

Executive Director

Anthony Zambrano

Board of Directors

- John Moore, President
- Ralph Calderone, Vice President
- Judy Calderone, Secretary
- Jeff Fernald, Treasurer
- Armand Auclair
- Michael Drake
- Terri Ann Drake
- Jennie Gray
- Jerry Troger
- Nikki Troger

Downeast Horizons assists and supports adults and children with developmental disabilities to live a complete and fulfilling life.

Ellsworth Assembly of God Hosts Christmas Party

For the 11th year, volunteers hosted a Christmas party for children and adults with developmental disabilities at the Ellsworth Assembly of God on Saturday, December 10, 2011. The party was attended by 80-100 people many of whom were from Downeast Horizons. "It was very much in the spirit of Christmas," said Downeast Horizons employee Amanda Davis.



The event was hosted in the church's sanctuary and featured a three-course meal, served by several members of the church. Smiles abounded as door prizes were handed out during Christmas carol sing-alongs. Several participants went up onstage and shared their favorite Christmas carol, and small bells were distributed for a closing rendition of "Jingle Bells." At the conclusion of the night each participant was also presented with a gift.



"This was just a way for us to say 'Hey, we love you, and we appreciate you,'" said Burt Lowry, pastor of the Ellsworth Assembly of God.

ISSUE

14

MARCH 2012

Downeast Horizons

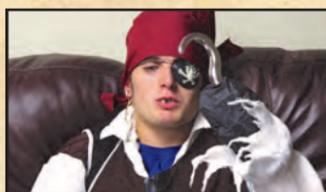
In this issue

Budget Cuts P.1

Social Skills Group P.2

DEHI Photographer P.3

Christmas Party P.4



Downeast Horizons Rallies Against Proposed 10% Budget Cuts



Due to tough economic times, Downeast Horizons faced a possible 10% state-level budgeting cut this past winter. According to Executive Director Tony Zambrano, the proposed budget cut would be the most drastic during his term of leadership, and the effects would surely be felt. Downeast Horizons employees, friends, and supporters all rallied to make sure their voices were heard by the state legislature. Phone calls were made, emails sent, and an editorial by Tony Zambrano was featured in the Bangor Daily News, Ellsworth American, and Mount Desert Islander.

"I'm so grateful for all the parents, programs participants, and staff who successfully advocated against these cuts," said Tony Zambrano, before announcing: "Your efforts resulted in the reduction of the cut to 5%, which although difficult, I feel confident that, with strong fiscal management, we will continue to be able to provide the quality services that everyone is accustomed to."

Tony Zambrano's full article, "Our shared responsibility," can be found on our website at www.dehi.org.

Special Olympic Events Keep Program Participants Busy

On Monday and Tuesday, February 13-14, 2012, athletes from DEHI participated in the Hermon Mountain Winter Special Olympics. The two-day event featured Nordic and Alpine Skiing, Skating, and Snowshoe competitions.

On Tuesday, March 7, 2012, athletes from DEHI participated in the Basketball Special Olympics at the University of Maine. Athletes were given a choice to participate in the individual skills or a 5-on-5 team.



On Wednesday, March 13, 2012, athletes from DEHI participated in the Regional Swimming Special Olympics at the Bangor YMCA. The day event featured individual medleys of freestyle, backstroke, butterfly, breaststroke, and the 4 x 25 Freestyle Team Relay.



All excited athletes were sent home with ribbons for participating in all three events.

Downeast Horizons Issue 14 March 2012

www.dehi.org website
dehinfo@dehi.org email

Toll Free: 1-855-894-3599
207.288.1056 fax
207.288.4234 ph
Bar Harbor, ME 04609
1200 State Highway 3

People Helping People



NONPROFIT ORG
US POSTAGE PAID
ELLSWORTH, ME
04605

In Their Own Words...



Program participant, Jill Breindel has been coming to Downeast Horizons for more than 10 years. "I enjoy coming to Day Program everyday! I like helping out with Meals on Wheels every week." Jill enjoys going on annual picnics and any outing she get her hands on.

Jill volunteers her time working at Maine Coast Memorial Hospital three days a week cleaning tables in the cafeteria. When Jill isn't working or attending program she enjoys watching television. "I like to buy and watch movies." She also likes going on walks and helping her mother take care of her nephew.

Positive Changes in Social Skills Group

The Children's Department is excited about some positive changes that have taken place in our social skills groups! Both the Bangor and Ellsworth Programs have decided to divide the groups to allow for more age-appropriate lessons and to provide more individualized attention to each participant. In Ellsworth, the children advocated for themselves, stating that they've enjoyed being together as one large group. The end result was a compromise for one Friday a month to be an All-SPARKS Celebration Day. All the children get together to celebrate something – birthdays, graduating from the program, or anything going on in their lives including good grades, participating in Special Olympics, or anything else of importance to the children. This divide has led to two groups in Bangor – SPARKS for the teenage group participants and Huskies for the younger program participants. In Ellsworth there have been three groups formed: RED SPARKS for the older adolescent population, BLUE SPARKS for the preteen/younger teen participants, and Tigers for our youngest children.



In addition to splitting the groups, the two Ellsworth SPARKS groups are now meeting at The Church of Jesus Christ of Latter-Day Saints in Ellsworth. This space allows the children to meet in a gym and has allowed a wider range of physical activities to be offered during group sessions. Many of our children have physical activity goals related to motor skills and improving muscle tone and control. Allowing for a physical activity after the lesson portion of the group experience.

kids get out of school has also improved attention span and has lowered frustration levels during the lesson portion of the group experience.

The Ellsworth Program has also introduced "Downeast Market" as a way of encouraging the children to be more aware of their actions and to take more responsibility for them. At each group session, the kids get to earn "money" for following rules. At the end of the month, they get to go "shopping" at our "store," and they purchase prizes for themselves. They practice budgeting each week, adding the money they've earned as well as subtracting what they've spent. The "store" has periodic "sales," and occasionally the kids may earn "coupons" and "gift certificates" to mimic real shopping experiences.

Tigers serves our 6- and 7-year-olds and currently combines social and motor skill activities by engaging the children in a structured game followed by a snack and craft time.



WINTER Wonderland!



DEHI Annual Christmas Party Is a BIG Hit

The annual Downeast Horizons Christmas party took place Thursday, December 15 at the Mount Desert Island Center. More than 100 people attended this year's party, which featured a national anthem, prayer, lunch buffet, and Christmas presents for all the program participants. The party was even attended by a crew from WABI Channel 5, who produced a full-length feature story of the event.

The true excitement, however, centered on the arrival of one specific individual. "He's chubby, he's got a big white beard, and he's dressed all in red," program participant David Frey informed news reporters "He's even got red boots. And listen for jingle bells – that's very important."

Santa did in fact arrive, bringing with him Christmas joy and presents for all the participants. For anyone still questioning what the event is all about, the details can be summed up in the words of program participant Linda Mathis: "to have fun...giving to each other and family and friends."



DEHI Program Participant Sells Photography

Charlie Hunt, program participant at Downeast Horizons, has been selling his photography at the Riverside Café in Ellsworth, Maine. Charlie first showed potential as a photographer in middle school and since then has taken several photography classes through local adult education. Charlie says that his autism provides him with a unique perspective of life shown through his photography.

His photography was on display for the month of January and can also be seen on the walls of our Ellsworth Center.

