

# Woodfords' World

The Newsletter of Woodfords Family Services Vol 16, Issue 2 Summer 2014

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## 5K Run/Walk for Autism Nets \$8,300 for Preschools



More than 170 runners participated in Woodfords' 4th Annual 5K Run/Walk for Autism on Saturday, May 3, in Brunswick. This year's event raised more than \$8,300 to bring more technology into Woodfords' Oakland, Topsham and Westbrook Preschool classrooms.

The winning time on the USATF-certified course was 17.16.99 by Adam Zukowski of Durham. He beat his 2013 record by 7 seconds. Plan to join us for next year's run on Saturday, May 2, 2015, at 9 a.m., 65 Baribeau Drive, Brunswick.

## OUR MISSION

Woodfords Family Services is committed to the support and inclusion of people with special needs and their families in Maine communities.



## BOARD OF TRUSTEES

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- William Enck, Vice President
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- Dee Schmitt

## Expeditions Receives Allagash Brewing Grant

Expeditions, Woodfords' community supports program for adults, received a \$3,600 Community Grant from Allagash Brewing Company. Funds will be used to purchase materials to build an ice fishing shack and develop a snow shoeing program this winter.

Expeditions is an adventure and health lifestyles program for adults with special needs. Members work hard to stay outdoors and active year-round by swimming, hiking, ice skating, gardening, boating and engaging in other sports activities.

FMI contact Program Coordinator Billy Hilton, [whilton@woodfords.org](mailto:whilton@woodfords.org).



Expeditions team participating in fishing tournament last winter

## Of Note

Adoptive & Foster Families of Maine recognized Ellen Dorr, Director of Therapeutic Foster Care and Family Support Services, as its Outstanding Community Agency Program Director of the Year for 2014.



Ellen Dorr

Woodfords welcomes three new members to the Board of Trustees: Reginald Denis, Internal Audit Consultant with IDEXX; Elek Miller, Esq., Associate with Drummond Woodsum; and Dee Schmitt, retired banking professional and grandparent.

Woodfords was recently awarded a contract to provide community case management services in Westbrook Schools.

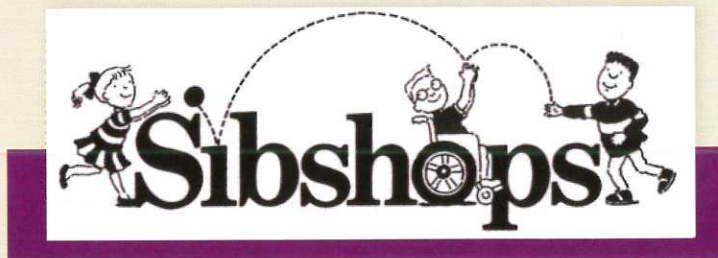
Woodfords' Oakland, Topsham and Westbrook Preschools graduated 48 students on Friday, August 22. Our thanks to the Insurance Professionals of Greater Portland for providing graduation gifts of school supplies.

The Friends of the Reach School made a \$30,000 gift toward technology to improve clinical interventions in Woodfords' Preschools.

Four Residential program employees participated in the Tough Mountain Challenge at Sunday River on Saturday, July 26. They raised more than \$650 in "Challenge" pledges for Residential program consumers to participate in community activities.

Woodfords will be featured in MaineBiz's "2014 Charitable Giving Guide" on newsstands in September.

## Sibshops Now Accepting Fall Enrollment



The Sibshop program is a free monthly activity club and peer support group for siblings of children with special needs. Sibshop provides fun and meaningful opportunities for siblings to meet each other, interact with peers who share a unique bond, and learn from each other how to cope with challenging family situations.

Children ages 6 to 11 years of age, who have a brother or sister with a developmental or intellectual disability, or mental health issues, are eligible to participate. The program runs throughout the school year, meeting on the first Friday afternoon of each month, and is free to families.

Woodfords currently offers Sibshops in Manchester and Westbrook. FMI about the Manchester program, contact Lori Griffiths, LSX, (207) 878-9663, x 4413, or [lgriffiths@woodfords.org](mailto:lgriffiths@woodfords.org). FMI about the Westbrook program, contact Asheley Curless, LSW, (207) 878-9663, x 4179, or [acurless@woodfords.org](mailto:acurless@woodfords.org).

