

SAXIIXAYGA KU QORAN HESHIISKA 2023 MAINE SENIOR FARM SHARE AYAA MUUJINAAYA IN LA II SHEEGAY XUQUUQDAYDA IYO WAAJIBAADKAYGA SIDA KU CAD BARNAAMIJKA NAFQAADA EE SUUQA BAARELEEYDA EE WAAYEELKA (SFMNP), OO SIDOO KALE LOO YAQAANO BARNAAMIJKA MAINE SENIOR FARM SHARE (MSFP, OO HALKAAN LAGU QEEXAY.

U QALMIDA KA QAYBGALAHA

- Waxaan xaqiijinayaa in xogta aan u baxshay go'aaminta u qalmidayda ay sax tahay.
- Waan fahmayaa in saraakiisha barnaamijka ay u xaqiijin karaan xogta ku qoran foomkaan maadaama xogtu la xiriirto helitaanka caawimaada federaalka.
- Waan fahmayaa in saamaynta si kas ah bayaan been abuur ah ama marin habaabin ah ama si kas ah fasiraad khaldan u bixinta, qarín, ama shaagid la'aanta xaqiiqooyinka ay keeni karto inaan lacagta u cesho Barnaamijka Maine Senior FarmShare, ayadoo kaash ah, qiimaha gunnooyinka cuntada sida khaldan la igu siiyay ayna igu keeni karto dacwad madani ah ama mid fal danbiyeed sida ku cad sharciga Gobalka iyo kan Federaalka.

FAAHFAAHINTA FARM SHARE

- Waxaan keliya heshiis la geli karaa hal beeraleey sanadkiiba.
- Kuma nooli isla guriga qofka beeraleeyda ah mana ihi qoyskiisa dhow.
- Waxaan masuul ka ahay inaan kasoo baxo saamigaynta beertaan ilaa in xaalado gacantayda ka baxsan i qabsadaan maahee.
- Haddii aanan buuxin saamigayga qofka beeraleeyda ah waa inuu u ceshaa lacagta aanan isticmaalin gobala.
- Haddii qofka beeraleeyda ama anigu aan go'aansado ugu danbayn Agoosto 31 inaan u baahnayn adeegsiga saamigayga buuxa dhammaadka mudadaan, baaqiga aanan isticmaalin ayaa dib loogu qaybin karaa dadka kale ee u qalma.
- Haddii aanan la bixin dhammaan khudaarta qiimaheedu yahay \$50 taariikhda lagu heshiiyay, qofka beeraleeyda ah ayaa ii keeni kara ama iska dhaafi kara baaqiga soo haray ee khudaarta ee gunnada FarmShare.
- Haddii aanan awoodin inaan fuliyo shaqooyinka qudhaydu, aan u xilsaaran karo qof (Wakiil) igu matala hawsha anoo buuxinaaya Foomka Magacaabidda Wakiilka. Foomkaan ayuu heli karaa qofka beeraleeyda ah waxaana la buuxin karaan inta lagu jiro mudada barnaamijkaan.

TAKOOR LA'AANTA, CABSHOYINKA, IYO RACFAANNADA

- MSFP waxaa mamnuuc ka ah takoorka ku saleysan isirka, midabka, asalka wadanka, jinsiga (ayna ku jirto aqoonsiga jinsiga iyo dookha galmada), naafada, da'da, ama aargoosi ama aano la xiriirto dacwadaha hore ee xuquuqda madaniga. Haddii aan dareemo in xuquuqdayda lagu tuntay, waxaan gudbin karaa cabashada takoorka.
- Waan fahmayaa haddii aan cabasho ka qabo ficilada qofka beeraleeyda ah, aan cabasho boostada ugu diri karo Waaxda Beeraha, Ilaalinta Dhulka iyo Kaymaha ee Maine (DACF), Maine Senior FarmShare Program, 28 State House Station, Augusta, ME 04333-0028, ama ugu diri karo taleefanka oo ah (207-446-5550) ama fakiska (207-287-7548).
- Waan fahmayaa in aan racfaan ka qaadan karo go'aan kasta oo uu gaaro Barnaamijka Maine Senior FarmShare oo la xiriira u qalmidayda Barnaamijka Cuntada Suuqa Beeraleeyda ee Waayeelka. Wac Maamulaha Barnaamijka MSFP (207-446-5550) si aad u weydiiso wixii su'aalo ah.

