harbor in eastern Hancock County, and the Town of Bucksport in western Hancock County.

Island Explorer. DTI operates a seven day per week seasonal service between Trenton, Mount Desert Island and Acadia National Park (Island Explorer Shuttle Bus System) as well as seven day per week seasonal service on Schoodic Peninsula.

### Greater Portland Transit District

114 Valley Street  
Portland, ME 04102  
207-774-0351, ext. 19  
Direct: 207-517-3027  
www.gpmetrobus.com

With annual ridership of 1.8 million, METRO provides local bus service throughout Portland, Westbrook, Falmouth and the Maine Mall area of South Portland with connections to ferry, train and other regional transit options. All buses are wheelchair accessible.

METRO BREEZ express service between Portland, Yarmouth and Freeport features ten daily weekday trips Mon-Fri, and five on Saturday. Expanded service to Brunswick begins in August 2017.

The Southern Maine Transit Tracker (smtracker.com) provides "real time" bus/ferry arrival information for METRO and other area transit options.

Applications for METRO Reduced Fare Cards are available at the METRO Pulse at Elm Street and through METRO's website (click for application).

Applicants who qualify for Social Security Disability Income (SSDI); Supplemental Security Income (SSI) or a disability under the Department of Veterans Affairs (VA) and can provide a copy of the most current qualifying letter they received from one of these agencies can apply for a METRO Reduced Fare Card.

### Independent Transportation Network

1 Westbrook Common, Suite 3  
Westbrook, ME 04092  
207-854-0505  
http://itnportland.org  
www.facebook.com/meitnportland  
8:00 a.m. – 4:30 p.m. 7 days a week



ITN Portland is a nonprofit organization that serves the Greater Portland area by providing door-through-door, arm-through-arm transportation services for seniors and visually impaired adults. ITN Portland relies on the support of our community to keep our riders independent, safe, and happy. Since 1995, we have provided over 315,000 rides for our members thanks to our paid and volunteer drivers.

### KVCAP Transportation Services

97 Water Street  
Waterville, ME 04901  
1-800-542-8227, 859-1500  
[www.kvcap.org](http://www.kvcap.org)

Kennebec Valley Community Action Program has made a firm commitment to providing the citizens of Central Maine with safe, dependable transportation services. Kennebec/Somerset Explorer is a flex-route public bus service with operations throughout the greater Waterville-Augusta area and the Greater Skowhegan area. KV Van offers door-to-door para-transit van and volunteer driver services to passengers who are eligible under specific social service organization guidelines. KV Van provides door-to-door transportation service to disabled, elderly and low-income passengers throughout Kennebec and Somerset Counties. Common destinations for passengers using KV Van services are doctor's offices, hospitals, adult day care programs, social enterprises, mental health facilities, protective services, children's services, and other medical and developmental services.

### Penquis Transportation

262 Harlow Street  
Bangor, ME 04401  
(207) 974-2420  
[info@penquis.org](mailto:info@penquis.org)  
<https://www.facebook.com/PenquisHelpingTodayBuildingTomorrow>  
8:00 a.m. – 4:30 p.m.

Penquis/Lynx Mobility Services offers transportation services to veterans in Penobscot and Piscataquis counties. Lynx requires three full business days' notice for all rides. Lynx will transport for medical; shopping, volunteering or any other needs. Some restrictions may apply. For more information please contact Lynx at the number above.

### Western Maine Transportation

76 Mellow Road  
Auburn, ME 04210  
1-800-393-9335  
[info@westernmainetrans.org](mailto:info@westernmainetrans.org)

Our transit options include open-to-the-public bus transportation, demand-response, flex routes, and fixed route services.

Services are available in Franklin, Oxford, and Androscoggin counties, giving you the option to set up a ride for a specific drop-off/pick-up location. Give us a call today to schedule a ride!

