

Tedford Housing works together with people in their communities to find lasting solutions to the challenges of homelessness. We provide shelter, housing, and services that empower adults, children and families in need.



I Will Never Be Homeless Again



At age 27, Kris has experienced and overcome more difficulties than most of us can begin to imagine. She grew up in an unstable family, and she became pregnant and gave birth to her oldest son when she was just 13. Shortly thereafter, the baby's father died in a car accident.

Despite this very stressful situation, Kris knew she needed to complete her schooling. She received her high school diploma, graduating early and with honors, while caring for her baby.

Over the years, Kris experienced several incidents of homelessness—she lived in a vehicle, at a campground, and on two occasions, at Tedford Housing's family shelter. But her hard work, commitment to her family and her willingness to seek and accept help, have transformed her life.

After working in various medical positions, Kris recently graduated from nursing school and is a Licensed Practical Nurse (LPN) working at a local hospital. She lives in midcoast Maine with her husband Kyle and their three sons ages 13, 6 and 4. Kyle recently accepted a job at Bath Iron Works.

Kris is candid about her personal issues. "All of the stress in my life took a toll on me. I needed to learn how to handle my anger and personal relationships. And, I was terrible with money. I didn't know how to save or budget. That was the best thing I learned from Bev (Tedford's family shelter case manager)."

Kris laughs and continues, "Feed the kitty first." She is referring to the system she and Bev set up to prioritize spending: "First is the rent money, second is paying for other essential items like food and car expenses and then an account to save for things that I want and saving for the future."

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Fundraising for Tedford

When 9-year old Ella Bergeron decided she wanted raise funds to donate to an organization that helps homeless children, her online research led her to Tedford Housing.

Ella is a very busy 4th grader at Woodside Elementary School in Topsham. She skis, plays the violin and piano, and participates in the school's unique unicycle program, the Woodside One Wheelers. Yet, she took quite a bit of time to research, plan and execute her fundraiser, selling hand-made items at her school's recent craft fair.



Tedford's Executive Director Craig A. Phillips accepts a check from 9-year old fundraiser Ella Bergeron.

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Tedford Housing is grateful to :

**United Way
of Mid Coast Maine and
United Way of Androscoggin County**

City of Auburn

City of Lewiston

Maine Housing

Cumberland County

**and the many individuals, municipalities,
civic groups, churches, businesses and
foundations that help Tedford Housing
achieve our mission by providing finan-
cial support, volunteering and donating
goods and services.**

Thank you!

A Message from Executive Director Craig A. Phillips



Every day I meet amazing community members from all backgrounds who support Tedford Housing and who share our passion for ending homelessness. We could not do our work without your help, and we appreciate every volunteer, dollar and meal that is donated to Tedford Housing.

Providing emergency housing is comprised of two main elements—shelter and services. Today, I am sharing the challenges that Tedford Housing and other homeless shelter providers throughout the state are facing with decreasing public revenue and increasing need for services.

First, homeless shelters are reimbursed through Maine Housing for each occupied bednight at a rate of just \$9.50 per person per night, \$1 less than the previous year’s rate. Tedford’s costs are upward of \$40 per night. United Way, private donations and foundation support make up much, but not all, of the difference.

Second, Tedford Housing provides case management services which go far beyond helping people find a permanent home. Case managers connect people to resources such as health care and career counseling. Case management is a “best practice” that greatly increases the likelihood that the person being assisted will not return to homelessness. This work can take hours, even weeks, of staff time to achieve the goal of permanent housing and higher levels of self-sufficiency.

Single adults losing their eligibility for Maine Care will result in \$80,000 to \$100,000 of “free care” Tedford will provide this year. . . a huge sum we will be woefully challenged to replace.

Recently, we have been impacted by new legislation resulting in many single adults losing their eligibility for the MaineCare insurance program, meaning Tedford cannot bill MaineCare for services provided.

Tedford serves all persons who are homeless regardless of a payor source. We are a provider of last resort. Individuals and families turn to us when they have absolutely nowhere else to go.

We will continue to serve this population; however, the inability to bill for services rendered will result in \$80,000 - \$100,000 of “free care” this coming fiscal year. This immediate loss of revenue is a huge sum for which Tedford will be woefully challenged to replace if we continue the current level of emergency housing facilities and services.

