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

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 Awards Cordes-Taylor Scholarship to student-employees for the Spring Semester

Angelica Levy and Trevor Hall are pictured here with LEAP’s Human Resource Director, Sarah Judd. Both Direct Support Professionals are the recipients of the Cordes-Taylor Scholarship for the Spring semester. The Cordes – Taylor Scholarship Fund was developed to recognize the outstanding contributions of two employees who have demonstrated excellence to LEAP (Life Enrichment Advancing People) with many years of dedicated service in support of people with developmental & intellectual disabilities in Western and Central Maine.

LEAP offers this scholarship to employees pursuing a degree in a related field such as: Rehabilitation, Nursing, Social Services, Community Health, Special Education, Occupational Therapy and many others. The eligibility requirement for employees is that they must be employed by LEAP for one year and have worked a minimum of 520 hours. Angelica is pursuing her degree in Psychology with a minor in Rehabilitation Services and Trevor is studying Special Education. They both attend the University of Maine in Farmington. We commend them on their continuous dedication to LEAP while working toward their educational goals. Congratulations Angelica and Trevor! If interested in the scholarship program, please contact your administrator or the Human Resources department at (207) 778-3443 ext. 110.

Tuck’s Ale Hosts 1st Annual Wildlife Dinner & Moose-calling Contest to benefit LEAP!

Tuck’s Ale House in Farmington. Designed as a FUNdraiser to support LEAP’s mission, this wildly successful event brought a number of community-minded sportsmen and women together to have fun for a cause. $1500 was raised to support LEAP’s wellness and accessibility initiatives.

LEAP’s Board of Directors 2018-19

- Frank Hosea President, Wilton, ME
- Tyler Barnes, Vice-President China, ME
- David Dixon Secretary, Strong, ME
- Lynne Hunter, Treasurer, Wilton, ME
- Darryl Wood, New Sharon, ME

- Mindy Cousineau, Farmington, ME
- Courtney Chase, Farmington, ME
- Scott Landry, Farmington, ME
- Ellie Duley, Farmington, ME
- Greg Roy, Jay, ME

Garrett V’s homemade Christmas tree!
When it came to Christmas wishes and hopes, Andrea said she was a good girl all year...looks like Santa thought so too! 😊

Andrea rocking out the wall as part of the Maine Adaptive Outdoor Center activities in Carrabassett/Sugarloaf.

Alfred Dufour was kind enough to do an in-service at Stinchfield Hill on Vegetarian cooking, using vegetable protein alternative to better support the dietary needs of one of the people supported. Here he’s showing his culinary superpowers to Trevor Hall and Nicole Osborne!

Linda, Mandy and Charlene, what "jokesters" they can be... and joy is so often beautifully free!

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!

Emily Luce, Brittany Lesperance, Lyndsey Neil, Mara Ziglar, Patrick Carlton and Coleman Shirley

We’re glad you joined the LEAP Team!

2nd Annual Great Chili Challenge!
Hosted by Tuck’s Ale House, 160 Main Street in Farmington

Feb 17, 2018–3pm until 6pm
or whenever the chili runs out!

All proceeds to benefit LEAP, a local nonprofit that provides daily living supports to adults with developmental disabilities in western Maine

Looking for Lots of chili chefs and connoisseurs, to settle for all time...or until next year’s challenge (ahem)

just WHO is The Best Chili Chef in Franklin County!!

Will we see YOU there? Sure hope so...you won’t want to miss this fun memory-making event while supporting community members!

$5 donation to sample and vote on ALL of the entries!

Top Chili Chef gets LEAP gear and a $25 Tuck’s Certificate

Registration limited to only 14 Chili Chefs!

To register call 860-4126 or e-mail your name & contact info to Deelight@leapcommunity.org, thanks!