## Veteran Service & Community Service Organizations

### American Legion Department of Maine

5 Verti Drive  
Winslow, ME 04901  
207-873-3229  
[legionme@mainelegion.org](mailto:legionme@mainelegion.org)  
[www.mainelegion.org](http://www.mainelegion.org)  
[www.facebook.com/maineamericanlegion](https://www.facebook.com/maineamericanlegion)  
[twitter.com/LegionMaine](https://twitter.com/LegionMaine)

The American Legion Department of Maine was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to helping veterans of every conflict. The Department has over 16,000+ members in 172 posts scattered throughout Maine that support veterans and their families. We have a fully staffed Veterans Service Office on the campus of VA Togus, in Augusta, Maine, providing assistance to veterans, their families and survivors in filing claims for VA compensation and pension as well as other benefits. We also have a robust roster of veteran's resources at our disposal. We are the nation's largest wartime veterans service organization, committed to veterans rehabilitation, Youth programs, Americanism and National Security.

### AMVETS Department of Maine

147 Alfred St.  
Biddeford, ME 04005  
207-576-0376  
[www.amvetsofmaine.org](http://www.amvetsofmaine.org)  
[www.facebook.com/MaineAMVETS](https://www.facebook.com/MaineAMVETS)

As one of America's leading veterans service organizations with more than 250,000 members, AMVETS has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens. Membership in AMVETS is open to anyone who honorably served, or currently serving, in the U.S. Armed Forces, including the National Guard and Reserves.

AMVETS members in more than 1,400 posts nationwide promote and support "quality of life" community-service programs ranging from Special Olympics and ROTC to scouting and organ-donor projects.

### Combat Veterans Motorcycle Association Maine Chapter 17-1

[combatvetsmaine@gmail.com](mailto:combatvetsmaine@gmail.com)  
<https://www.cvma17-1.com>

We are an Association of Combat Veterans from the United States Armed Forces who ride motorcycles as a hobby. Our mission is to support and defend those who have defended our country and our freedoms.





The CVMA is committed to welcoming home Combat Vets of all our wars and remembering those who are still not home yet. We are a fellowship of veterans, and those who support our veterans, not a motorcycle club. If you are a Combat Vet and ride a motorcycle over 500cc you are eligible for membership.

We sponsor and participate in many motorcycle-related charity events each year, and as a 501(c) non-profit organization, we donate to various Veteran care facilities and charities.

## Disabled American Veterans

VA Medical Center Togus, Quarters 27  
P.O. Box 3415  
Augusta, ME 04330  
207-623-5725  
deptmainedav@gmail.com

Empowering veterans to lead high-quality lives with respect and dignity. We accomplish this by ensuring that veterans and their families can access the full range of benefits available to them; fighting for the interests of America's injured heroes on Capitol Hill; and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life.

This mission is carried forward by:

- Providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government.
- Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically.

## Home Depot Foundation

154 Topsham Fair Mall Road  
Topsham, ME 04086  
207-798-6931  
hd\_foundation@homedepot.com

The mission of The Home Depot Foundation is to improve the homes and lives of U.S. military veterans and their families. Through partnerships with local nonprofits and the volunteer efforts of Team Depot, we focus on addressing the critical housing needs of U.S. veterans, and improving homes for veterans. We work hard every day to make a difference for the veterans in our communities.

## Honor Flight Maine

P.O. Box 1770  
Portland, ME 04104  
207-370-1770  
mainehonorflight@gmail.com  
www.honorflightmaine.org

Honor Flight Maine is a non-profit organization created solely to honor America's Veterans for all their service and sacrifice. We transport our heroes to Washington D.C. to tour, experience and reflect at their memorials. Top priority is given to our WWII Veterans, and terminally ill Veterans of all conflicts. We will naturally transition our focus to Korean, Vietnam and subsequent war Veterans as those Veterans get older. According to the Department of Veteran Affairs, an estimated 640 WWII Veterans die every day. Our time to express our gratitude to these most senior heroes is rapidly running out. Honor Flight Maine is committed to fulfill the dreams of our Veterans.

## Maine Veterans' Project

207 Parkview Avenue  
Bangor, ME 04401  
207-262-6061  
www.maineveteransproject.org  
www.facebook.com//MVPforME  
Hours Vary Daily

Maine Veterans' Project (MVP) is a 100% volunteer organization that operates with the highest integrity we expect from the veterans we serve. By utilizing a volunteer organization structure and relying heavily on strategic partnerships, MVP has been able to provide close to \$250,000 worth of goods / services on less than \$100,000 of donated dollars. We as an organization feel it is our duty to constantly think outside-the-box to provide innovative solutions to even the most complex problems with the lowest money ceiling possible.

