

March 17, 2025
100 State House Station
Augusta, ME 04333

Testimony in support of LD 834 "An Act to Update the State Supplement to Supplemental Security Income"

Dear Senator Ingwerson, Representative Meyer, and members of the Health and Human Services Committee:

My name is Regina Bowie and I live in Presque Isle, Maine. I am a self-advocate and member of Speaking Up For Us. I am testifying in support of LD 834 because it is important to update Supplemental Security Income according to the current economic standards.

This bill adds a little bit of income and gives an update according to the current standard. It will help me deal with the rising cost of daily expenses and a bit of extra income will help ease the burden. I currently rely on social security to keep my bills paid. I have been working on starting an online business. Social Security is helping me as I build my business. It takes time to build your own business and without my Social Security, I would not be able to become a business owner.

Social Security income is also what keeps me from being homeless. Every time any income is increased my rent also increases. I do recommend that this be taken into consideration when increasing income for people. People with disabilities are already living on very low income and many situations like rent are tied to how much income we have. The cost of everything keeps going up, but the Social Security we get from Maine has not increased.

Thank you for the opportunity to submit my testimony. I will be available to answer questions.

Sincerely,

Regina Bowie

Presque Isle, ME

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