

Recent Events

- ELC staff and residents put on their scariest costumes and celebrated Halloween on October 28th, with a Haunted House and yummy treats.
- ELC staff, residents and their families gathered for the annual Holiday Party on December 10th, featuring crafts, games, door prizes and a feast!
- The Top Hat Dancers put on a fantastic performance in ELC's central living room on December 16th, and then passed out holiday gifts for all of the residents.
- ELC staff and residents had their annual New Year's Eve beach ball drop, and toasted the end of 2016 with yummy treats.
- UCP's 14th annual Pumpkins In The Park was a huge success that drew thousands of attendants to the event!
- On Halloween the Bridges students trick-or-treated in our main offices at 700 Mt. Hope Ave.
- UCP's Annual Pie Sale was a huge success. We had over 120 pies with the help of Deb Perro from EMCC and raised just over \$1,200!
- UCP has had an information kiosk in the Bangor mall since November and will until the end of January. Two LuLaRoe consultants, Alison Small and Courtney Daigle have been doing fundraisers at the kiosk with a portion of the proceeds going towards UCP!
- Management Staff hosted two Pancake Breakfasts for staff in our main office and ELC during the holiday season.
- UCP's annual Holiday Door Decorating contest was held on December 16th with Bridges staff winning at our Main Office, a resident winning at ELC, and residents William Neal and Jordan Paradis winning between Brewer Bridges and the Waiver Homes, congratulations!

Upcoming Events

- ELC Valentine's Day Dance - February
- ELC participates in Camp Capella's Polar Plunge - Feb. 26
- Behavioral Health Professionals Week - Jan. 15-21
- Human Resources Professionals Week - Mar. 12-18
- Quality Assurance Professionals Week - Mar. 19-25
- Bangor Savings PB&J Drive - March

ELC Purchases New Bus for Residents

By Andrew Cassidy

The Elizabeth Levinson Center maintains a 12 passenger van and an 8 passenger van. Both vans are handicap accessible and have mechanical lifts. We transport residents seven days a week. Both of our current vans are 2009 models. The larger of the two is nicknamed "Casper". That is our primary method of transport for our residents as it holds five residents at a time.

Both of our vans are showing a lot of wear. This year we were able to get approval from the Department of Health & Human Services Office of Aging & Disability (OADS) to purchase a new van to replace Casper.

We went through a bidding process and Advanced Modifications located in Hermon won the contract to provide the new vehicle. It is currently being built in Michigan and will be shipped to Maine sometime in



January. Mary Berube, Director of Operations for UCP plans on working with a local bank on the financing of the vehicle. The new vehicle will be a 2017 Ford E-450 6.8-liter gas model. It will be 26 feet long.

What's Got You Down, Winter Blues or Seasonal Affective Disorder?

By Jonathan Smith

When the days in Maine get a little colder and darker, it's common for us Mainers to feel a little more tired and sad until it feels right to come out from hiding under the electric blanket. Until the warmer and brighter days ahead, winter can be a struggle for many of us. What is important to know is when it's not just a matter of winter blues, or perhaps a sign of something researchers have called Seasonal Affective disorder (SAD).

SAD is a form of major depression that comes and goes with certain seasons, though most often with winter. Whether winter blues or SAD, both can be helped by increasing activity levels and increasing lighting at home and work. For people with SAD, however, treatment typically doesn't stop there. SAD sufferers have challenges that often require more intensive treatment, specifically light therapy, psychotherapy, or, in extreme cases, antidepressants. To diagnose SAD, a therapist or physician would be looking for the symptoms below – keep in mind, your provider would need to see a few happening at the same time with a serious change in your functioning to diagnose SAD:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Again, these are also the signs of depression, however, with SAD these symptoms change with the season. If things do not change with the season, it is a deeper issue worth exploring with your therapist or primary care provider. It's also helpful to inform, and rely on, your natural support system so they can understand what you're going through, and so you don't feel so alone.