XOGTA ISIRKA IYO QOOMIYADA EE DIIWAANNADA USDA

Xogta Lagu Codsaday Foomka Heshiiska Waayeelka waxaa isku dhafaya barnaamijka Maine Senior FarmShare si loo waafajiyo sharciyada federaalka ee diiwaan haynta. Qasab maaha inaad xogtaan bixiso, laakiin wada shaqayntaada ayaa la dhiiri gelinayaa.

Hay'adan waa bixiyaha fursadda loo siman yahay.

ILAHA IYO FURSADA DHEERIGA AH

Dadka u qalma Barnaamijka Maine Senior FarmShare ayaa sidoo kale u qalmi kara gunnooyinka kale. La Xiriir Wakaalada Waayeelka ee Deegaankaaga adoo wacaaya **1-877-ELDERS-1** (1-877-353-3771) si aad ugala hadasho fursadahaan ama qiimaynta iskaa ah oo oonlayn ah ka samee: benefitscheckup.org.

Barnaamijyadaan waxaa ku jiri kara:

Supplemental Security Income (SSI, Qarashka Caawimaada Dhaqaalaha)	MaineCare (Daryeelka Maine)
Barnaamijka Kaalmada Nafaqada Cuntada Kaabista ah (SNAP)	Maine Rx Plus (Farmashiyoyinka Qiimaha Jaban ee Maine)
Abaal marinnada Baakadaha Dalaga iyo Khudaarta Beeraha Maine	Barnaamijka Daawada Qiimaha Jaban
Barnaamijka Kaalmada Tamarta Guriga (HEAP)	Barnaamijka Kaydadka ee Medicare (Daryeelka Caafimaadka)

ILAHA KALE EE GOBALKA

- Waaxda Caafimaadka iyo Adeegyada Dadwaynaha Xafiiska Adeegyada Waayeelka iyo Naafada (OADS)
 - maine.gov/dhhs/oads/
- Barnaamijka Caawimaada Cuntada ee Degdega ah (TEFAP)
 - maine.gov/dacf/ard/tefap/index.shtml

BAYAANKA TAKOOR LA'AANTA EE USDA

Sida waafaqsan xeerka xaquuqda madaniga ee Federaalka iyo xeerarka iyo siyaasadda Waaxda Beeraha Maraykanka (USDA), hay'addan waa ka mamnuuc takoorid ku salaysan jinsiyad, midab, wadan, jinsi (uuna ku jiro aqoonsiga jinsiga iyo dookha galmada), naafada, da'da, ama aargoosi ama ciil qab la xariira talaabo hore oo xaquuqda madaniga ah.

Xogta barnaamijka ayaa lagu fasiri karaa luuqado aan ahayn af Ingiriisiga. Dadka naafada ah ee u baahan qaabab kale oo xariir oo ay ku helaan xogta barnaamijka (tusaale, Farta indhoolka, far waawayn, cajalad cod ah, Luuqada Dhagoolayaasha ee Maraykanka), waa inay la xariiraan wakaalada gobalka ama deegaanka ee maamulaysa barnaamijka ama USDA's TARGET Center oo laga helaayo (202) 720-2600 (cod iyo TTY) ama ay kala xariiraan USDA Federal Relay Service lambarka (800) 877-8339.

Si aad u gudbiso cabashada takoorka barnaamijka, Cabtuhu waa inuu buuxiyaa Foomka AD-3027, [Foomka Cabashada Takoorka ee Barnaamijka USDA](#) oo laga heli karo barta oonlaynka: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, oo laga heli karo xafiis kasta oo USDA leedahay, ayagoo wacaaya (866) 632-9992, ama waraaq qoran u diraaya USDA. Waraaqda waa in lagu sheegaa magaca, ciwaanka, lambarka taleefanka, iyo sharaxaada qoran ee falka takoorka laga cabanaayo oo si fiican loo faahfaahshay si loogu sheego Kaaliyaha Xoghayaha Xuquuqaha Madaniga ah (ASCR) nooca iyo taariikhda xadgudubka xaquuqda madaniga ee dhacay. Foomka AD-3027 ee la buuxshay ama waraaqda waa in loogu diraa USDA:

- (1) **boostada:**
Waaxda Beeraha ee Maraykanka
Xafiiska Caawiyaha Xoghayaha Xaquuqda Madaniga (Office of the Assistant Secretary for Civil Rights)
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) **fakiska:**
(833)256-1665 ama (202) 690-7442; ama
- (3) **iimeelka:**
program.intake@usda.gov.