

# United Way

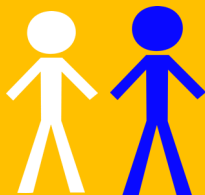


## United Way of Aroostook

# Give Where You Live!

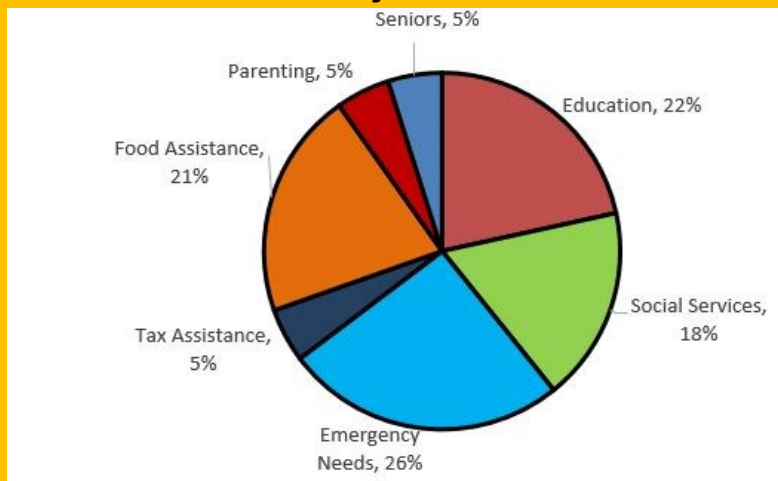
## Over 4,000 volunteer hours in 2018

Share your time, talent & treasure with your community.



United Way of Aroostook impacts 1 of every 2 people living in Aroostook County through our programs and funded agencies.

### Community Investment



Through the Aroostook CA\$H Coalition, 1,070 Aroostook County households received free tax assistance this year, refunding over \$1.15 Million back to Aroostook County Families. These refunds helped purchase fuel, food and other basic necessities.

United Way of Aroostook has sent over **130,000** books to County children through Dolly Parton's Imagination Library. Any child birth to age 5 is eligible at no charge.



In 2018, over 2,000 Aroostook County Citizens contacted 211 by phone, text, or website to connect to local resources.



United Way of Aroostook is currently funding over **30** community programs and agencies to improve lives in Aroostook County.

**INCOME**

**EDUCATION**

**HEALTH**

Contact us today at 764-5197 to see how you can become involved.

Highlighted below are the agencies currently being funded by United Way of Aroostook. These agencies all support and strengthen children, families, seniors, and those struggling to meet basic needs.

**ACAP~Early Care and Education**

Early Care and Education provides quality, developmental childcare to families who are working or attending school. Childcare is for children aged six weeks through six years and is age appropriate and individualized to meet each child's needs.

**ACAP~Family Coaching**

Family Coaching is a holistic, comprehensive approach to meeting a whole family's needs by working with families in the key areas of health and wellness, economic assets, education and training, early childhood education, and social capital.

**ACAP~WIC**

Women, Infants & Children provides healthy foods, nutrition education, screening & health care referrals to eligible pregnant & post-partum women & infants & children up to the age of 5.

**Adopt-A-Block of Aroostook**

The mission of Adopt-A-Block of Aroostook is to impact our communities by bringing hope and love one block at a time, by assisting with food, clothing needs, life-skills education and building stronger, healthier families. It's about giving a "hand up" not a "hand out."

**American Red Cross**

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

**Aroostook Area Agency on Aging~Nutrition Services**

Provides nutritionally balanced meals to homebound older people and some younger disabled people who are unable to prepare meals for themselves. Also provides congregate meals and food assistance at centers in Aroostook County.

**Aroostook Area Agency on Aging ~Retired & Senior Volunteer Program**

Assists local nonprofits and service agencies to secure volunteers, who in turn make a difference for whom they are volunteering.

**Aroostook Council for Healthy Families~Maine Families Aroostook**

Maine Families Home Visiting has caring & professional family visitors who partner with parents to access the information & resources that can support the physical & emotional health of their baby.

**Aroostook Council for Healthy Families~Raising Stronger Families**

Stronger Families Aroostook is a prevention council which partners with parents, childcare providers, grandparents, & others who are caring for children to strengthen families by offering them opportunities for support & reliable information.

**Penobscot Boys and Girls Club Presque Isle Unit~Power Hour: Making Minutes Count**

Power Hour is a comprehensive program which extends learning beyond the school day by providing academic support, enrichment, and remediation which impact youth in three essential ways: Academic Success, Healthy Lifestyles, and Good Character & Citizenship.

**Catholic Charities~Hunger & Relief Services**

The Hunger & Relief Services Program supplies nutritious food to people experiencing food insecurity throughout Aroostook County. The program provides food to 24 food pantries in Aroostook County to improve the health of low income families.

**Central Aroostook Association**

We provide people in our programs the necessary support to reach their highest level of personal development. Services are provided for mentally and physically handicapped individuals.

**Grace Interfaith Food Table**

GIFT is an all-inclusive food pantry located at 11 Industrial St in Presque Isle. We are open four Wednesdays a month. Clients should call 207-764-8584 on Tuesdays to make an appointment.

**Homeless Services of Aroostook**

Homeless Services of Aroostook shelters individuals and families with children, providing a no-cost, safe environment to sleep, meals, showers, and holistic case management services.

**Hope & Justice Project**

It is the mission of Hope and Justice Project to serve the needs of the victims/survivors of domestic abuse while working to end domestic violence in Aroostook County.

**St. John Valley Association~Independence Plus**

It is the purpose of St. John Valley Associates to empower adults with intellectual disabilities in the St. John Valley and surrounding areas so they can achieve their maximum potential.

**The Salvation Army**

The Salvation Army of Houlton assists those in need with their food pantry, soup kitchen and by providing assistance with electricity, water, heat, and housing. Worship programs for the whole family are also available.