You can also sign up right at Tuck’s - 160 Main Street in Farmington

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.”
DSP of the Month for October 2017: Andrea Wing!

by Kristi Iverson

Andrea Wing is a Direct Support Professional at LEAP’s Keep House program in Rumford. Her manager describes her as a proactive and positive leader for her team. For Keep House, she also takes a lead role in encouraging these individuals and others to participate in the Special Olympics each year. Andrea is also known for her productive participation at staff meetings and with her team. She seeks out information when she has questions, and supports decisions made with an open mind.

Andrea has been a staffer at Keep House since 2014, and has been in this field for 30+ years as this is her passion. After hearing good things from friends and the community, she decided to apply to LEAP. She stayed with LEAP because she likes what LEAP stands for; that it is important to the agency as a whole to provide quality care for individuals, while also focusing on promoting community inclusion.

Andrea also shared that LEAP stands out in the community as an employer because DSPs at LEAP are well-compensated compared to other service positions in the area. Events like the Staff Appreciation picnic, karaoke and other parties feel like meeting up with your family. Seeing all the familiar faces makes Andrea and her coworkers feel included and supported by our administration.

Some of Andrea’s fondest memories are when she is able to help individuals meet their goals. Recently, she used her de-escalation skills with an individual to keep them safe. By using a calm voice, body positioning and her established relationship with the individual she helped them to leave the situation, contact their day program and make a plan for the day that would ensure their continued success. Later, the individual personally took the time to thank Andrea for her help and support.

When she’s not at LEAP, Andrea is usually making crafts, spending time with family or shopping. Andrea known as a crafter at Keep House too, as she frequently thinks up neat ideas for crafts to make with her coworkers and the individuals who live there. When Andrea is able to make something others enjoy, she feels a sense of accomplishment. Plus, she says, gifts made by hand mean more because they are from the heart. Andrea plans to stay working in human services until she decides to retire. She feels privileged to work with the individuals at Keep House and appreciates the relationships she has formed with them. Thank you, Andrea, for working at LEAP, supporting your team and striving to make a difference in the lives of the people you support daily.

1st Annual LEAP Trunk-a-Treat Community Thanks Event!

by Darryl Wood | Photos by Sam Richardson

LEAP hosted a little giving-back party to the community on October 29th in the form of a Trunk-a-Treat event. Lisa Hill came up with this fun idea; she and a small group of organizers then put this together rather quickly. We figured we would start small and if it worked, try again next year with more fanfare. Well, apparently it went viral and hundreds of people showed up forcing us to make several additional “candy runs”. These pictures don’t really do it justice but you can get the idea.

Peer Cheers to Lisa, Marcus, Katrina, Kyla, and the whole dedicated gang who pulled it off….see you next year!

Celebrating 37+ years of Wellness, Hope and Joy!
LEAP DSP of the Month for November 2017: Alexis Howard!

by Kristi Iverson

Alexis Howard is a Direct Support Professional at LEAP’s Oliver House in Farmington. Her manager describes her as a good advocate who conducts herself in a professional manner and ensures that individuals get proper advocacy while on medical appointments and in the community. Alexis recently filled in as medication coordinator for a peer when they were out for a couple of weeks. Stepping up during this time made a big difference for her team. Alexis’ peers describe her as knowing all the answers, open to anything fun, hardworking, friendly, available to help out when needed and an excellent mom.

Alexis has been a staffer at Oliver House since 2012. She came to LEAP because she enjoys taking care of people. As a people person, she likes that Oliver House feels like home where individuals and staff interact on the individual’s terms. LEAP also holds many activities for their individuals and staff to participate in focusing on community inclusion. She is looking forward to participating in WOW 2018 season at LEAP this year and is ready to bring her competitive spirit! Alexis pointed out that the Henderson Church Christmas Party is always one of the highlights of her year and shows that LEAP has made a positive impact on the Farmington community.

One of Alexis’ fondest memories are of times when she could see through actions that her relationships were forming with the individuals who live at Oliver House. Alexis’ first day at OLH she worked with one individual during dinner time. This person prefers staff that they know well and historically does not enjoy being assisted during meal times by new staff. However, when Alexis started her shift assisting the individual with their make-up and painting their nails, she found success in assisting them through their meal time. She knew then this was the correct workplace for her. She also remembers a time where she assisted an individual through a scary situation using humor and trust. It’s that ability to put a smile on someone’s face and help them is why Alexis enjoys working in human services so much.

