

Recent Events

- UCP of Maine recieved a donation, from Burlington Coat Factory in Bangor, of over 100 coats for children and adults who receive services through UCP of Maine!

- UCP had an information kiosk in the Bangor mall from November until the end of January. Two LuLaRoe consultants, Alison Small and Courtney Daigle, held numerous fundraisers at the kiosk with a portion of the proceeds going towards UCP!

- UCP of Maine celebrated Nonprofit Week which was February 6 through the 12.

- ELC celebrated Valentine's Day on Friday, February 17th with a Valentine's Day Dance. There were lots of yummy treats and all residents and staff gathered in the sensory room to dance and enjoy a light show.

- UCP of Maine recieved a donation of \$1,610 from LuLaRoe consultants, Alison Small and Courtney Daigle and the LuLaRoe brand through their fundraisers at the UCP of Maine kiosk this past holiday season!

- A couple of ELC staff members participated in Camp Capella's annual Polar Dip Fundraiser that was held on February 26.

Upcoming Events

- Autism Awareness Month: April
- UCP of Maine annual Spring Dance: April 14
- Administrative Professionals Week: April 23 - 29
- 15th Annual Walk for Autism: April 30
- Mental Health Awareness Month: May
- Bangor Savings PB&J Drive: May
- Teacher Appreciation Week: April 30 - May 6
- Nurse's Week: May 7 - 13
- Speech Pathologist Week: May 14 - 20
- ELC Yard Sale: May 20
- Financial Professionals Week: May 21 - 27
- ELC Spring Fling: June 10
- Certified Nursing Assistant Week: June 11 - 17
- Active Treatment Professionals Week: June 11 - 17

UCP of Maine is Growing!

Renee Cunningham
Human Resources Specialist

Outpatient Therapy Services

We have expanded our outpatient mental health counseling services for children and adults and are currently accepting referrals. For more information please contact Jared Dolley, Referral Coordinator at 207-941-2952 Ext 333 or jared.dolley@ucpofmaine.org.

Employment Opportunities

We are seeking caring, dedicated individuals to join our team! We have several part time positions available in multiple areas along with a few full time positions available in the Bangor area.



For a complete list of opportunities please visit our website: ucpofmaine.org or for additional information contact Renee Cunningham, H.R. Specialist at 207-941-2952 Ext 220 or renee.cunningham@ucpofmaine.org.

Employee Spotlight: Al Sowa

Tanna Jellison
Peer Support Specialist

Al Sowa grew up in Chicago, Illinois and moved to Dixmont, Maine in 1986. Al has been working at UCP of Maine for over 12 years. Al has had many titles over the years, starting out as a OQMHP, other qualified mental health professional working first at Fort James House, a residential transitional home for youth. Al worked at Fort James House for 5 years then he gravitated to UCP's adult waiver homes on Cottage Street and Chamberlin Street as a DSP, direct support professional for 3 years. Then Al became a maintenance person for UCP of Maine, first at our Elizabeth Levinson Center and now at our Evergreen Woods location. Along with these jobs Al has also been the CPR trainer for UCP for 7 years.

Al is no stranger to the medical field, he has worked as the Assistant Chief of the fire department for 30 years and is the Chief of Emergency Medical Services in the Dixmont area. Needless to say Al works for the safety and protection of people 24 hours a day, 7 days a week. Technically he works 48 hours a week for UCP, which is one of the many reasons why we'd like to spotlight him in the newsletter. Al is a super beneficial and valuable member to our team, when anyone needs help with anything, they call Al. He does so much more than maintenance for our agency, he is

always willing to lend a hand and he makes everyone smile while doing so. Knowing that Al has had lots of experience working in the mental health field makes him even more of an asset to our team and to the medical community he serves. Al communicates very well with our clients and families and genuinely enjoys making the office a workable place for all of us.

When interviewing Al, he reported that the most memorable thing he has done while working at UCP was in 2009 he became a foster parent. He explained that he probably wouldn't have done that if it hadn't been for the positive experiences he has had in this field and through our agency. One of Al's favorite things to do at UCP is getting projects done over the weekend when the office is empty so that when the employees come back on Monday everything's in order for all of us. Al stated that he hopes that people will continue to take his CPR trainings seriously because it's one of the most valuable trainings a person can have for any part of their life. We all appreciate the work Al has done for us and we continue to enjoy the memories we make as a team here at UCP of Maine.



Since Al is such a familiar face around UCP of Maine, starting this edition we will have a new game: "Find Little Al" See if you can find him!

Featured Department: Bridges Early Childhood Education

Andrea Richards, LCPC, BCBA
Director of Early Childhood Services

Have you heard of the Bridges program? We provide Early Childhood Education services in two center-based locations – one in Bangor and one in Brewer. We also provide on-site speech services as part of our program. Additional therapists come to our schools to provide occupational therapy, physical therapy, or other services our students may need. One aspect of Bridges that is often praised is that children can get all of their needs met in one location – educational, behavioral, communication-related, and more.