I Will Never Be Homeless Again (continued from page 1)

Now that the couple has a system for saving money from their well-paying jobs, Kris says she realizes that there is very little she actually needs and she would rather save her money to move to a house with a large yard in the future. She continues, “Boys are easy. All they want is a shovel and a few trucks to play with. In the winter we played with them in the snow. Now we are digging in the dirt. We are planting potatoes and carrots because the kids will love digging for them when they are ready.”

“Actually, our life is kind of boring now. We’ve lost some of our friends from the past because we don’t drink or smoke and aren’t interested in going to bars. We work hard and take on extra shifts whenever we can. When we aren’t working, we’re playing with the kids and that’s about it. If we have any free time, we’re happy just to be home.”



Kris has a message for other homeless and struggling families. “Don’t let people who judge you because you are homeless or poor get to you. Don’t look down and feel sorry for yourself. Look up and get to work. You can get to a better place.” She also hopes to connect with the local school to discuss the realities of teen parenting. “There are young girls who think it would be fun to have a baby. I want to let them know that it is a really bad idea. I’ve been there. It is incredibly hard and definitely not fun.”

Kris is grateful for the time her family had at Tedford’s family shelter. The boys enjoyed playing with the other children who were living there. It gave Kris and Kyle the opportunity to plan for their family’s future, which looks very promising. Kris says with a smile, “I will feed the kitty. And I will never be homeless again.”

Fundraising (continued from page 1)



After visiting Tedford, Ella wrote to her school’s principal asking for permission to solicit items for the fundraiser and to sell them during the craft fair. After getting the go-ahead, Ella wrote a letter to the other 4th graders, asking other students to donate items to her table.

Ella declined our offer to give a talk at her school. Instead, this poised and enthusiastic young lady decided that she would give presentations about Tedford to the school’s 4th grade classes herself. Students and teachers responded by contributing bracelets, scarves and other hand-crafted items. Ella was thrilled that she raised \$145.01, surpassing her goal of raising \$100 for Tedford.

Ella came back to our office to present her donation to Tedford. She smiled proudly and said it “felt amazing” to exceed her target. Her advice to aspiring fundraisers: “Make a plan and work hard.”

Thank you Ella—you are an inspiration! Many thanks also to Ella’s parents Karen and Mark Bergeron, and to Woodside Elementary School. At her request, Ella’s donation will be directed to Tedford Housing’s

Thank you for supporting Tedford Housing

\$75 pays for a family to stay one night at our family shelter.

\$60 purchases a dinner and \$30 buys a breakfast for the entire adult shelter.

Please make a financial gift to Tedford Housing today. Use the enclosed envelope or contribute at tedfordhousing.org.

Thanks to financial gifts from the community, Tedford can help individuals and families move from homelessness to home.

THANK YOU!

P.S. Please consider a legacy gift to Tedford Housing by remembering us in your will. Your gift will help countless people who need a safe and affordable place to call home. Contact our development office at 207-729-1161, #101 if you would like to discuss a planned gift of any kind.



Tedford Housing welcomes Chelsea Avigo as Supported Housing Case Manager for Lewiston and Auburn.

Chelsea comes to Tedford from the Opportunity Alliance in Portland where she worked with people experiencing homelessness as well as mental health and substance abuse issues. Previously she worked at Oxford Street Shelter and Preble Street Resource Center in Portland.

Chelsea studied Human Services, Psychology and Counseling at the University of Alaska, Anchorage. She is a certified yoga instructor who is looking forward to closing on her first home. Welcome Chelsea!

I recently offered testimony to the Maine Legislative Committee on Labor, Commerce, Research and Economic Development in support of LD 433, **“An Act to Stabilize Homeless Shelters in Maine.”** This legislation, sponsored by Senate President Justin Alford, has bipartisan support including Senator Stan Gerzofsky whose senate district includes Brunswick. LD 433 recommends \$3.5 million in funding to be allocated amongst the state’s 42 emergency homeless shelters. We are hopeful that LD 433 will be funded.

Tedford remains committed to sheltering and serving the area’s homeless individuals and families, despite the financial challenges. I thank you for all you do to support Tedford Housing and partnering with us in our work to provide emergency shelter and other long term solutions to the challenges of homelessness.



Warming Hearts and Homes **Warm Thy Neighbor Emergency Fuel Assistance Program**

Tedford Housing recently concluded another successful season providing emergency heating assistance to area residents who struggle financially. Warm Thy Neighbor (WTN) is truly a community effort. Thanks to nearly 200 financial supporters we raised over \$55,000 for WTN, serving 165 households.

