



Mission Statement:

Life Enrichment Advancing People (LEAP), exists for the following purpose: To empower people with disabilities to lead joyful lives with dignity, independence, and autonomy by providing comprehensive and individualized supports. The fundamental operating principle followed by LEAP in providing services is to strive for each individual's fulfillment of:

- *Physical Well Being
- * Self Expression
- *Experiences of Joy



LEAP NEWS: Hope, Wellness & Joy are happening here!

Lest We Forget

by Darryl Wood

Every year, artists with disabilities from around the state adorn the Hall of Flags at the State House with their artwork. Lest We Forget is an opportunity to bring attention to artists and the agencies that support them in COMMUNITY SETTINGS.

It is also a reminder that not so many years ago, people were warehoused in large institutions that were devoid of hope for a life well lived. The Hall of Flags is chosen so that our legislature will always remember and never be tempted to go back.

This year, Amanda Chubbuck from LEAP's Our House submitted the piece in the photo titled "Flower with a Ladybug." Amanda tells me she has been interested in art since she was a child, and has no favorite subject or medium. She just does what comes into her head. Her piece was on display, and for sale on March 23rd from 9a -1p at the Hall of Flags.



Enjoy Your Next Adventures, Katie!

by Lisa Hill



The Finance Department said goodbye to one of its greatest assets in November. After 14+ years of dedicated service, Katharine "Katie" Field retired from LEAP. Hired in 2003, Katie quickly became an integral component of the LEAP team. She mastered various financial roles including Accounts Payable, Accounts Receivable, MaineCare billing, Payroll and endless financial reconciliations. She also has spent hours and energy in the development of our Stone Soup Garden project. Katie and I have seen LEAP more than double in size since 2003, and I could not have had a better assistant who was willing to tackle any new challenge or role that was needed along the way!

Katie mentioned that what she will miss the most is the work relationships with fellow managers and her interactions with DSP staff and individuals supported.

Katie looks forward to spending more time with her dog "Tug", her new kitty "Katahdin", her grandchildren and her church family. Best wishes to a well-deserved happy and healthy retirement!

LEAP's Board of Directors 2018 - 19

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Important People You Know in Our Communities...

Hope

Community Kingpins

Amanda and Scotty were reminded that it sometimes takes teamwork to get things accomplished...like getting a SPARE at the bowling alley.

Here, they are enjoying time away from their home to celebrate a mutual friend's birthday party. Hope they knocked 'em all down!



Cookies for Heart Health

Here is the Anson Street Crew decorating cookies for Valentine's Day...

Michael, Caitlin, and Jon really took this project "to heart!"

(and everybody knows that cookies are a stealth health-food item...right?)

Wellness



Joy

Aglow in the Winter Fields

Paul F. encourages Scotty, as he gears up for a snowmobile ride. Scotty then enjoyed a couple of tours around Kingfield as part of this fresh winter air LEAP WOW activity!

(for more on this fun event, see Page 11...)

According to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the age of Discrimination Act of 1975, LEAP does not discriminate on the basis of race, color, national origin, gender, handicap or age in recruiting, hiring, training or promoting. We also avoid discrimination in admission or access to treatment in all programs and activities.

Welcome to our newest staff members!

Tracy Koenig, Diane Halunen, Emily Gallant and Rosalie Marr

We're glad you joined the LEAP Team!



Training Center Update

by Alfred Dufour

Updating CPR mannequins - We are currently in the process of updating our CPR/FA curriculum as well as our mannequins and are phasing in the new feedback response mannequins. They have LED lights that indicate if compressions are being done at an appropriate rate. Also, they feature an audible click that indicates that the compression is deep enough to be effective.

The new CPR Rate Monitor allows for instant feedback to both instructor and student regarding the rate of chest compression. This allows each student to gauge their rate of compressions on their own, as well as allowing the instructor to monitor several students quickly and easily. We currently have 4 of these mannequins and will be phasing in more by the end of the year.

