23rd Annual United Way Day of Caring

On a beautiful day in June, the 23rd Annual United Way Day of Caring brought out employees from companies in Maine and New Hampshire to give a day of volunteer work to non-profits. At Waban, this meant building and cleaning at the TREE Program to prepare for the upcoming summer season: gardening and landscaping at programs and residences, and truckloads of mulch.

Residential programs broke for lunch right at the homes where volunteers worked. For the folks giving their time to the main campus programs and nearby homes, the banquet room at Wormwood was full at lunchtime, with staff from the Waban Main Office serving sandwiches, chips, salads and cookies to all the hard-working volunteers. Executive Director Neal Meltzer addressed the group with a sincere thanks, “We couldn’t do it without you!” Photos pg. 10-11.
Waban

Sweet summertime and the living is busy here at Waban! There are so many exciting things happening that it is hard to know where to start. June started off with a bang with the Special Olympics. The Torch Run and transfer from the Sanford Police Department team of runners to the North Berwick Police Department’s team took place at our Main Campus on Rt. 4, and there were dozens of folks from Waban cheering them on. Just a few days later, over 30 Special Olympian athletes from Waban had a breakfast prepared by Waban staff, and then they boarded the bus for the ride up to Orono. Their return a few days later was triumphant with lots of medals, some new friendships, and most importantly the recognition that they are all champions of both spirit and deed. This issue’s centerfold is dedicated to their successes.

June also brings the United Way Day of Caring when dozens of volunteers from businesses, organizations, schools, and the general community come to Waban and donate their time and efforts. We had over 80 eager and willing community volunteers this year who spread their hard work among all of Waban’s program and residential locations. Gardens were made and weeded, repairs involving painting and light carpentry were performed, and yards and yards of landscape mulch were spread. Working alongside our hearty volunteers were many of Waban’s program participants and staff. Together, their many hands made the work load much lighter. Be sure to see some examples of their handiwork in this issue.

Did you know that Maine has some great beaches for surfing? That’s right and through the generosity of the Special Surfer’s Program and their adaptive surfing workshops at Kennebunk Beach, members of our Adventure Group from Life Works donned their wet suits, got wet, and experienced the thrill of riding a wave. Whether lying down on the surfboard, kneeling, standing, or for individuals who are wheelchair bound - sitting, it was a wonderful experience.

www.waban.org
Happenings

Understanding and reaching people “where they are” and then helping them move forward is one of the basic tenets of our work here at Waban. How to do that is as diverse as the number of stars in the sky. One way that has proven to be successful is through the relationships that people can form with animals. We are very fortunate to have therapy dogs come visit and spend time at several of our programs on a regular basis. The unconditional love, warmth and affection that these animals bring are always able to touch even the most difficult-to-reach individual, child or adult, and put a smile on their faces. The recent visits of these furry friends to FFCDC and Life Works were welcomed and appreciated by everyone.

August is always a special time here at Waban because that is when we have our graduation ceremony at the Fraser-Ford Child Development Center. This year we will be graduating 24 children who will be mainstreamed into kindergarten and other grades. The children, their families, and all of our dedicated staff have worked very hard over the past few years and have a lot to be proud of. Stay tuned for future issues with photos of these young graduates.

Keeping current with all that goes on here at Waban can be daunting. In order to help address this and make sure that no tasty tidbits of information slipped through the cracks, we have started producing a weekly podcast called “What’s Happening at Waban.” These short 2- to 3-minute videos are posted on our Facebook page every Wednesday afternoon at 1 PM and include special guests, timely information, and a very entertaining presentation format. Be sure to check this out and let us know what you think.

Be sure to read about many other things going on in our programs throughout this issue and thanks again for all your support. Enjoy the rest of your summer.

Neal Meltzer, Executive Director
Fraser-Ford Child

We have been busy this summer at the Fraser-Ford Child Development Center!

In June, we were fortunate to have the therapy dogs and their handlers visit the school. Students were able to spend time with each of the therapy dogs that came for the visit. It was wonderful to see the students’ responses to the dogs and the smiles on their faces. We look forward to having them back again soon!

Starting in July, students have been participating in water play. They have had fun beating the heat by using the sprinklers, water play table, and the new waterfall toy!
Development Center

This summer we will be having Spirit Fridays at Fraser-Ford Child Development Center! Students and Staff have already participated in Red, White and Blue Day and Tie Dye Day! Students had a lot of fun making their own tie dye t-shirts. Be on the lookout for more spirit day photos of us on Facebook and Instagram participating in Silly Hat Hair Day, Super Hero Day, and Sports Day!!

