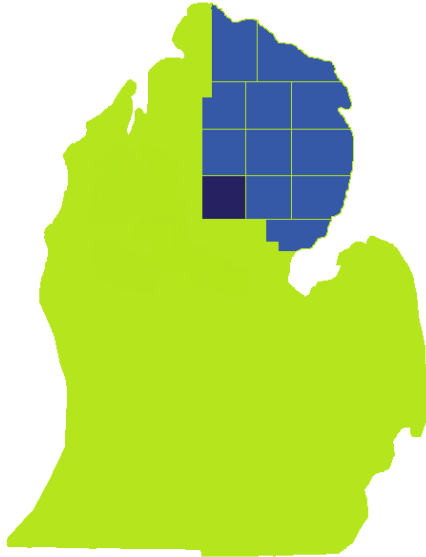




A Guide to NEMCSA Programs

Northeast Michigan Community Service Agency, (NEMCSA) is a private, non-profit Community Action Agency which is part of a state and national network of Community Action Agencies. The basic service are of the agency is 11 Northeast Michigan counties covering 6,300 square miles.



Core NEMCSA Counties:

- Alcona
- Alpena
- Arenac
- Cheboygan
- Crawford
- Iosco
- Montmorency
- Ogemaw
- Oscoda
- Otsego
- Presque Isle

This brochure is a brief overview of NEMCSA programs and eligibility requirements for those programs as of April 2023. Information on the most up-to-date programs, resources, eligibility, and availability by county can be found at www.nemcsa.org. The Region 9 Area Agency on Aging, which serves the 11 core counties and Roscommon County, is also administered through NEMCSA. If you have any questions, please call 989-358-4600.

"NEMCSA's programs empower people to take the path towards self-sufficiency, which would not happen without the tireless efforts of the NEMCSA team, whose compassion, commitment, and collaboration are apparent each and every day."



Contact US!

MAIN OFFICE:
2569 US-23 South
Alpena, MI 49707
989-358-4600

E-MAIL:
contact@nemcsa.org

VISIT US ON THE WEB:
www.nemcsa.org

"LIKE" US ON FACEBOOK:
www.facebook.com/helpingpeopleoutofpoverty





Apply for Preschool & Early Head



Food Services



Housing Services



School Success Partnership



Senior Services



Volunteer Programs

GREAT START READINESS PROGRAM

HEAD START

HOMELESS AND PREVENTION

FOOD PROGRAMS

EARLY HEAD START

AREA AGENCY ON AGING

CARE MANAGEMENT

MI CHOICE PROGRAM

SCHOOL SUCCESS

VOLUNTEER PROGRAMS

EARLY CHILDHOOD SERVICES

FORECLOSURE SERVICES PROGRAM

WEATHERIZATION

HOMEBUYER EDUCATION/FINANCIAL CAPABILITY PROGRAMS


FAMILY SELF-SUFFICIENCY PROGRAM

INDIVIDUAL DEVELOPMENT ACCOUNT PROGRAMS



FEDERAL POVERTY GUIDELINES FY 2023: Federal Poverty Guidelines, required by many programs, are included below. For additional eligibility information, please contact specific program staff found at

www.nemcsa.org.

 Size of Family	100% of Poverty	125% of Poverty	150% of Poverty	175% of Poverty	200% of Poverty
1	\$14,580	\$18,225	\$21,870	\$25,515	\$29,160
2	\$19,720	\$24,650	\$29,580	\$34,510	\$39,440
3	\$24,860	\$31,075	\$37,290	\$43,505	\$49,720
4	\$30,000	\$37,500	\$45,000	\$52,500	\$60,000
5	\$35,140	\$43,925	\$52,710	\$61,495	\$70,280
6	\$40,280	\$50,350	\$60,420	\$70,490	\$80,560
7	\$45,420	\$56,775	\$68,130	\$79,485	\$90,840



Homeless or at Risk of Becoming Homeless

[Homeless Prevention Program \(ESG\)](#) is assistance for those that are experiencing homelessness or at risk of homelessness to secure and retain housing. This can include financial assistance (security deposit, rent, or back rent) as needed based on eligibility.