MVP focuses solely on suicide prevention and reduction of PTSD or similar stressors amongst a unique demographic of combat veterans and other veterans that have felt the rigors of their service. By focusing specifically on this demographic we are able to reach out to veterans that may otherwise be overlooked or may not ask for services themselves. MVP provides an array of services focusing on home improvement (urgent and emergent repairs), vehicle donations when there are no other options for the veteran, and by providing events for veterans to come together.

## Maine Wood Carvers Association - Eagle Cane Project

546 Mayall Road  
New Gloucester, ME 04260  
207-808-9361  
http://mainewoodcarvers.com/eagle-cane-project

The Eagle Cane Project was introduced in Maine in 2008. A collaborative effort involving Maine Wood Carvers Association and Maine Woodturners, the aim of the project is to present quality, hand-carved and highly personalized Eagle Head Canes to Maine's veterans with service related disabilities in recognition and appreciation for their service to our country. Woodturners members turn the tenons and adaptors. Finally the carver assembles the cane, adds the hand-carved eagle head, attaches replicas of the requested medals and ribbons, adds the personalization and applies a finish. Whenever possible, canes are presented in person, accompanied by a certificate of appreciation listing names of all the individuals who helped in creating the cane.



## Master Sergeant Gary Gordon Veteran Center

118 Main Street  
Lincoln, ME 04457  
207-794-3852  
doanelson133@yahoo.com  
www.facebook.com/GaryGordonVeteranCenter

## Military Officers Association of America

P.O. Box 2145  
South Portland, ME 04116  
www.moasouthernmaine.org  
www.moaa.org

MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization. In addition to representing your interests before Congress, MOAA offers a wide range of personal and financial services exclusive to MOAA membership. Whatever the stage of your career, your MOAA membership delivers benefits geared specifically to you - and your family. From active-duty service through retirement, MOAA can help you make the most of your career as an officer.

## Paralyzed Veterans of America

1 VA Center  
Augusta, ME 04330  
207-621-7394  
www.pva.org

Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members - veterans of the armed forces who have experienced spinal cord injury or dysfunction.

### **PVA will use that expertise to be the leading advocate for:**

- Quality health care for our members,
- Research and education addressing spinal cord injury and dysfunction,
- Benefits available as a result of our members' military service,
- Civil rights and opportunities that maximize the independence of our members.

To enable Paralyzed Veterans to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for Paralyzed Veterans of America to achieve its mission.

## Patriot Guard Riders

136 Center Street  
PO Box 433  
Old Town, ME 04468  
207-817-5530  
MESC@PatriotGuard.org  
www.patriotguard.org

The Patriot Guard Riders is a diverse amalgamation of riders from across the nation. We have one thing in common besides motorcycles. We have an unwavering respect for those who risk their very lives for America's freedom and security including Fallen Military Heroes, First Responders and honorably discharged veterans. If you share this respect, please join us.

We don't care what you ride or if you ride, what your political views are, or whether you're a hawk or a dove. It is not a requirement that you be a veteran. It doesn't matter where you're from or what your income is; you don't even have to ride. The only prerequisite is respect. -- Our main mission is to attend the funeral services of fallen American heroes as invited guests of the family.

### **Each mission we undertake has two basic objectives:**

- Show our sincere respect for our fallen heroes, their families, and their communities.
- Shield the mourning family and their friends from interruptions created by any protester or group of protesters. We accomplish the latter through strictly legal and non-violent means.

## Patriot Riders of America - Maine Chapter One

P.O. Box 1259  
Sanford, ME 04073  
info@patriotridersofme1.com  
www.patriotridersme1.com

We are a nonprofit organization fulfilled solely by volunteers. The Patriot Riders of America is an organization throughout the East Coast of the United States and is continuously growing.

Our mission is to help local military veterans and families in any manner we possibly can. There are veterans in our communities who go without proper shelter (if any), food, and essential every day necessities due to a variety of factors including injuries, illness, low wage, job loss, and age.

While all of us are susceptible to hard times, veterans have given their services and signed to risk, if not lose their lives for our country, and should not have to struggle to survive. Learn more about our organization by contacting us or visiting our website.