And keep in mind: "The sun will come out tomorrow."
– Little Orphan Annie

PB&J Donations for a Cause in March



By Tanna Jellison

During the month of March, Bangor Savings Bank collects peanut butter and jelly to benefit local food pantries statewide. During the PB&J drive, participants can take a selfie of themselves donating at one of the locations and send it to socialmedia@bangor.com, which will be uploaded to Bangor Savings Bank's Facebook page! For each #SelflessSelfie they receive, they will donate 2 additional jars of peanut butter to the drive to be donated to local food pantries statewide. It is their way of showing the community how grateful they are for those who take the time to selflessly donate to others in need.

UCP of Maine participated in this drive last March as one of the donation locations. We will continue to show our support this upcoming March of 2017. Start stocking up on PB&J, March will be here before you know it!

WINTER 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 8 Winter related words

C	W	J	N	S
T	H	O	L	E
E	R	Y	I	D
R	E	M	A	F

Sled, Snow, Joy, Tree, Cheer, Merry, Holiday, Family

You're Not Alone – UCP offers Nurturing Parenting Program

By Tanna Jellison

We are hoping to start the Nurturing Parenting Program at the end of January or beginning of February. The program is a 12-week course that supports and addresses the unique experience families have raising children with developmental, mental health, behavioral and medical special needs and the impact these challenges have on the family system. We are planning to meet once a week on Thursdays from 5-7pm. Snow days will push it out to the following week.

The parents and children will be split into two conference rooms, next to each other, and will join for the last half hour of the group. The children's group and the parent group each have their own curriculum to follow each week. Some of the topics covered in the children's group are feelings identification, understanding change,

self-esteem, power and independence, health, stress management, body ownership, sibling relationships, and communication. The parent's curriculum covers similar information but there are also parts on parenting skills, how you were raised/childhood, how you and your partner may differ in the way you parent, grief, discipline, family rules, feelings and needs of your children, socialization, community and advocacy.

We are currently looking for more participants, if interested please contact Jared Dolley, 207-941-2952 ext. 333

UCP recently finished up the Nurturing Fathers Group in November which participants found to be very helpful. One father is quoted in saying "I valued that the program has shown me how to be a better father and to use better judgment with my kids and myself."

Featured Department: Quality Assurance

By Jodi Fadrigon

The Quality Assurance Department at UCP of Maine was created in July of 2014. This was done in an effort to streamline all quality improvement processes across programs. Our Quality Assurance Department is comprised of four staff. Jodi Fadrigon, Director – Carrie Tweedie QA Specialist II – Kristy Palmer QA Specialist III and Ronda Martin – Billing Specialist. Each of these individuals brings a tailored skill set to the department allowing us to ensure quality processes.



functions that are part of the job we do. The Quality Assurance department is responsible for directing all quality improvement analysis and process improvement activities. We are continuously developing QA procedures and policies to best identify opportunities for improvement agency wide. It is our job to ensure that UCP of Maine programs operate in compliance with the regulations that govern each individual program, as well as being responsible for identifying compliance risks and working diligently towards resolution of any issues.

As a department it is our goal to not only be a strong support to the direct care staff but to maintain excellence in our records and ensure privacy for all UCP of Maine clients.

Dear UCP of Maine



Dear UCP,

Can I use the UCP therapeutic swimming pool at the Elizabeth Levinson Center?
- Looking for winter activities

Dear Looking for winter activities,

Thank you for your interest in the UCP swimming pool. Our therapeutic pool is located at 159 Hogan Road and is open to the public by appointment. Please contact Carol Sowa at 992-0600 at the Elizabeth Levinson Center for more information about how to schedule a time to swim.

Dear UCP,

Who do I contact if UCP is closed and I have an emergency?
- Wanting to be prepared

Dear Wanting to be prepared,

Thank you for asking this question. United Cerebral Palsy of Maine is open Monday through Friday from 8:00 to 4:30 except for major Holidays. In the event the office is closed in the evening, on the weekend or an observed holiday you have an option to leave a message and have someone return your call on the next business day. If there is an emergency and you are concerned about yourself or about somebody else, call the Maine crisis hotline at 1-888-568-1112. This will connect you to your closest crisis center for immediate assistance.



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