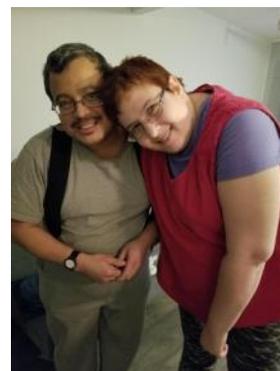


Getting to Know Elaine

by Matthew Levensalor

Elaine moved into LEAP in March of 2017. As she celebrates her 1-year anniversary with LEAP's Industry Road site, we reflect on her accomplishments. She has had opportunity to maintain family relationships with several visits to Bangor to see her mom, and a trip to Van Buren to visit her mom and brother. She has loved and lost a pet cat, and several fish. Elaine is a regular at her local library in New Sharon, as well as the Mantor Library at UMF. She frequents the post office, as she loves sending letters while building new relationships.

One of the happiest aspects of her life is knowing her boyfriend Matt. They first met in early summer of 2017, and began dating just before Christmas. Elaine has learned the etiquette of a healthy relationship, and boundaries. Elaine very much enjoys the time she spends with Matt, but is also learning that other interests she holds can take precedent on occasion. Great job Elaine, all of us at IRD are proud of you!



Our Mission and Values

At **Life Enrichment Advancing People (LEAP)**, our mission centers on empowering people of all abilities to lead lives with dignity, independence and autonomy by providing comprehensive and individualized supports.

Our foundational principle is to provide services that encourage well being, self expression and experiences of joy.

We carry out our mission by focusing on three main areas for support: maintaining optimum health, expanding communication options, and having many experiences of joy. This is done through emphasizing healthy lifestyles and autonomy, and providing opportunities for community participation.

LEAP supports people in small groups, **individualized apartments**, in various community supports, and through a small **community respite program**. We adopt an individualized and holistic approach to tailor our services to each person and family's goals and expectations.

***"We believe in the worth and dignity of all people.
We promote experiences of joy, wellness, and personal growth."***

Ronnianne West - LEAP DSP of the Month for January

by Kristi Iverson

Ronnianne West is a Direct Support Professional at LEAP's Hidden Circle home in Farmington. Her manager boasts that Ronnianne always communicates individuals' needs or wants. She is very focused on the happiness of the people she supports and strives to enrich their lives through crafts, music and sign language. Her kindness and compassionate ways reflect in her relationships with the individuals she supports. Professionally, Ronnianne is very reliable and dependable, and is very respectful of her peers and manager. She follows policies and procedures and takes feedback well. Ronnianne is always open to new ideas or trying new things. Ronnianne is a volunteer medication coordinator and takes this role very seriously. She is always willing to help co-workers out, and goes above and beyond what is expected of her when her coworkers are on vacation or out sick. Ronnianne's peers describe her as being energetic, exuberant, caring, silly, filled with great ideas, up for anything, and ready to give 100%. They also say she likes to share knowledge, and is very creative with crafts.

It's clear she shows to her team through her positive energy that she loves her job!

Ronnianne started working a LEAP in 2011 and during that time she has worked at Our House, Hidden Circle, and a small 1-on-1 individual home. She can remember always wanting to work with people with disabilities. A friend of hers talked with her about LEAP as a place where she could work with people in their homes, and really be a part of and make a difference in their lives.

Ronni fell in love with the job and the agency quickly. She identifies with the mission and believes that LEAP sticks to that standard for the services they provide. The result of this consistency voiced by all the staff is that individuals see growth in themselves and can steer their own paths. After jumping around a bit with different houses she found her niche at Hidden Circle with her amazing team and wonderful people supported. Ronnianne sees DSP work as more than a job, it's a rewarding and fulfilling mission.

Ronnianne started to realize the impact her relationships with the people she supports had, just after she first began with LEAP. She was working with an individual who was sensitive to touch and would not allow new staff within their personal space. This at times impacted their care from basic needs to safety in the community. Ronnianne started building trust with this individual by offering high fives and hand claps. Pretty soon when encountering rough terrain, the individual would reach out to hold her hand to gain footing. It wasn't long thereafter that the individual allowed Ronnianne to walk beside them and even play games of tag around the house. This relationship was special to her because it reinforced her dream to have an impact in the lives of people with disabilities.