When she’s not at LEAP, Alexis is usually playing with her two children. Her oldest has taken an interest in monster trucks and last year her family was able to make it to a monster truck rally in Bangor that he loved. In the next two years, she also has plans to take her children to Legoland. Alexis hopes to go to nursing school in the next several years to become an RN. She sees this as a way that she can still provide direct care while also having more of an impact on people’s lives.

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

“Don’t worry about the level of individual prominence you have achieved; worry about the individuals you have helped become better people.”

~ Clayton Christensen
LEAP DSP of the Month for December 2017: Amanda Hasson!

Amanda Hasson is a Direct Support Professional at LEAP’s Davis Road in Farmington. Her manager describes her as a great person to problem-solve with whenever difficult situations arise. Amanda is always the first person to volunteer for the community outings and tackles more difficult medical outings. In the last year, one of her achievements was organizing a surprise party for the newest individual at Davis Road. She enlisted help from her peers with the planning and it was a huge success! Professionally, Amanda always keeps on her warm smile and accepts constructive feedback as an opportunity to better herself. Amanda’s peers describe her as having a positive attitude and friendly smile. She picks up extra shifts where able and is not afraid to ask for help or help manage a shift when the team is in need. They also say she is helpful on shift and very supportive to the individuals who live there.

Originally Amanda came to work at LEAP because she needed a job, saw an ad and applied. She had no idea what type of services LEAP provided or what the work day was going to look like. One of the core elements of DSP work is empathy and helping people. She states that even though she didn’t know what she was getting in to at first, DSP work has become her passion and she wouldn’t change it for the world. Amanda has been a staffer at Davis Road since 2016, but working for LEAP intermittently since 2011. Over her time at LEAP she has worked at Anson Street, Weld Road, TFR1, TFR2, Our House, and Davis Road. Amanda has been working with one individual currently living at Davis Road for the past 7 years and due to her longevity has become the person’s “historian” in the house. She is actively working toward building similar relationships with the other individuals at Davis Road.

Some of Amanda’s fondest memories are working with an individual every year during their trips to Pine Tree Camp in the summer. For one week, the individual receives 1-on-1 staffing at the camp, staying overnight and participating in fun activities with friends. Amanda reports that for that week every year, the individual can be themselves without all the expectations of the outside world, just relaxing and hanging out on vacation. Amanda expresses that she is very thankful for her job at LEAP and the diversity of supports LEAP provides. Every day at work is a new day and “growing up” in this job has unexpectedly taught her how to better support herself. She cites a parallel with watching the individual she supports thrive and grow with LEAP, just as she has.

When she’s not working, Amanda disc golfs. She has been all over the state of Maine to courses like Belgrade, Troll Valley, Devil’s Grove, Bowdoinham, Fairfield and Pineland. This is a big passion for her and she spends as much time as able getting out and throwing discs. In the last year or so, she has brought an individual she supports out disc golfing and they loved it. She plans to stay working for LEAP in the future and is looking forward to learning even more about the ever-growing field of human services and being a DSP.

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

“It's not what you look at that matters, it's what you see.”
~ Henry David Thoreau
“Discovering Personal Genius” Presentation

On Jan 10th, Laura Bolduc and Deb Averill from Hope Association presented information about Career Planning/Discovering Personal Genius to LEAP at our monthly management meeting. “The role of Discovering Personal Genius (DPG), a personalized way of identifying an individual's interests, skills, and key themes to help shape her/his vocational profile, is taught in order to develop a customized self-employment plan to match up her/his interests and skills with a marketable product or service for a small business.”