On August 17th, we will be having our 2018 graduation! This year we have 24 students that are graduating to kindergarten in the fall. We are very proud of all of our students and the accomplishments that they have made. We wish them all the best of luck in kindergarten!

Sarah Mehlhorn, Director
Life Works

Adventure group kicked off the summer with many exciting new programs and activities. The Monday Adventure Group hosted the members of SUFU for the first annual “Food For Thought” event on June 11. Adventure Group members worked hard to prepare stations which they helped lead in the area of sustainable agriculture and natural resource management. Station activities included an interview with a bee keeper, co-planting workshop, and water conservation activities. Since the event, Adventure Group has seen their hard work pay off with the first crop harvest from the garden which included strawberries and hot peppers.

Adventure Group members were “hanging ten” on June 19. at the first of three adaptive surfing workshops through the Special Surfers program held at Kennebunk Beach. Everyone at the beach was all smiles as they geared up in wetsuits and were fitted with a surfboard. All five surfers were able to catch a wave! We look forward to the next surf day in July. Other exciting Adventure activities included an outdoor cooking workshop where the members cooked campfire pizza. Everyone’s favorite was dessert which was, of course, S’mores!

Six Speaking Up For Us (SUFU) members attended the Inaugural SUFU Land Trust Event at the Langlais Sculpture Preserve in Cushing, Maine. There they were able to make connections with other local SUFU members as well as meet with the Director and Board Members. At the event, they learned about the importance of the Land Trust, discussed ways to volunteer, and learned about gardening and wildlife. SUFU members are collecting pairs of socks with a goal of collecting 100 pairs to donate to the Stuff the Bus program.
& Company

Members of the Culinary program are taking their skills to the next level and preparing lunch for sale every other Friday. They prepare the menu, take orders and have prepared a variety of lunches to include Italian Subs, Tater Tot Casserole and Lemon Pepper Chicken.

Meanwhile we have a committed group of exercise enthusiasts utilizing the new weight room and exercise equipment at the YMCA. They have enjoyed a variety of cardio and strength training and utilize the spin program on the bikes.

Check out what the Textiles group has been working on! PomPom rugs! They make each individual pom pom before sewing them together for a fluffy rug.

We are having a blast during the summer for our Friday Fun Days! Some of the highlights so far have included archery at Blacksheep Archery, Wacky Water Carnival at TREE, Old Orchard Beach Pier, School House Ice Cream, game day at Wells Harbor, hike and picnic at Mount Agamenticus, strawberry picking at Spiller Farm, basketball and baseball and the always-welcomed group of Rick and his team with their therapy dogs and Mocha the mini horse.

Until next time, be safe and be well,
Melissa Hall, Life Works Director
Day Street Home

The folks at Day Street Home are loving the hustle and bustle of downtown Kennebunk in the summertime. They especially love to attend all the community events! The May Day Festival was a great kick off to the warm weather season. Jon, Elaine, and Wayne also attended the Memorial Day and Fourth of July Parades, followed by many craft fairs as well as the farmers market.

Going for a picnic is another frequent choice for the crew. The only trouble is which spot to choose from their many favorites! Wayne in particular loves spending lots of time at Roger’s Pond. He’s always happy to watch the ducks and meet new community members.

Jon always enjoys taking a trip over to the Animal Welfare Society. He could spend all day interacting with the animals! Our only lady resident Elaine, loves anything girly! She enjoys getting her nails done and any time spent shopping!

Pictured here is Elaine passing a ball to Amy who was training for the Special Olympics. The whole Day Street crew spent the day cheering on our athletes at their practice! As you can see, Wayne, Jon, and Elaine are always on the move, rain or shine!

Happy Summer from our crew to yours!

Kim Lowell, Administrator
Cottage Hill

The ladies at Cottage Hill have enjoyed spending time with each other as well as pursuing group activities and individual interests.

The newest member at Cottage Hill is Susan. Her sense of humor and sweet smile have made her a beautiful addition to the ladies at Cottage Hill. Susan celebrated her birthday in May with pizza for her many friends from Day Street and Riverview Homes. She shares quite a few similar interests with our other members such as cooking, daytrips, shopping, and picnics at #1 Pond.