When she's not working, Ronnianne spends time with her family, especially her three grandbabies. She is also an active member at her church where she is a Sunday school teacher and directs the Easter play every year. A hobby of hers is crocheting. Recently she made a blanket with a unique pattern which her coworker at Hidden Circle taught her, for one of her grandchildren. A big life change has been going back to college in the last couple of years. She wants to eventually become an ASL interpreter. Classes that really influenced her DSP work have been disability issues and diversity as well as developmental psychology. Going out and restarting school has helped Ronnianne open up more and this has had a positive impact on how she relates to all the different people in her life and work. Thank you, Ronnianne, for working at LEAP, supporting your team and striving to make a difference in the lives of the people you support daily.



The Benefit of Pets

by Matthew Levensalor

As most of us know, we desire to care and support others. This is not true only of staff, but also of the people supported at LEAP.

Individuals of all skill levels desire to care for another; provide compassion, share love, and manage daily needs. Pet therapy is highly effective for some people to aid in a sense of belonging, in a sense of care for another, and as a means of coping with troubling times. Whether a cat, dog, other furrries, or those with scales or those that are wet, pet therapy is beneficial. Pictured here, Sammy at WRD enjoys the temporary company of Layla, visiting for the day. Elaine is posing with her goofy staff and her pet fish, "Dominanko" for a selfie surprise. Larry the cat is also enjoying a purr-fect afternoon of cuddling with Arlene!

Celebrating 37+ years of Wellness, Hope and Joy!

Chris Grant - LEAP DSP of the Month for February

by Kristi Iverson

Chris Grant is a Direct Support Professional at LEAP's FARE House in Turner. His manager says that Chris has shown excellence in many areas. Chris has an unending kindness towards the people that he supports, building strong relationships of trust and respect that are needed to be successful. Chris is unwaveringly patient, and even on the hardest of days keeps his cool. He is quick with a smile and joke to ease the tension during tough situations. Chris is up for anything the people he supports want to do, and is always looking for events to attend that will make them happy. Chris' coworkers know him as hardworking, dependable, a team player, and very easy to get along with.



Originally Chris came to work at LEAP because he had personal and spiritual goals of helping people. He was making a career change and took the opportunity to get into the human services field. He decided to become a DSP to have a job that made a difference in the lives of others working in an environment that builds relationships. Chris sticks with LEAP because he believes that LEAP cares about the people we serve and looks after their staff. LEAP is a person-first agency and shows that daily.

Recently, Chris was given the opportunity to assist an individual to a nursing home to visit their mother. This outing relieved the individual from much of their anxiety about their mother's health. These visits have become regularly-scheduled events and they're one of Chris's more rewarding tasks of the week. To be able to help this person break down barriers and make connections is why Chris wanted to get into human services. During his employment at LEAP, Chris has attended many events and taken opportunities as they arose. One such opportunity was to sit down and talk to the Quality Assurance Committee about his job tasks and help brainstorm areas that are working and areas that could be made better for the individuals in his care. This was a unique experience which showed him that LEAP values input and feedback, and that he is headed in the right direction.

When he's not working, Chris spends time with his family. He enjoys working on his projects around the house, as well as working with his local church. Every year he and his family also plan a big road trip. In years past they have visited Washington DC, Hershey Park in Pennsylvania, Gettysburg in Pennsylvania and other attractions. No matter where they travel, they also rarely miss their annual Storyland trip. Chris plans to continue working for LEAP in the future.

Thank you, Chris, for working at LEAP, in supporting your team, and striving to make a difference in the lives of the people you support daily.



A Moving Experience

by Kim Sequoia

LEAP recently opened a new site at TFR3, and here, our multi-skilled administrators, Melisa and Kimberly are making ready for our new supported individuals by readying their new home environment with organizational storage space. Once again, the leaders at LEAP prove the theory that happy hands make light work! Hammers and nails andsmiles.