## Patriot Riders of America - Maine Chapter Two

179 Park Row  
Brunswick, ME 04011  
www.facebook.com/  
PatriotRidersOfAmericaMaineChapterTwo

Our chapter meets the first Tuesday of every month. Our mission



is to help local military veterans and families in any manner we possibly can. There are Veterans in our communities who go without proper shelter (if any), food, and essential every day necessities due to a variety of factors including injuries, illness, low wage, job loss, and age.

While all of us are susceptible to hard times, Veterans have given their services and signed to risk, if not lose their lives for our country, and should not have to struggle to survive. Learn more about our organization by visiting our Facebook page.

### Patriot Riders of America - Maine Chapter Three

PO Box 544  
Pittsfield, ME 04967  
info@proa-me3.org  
www.proa-me3.org  
www.facebook.com/groups/  
PatriotRidersofAmericaMaineChapter3

Our chapter meets the second Monday of the month. We are a nonprofit organization fulfilled solely by volunteers. The Patriot Riders of America is an organization throughout the East Coast of the United States and is continuously growing.

Our mission is to help local military veterans and families in any manner we possibly can. There are veterans in our communities who go without proper shelter (if any), food, and essential every day necessities due to a variety of factors including injuries, illness, low wage, job loss, and age.

While all of us are susceptible to hard times, veterans have given their services and signed to risk, if not lose their lives for our country, and should not have to struggle to survive. Learn more about our organization by contacting us or visiting our Facebook page or website.

### Rolling Thunder Maine

27 Beach Road  
Windham, ME 04062  
207-892-5333  
RTMaine2@yahoo.com  
www.facebook.com/groups/242004596210338

Rolling Thunder was incorporated in 1995 to bring the government to full accountability for the Prisoners of War-Missing in Action. We continue to advocate for the families of all service members who have not returned home.

We are also committed to help American veterans from all wars by providing support in many different ways. We attend community events to educate the public, we help with projects that veterans may not be able to complete on their own such as moving and home repairs, and we hold fundraisers for programs and/ or veterans in need.

### Southern Maine Veterans' Cemetery Association

83 Stanley Rd.  
Springvale, ME 04083  
207-490-4612.  
mvmcs@maine.gov  
southernmaineveteranscemetery.org/wpress  
GATE OPEN: Sunday – Saturday, (24 hours a day)  
OFFICE HOURS: Monday – Friday, 7:30 a.m. – 4:00 p.m.

The Southern Maine Veterans' Memorial Cemetery Association is a non-profit organization staffed totally by volunteers. Our mission is to beautify the cemetery where families and friends of veterans may come to visit the final resting place of their loved ones that is both beautiful and peaceful. Our meetings are held on the second Thursday of each month and are open to the public.

Our vision for future projects include re-furbishing the committal shelter Extending our Memorial Walkway, erecting other monuments, creating an Avenue of Flags, to name but a few.

We do not receive any funds from the federal government for our projects. All funds come from soliciting the state, cities, towns, service clubs, businesses and private donations.

### Student Veterans of America

235 Luther Bonney Hall  
Portland, ME 04104  
207-228-8534  
studentveterans.org  
www.facebook.com/huskyvets

The Husky Veterans are an approved chapter of Student Veterans of America and serve as an advocate and social support network for students at the University of Southern Maine. Our mission is to provide support to veteran, active duty, and dependent students in all aspects of life. The transition from service to higher education is riddled with unique, and often unexpected challenges. The Husky Veterans provide a meaningful way to connect veterans with veterans and succeed academically and socially.

### Team Red, White & Blue

Portland, ME 04101  
www.teamrwb.org  
www.facebook.com/TeamRWBMaine

Founded in 2010, Team RWB and its over 100,000 members are bringing veterans, their families, and American citizens together through authentic social interaction, community physical fitness and shared experiences in over 187 communities across the globe. Our mission, simply stated, is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Whether we meet for a run, ruck, yoga, workout or social event, our Central Maine chapter provides opportunities for veterans, active duty and civilian members to create positive, meaningful connections. Members share the Eagle Ethos - passion, people, positivity, commitment, camaraderie, and community.



