

Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) is a Federally funded program through the USDA that works to improve the health of low-income individuals over the age of 60 by supplementing their diet with a monthly allotment of USDA- approved nutritious food. The CSFP provides food such as: Cheese, nonfat dry milk, canned vegetables and fruits, canned meats and fish, breakfast cereals, fruit juices, rice, spaghetti, macaroni, whole grain rotini, peanut butter, and dried beans.

Head Start Program

Head Start is a preschool program for children 3-4 years of age. The program is based on the premise that the parents are the primary educators of their children. While in Head Start, children are provided with a variety of developmentally-appropriate activities, including free medical and dental screening, healthy meals, and safe activities indoors and out. In a 2003 kindergarten readiness study conducted in Southern California, researcher J. Meier found that for every \$1 invested in to Head Start, Head Starts yielded \$9 worth of benefits towards society at large. These benefits include such things as: increased earnings and employment, family stability, decreased welfare dependency, decreased crime rates, decreased grade repetition and decreased needs for special education.

Administrative Office

P.O. Box 1309 | 2030 N. Merrill Ave
Glendive, MT 59330
Local: (406) 377-3564
Toll Free: 1-800-227-0703
Fax: (406) 377-3570

Outreach Offices

Weatherization

1608 North Merriam | Miles City, MT 59301
(406) 234-8027
(406) 234-6522 (Fax)

Aging

334 West Court Street | P.O. Box 731 Glasgow,
MT 59230 (406) 228-9751
Executive Building 11 South 7th St, Suite 165
Miles City, MT 59301
(406) 234-8028 (I&A)
(406) 234-3935 (Ombudsman)
(406) 234-0448 (Fax)

Senior Companion

1201 Holly Street #6 Sidney, MT 59270
(406) 433-4967

Head Start

839 First Ave. South Glasgow, MT 59230
(406) 228-2404
164 S. 10th St. West | P.O. Box 972
Malta, MT 59538
(406) 654-2005

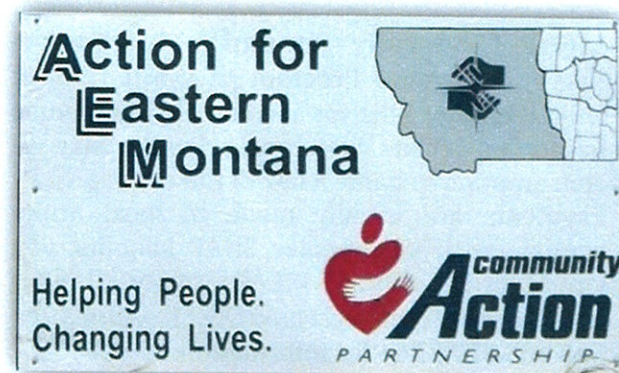
Counties Served

*Carter, Custer, Daniels, Dawson, Fallon,
Garfield, McCone, Phillips, Powder River,
Prairie, Richland, Roosevelt, Rosebud,
Sheridan, Treasure, Valley, and Wibaux*

Indian Nations Served

Fort Peck and Northern Cheyenne

Action for Eastern Montana is an equal opportunity employer. We are a federally funded agency at the rate of approximately 85%; a portion of these funds was used to create this brochure.



**AMERICAS POVERTY FIGHTING
NETWORK**

Energy Programs:

LIEAP (Federally Funded) - Low-Income Energy Assistance Program pays a portion of winter energy bills for income eligible people based on their fuel type, family size & consumption to name a few of the criteria. Payments are usually made to local utility companies. If you receive SNAP benefits, you would also qualify for LIEAP. Simply fill out a LIEAP application. *(accepted Oct. 1 – April 30)* Call 406.377.3564 for information.

Weatherization - Weatherization Assistance is provided to the 17 counties in our service area, plus the Northern Cheyenne and Fort Peck Reservations. Both homeowners and renters, that qualify for LIEAP are eligible for weatherization. They are prioritized on a list based on criteria such as energy burden/usage, and disability, to name a few. Weatherization workers may not be able to install all the materials you need, but they will do the most cost-effective tasks within the dollar limits that will help reduce your energy consumption. An estimated 100 out of 1000 homes are weatherized each year.

Energy Share (Privately Funded) - It is not income based and is funded by donations from individuals and utility companies. It helps families year-round to pay their delinquent energy bills because of unforeseen emergencies such as: loss of a job, family illness, and more. Applications from Action's service area, are reviewed individually by a local committee to determine eligibility. Energy Share applications can be obtained from Action for Eastern Montana.

Action's Mission:

Action for Eastern Montana is committed to strengthening and enhancing the quality of life within the communities we serve by promoting education, advocacy and dignity for achieving independence.

Housing Programs

Section 8 rental assistance program helps clients on a long-term basis with their monthly rent. The Housing program assists low-income families, elderly people, and people with disabilities.

Youth Employment & Training Program

The main thrust of the Youth Employment & Training Program is to increase the focus on career pathways, longer-term academic, and occupational learning opportunities and provide long-term comprehensive service strategies. Youth services are provided to youths between the ages 14-21 if in-school, and 16 -24 if out-of-school. The Youth Program is designed to prepare Montana's youth to either enter post-secondary education, training or employment upon completion of their secondary education. The aging of Montana's workforce is an issue of concern and therefore this program can be an instrument toward meeting the future workforce demands.

Youth Employment & Training Program offers:

Tutoring, study skills training, dropout prevention strategies; *Alternative secondary school services; *Summer employment opportunities (Age 16-24); Paid and unpaid work experiences, internships and job shadowing; Occupational skills training; Leadership

Area I Agency on Aging

"Your Point of Contact for Aging Issues"

The AAA serves as an advocate for programs for the elderly and works with local County Councils on Aging to coordinate services such as:

Transportation, Home Delivered Meals, Health Promotion, Congregate Meals, Respite Care, Senior Centers, Skilled Nursing, Outreach, Homemaker, Legal, and Personal Care.

Direct Services provided by the AAA are:

*Health Insurance Counseling *Senior Medicare Patrol *Certified Long-Term Care Ombudsman *Information & Assistance

Senior Companion Program

Senior Companions touch the lives of adults who need extra assistance to live independently in their own homes or communities. They serve frail older adults, adults with disabilities, those with terminal illnesses, and offer respite care for caregivers. They assist their clients in basic ways such as:

*Offering companionship and friendship to isolated and frail adults *Assisting with simple chores *Adding richness to their clients' lives