Dylan Rogers - LEAP DSP of the Month for March

by Kristi Iverson



Dylan Rogers is a Direct Support Professional who has worked at LEAP's Residential Supports WV home in Farmington for 4 years. His manager says that Dylan remains calm and displays respectful language and tone of voice when supporting this individual consistently, no matter the circumstance. He regularly participates in taking this person out to community activities, and continually understands and practices advocating for the rights of the individual he supports. During gardening season, Dylan is often seen with this individual caring for their shared plot at Stone Soup Gardens. Professionally, he provides documentation on time and provides relevant details needed to ensure proper team communication. Dylan is also known for getting in touch with his supervisor at the beginning of his work week to catch up on the details for the people supported, to ensure he is providing the most up-to-date and consistent care. His peers describe him as always arriving for his shift in a good

mood. They appreciate the input and questions that Dylan proposes at staff meetings. They say it's clear he cares about the well-being of this individual. They also remarked that he is an amazing artist.

Originally Dylan came to work at LEAP because he needed a job and enjoyed working with people. He has remained at LEAP because he has a strong connection with the person he supports, and also finds working as a DSP to be a rewarding experience. Dylan believes in and supports LEAP's mission. He likes having a job where the difference you make in someone else's life is tangible. He knows the impact of doing his DSP job is directly and positively empowering this individual's life. He also stays because every day is different, and that makes DSP work more interesting than other jobs he's had in the past.

Dylan remembers a moment early in his time as a DSP where he first made a connection with the individual he supports. This person kept using a specific word to describe something that Dylan had never heard before. After a while of wondering, one day this person explained what it was, in detail. In this moment he knew he was accepted and a part of the team. He also mentions that when the person you support says to you, "I'm really happy you're here", you just know it's a great day! That kind of positive feedback means everything.

When he's not working, Dylan paints and creates sculptures. He accepts commissions for his work and is very passionate about art. He expressed that he is very busy out of work with all the projects that he has going on. Dylan earned a degree in Biology, and is currently studying for his CNA certification. He looks forward to finding an opportunity to move into a position at LEAP where he might have more of an impact but would not want to give up his DSP shifts. No matter where Dylan ends up, he plans to stay working in human services.

Thank you, Dylan, for working at LEAP, supporting your team and striving to make a difference in the lives of the people you support daily.



Creative Paint Night, Hosted by Amanda

by Katrina Fay

One of our very talented painters, Amanda, hosted a step-by-step painting event as part of LEAP's recent Working on Wellness (WoW) series of winter activities.

We recently had a couple of storm days that pushed back the event to a less snowy day, but...we *finally* got to paint!

Amanda instructed the class with step-by-step directions for us all to create a similar picture. Some of us went in a different direction than others, but we all had great fun flexing our creative imaginations.

Front row: Kristen Mitchell, Megan Goodine, Rhonda C.
Back Row: Melody Sawyer, Katrina Fay, Amanda C., and Alfred Dufour.



#LotsOfSocks

by Megan Goodine

World Down Syndrome Day is observed annually on March 21st to raise public awareness of Down syndrome, a congenital disorder caused by having an extra 21st chromosome. Here, LEAP's Central Office staff stands in celebration and support of the people we all serve in our western Maine communities!



...and as shared by Kimberly Levensalor, below:
"Just wanted to share the fun we are having at TFR1 and SHR. We are **Rocking Our Socks** for National Down Syndrome Awareness Day! We are doing so while on shift or at home, and our kids are even in on it! Thank you, Brandy Dustin with sons Garrett and Trevor, Patti Pinkham, Melisa Foss, Mellissa LaPointe, Samantha Bubier, and Amanda Jackman with her daughter Hannah."

Also at bottom center, Amanda from Our House loves her some funky purple tie-dye socks!



I Can Be a Hero?

by Deelight Zitzelberger

Everyday heroes are all around us, and we even get to hear about them on the news once in a while. Usually, though, the people doing the greatest good in our communities are acting outside the limelight...on purpose.

Because LEAP is a nonprofit, we rely on sustaining relationships with citizens from all walks of life.

So, **your planned giving makes a difference** in the quality of life for the people we serve, as many of their daily living needs are not Medicaid-funded.

If you are considering becoming one of our Monthly Partners,

please accept our ongoing gratitude for the power of your quietly meaningful gifts.

As you reflect on where your own giving budget may have the greatest impact at the local level, please do visit <http://www.leapcommunity.org/about-us> for more giving options,

or contact Darryl@leapcommunity.org with any questions.