[Housing Choice Voucher Program with a homeless preference \(HCV\)](#) (formally called section 8) works with individuals and families who are identified as homeless to obtain on-going rental assistance through the Michigan State Housing Development Authority's Housing Choice Voucher Program.

Food Programs - Need Food?

[The Golden Grocery Giveaway Program](#) is a monthly food distribution program designed to aid individuals aged 60 and over who are most vulnerable to malnutrition with a self-declared income at or below 130% of the Federal Poverty Guidelines.



[Food Boost Program](#) Need a little boost? NEMCSA has you covered! With the NEMCSA Food Boost Program we offer extra food with the Golden Grocery monthly giveaway, at local pantries and through home delivery!

This program is formally known as: The Food Assistance Program or TEFAP. Food items can include, but not limited to: peanut butter, cheese, soup, canned fruit, meat and vegetables.

Self-Sufficiency Program

[The Family Self-Sufficiency Program](#) provides case management to participating families (who have a MSHDA Housing Choice Voucher) through coordination of local, community-based resources that promote economic independence. Families work closely with a Financial Coach to help set and attain goals related to education, employment, and financial literacy. For additional information, call 989-358-4653.

Weatherization Assistance Program

[The Low-Income Weatherization Assistance Program](#) provides energy saving measures that may be installed in a client's home based on the results of an energy audit and funds available. Services are free and will not be billed back to the homeowner or renter. Eligible housing units are occupied by an individual or family with income at or below 200% of the Federal Poverty Guidelines. For additional information call 989-358-4700.



Foreclosure and Homebuyer Education Programs

[The Rental Counseling Program](#) is one-on-one counseling with a HUD Certified Financial Coach. During the sessions, the Financial Coach and client work to create a maintainable budget, setting goals based on their housing situation, and best approaches to reach those goals.

[The Financial Capability Program](#) will assist individuals and families in becoming financially empowered by collaborating to develop skills surrounding budgeting, recovering from debt, banking and more. A Financial Coach partners with leaders in the industry to offer the education. For more information, call 989-358-4653.

[The Foreclosure Prevention Program](#) offers support to eligible homeowners who are facing foreclosure due to delinquent mortgage and/or property tax payments. A NEMCSA Financial Coach helps homeowners apply for government programs, work with individual servicers and lenders, and identify other options for in-house - options for delinquent mortgages. Educational sessions are also offered on a variety of topics. For more information, call 989-358-4653

[Case Management Services](#) can include assistance in locating a rental unit, connecting individuals and families with other area resources, budgeting assistance and more. Financial assistance also available. Households must be homeless or facing homelessness. Specific eligibility requirements apply. For more information, call 989-358-4678 or 1-866-484-7077, ext. 278.

[The Homebuyer Education Program](#) helps individuals and families who are interested in becoming homeowners or those already in the process of purchasing a home. Participants obtain a better understanding of different types of mortgages, terms of loans, the homebuying process, and what it means financially to be a homeowner. Participants meet one-on-one with a Financial Coach to discuss individual needs on their path to homeownership, a credit report review, and creating an action plan to eliminate barriers to homeownership.

School Success Partnership Programs

[The School Success Partnership Program \(SSP\)](#) is a prevention program that works to remove barriers for students so they can perform at their optimal physical, mental and academic success. SSP serves school-aged children and youth from pre-kindergarten through 12th grade including alternative education students who are at risk for academic failure. Students are referred to the program based on academic need, attendance, behavior, crisis situations, or being unintended. SSP Liaisons work with the students, teachers, and parents, to provide support and supplementary referrals to community resources. For more information, call 989-358-5006.





Pregnant Women and Children up to Age 5

The Early Head Start Program serves pregnant women and children birth to three years old and their families. The program provides intensive and comprehensive child development and early education services including health, nutrition, and family support services. Early Head Start seeks to provide the foundations of school readiness by fostering developmental competence during the earliest years of childhood. The program is free to families who meet federal poverty guidelines or other risk factors and reserve 10% of total enrollments for inclusion of children with disabilities regardless of income.

