



Cultivating the Health of Our Communities

Wabanaki Public Health & Wellness

Wabanaki Public Health and Wellness
6 Central Street
P.O. Box 1356
Bangor, ME 04401

RFP #2025-059

Date: **November 24, 2025**

INVITATION TO QUOTE

Dear Recipient,

Wabanaki Public Health and Wellness would like to extend this Invitation for Proposal (IFP) for **Entryway/Pantry/Repairs** at **123 Essex Street**. You will find the details of the requested services attached to this document and on our website, [Procurement | Wabanaki Public Health and Wellness \(wabanakiphw.org\)](#). Contractors are welcome to view the property or call and ask questions. Please schedule a time to allow for that. If you prefer a site walk thru, please contact Thomas Martin at tmartin@wabanakiphw.org to set up a meeting.

Sincerely,

Wabanaki Public Health and Wellness
accounting@wabanakiphw.org

Thomas Martin
Director of Facilities, Innovation and Support
tmartin@wabanakiphw.org
207-692-6837

WPHW will receive proposals at 6 Central Street, Bangor, Maine 04401, or via email at accounting@wabanakiphw.org

Proposals will be reviewed by the Contracts team and evaluated thereafter.



The following narrative identifies project details and the scope of work for **RFP #2025-059 IFP**

Project: **ENTRYWAY/PANTRY/REPAIRS**

Address: **123 Essex Street, Bangor Me 04401**

Owner: Wabanaki Public Health & Wellness, 6 Central Street, Bangor, ME 04401

Description of the Project: **Build new entrance to home to include a pantry/locker room area & repair and paint two areas of sheetrock in the home.**

Below is a categorical breakdown of all the requested work elements. Please fill out and submit the bid tab below. In addition, please see the supplemental documents, which may contain the current design and layout of the property. Please see the plans/Specifications provided for reference.

Disclaimer: The contractor will be responsible for providing all materials specified in the attached bid unless otherwise noted.

Project Specifications:

1) Entryway at 123 Essex Street

a) Create new Entrance

- i) Demo existing garage door, and other materials in 1st garage bay.**
- ii) Repurpose 1st bay of garage, create 3' setback wall and side wall and install doors**
(French Door & side door provided by owner)
- iii) 2x6 Construction. PT plate, glued and screwed to floor. Install r-30 Thermafiber in new**
walls and ceiling or equal. Need mold and rodent resistant insulation
- iv) Clean concrete floor, install LVT flooring & baseboard.**
- v) Exterior wall covering to be 1" Insulated 7/16 zip system, taped. Including up to roof in**
garage.
- vi) Interior walls/ceiling, 1/2 Sheetrock (mold resistant) walls and Ceiling to be prepped**
and painted with Primer & Paint. Brick wall to remain as existing
- vii) Trim around all doors and windows and baseboard where needed with 1x 4 pine primed**
and painted trim white.



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- viii) **Install Vinyl replacement window in back exterior brick wall.**
- ix) **Exterior Face to be a vinyl panel resembling Stone. Supplied by Owner**
- x) **Electrical work by others**
- xi) **Repair Chaseway in Kitchen with lumber and sheetrock. Finish taping and mud of an internal wall in one of the bedrooms. Prime & paint.**
- xii) **Include all demo and cleanup**



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The successful Contractor **will be required** to provide a Certificate of Insurance meeting the minimums of the attached COI. The COI with list Wabanaki Public Health and Wellness as additional insured. The contractor will also provide a W-9.

The proposal shall be in accordance with the requirements outlined in this document and formatted per Attachment A.

1) Cost of the Work

- a) The cost of the work shall include all foreseeable work items required to deliver a complete and functional project.
- b) Payment Procedures: Progress payments will be processed in accordance with the agreement between WPHW and the Contractor.

Wabanaki Public Health & Wellness reserves the right to negotiate services and prices.

Please e-mail or mail the Quotes no later than **12/5/2025** by the end of the day to the following address:

Wabanaki Public Health and Wellness
Attn: Accounting
6 Central Street
Bangor, Maine 04401

accounting@wabanakiphw.org
cc. tmartin@wabanakiphw.org



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ATTACHMENT A

PROJECT SPECIFIC DETAILS

RFP #2025-059 IFP

Pay items & Descriptions

- 1) **Standard materials that meet code will be used.**
 - a. The entry Door, side door and siding will be supplied by owner.
- 2) **The work is inside the garage. Weather should not be a factor. Contractor will need to provide heat in the pantry for sheetrock and painting. Work inside the home will need to be coordinated with the house manager.**
 - a. Rough framing, sheathing and strapping can be done on the pantry area.
 - b. We will need a few days window to complete electrical rough in before sheetrock happens.
- 3) Standard construction means and methods shall be applied in areas not otherwise noted or detailed.



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QUOTE TAB

Quote: RFP #2025-059 IFP

ENTRYWAY/PANTRY/REPAIRS

at 123 Essex Street Bangor Maine, 04401

Contractor Name: _____

Date: _____

Signature: _____

Due Date: 12/5/2025 by the end of Day

Please submit quotes via email to accounting@wabanakiphw.org or 6 Central Street, Bangor, ME 04401.

<i>Item/Service Description</i>	<i>Amount</i>	<i>Unit</i>	<i>Price Per</i>	<i>Total</i>
1. Construct new Entryway/Pantry	1	LS		
2. Repair sheet rock areas in the home	1	LS		
Please write your total out in words: _____		Total	\$	
Add Alternate:				
3. N/A	1			
Please write your total out in words: _____		Total	\$	



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SCHEDULE A

Plans/Photos

Room dimensions are approximately 11' x 22' with 9' ceiling height
Interior home sheetrock work will need to be assessed by contractor prior to bidding.

SCHEDULE B

Copy of COI