Our family of faithful donors will always have room for YOU!

If I look at the mass, I will never act. If I look at the one, I will.

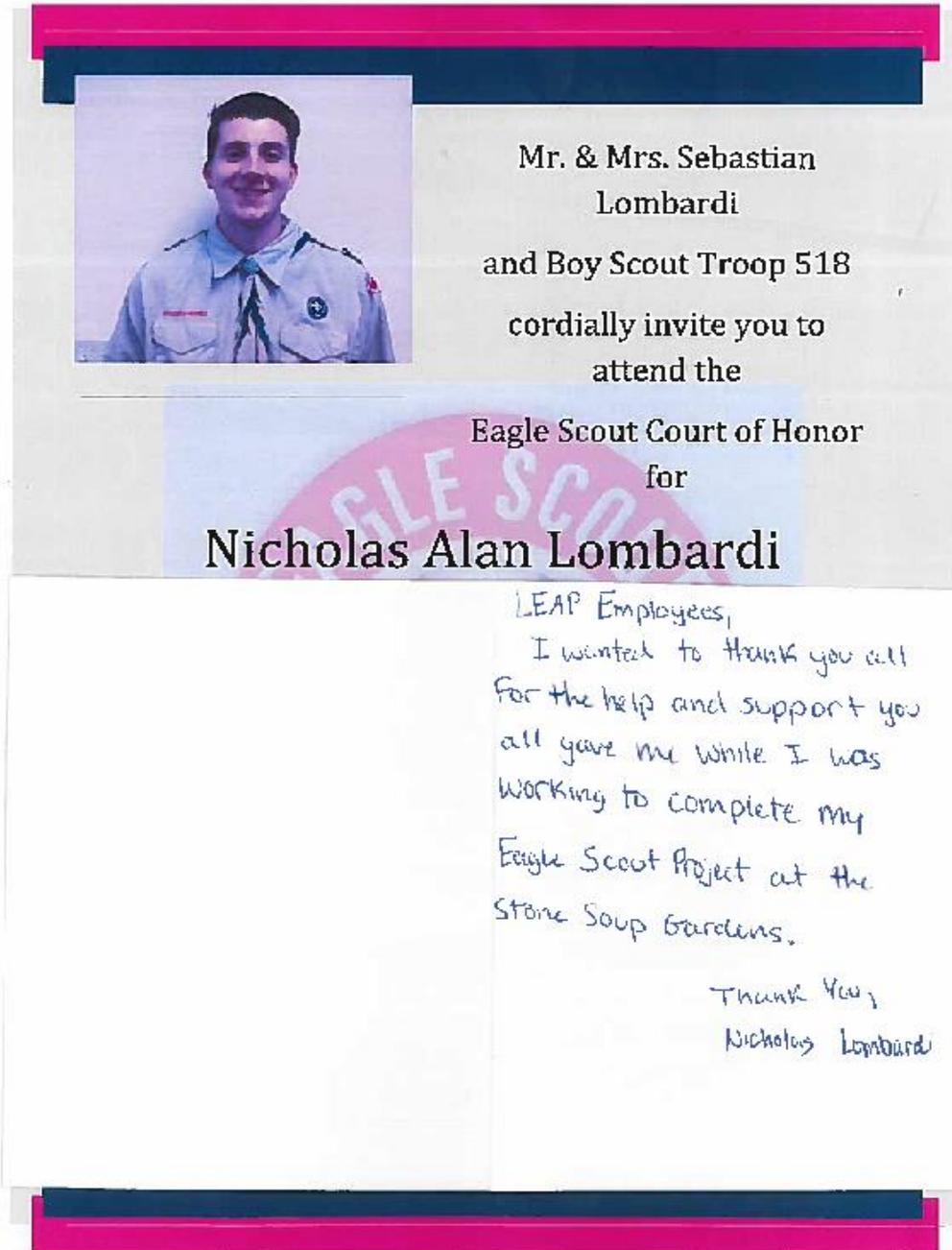
~ Mother Teresa

Eagles Fly at LEAP's Stone Soup Gardens!

by Darryl Wood

Over a warm weekend last August, Nick Lombardi from Wilton led a team of volunteers to complete a project to make our SSG trail system more accessible to more people of varying abilities. This involved improving drainage in wet areas and "moving rocks around" to shore up unstable areas of the pathway. It was hard work, and man, did these guys tear it up! Nick showed skills in positive collaboration, leadership and hard work.

