

## Programs...

# FiveCAP's offers programs and services in six key areas: Housing, Nutrition, Emergency Services, Head Start/Early Head Start, Economic Development and Community Support Services.

### HOUSING

**HOME WEATHERIZATION**, funded by the US Department of Energy an energy conservation program designed to repair and insulate the homes of low-income residents who own sub-standard homes that are not energy efficient. Rental and owners.

**LOW INCOME HEATING ENERGY ASSISTANCE PROGRAM (LIHEAP)**, funded by the US Department of Energy to make roof repair, furnace repair and replacement to low-income owner occupied dwellings.

**HOUSING EDUCATION PROGRAM (HEP)**, MSHDA certified staff provide Home Ownership Counseling, Budgeting, Credit Repair, and Foreclosure Prevention services to low-income residents.

**SINGLE FAMILY HOUSING**, Lake County.

**MULTI FAMILY HOUSING**, Lawndale Senior Apartments (Ludington) and Duvernay Park Apartments (Idlewild, pictured below).



### NUTRITION

**TARGETED EMERGENCY FOOD ASSISTANCE PROGRAM (TEFAP)**, funded by the US Department of Agriculture provides federally purchased surplus food to low-income families.

**GARDEN/FOOD PRESERVATION**, funded by CSBG provides seeds and plants to 400 families each year with training to encourage gardening. Offers canning, drying and freezing food workshops, loans roto tillers to participants.



**COMMUNITY SUPPLEMENTAL FOOD PROGRAM (CSFP)**, funded by the US Department of Agriculture which provides nutritionally balanced food supplements to seniors, mothers, infants and children monthly.

**FOOD PANTRY**, funded by EFSP provides up to 30 days of food to families and individuals on emergency needs basis.

### COMMUNITY SUPPORT SERVICES

**COMMUNITY SUPPORT SERVICES** are diverse. Support workers are located in all FiveCAP, Inc. county offices. They offer direct assistance in addition to information, referral and counseling. The target groups of Community Support Services are low-income individuals and senior citizens. Some of the many services available from support staff include:

#### DIRECT ASSISTANCE

Advocacy and Outreach  
Transportation (Emergency)  
Educational Workshops  
Emergency Shelter  
Food Pantry  
CSFP/TEFAP Food Distributions  
FiveCAP/WKLA/WKZC Toys for Tots/Gifts for Teens  
Crisis Intervention  
Community Organization  
Job Listing  
Energy/Utility Assistance  
Tax Preparation Assistance  
Head Start/Early Head Start  
Low Interest Loan & Grant Application Assistance  
Housing Repair  
Foreclosure Prevention

#### INFORMATION AND REFERRAL

Legal Aide  
Energy Conservation Assistance  
Consumer Protection Information  
Housing Information  
Nutrition Information  
Transportation Referral  
Employment Information  
Food Stamp Information and Referral

Social Security Information  
Money Management Information  
Education and GED Information  
Medicare and Medicaid Information  
Mental and Physical Health Information  
Human Services Information

**FIVECAP, INC. / WKLA / WKZC TOYS FOR TOTS / GIFTS FOR TEENS**, distributes toys and gifts to low-income children 0-18 at Christmas in Manistee and Mason Counties.

**INDIVIDUAL DEVELOPMENT ACCOUNT (IDA)**, provides individuals with the opportunity to reach self-sufficiency through financial training and education, and promotion of individual savings goals. IDAs offer a 2:1 funds match that can be used for the down payment toward the purchase of a home, secondary education or business start-up/expansion.

### EMERGENCY SERVICES

**HOMELESS**, funded by HHS/OCD provides emergency food, shelter and blankets to eligible residents.

**EFSP** is a program serving low-income individuals who have a documented need for help paying energy/utility costs and/or assistance with food and shelter. Applicants must meet 125% of the Poverty Guidelines. Funding source is the Federal Emergency Management Agency. Mason, Lake, and Manistee Counties only.

**WALK FOR WARMTH**, funded by community donations provides utility assistance to residents not served by other programs.



**COMMUNITY SERVICES BLOCK GRANT (CSBG)**, offers a wide variety of programs and services such as utility assistance, attaining and maintaining adequate housing and suitable living environments, and the Garden/Food Preservation Workshops.

*Note: Programs may vary, pending funding and availability.*

**HEAD START** is a comprehensive center-based program to enhance the social, emotional, physical and intellectual development of low-income children ages 3-5 in Lake, Manistee, Mason and Newaygo



Counties. Head Start tries to reach the family through the child. Parent involvement is an important part of the program, and parents are instructed in effective parenting techniques in hopes that their support and encouragement will help in the development of the child in the present and the future. Services provided through Head Start include: physicals, dental examinations, hearing and vision screenings, immunizations, meals, transportation and field trips. Funding source is the US Department of Health and Human Services/ACYF.