This year, we also welcomed fifteen volunteers who contributed nearly 400 hours of their time meeting with WTN clients, processing applications and arranging fuel delivery to individuals and families in Brunswick, Bowdoin, Bowdoinham, Harpswell, Lisbon, Lisbon Falls and Topsham. Warm Thy Neighbor Case Manager Pauline Hanson also provided heating assistance to ten Lincoln County households.

People who apply for help paying for fuel come from all walks of life. They are homeowners and renters. Many are senior citizens living on fixed income. Others are low income workers whose salaries barely cover their basic living expenses. An elderly woman who was approved for heating assistance called back the next day and said:

“I just wanted to call back and say thank you. I met with Susan (WTN volunteer). She was very kind and helpful. My oil will be delivered tomorrow. You are lifesavers and heroes. Please thank everyone for me.”

Special thanks to our WTN volunteers: Sally Loving, Dot Moody, Susan Wygal, Greg Shea, Marilyn Sinskie, Rita Nelson, Ed Ward, Irene Martin, Jamilyn Fowler, Crystal Hincks, Judy Harding Goddard, Mary Aukers-Enders, Karren Cowing and Susan Michaud.

Warm Thy Neighbor is a community effort—we could not offer this program without you!

Why I Donate to Tedford Housing



One of the advantages of having an office conveniently located in downtown Brunswick is that some of Tedford's most loyal supporters hand-deliver their donations to our office. Sometimes they stay to chat and to learn more about or suggest ideas to help Tedford. One of these regular visitors is Roger Walker of Brunswick.

Roger recently came by our office with donations for both our general fund and for the Warm Thy Neighbor Emergency Fuel program. When asked if he would be willing to be interviewed for our newsletter about why he gives Roger immediately agreed. "I don't like to wave my own flag, but if it's helpful to you, I'm in."

Following his retirement from the Navy, Roger worked as an engineer for over ten years at Bath Iron Works (BIW). Now retired from the official work force, he spends much of his time volunteering in the community. "I like to get involved with and give to organizations that address immediate needs."

He continued, "I love the winter" but I can't imagine being homeless in Maine or having a home but not being able to pay for heat. Most of us have experienced short periods where we are really cold or hungry—maybe we forgot our gloves or missed a meal, but we really don't know what it is like to lack the basic necessities like a warm place to live and food on the table on an ongoing basis. **I give to Tedford because I know you are filling an important need. No one would choose to be homeless and cold. I am fortunate that I have enough and I can give to help others.**"

Thank you Roger for supporting Tedford Housing and for all you do to help people in need. We look forward to your next visit.

Tedford Housing Welcomes New Board Members

Tedford Housing extends a warm welcome to our new Board Members:

Roger Brodeur—Child and Family Services, Maine Dept. of Health and Human Services

Cynthia Lobikis—Bath Iron Works

Sarah Piper—Bath Savings Institution

Save the Date—Tedford Housing Annual Meeting and Awards

Thursday, June 11, 2015 at 4:30 pm

The Daniel Hotel, 10 Water Street, Brunswick

Please join us as we update the community on our progress and challenges. We will also recognize community members and organizations for their partnership with and support of Tedford Housing.

Light refreshments will be served. All are welcome. Please RSVP to info@tedfordhousing.org or call 729-1161, #101. No charge for event. Donations are welcome.



Did you know that when you can sign up to receive your electricity through Maine-based Electricity Maine and they will make a donation to Tedford Housing? Go to electricitymaine.com/Tedfordhousing.



Do you shop on-line at Amazon? If so, you can support Tedford Housing through Amazon Smile.

Go to <http://smile.amazon.com/ch/01-0422035>

Sign into your Amazon account and shop. Amazon will donate .5% of your purchase to us.



Tedford Housing thanks Wicked Joe Coffee Roasting Company for becoming a monthly coffee donor to our adult shelter.

“This is wonderful,” said Kay Wilson, manager of the adult shelter. “Our guests drink a lot of coffee and it’s a real treat to have coffee from Wicked Joe.”

Wicked Joe is an organic, fair-trade coffee roasting company headquartered in Topsham. Their delicious coffees can be found at retailers and restaurants throughout the state. Thank you to our new friends at Wicked Joe for your generosity.

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