This is the heartwarming invitation and thank-you note we recently received...and if that doesn't illustrate well the reasons for our gratitude in being an integral part of western Maine communities, I don't know what does!



“The youth of today and the youth of tomorrow will be accorded an almost unequalled opportunity for great accomplishment and for human service.”

~ Dr. Nicholas Murray

In Memory of Judith Hutchins

Shared by Katrina Fay

Judith "Judy" Carlene Hutchins (1943-2018)

Judith "Judy" Hutchins, 74, of Farmington passed peacefully surrounded by family and staff members of LEAP on Feb. 23, 2018. She was born in Portland on July 17, 1943 the daughter of Wilbert Elwin and Lillian Louisa (Durrell) Hutchins. She enjoyed singing, dancing, visiting with friends and family, and watching people. She liked shopping and going to Wal-Mart. She also liked hats, purses, jewelry, and being a "girly girl". Judy worked as a chamber maid at Colonial Valley Motel until one evening in October 1966 when she was struck by a drunk driver, resulting in a TBI (traumatic brain injury) which she struggled with until her death.

Judy lived in Monmouth for 20+ years with Dan and Betsey Rush and was befriended by staff Theresa Rush and Kathy Ward. She also lived at a home staffed by LEAP on the Whittier Road in Farmington where she was cared for with lots of love and compassion. She made a good friend who took really good care of her who went with Judy to her new home to get her settled in (with much love and appreciation, Rose).

Many thanks go out to those who cared for Judy, too numerous to name, but we are ever so grateful for the care, love, and compassion shown by all who knew her.

Judy is survived by her brother Steve and his wife Melodie of Farmington, her Aunt Genella Butterfield of Farmington, and many nieces and nephews. She was predeceased by her parents, sister Anita Fontaine, and brother Curtis.

Community UP-dates and Happenings

Where we catch up on all that is going on in the lives of the awesome people we support in our communities!

Maine Maple Sunday

by Matthew Levensalor

"Although the day was very cold on Maine Maple Sunday, Mike and Sam ventured out to the Hall Farm in Dixfield. Sam loved the cattle and even saw a few babies. Mike waded through the mud to the sap house and watched the boiling sap, listening to the comments of all the people around him, with a big smile on his face, and then proudly posed for the picture."

Photo: Sam T, Cindy K, and Michael D can't help but smile at this event, that was created just for people with a sweet tooth!



Stone Soup Forest Wanderin'...

Becky and Sammie Wood enjoy exploring our Stone Soup Gardens trails, and watching as the forest floor and babbling stream turn surely away from winter, right on into spring!

Our newly-extended trail system currently is being marked with blue ribbons for ease of navigation, as seen here.

Sunshine and exercise are great reasons to "have a walking meeting", right?

To learn more about LEAP, please visit us at www.leapcommunity.org. Don't forget to also look for us on Facebook, Twitter and Pinterest!

We're All About Advancing a Life of Health, Wellness & Joy!

(LEAP's informational feature on some aspect of mental-emotional-physical wellness)

WOW at LEAP!

by Kristi Iverson

LEAP's wellness program began about 10 years ago, and was created to support our dedication to safety through promoting wellness. Our Winter/Spring wellness initiative, "Working on Wellness" (WOW) has always been about two key points, weight loss and participation. With an overall count of 20 events hosted by DSPs and managers, there was something for everyone.

From bringing your talent to a Talent Show, your spirit of fun to a Paint Night, to reminding yourself how tough aerobics videos can be and just how icy the Whistle Stop Trail is in places, there were opportunities for all skill levels. Although winter can be unpredictable and several events had to be cancelled, this year we had several events hosted by individuals served by LEAP.

Paint Night and our slime-making event showed that people with all ability levels can create and teach.

