

Winter is Right Around the Corner!

Fuel Assistance Help — Make A Plan Now

Now is the time to plan for paying for those heating bills that are sure to come with the first snowflakes. Now is the time to check out the

LIHEAP (Low Income Home Energy Assistance Program) managed by Opportunity Alliance. Don't wait until the cold weather is here: call today to set up an intake appointment (553-5800 or 553-5900). If you are in a pinch, you may also qualify for emergency help from the **Keep Me Warm Fund** (call 2-1-1).



SAVE FUEL AND FUNDS THIS WINTER!

Finding out about resources to help homeowners make their homes more energy efficient is your first step toward saving energy AND money this winter, and for years to come.

Efficiency Maine has many programs, from rebates to loans to energy assessments. Learn more at www.energymaine.com or call 1-866-376-2463. If you own your own home, and are considering an energy audit, but can't afford the homeowner fees, contact Project GRACE for an application for assistance.

The **USDA** also has loans for very low-income homeowners to repair, improve or modernize their homes, including grants to elderly homeowners to remove health and safety hazards. Visit www.rd.usda.gov/programs-services to learn more.

Project GRACE Office Hours:

Volunteers usually answer phones on Monday, Wednesday and Thursday mornings. **(883-5111)**

Call and leave a message at any time. If your call is not returned within a couple of days, please call again.

Stretch Your Grocery Dollars



Food Pantries Can Help!

Visit your local food pantry to get nutritious staple foods for free. They are the same name-brands you'll find on your grocery shelves. Sometimes there are other items, including fresh produce, meats, bread and baked goods.

South Portland Food Cupboard

130 Thadeus Street, South Portland

Phone: 874-0379

Hours: Thursdays, 8:30-11:30

Scarborough Food Pantry

First Congregational Church,
167 Black Point Road, Scarborough

Phone: 799-3536

Hours: Tuesdays & Thursdays,
9:00-Noon

Maine Cooperative Extension

Offering classes, recipes, tips, and much more, visit them online at: www.extension.umaine.edu/ or call 1-800-287-0274.

GET YOUR **FREE** ENERGY-SAVING LIGHTBULBS

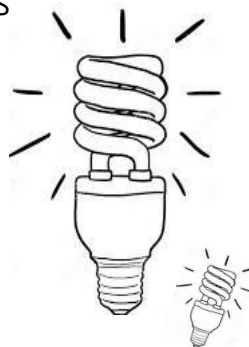
Saturday, February 4th, 2017

Fuel Rally

Oak Hill Fire Station 11 AM — 1 PM

Bring this coupon to claim your **FREE** lightbulbs.

(Limit 3 per household while supplies last.)



News You Can Use: Fall Newsletter 2016

BE A SMART CONSUMER

A Penny Saved Is a Penny Earned

Ben Franklin's classic advice is still good for your wallet. Try some of these conservation tips to lower your energy bills this winter:



- ⇒ Keep your thermostat below 68 degrees when you are at home, and turn it down a few more degrees at night or when you are away from home.
- ⇒ Improperly sealed homes can waste up to 15% of your heating costs. Caulk, weather-strip, and seal doors and windows that let air through.
- ⇒ Taking shorter showers and installing low-flow showerheads and faucets can drastically cut your hot water expenses, saving up to 15% of water heating costs. Washing clothes in cold or warm water instead of hot adds up to more savings.
- ⇒ Talk to your fuel company about keeping your furnace clean and properly adjusted - you could save as much as 5% of heating costs.

LEGAL AID

Free legal resources may help you navigate the legal system.

Volunteer Lawyers Project
1-800-442-4293

www.vlp.org Provides free info and legal representation on civil matters.

Pine Tree Legal Assistance
774-8211 www.ptla.org

Offers info and civil legal help to low-income Mainers.

HOUSING RESOURCES
Is your rent or mortgage too high? These local resources can help.

Area Housing Authorities
Low-income housing resources in nearby towns.
Portland: 773-4753
South Portland: 773-4140
Westbrook: 854-6828

AVESTA Housing
553-7777

www.avestahousing.org
Advocacy, home ownership resources, assisted living, and housing resources.

Opportunity Alliance
553-5937
www.opportunityalliance.org
Housing resources, and homelessness prevention.

BRAP Vouchers
874-1080 Shalom House helps low-income people with psychiatric illness find and pay for housing.

Stay in the loop with the Town's E-Newsletter

Sign up at: www.scarboroughmaine.org/email-newsletter



Holidays with Project GRACE

Community volunteers will be collecting food baskets for Thanksgiving and gifts for children for Christmas. If you would like help at the holidays, please mail the enclosed forms as soon as possible, and no later than **November 11th**.

Ever wonder what's happening around town?
www.ScarboroughCalendar.org