Bridges: Center-based programming for children ages 2.5 – 6

The Bridges program provides a preschool setting where children who need extra adult support can be successful. Students participate together in activities like Circle Time, Art, or Music & Movement while working on individual goals. While singing a song, one child might be working on following directions, while another works on using safe hands, and another works on making eye contact with peers. We asked parents if they have noticed increased social interactions in the home setting since their children started at Bridges – 100% said, “Yes.” We asked if they have noticed increased social

interactions in the community – 100% said, “Yes.” We also asked parents if they have received the support they need in order to help their children transition to public school – 86% said, “Yes.” When a child learns new skills, the gaps in his world shorten; he triumphantly joins his family, his community, and his school.

Early Start Denver Model (ESDM): Home-based services for children ages 1-3

UCP partners with Child Development Services and the University of Maine in order to provide early intervention services to children with diagnoses on the autism spectrum. ESDM providers work closely with families in order to help the children served increase their social, language, and play skills.

Bridges Speech Therapy: Speech therapy services for children ages 2-6

Bridges Speech therapy offers therapy and assessment in the areas of language development, articulation, fluency (stuttering), and oral dysphagia (feeding and swallowing difficulties). Services are provided both within the classroom and in the therapy rooms. Specially trained therapists provide verbal and augmentative communication (PECS/ visual/ symbolic communication) services.

What do parents have to say about the program?

“My child has made tremendous progress since enrolling in the Bridges program. He went from a child who could not speak or communicate to a child who can do both with minimal support. I could not be happier with the program and wonderful staff at bridges. Thank you to all who have been a part of my child’s

care, we would not be where we are today without your kindness, patience, compassion, and support.”

“I have seen a big change in my daughter. Her behaviors have decreased at home. She has learned some of her new favorite songs through Bridges. She comes home in a great mood and is always excited to go. She has even started cleaning up her toys which she never used to do.”

“Since starting at UCP my child is calmer and says excuse me when trying to interrupt conversation and doesn’t like people to be in her bubble and sings songs daily.”

“UCP Bridges Program has been absolutely amazing. My daughter has been in the program since she was 3. This is her last year, and we are going to miss her great teachers. She has been starting to speak, and even eat solid foods. Thank you for all that you, and your staff have done for our family and most importantly our Linnea!”

“Sean’s social and verbal skills have blossomed since beginning the Bridges program at UCP. Friends and family can hardly believe how much he has improved. We’re confident that he will shine in kindergarten. Sean’s quote when he arrives at school: ‘Happy! Happy! Happy!’”

“The Bridges program has been a blessing for my daughter! She is learning so much and is speaking better. When she comes home, she is so excited to tell me about her day and show me things she has done. Also, I just love how she is learning new songs! This program is amazing and the staff is awesome! I definitely recommend this program to parents!”

(Bridges student Randy Naese with staff member Nicole Perry)

SPRING BOGGLE

- The letters in the words must be connected in the same order in the grid.
- The letters can be connected by an edge/corner.
- The word doesn’t have to appear in a straight line. It can be tangled around.
- Each letter in the word must uniquely appear in the grid. An example, if the word is ERASE, the letter E must appear twice in the grid. The word can’t loop back and re-use the same E.
- Words must be at least 3 letters long.
- Words cannot be a proper noun, such as a name or place.

Find 10 Spring related words

Y	P	S	D
B	A	R	E
M	I	L	W
U	N	F	O
S	D	G	R

Mild, Sun, Rain, Flower(s), Grow, May, Spring, April, Birds, Yard Sale

What's Happening at ELC?

Kate Rouleau

Social Services Designee/Activities Coordinator

Yard Sale at ELC: The Elizabeth Levinson Center will host its annual yard sale on Saturday, May 20th from 8 a.m. to 4 p.m. Anyone is welcome to come see what is available and pricing of items in the sale will be by donation. ELC is located at 159 Hogan Rd. in Bangor. All proceeds from the yard sale will go toward the Resident Benefit Fund. The Resident Benefit Fund at ELC allows residents to do fun things they may not be able to do otherwise, such as going to concerts and other enriching activities.

If you have any items that you would like to donate to the sale, you can drop them off at ELC. (No TV’s or computers, please.) We also welcome volunteers to come help at the yard sale! If you are available and would like to help, give us a call at 992-0600. Come see what we have in May!



(ELC resident Adam Crawford with staff members Kate Rouleau & Lowell Wheaton)

Spring Fling at ELC: The annual ELC Spring Fling will be held on Saturday, June 10th this year. Family and friends of ELC will gather to celebrate the spring season and make memories with games, food, and much more! It is always a fun time for residents and their families, as well as staff and friends.



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