The WOW season came to a close this year with two victors standing above the rest. At right, **Alexa Howard** won for Weight Loss, losing 8.5% of her body weight! **Hannah West** won for Most Events Attended with a total of 8 events!

Both DSPs worked very hard this winter to get out and keep moving, and their determination shows. Amazing job, ladies! Overall as a group we managed to lose over 50 pounds, averaging about 8 people per event, so it looks like we're all getting a little closer to our goals just in time for summer to come around!



LEAP's Talent Show!

by Alfred Dufour

At the end of our *WoW (Working on Wellness)* event, we host a talent show. This year, the overwhelming performance preferred was music. Everyone's showcase involved music of some kind. Most sang, while others played instruments such as guitar or drums. We have two music nights a month at our Training & Event Center, where people can come over and give making music a try.

Our **Jam Night** is the second Tuesday of each month from 4:30 - 6:00pm.

Karaoke is the last Wednesday of each month from 4:30 - 6:00pm.

Instruments are available (*including a full drum set*) or, bring your own. This is a favorite of many, and tunes are belted out all night!

Western Maine Winter Wellness Wonderland

By Darryl Wood

As we fondly recall some fun wellness expeditions from this most 'interesting' winter, our WOW (Working on Wellness) snowmobiling event up in Kingfield had the men of LEAP representing! Participants were Scotty, Wes, Paul, Ross, Connor, Arthur, and Darryl. There were lots of exuberant smiles in the crisp air, and the guys were *all revved up* to hit the trails.

In Darryl's words, "If there was a cabin involved, you might not have seen us until Monday!" Sounds like it's got potential to become an annual event, if the white stuff cooperates? Time to put hot chocolate, marshmallows, and hot dogs on the yearly shopping list, guys...



Celebrating Many Years of Service at LEAP's former Keep House

by Darryl Wood

Last month, we hosted the former Keep House staff along with Alan, Roger, Pat and Stephen for a farewell dinner in Mexico.

It truly was a heartwarming and fitting sendoff and thank-you to a great group of people served and a dynamic team of care providers!

The Price is Right!

by Katrina Fay

Kristen Mitchell, Amanda's DSP for the night, got called up on stage at this fun annual Franklin County fundraiser last month. She won a backup camera and \$150.

Amanda also won a delicious prize combo...a famous whoopie pie and pizza gift certificate to Douin's Market!

FMI on March's event and to plan for next year's fun, please visit

<http://www.dailybulldog.com/db/features/farmington-rotarys-price-is-right-show-returns-march-24/>



A snapshot of what YOUR meaningful support can look like!

A Will to Seed Wellness, Hope and Joy into Our Communities

*By including LEAP in your planned bequests, you can sow support for the needs of developmentally disabled adults in many western and central Maine communities. This is your opportunity to advocate and provide meaningful impact at the personal level for years to come. We hope that in considering your gift, you will contact our Executive Director, Darryl Wood, at 778-4817 x104. To learn more about other giving and monthly partnering options, please click the Donate Now button at www.leapcommunity.org. Your donations can help to fill the needs not covered by MaineCare & Medicaid Funding. Your support can be targeted to an individual, a program, a specific project, or a general donation. **Together, we each can make a difference today and every day!** LEAP is a 501 (C)(3) Charitable Organization. Our mailing address is 313 Farmington Falls Road, Farmington, ME 04938*

___ I want to support LEAP. Please have someone contact me at: _____
I want to provide a tax deductible donation to the agency. Enclosed please find my gift of:
___\$25.00 ___\$50.00 ___\$100.00 Other: _____

Name: _____

Address: _____

Phone: () _____ E-mail: _____

Please help us save trees and printing costs by subscribing to our e-newsletter at www.leapcommunity.org.
Our pledge is to **never** sell, rent, or otherwise make your e-mail address available to third parties.

Stone Soup Gardens Community Plots Available for 2018 Growing Season Deadline is Friday, May 4th, and the limited-spaces list is filling fast!

If you are interested in either a garden plot or a raised bed, please contact Deelight Zitzelberger at 860-4126, thanks.

*“Do something that enriches other peoples’ lives and you’ll always have rewarding work.”
~ David Meerman Scott*

Designee Agency



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