Adrian is learning an exciting hobby this summer. She is surfing with a diverse group of new friends at Kennebunk Beach. She, too, celebrated a birthday and chose a trip to Oxford Casino to mark the day. She keeps busy through the year at Life Works, attending many of their dances, outings and pizza parties.

Betty Jean also attends Life Works. She enjoys picnics and walks around #1 Pond, going out to eat and shopping. This summer, Betty is excited about our garden. In particular, she is interested in a new vegetable called a “pickle plant” and is hoping for a bountiful crop. A new endeavor Betty may pursue this summer is volunteering at the Animal Shelter.

Jeanne, a long-time member at Cottage Hill, recently enjoyed her annual overnight trip to North Conway. Along with two staff members, Jeanne enjoyed shopping, dining out, riding the scenic railroad and sleeping in a big fancy bed!

Michelle had a great time in the fall picking apples in Alfred. She loves the warmth of the summer and going to the beach. She enjoys spending time in the back yard, sitting in the swing and enjoying the flowers and the beauty of the season.

David Champion,
Cottage Hill Administrator

Visit us on Facebook
Special Olympics
Summer Games
Old Mill Road

The men at Old Mill are breezing through the summer. Walter went on a trip to South Carolina to Bike Week in Myrtle Beach. He had a great time while there, seeing all the sights for five days. When he returned, he said he needed a lot of catching up on his sleep. He also volunteers for the church dinners on Mondays to keep him busy.

Bobby went to the Special Olympics in Orono and won a gold medal for running, which we all know he can do quite well. He also won an award in softball throw and attended the dance wearing his favorite Hawaiian shirt. He said his favorite part was watching all the people, and eating the food. He continues his walks at Walmart to see friends, family and peers there. He especially enjoys saying a friendly “Hi” to everyone.

James chose to go on his annual trip to Boston instead of the Special Olympics this year. He went to the Museum of Science and ate there for lunch. He had a full day in Boston and stopped at the Sonic Drive In in Peabody on the way home. James stays busy at home going to a day program two times a week, working two days a week, and going to the local church dinner on Mondays.

Ralph Desjardins.
Home Administrator
School Street Home

Spring arrived and we celebrated three spring birthdays: Lynn, Danielle and Donna! The ladies celebrated together with friends and cake and ice cream. Now summer is in full swing around the School Street Home. Donna, Danielle and Lynn kicked off the season by attending the Maine Special Olympics in Orono, Maine. The weather could not have been more perfect for the weekend full of games and events.

Pam, Donna, Lynn and Wanda have been bowling every Tuesday at Bowl-A-Rama. Donna and Lynn have been attending Mainer Games and cheering on their favorite baseball players! All have been out and about, having picnics down at #1 Pond, enjoying the fresh air and their community. Pam has been out to the Mama Mia pizza and pasta buffet at the Alfred Brothers with a friend from the Dubois Drive Home.

Some of the ladies stopped in at the Blast from the Past on Cruise Night to check out the antique cars and hot rods on Friday nights in Waterboro. They also made tie dye t-shirts on a beautiful summer afternoon and hosted a cookies and tea party for friends.

Wanda continues to enjoy her time spent at the pool, and her friend Jan often stops in to visit and swim with her. Wanda hosts Ladies Group at home once a month. She spent the 4th of July with family and attended a play at the Ogunquit Play House for her annual visit to the theater. Soon she’ll be heading to Vermont for a few days to visit with her family.

Donna is enjoying a new adventure by attending Life Works. Donna says, “I love it there.” Cooking group is one of her favorite things to do so far. Lynn has been keeping busy with her embroiderying. She made several t-shirts and earrings for friends and family, and made a donation to the MS Foundation fund raiser by selling her hand made goods.

Summer time in Maine is short but as you can see, the ladies have been busy enjoying the great weather and what their community has to offer.

Heidi Reed, Home Administrator
United Way

Volunteers from Biddeford Tech School worked with staff from Fresor-Ford Child Development Center at the playground.

The Cottage Hill crew beautified their grounds with the help of Sanford Alt Ed.

Volunteers from Pratt & Whitney prepared camp cabins for the summer season.

More Pratt & Whitney folks sawing long beams to construct the raised garden at camp.

Lunch was served to volunteers at Wormwood Center with a big Thank You from Neal.