**EARLY HEAD START** is a child development program offered to families with young children ages 0-3 and pregnant women. Through weekly home visits and bi-weekly playgroups, Early Head Start enhances the growth of infants, toddlers and children, helps parents develop effective parenting skills, and collaborates with community agencies in an effort to support the needs of families such as quality healthcare services.

### ECONOMIC DEVELOPMENT

**LAKE COUNTY COALITION FOR ECONOMIC PROGRESS** (formerly Lake Co. Enterprise Community), FiveCAP, Inc. is the lead and administrative agency.

**VOLUNTEERISM** is an important part of all agency endeavors. FiveCAP, Inc. has many volunteers who donate time to various programs. Programs can only succeed through the cooperative efforts of the agency, the community and those in need.

## Community...

FiveCAP, Inc. was established in 1964. It is one of 29 Community Action Agencies in the state. Its basic service area includes Lake, Manistee, Mason and Newaygo counties.

The agency got its name, not from the number of counties involved, but because it was the fifth agency formed in the state of Michigan following the federal grassroots initiative of the 1960s.

### MISSION STATEMENT:

The mission of FiveCAP, Inc. is to support and create opportunities for senior and low-income residents to prosper, live safe and with dignity, by focusing local, state and federal funds and resources to alleviate and eliminate the causes and conditions of poverty. And to address barriers to self-sufficiency, health and education.

### MAIN OFFICE

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Website: [www.fivecap.org](http://www.fivecap.org)

### BRANCH OFFICES

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Manistee County FiveCAP  
265 First Street  
Manistee, MI 49660  
(231) 723-8327

Mason County FiveCAP  
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Newaygo County FiveCAP  
434 N. Evergreen  
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White Cloud, MI 49349  
(231) 689-6688

## Action...

A grassroots human service agency for the working poor, senior citizens and those who seek a voice, FiveCAP acts as an advocate, catalyst, and administrator to promote long-term self-sufficiency. It competes for funding on the state, regional and national level.

The agency has a general annual operating budget of \$8-\$14 million. Specific programs have their own budgets making FiveCAP a multimillion dollar entity.

FiveCAP employs approximately 110 staff. It owns or leases property in each of its four core counties where it maintains outreach offices and child development centers.

Its formula for success includes introducing pilot programs, making them workable.

For more information, contact the FiveCAP, Inc. Main Office at (231) 757-3785.

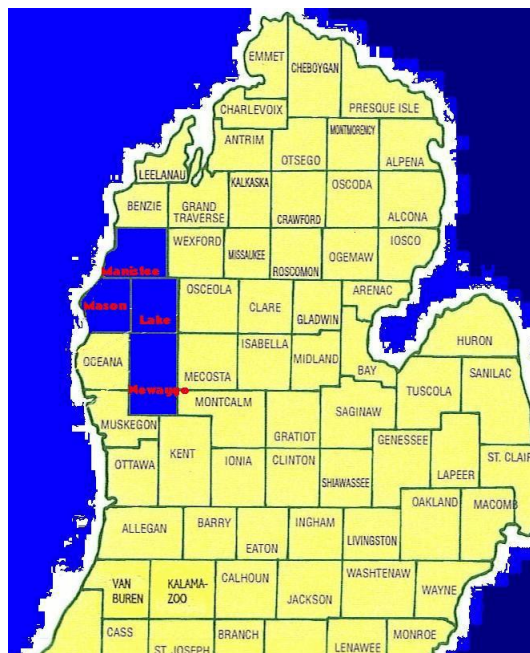


*FiveCAP, Inc. is an equal opportunity provider and employer. FiveCAP will not discriminate against any individual because of religion, race, color, national origin, age, sex, marital status, political beliefs, height, weight, or disability.*

## Leadership... Service... Commitment...

The Board of Directors of FiveCAP is made up of members of the private sector, public sector, and group to be served (low-income).

FiveCAP, Inc. was created under Title II of the Economic Opportunity Act of 1964, as amended. CAP agencies were created to focus all available State, Federal and private resources toward enabling low-income families and low-income individuals of all ages in rural and urban areas to attain and secure the opportunities needed for them to become self-sufficient.



**Serving Mason, Lake, Manistee  
and Newaygo counties**



Since 1964...  
**making a difference**  
and helping people attain  
self-sufficiency.