## Team Rubicon

310-640-8787 x112  
braverman@teamrubiconusa.org  
www.teamrubiconusa.org  
www.facebook.com/teamrubicon

Team Rubicon is a non-profit disaster response organization that unites the skills and experiences of military veterans with first responders to rapidly deploy disaster response teams, free of charge to communities across the country. Team Rubicon is active nationally, across the New England region, and locally in Maine. Team Rubicon's disaster response capabilities include incident management, expedient home repair, damage assessment, debris management, hazard mitigation, and spontaneous volunteer management. In addition, Team Rubicon offers members engagement and community-building opportunities through service projects, fitness and wellness events, social events, and leadership development programs.

## Travis Mills Foundation

747 Western Ave.  
Manchester, ME 04351  
207-480-3490  
give@travismills.org

The Travis Mills Foundation supports recalibrated veterans and their families through long-term programs that help these heroic men and women overcome physical obstacles, strengthen their families, and provide well-deserved rest and relaxation.

Our founder, US Army SSG Travis Mills, is one of only five quadruple amputees to have survived the wars in Iraq and Afghanistan.

We support these veterans through our nationally recognized retreat located in the Belgrade Lakes Region of Maine. Veteran families who have been injured in active duty or as a result of their service to our nation receive an all-inclusive, all-expenses paid, barrier-free vacation in Maine where they participate in adaptive activities, bond with other veteran families, and enjoy much-needed rest and relaxation in Maine's outdoors.

In 2020, the Travis Mills Foundation added the Warrior Pathh Program as an alternative offering for veterans. The program is designed to cultivate and facilitate posttraumatic growth with a seven-day initiation at the Foundation, followed by 18 months of training by fellow Veteran guides. This program is offered to Active Duty, Retired, and Post 9/11 Combat Veterans, as well as to First Responders. For more information contact [travismillsfoundation.org/warriorpathh](http://travismillsfoundation.org/warriorpathh)

## Veterans of Foreign Wars of the United States, Department of Maine (VFW)

mevfwpr@gmail.com  
www.mainevfw.org

The VFW's voice had been instrumental in establishing the Veterans Administration, creating a GI bill for the 20th century,

developing the national veteran's cemetery system and advocating for compensation for Vietnam veterans exposed to Agent Orange and for veterans diagnosed with Gulf War Syndrome. In 2008, VFW won a long-fought victory with the passing of a GI Bill for the 21st Century, giving expanded educational benefits to America's active-duty service members, and members of the Guard and Reserves, fighting in Iraq and Afghanistan.

The VFW also has fought for improving VA medical center facilities and services for women veterans. Besides helping fund the creation of the Vietnam, Korean War, World War II and Women in Military Service memorials, the VFW in 2005 became the first veterans' organization to contribute to building the new Disabled Veterans for Life Memorial, which was being constructed in Washington, D.C. The fundraising goal was reached in mid-2010, and ground for the memorial broken on November 10, 2010. The memorial was dedicated by then President Barack Obama on October 5, 2014.

From providing \$2.5 million in college scholarships to high school students every year, to encouraging elevation of the Veterans Administration, to the president's cabinet, the VFW is there for our veterans.

## Vietnam Veterans of America

508 Elm Street  
Biddeford, ME 04005  
207-494-9287  
cwomaine@metrocast.net  
www.vva1044maine.org

We have over 130 members from all over the State of Maine.

Starting in July 2017 we will offer an R & R type center where veterans from all eras can come down and just get away from the daily grind of life.

At the center we will have available for the veterans a place to sit and enjoy a cup of coffee and to meet other veterans. Or if they prefer sit and watch TV, read a book. We will have several tables set up if the veteran wished to play checkers, chess and or cribbage.

Veterans benefit information is always available. We will have a Veterans Service Officer available every Tuesday, Wednesday and Friday or by appointment.

## Vet2Vet Maine

PO Box 1205  
Biddeford, ME 04005  
207-579-4024  
office@vet2vetmaine.org  
www.vet2vetmaine.org

Vet2Vet Maine, a nonprofit 501(c)(3) organization, recruits veterans to serve as friendly visitors to aging and disabled veterans in their area. Each volunteer passes a background check, provides three references, and receives online training. Once processed, each volunteer is matched to a veteran with similar interests, life stories,







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