You may also learn more here: http://www.griffinhammis.com/reliaslearning.html

Oliver House Updates
by Jane Shaw

Michael Valley from Oliver House enjoyed a trip to Clark’s Trading Post, and Ice Castles in Lincoln, NH. He was supported by the Oliver House staff, where he enjoyed this trip and all the sights. The walking trails at Stone Soup gardens also were quite popular this fall, with many individuals as well as wildlife taking daily walks through the woods.

The people from Oliver House also enjoyed another holiday season with our friends from the Henderson Memorial Church. These folks give so much of themselves to make this an enjoyable experience for all in the community. The Oliver House staff would like to say Thank You to you all, for being so thoughtful and caring.

Mr. Valley is again participating in the Adaptive Ski Program this year at Lost Valley in Auburn. This is a fun event for Michael, and he loves doing the sit ski with Bill and Cindy Dubois. Hopefully we will have lots of snow on the mountain. That’s all for now, from the people supported and the staff at Oliver House...stay safe and warm through these winter months!

YOU 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 count 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!

Changing the world always begins right in our own hometowns.
“Friday Flannel” Staff Appreciation Day!

by Darryl Wood

We had another great turnout for our staff holiday gathering in December! LEAP also promoted the United Way and added some fun and flair by making it a Flannel Friday event. For every person who wore flannel to the celebration (and the vast majority did), a $2.00 gift was donated to the United Way from the management staff. This was a good number and a fun way to kick off our workplace campaign.
The LEAP Training Center has moved to Wilton!

by Alfred Dufour

The end of October brought the opening of our Training & Event Center in the historic Bass Building at Suite 190, 284 Main Street in Wilton. All our trainings, including Maine State DSP Certification through the College of Direct Support, CRMA, CPR/FA and Mandt are now held here, as well as various meetings. We also offer the DSP, CRMA and CPR/FA courses to the public as space allows; please contact our Training Department for more information regarding course schedules, availability and cost.

There are also numerous LEAP-sponsored events that take place at our facility as well. For instance...

**Jam Night:**
This night allows individuals to try out many instruments, practice performing or just enjoying music and good company. This event is typically held on the first Tuesday of the month from 4:30pm to 6:00pm.

**Game Night:**
Who doesn’t enjoy a good game? At our game night, people play board games, card games, or do puzzles. Some of the favorites are Jenga, Yahtzee and Sorry. This event is typically held on the second Wednesday of the month from 4:30pm – 7:00pm.

**Karaoke**
This is a crowd favorite that always guarantees an amazing time. From start to finish the music never stops. From country to rock to pop and hip-hop, no style of music is left behind and people sing the entire time. This event is typically held on the last Wednesday of the month from 4:30 – 6:00pm.

**“Magic the Gathering” Night**
Magic is a strategy-based collectible card game that many individuals enjoy. It’s great practice for critical thinking and decision-making, as well as being an excellent chance to engage others socially. This event is held most Thursdays from 3:00pm – 5:00pm.

There’s always a lot going on at the LEAP Training & Event Center with new activities and events added often. We hope to see you at one of our upcoming events! FMI: adufour@leapcommunity.org
Office Ergonomics at LEAP  
by Megan Goodine

Each year, Managers and Central Office personnel at LEAP complete VDT Training per the Maine Department of Labor and the agencies commitment to safety and wellness. Video Display Terminal or VDT Training is designed to educate employees whose work stations involving sitting and viewing a computer screen for four or more consecutive hours.

This year, instead of completing the VDT instruction online, Alan Brown from MEMIC came to November’s Management Team meeting for an interactive training experience. Pictured at right, Katrina Fay is holding “Fred the Head” and demonstrating the proper head and spine alignment. Did you know that if your chair is reclined too far back or your monitor is too far way, you are craning your neck forward? Since the average human head weights 13 pounds, this is a lot of extra pressure on your spine and may result in long-term damage to your body.

In the photo at left, Laurie Blake was a willing volunteer to be hooked up to electric monitors to record her arm, elbow heights and wrist position. Although she did not receive an electric shock when she was improperly positioned, the alarm went off and alerted the rest of us that she needed to make an adjustment.