The Head Start Program is a school readiness program for children 3-5 years of age whose family incomes are at or below 100% of poverty. Head Start is a comprehensive program that along with education provides for social services, health/dental, nutrition, mental health, and disability services to participating families. By coordinating each service for the child, Head Start provides skills that bring about a greater degree of social competence and allows the child to deal more effectively with their present environment and responsibilities later in school and life.

The Great Start Readiness Program provides many of the same services as Head Start with the exception that eligibility is limited to 4-year olds and families whose incomes are within 250% of poverty.

Region 9 Area Agency on Aging

Senior Services

Adult Day Care Services are Merit Trust Award funds to establish adult day care programs where none currently exist. Funds can also be used for expand or enhance existing adult day care programs and provide on-going support of adult day care centers.

Care Management is the provision of a comprehensive assessment, plan of care development, periodic reassessment, and ongoing coordination and management of in-home and other supportive services to individuals who are aged 60 and over who are medically complex and at risk of, or in need of a nursing facility level of care due to functional/and or cognitive limitations.

The MI Choice Waiver Program is designed to allow persons eligible for Medicaid-covered nursing home services (anyone age 18 and older) to remain in their own home with the same level of care. Participants must be medically eligible for nursing home care and financially eligible for Medicaid based on 300% of SSI and assets of \$2,000 or less per individual and have an on-going need for a Waiver service.





Nutrition Programs

Congregate Meal Sites are in all 12 counties served by the Area Agency on Aging. Local Senior Centers are the focus for providing these daily, nutritionally balanced meals to individuals. Participants must meet the 60 years of age requirement or be the spouse of someone 60 years of age or older. There are no income guidelines for participation, however, suggested donation rates, per meal, are posted.

Home Delivered Meals are for home-bound seniors that are unable to cook their own meals. A meal driver will deliver a hot or frozen meal to the participant's door.

Assistance Programs

Medicaid/Medicare Assistance Program (MMAP) offers free, unbiased benefits counseling to Medicare beneficiaries and their caregivers without the pressure of a sales pitch. Certified counselors assist with many topics, including eligibility enrollment and coverage, applying for low-income subsidy programs, appealing for denied claims for medical bills, understanding the difference between plans, and prescription drug coverage plans. Additionally, counselors assist beneficiaries in identifying and reporting suspected Medicare fraud. Speakers are also available for educational presentations. Call 1-800-803-7174.

Senior Community Service Employment Program is a community service and work-based training program designed to promote economic self-sufficiency for older workers. Participants are assigned to work at one of a variety of non-profit or government agencies that have entered into a work agreement with the Region 9 AAA. Participants must be at least 55 years of age and have a family income of no more than 125% of the federal poverty level and be currently unemployed. Priority is given to individuals over age 60, veterans, and qualified spouses of veterans.

MiCAFE is a free service that helps older, qualified adults apply for food assistance benefits. Help is available for applying for programs including the Bridge Card, Medicare Savings Program, and utility assistance. Older adults meet by appointment with trained staff or volunteers at a site near them. For more information, email robinettek@nemcsa.org or call 989-358-4628.

Long-Term Care Ombudsman Program provides information and education to families and individuals about long-term care facilities and services. The Ombudsman investigates concerns and helps facility residents, families, and friends to resolve problem dealing with quality care, residents' rights, and state regulatory agencies. The Ombudsman and Ombudsman volunteers act as a liaison between residents, care providers, and state regulatory agencies. Also provided are educational programs and training in residents' rights, guardianship, volunteer advocacy and long-term care public benefits.

The Michigan Assistive Technology Loan Fund allows people with disabilities (or their family members) to purchase assistive technology devices or services. These can include modification of vehicles or homes, specialized computers, hearing aids, etc. Loans may also cover training costs to use the equipment, warranties and service agreements. Additional information can be obtained by contacting NEMCSA at 989-358-4661 or by visiting www.ucpmichigan.org.



Legal Services is a subcontracted service providing free legal assistance and representation to participants 60 years of age or older.

Health and Wellness Education

A Matter of Balance: Managing Concerns About Falls helps people improve their quality of life and remain independent. The Program is designed to reduce the fear of falling and increase activity levels in older adults. Participants set realistic goals to increase activity, change their environment to reduce falls, and learn simple exercises to increase strength and balance.