Waban office staff worked in the kitchen to prepare lunch for the volunteers.

www.waban.org
Day of Caring

Building a raised garden for flowers, vegetables and strawberries alongside Day's Rest at camp.

Ladies from the Southern Maine Garden Club mulched the playground at Fraser Ford Child Development Center.

Lenox and Essex Street Homes landscapes benefited from pruning and mulching by Waban volunteers.

Volunteers from Sanford Alt Ed worked on landscaping at Elm Street and School Street homes.

Breaking for lunch at Cove and Riverview with volunteers from Portsmouth Naval Shipyard.

Crew from Biddeford Tech School working on the playground at Fraser-Ford Child Development Center.

Visit us on Facebook
more Day of Caring photos
Ridley 2

Hello from everyone at Ridley 2! Now that summer and warmer weather is upon us, the guys have really been enjoying the sun!

Since the Day of Caring has come and gone we are enjoying some amazing landscaping and all of our flower beds are in full bloom. Some staff have a green thumb and you will find vegetables and fresh herbs tucked in between the flowers. The guys are especially enjoying the freshly grown tomatoes. This has piqued a new interest in the flower beds and the excitement of a ripe vegetable has really been great for the guys. They have asked that next year we expand our selection and really want to give some input on what they want to grow!

Ansel has been having fun easing his way into horseback riding. He’s been walking trails and has gone swimming, fishing, and has had friends over for a cook out. He’s getting ready to head to camp for a week. He loves spending time with his brother and family and has had several visits.

Joshua has really been working on a healthier lifestyle since the weather has warmed up. You can catch him walking or biking to and from Life Works and around town several times throughout the week. He’s been fishing and going to the YMCA and is really making a great attempt with healthier eating and living an active lifestyle. Joshua participates in many community-based Pokemon Go adventures. He invites friends over to eat, goes to the movies, dines out, and loves spending time with his family.

Scott has been doing a great job interacting with his peers and people in the community. He swims at the YMCA, goes mini-golfing, attends community dinners and enjoys his all-time favorites antiquing and hitting up the yard sales.

Bethany DeLorenzo, Ridley Road Administrator
Attention all golfers!
It's time for
Waban's 7th Annual
Golf Tournament
Friday, September 28, 2018
Sanford Country Club
Registration: 7:45 am | Shotgun Start: 8:30 am

Sponsors Needed
Sponsors will be included in all Waban press releases and will have their banners displayed at the tournament.
GOLD - $1,000
Includes foursome
SILVER - $500
BRONZE - $250
Hole/Tee Box - $100
Your participation will help ensure Waban's Special Olympics athletes can continue to have the opportunity to compete and excel.

$100 per Person/$400 per Team
Price includes 18 holes of golf, cart, lunch & shirt
Enjoy Multiple Chances to Win GREAT Prizes:
★ Gift Certificates  ★ Golf SWAG
★ Even a brand-new car from Marc Motors!

To register, or for more information, contact:
Alyson Rachkoskie
207-324-7955 ext. 613
arachkoskie@waban.org

Or, visit www.waban.org/events for Sponsor & Golfer Registration Forms

www.waban.org

Making a difference in the lives of children and adults with disabilities for over 50 years.
2018 Telethon Wall of Supporters

With the generous support of these businesses and organizations, Waban will continue to provide much needed services to the adults and children we serve.
COMING EVENTS

Aug 17  Fraser-Ford Child Development Center Graduation
Sept 3  Waban Day Programs closed for Labor Day Holiday
Sept 13 Waban Projects, Inc. Board of Directors meets at 4:30pm at the Main Office
Sept 15 Staff Appreciation Day at the TREE Center
Sept 28 7th Annual Tee Up & Drive Charity Golf Tournament at the Sanford Golf Club
Oct 11  Waban Projects, Inc. Board of Directors meets at 4:30pm at the Main Office
Oct 15 Waban Association meets at 4:00pm at the Main Office
Nov 9  Waban Projects, Inc. Board of Directors meets at 4:30pm at the Main Office
Nov 22-23 Waban Day Programs closed for Thanksgiving Holiday

WABAN WINDOWS is the quarterly newsletter of WABAN ASSOCIATION, a membership organization whose mission is to promote the welfare of individuals with developmental disabilities, to foster the development of programs in concert with WABAN, the agency that administers the programs; to educate; and to raise funds for the accomplishment of these purposes.

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