Our House Update  
by Katrina Fay

Always something going on, even during a long cold winter!

_Upper left:_ Judy pauses for a little break in the action.

_Upper right:_ Holiday fun at our staff meeting.

_Lower left:_ Scotty & Amanda enjoy the cardio benefits of snow & ice removal after one of our storms.

_Lower right:_ Amanda has Christmas joy written all over her face!
Remembering Anne Marie Umbro
Friday, December 22, 2017
by her niece, Stephanie Umbro

Anne Marie Teresa Umbro was born with Down syndrome in 1954 to loving parents, a doting big brother, and a large extended family. Her birth spurred her parents into activism; they never hid their daughter, and didn't treat her differently. Her father immigrated to the United States from Italy as a teenager and dreamed that he & his family could live free, productive & fulfilling lives. Her parents were responsible for starting the fight for programs & equal treatment of the “mentally retarded”, the term that was widely used then. They wanted mental retardation on the map. They helped create the Hope School in 1956 and Anne Marie was a student there.

After graduating from Hope School, she worked at the Adult Activity Center here in Rumford for a while before she moved to Farmington in 1984 with assistance from LEAP. She lived with others like her in a group home. Fourteen years ago, with the help of dedicated round-the-clock staff through LEAP, she moved into her own home with a roommate, where she lived until her death.

The first thing anyone ever noticed about her was her megawatt smile and an extended hand of friendship. She was a social butterfly. She loved to give hugs, shake hands, and visit her hometown to see old friends. She was always the life of the party. Shortly before her brother's unexpected death, she informed him that he and Sister were expected to throw her a birthday party. Always ready for a good time, she loved to dance; loved to camp and fish, enjoyed music, holding hands, and the hokey pokey.

We'll always remember classic phrases like “yup”, “I love you, too”; “don’t be pokey pokey;” “put it there” as she extended a hand; exclaiming SOME PEOPLE; and declaring herself the “Queen of Sheba”. Every time she came home, she required nephew Joshua to take her to Dunkin’ Donuts. Niece Lisa remembers that her hugs were the best you could ever get. She didn’t like that I was too close to the TV one day, so she walked over to me, carried my 12-month self across the room, and dropped me onto the floor where she wanted me to sit. I don’t remember this, of course, but am told that I didn’t appreciate it!

She had a special fondness for food. She had a passion for Dunkin Donuts & McDonald’s. While she always carried a purse, she never carried money. She had no problem evicting you from a chair that she wanted, especially if it was ‘hers’. She loved to wrestle my dad out of the chair and onto the floor. Naturally, he always let her win.

Barbria, as Annie affectionally called her sister-in-law, remembers that people would look at my siblings and I warily when we would beg our dad to “beat us up”, referring to how Anne and Dad tussled and interacted. When they were younger, they would cruise around town; she riding shotgun, one arm out the window, with a straw ‘cigarette’ between her fingers.

She had an iron will. If she didn’t want to get up from the table, you couldn’t talk her out of it. It just made her dig in her heels and stare you down, responding with an emphatic “YES, DEAR”, or “NO DEAR”. She’s the only person you knew that got younger as she aged, and really believed it. The last time she was able to answer the question, she told me that she was 15.

Her favorite holiday was Christmas. She was usually the first person you could cross off the shopping list. She would be perfectly content receiving a wrapped bottle of Diet Pepsi. She adored her bangles, necklaces, bubble baths, and red nail polish. She loved Christmas specials. She’d sway to the music and join along with the carols. It is perhaps this love of Christmas that has us gathered here today, because I have no doubt that she probably chose this week to gracefully exit stage right.
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.

~ Mark Nepo

Light is both in the broken bottle and the diamond.“

The extraordinary is waiting quietly in all that is ordinary.”

Designee Agency

United Way

Fax: (207) 778-6070
Phone: (207) 778-3433

www.leapcommunity.org

313 Farmington Falls Road

LEAP

The Enrichment Advancing People