Personal Action Towards Health (PATH) utilizes Stanford University's Chronic Disease Self-Management Program in a workshop held 2.5 hours, once a week, for six weeks in community settings. Participants with chronic health problems learn techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercises for maintaining and improving strength; flexibility, and endurance; and appropriate use of medications; communicating effectively; nutrition; decision making; and how to evaluate new treatments.

Diabetes Personal Action Towards Health (D-PATH) is the same as PATH, with specific diabetes issues added to the 6-week workshop. The workshop covers glucose monitoring, menu planning, addressing nutrition/healthy eating, preventing low blood sugar, preventing complications, skin, and foot care. The D-PATH workshop SHOULD NOT take the place of a Certified Diabetes Educator-led program. The program offers peer support, and skills in managing diabetes issues.



Powerful Tools for Caregivers gives caregivers the skills to take care of themselves while caring for someone else. Six class sessions are held once a week and are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

The Chronic Pain Self-Management Program, known as Chronic Pain PATH was designed to help people manage pain and live a satisfying, and fulfilling life. Research studies have shown that people who take the program have more vitality, less pain, less dependence on others, improved mental health and more involved in everyday activities on average. The 6-week program exposes participants to many ideas and different techniques to help them better manage their pain and the consequences of pain.

The National Family Caregiver Support Kinship Care, describes relative care providers to related children. The program funds kinship care providers age 55 and older, caring for related children under the age of 18 and in need of services such as school expenses, recreational activities, clothing, necessary furniture, and more. To help meet the needs of as many kinship families in the 12-county region, requests are limited in the amount and number of requests per year.



Evidence Based Disease Prevention Programs provide interventions in model programs that have been rigorously tested and evaluated. They are proven to work and are likely to provide positive changes or outcomes for individuals that participate.

Caregiver Resources are available through NEMCSA. These include caregiver handbooks, newsletter, resource center, webinar series, and empowerment and wellness conference. Also available are dementia care consultations and webinar series.

In-Home Services include homemaking, personal care, home delivered meals and respite care. These services are sub-contracted and available to those 60 years of age and older or the spouse of someone over the age of 60. Person requesting services must demonstrate a need for assistance with certain activities of daily living. There are no income guidelines to receive services, however, donations and cost sharing are encouraged to help maintain the program.

AmeriCorps Senior Volunteer Programs

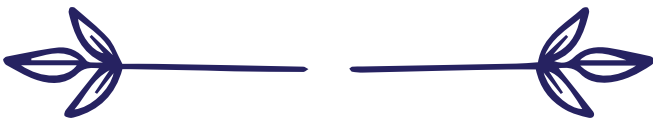
The Foster Grandparent Program provides volunteer opportunities to income-eligible senior citizens by establishing a consistent, one-on-one relationship with school-aged children in need of special attention and academic support. The program requires that individuals be 55 years of age or older, have income at or below 200% Federal Poverty Guidelines, pass a physical, and a background check. Recertification is required annually.

Shine Bright Volunteer Program is a program for volunteers of all ages. Volunteers work to serve communities by selfless acts of volunteerism that can enhance the quality of life of others and make our communities better places to live.

The Senior Companion Program volunteers provide companionship and assistance to frail/homebound elders and older persons with special needs. Volunteers need to be 55 years of age or older, income at 200% or below the Federal Poverty Guidelines, a physical, and pass a background check.

Recertification is required annually and volunteers receive a stipend.

Retired and Senior Volunteer Program seeks to link skills, talents, and experience of individuals 55 years and older in volunteer service to meet community challenges. RSVP volunteers serve in non-profit organizations and service hours can vary based on the volunteer. Volunteers do not receive compensation or a stipend, however, do benefit from and excess accident, personal liability, and automobile insurance as well as mileage.



Poverty Education

NEMCSA Poverty Educators assist community members, partners, individuals and organizations in developing an accurate mental model of poverty, middle class and wealth. This training provides a new lens in which participants can view themselves, communities, and organizations. Trainings assist in developing conscientious program designs and processes to improve relationships and outcomes across all three income classes. For more information contact povertyinfo@nemcsa.org.