Sibshop is supported through grants and private donations. To make a gift, contact Director of Development Kerry de Bree, (207) 878-9663, x 4135, or [kdebree@woodfords.org](mailto:kdebree@woodfords.org).

## Psychopharmacology Course for Professionals



Katherine Ray, MD



David Payne, PA-C

Psychiatry Services will offer the course "Psychopharmacology and Individuals with Autism or Intellectual Disabilities" on Thursday, October 2, from 10 a.m. to 12 p.m. at Woodfords Training & Resource Center, Westbrook.

This program is appropriate for direct care providers such as primary care physicians, physician assistants, nurses, clinical social workers and clinical professional counselors. Continuing medical education and contact hours are available.

For a detailed course description or registration information, visit [www.woodfords.org/programs/psychiatric-services-2/psychopharmacology-course/](http://www.woodfords.org/programs/psychiatric-services-2/psychopharmacology-course/) or contact Training Coordinator Maria Romano, (207) 878-9663, x 4131 or [mromano@woodfords.org](mailto:mromano@woodfords.org).



## Christmas in July

We are already thinking about the winter holidays! Friends, families and area businesses started signing on in July to host giving trees and adopt families, foster children and consumers this holiday season.

A warm coat, socks, a turkey, games, books, housewares—a little goes a long way for one child, teen or adult with special needs. It's not too early to sign on.



Commercial Properties is On Board Again!

If you, your family, your business, employer, church or community group would like get involved in celebrating the spirit of giving and sharing with Woodfords this holiday season, contact Director of Development Kerry de Bree, (207) 878-9663, x 4135, or [kdebree@woodfords.org](mailto:kdebree@woodfords.org).

## Relax for a Reason— Melt Away Muscle Pain and Reduce Stress with the Press of a Button

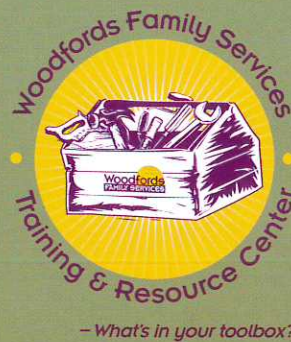
Black Bear Medical is raffling off an HT-5040 WholeBody



Massage Chair from Human Touch (retail value \$2,299). Raffle tickets are \$20 and your chance of winning is 1 in 250. Only 250 tickets will be sold!

Raffle proceeds will benefit Woodfords' Preschool Programs for young children with autism and related disabilities. To purchase raffle tickets online go to [woodfords.org](http://woodfords.org).

The winner will be drawn at Woodfords' "Families in Focus" Auction, Saturday, September 20.



## Resources for Parents

All trainings are held at Woodfords' Training and Resource Center in Westbrook.

### Supported Transitions to Kindergarten

Learn what you can do at home to prepare for your child's transition into public school. Informed and involved parents help to build a child's security and confidence in the classroom and at home.

Wednesday, October 22

5:30-7:30 PM

FREE for families and professionals working with transition-aged youth

### Pathways to Transition Series

#### "The Social Security Process and SSI Benefits"

Presented by Elizabeth Newport, Public Affairs Specialist, Social Security Office, Portland

Thursday, October 23

5:30-7:30 PM

FREE for families and professionals working with transition-aged youth

### Safety-Care for Families: Skills for Managing Challenging Behaviors

Course provides family members/caregivers with skills, interventions and confidence needed to improve behavior and to prevent, minimize and manage potentially dangerous incidents.

Essential Skills, Sessions I & II

Wednesdays, November 12 & 19

5-8 PM

Advanced Skills, Sessions I & II

Wednesdays, December 3 & 10

5-8 PM

*Sessions must be attended in order and are free for families receiving services through Woodfords. For all others, sessions are \$25 each. Written recommendation required for Advance Skills due to physical component.*

### American Heart Association CPR/First Aid Training

Woodfords offers this four-hour training several times each month including Saturdays. Certification is valid for two years. FMI about upcoming classes, course topics, fees and discounts for groups, visit <https://www.woodfords.org/training/cpr-first-aid-american-heart-association/>.

Advanced registration for all programs is required. To register, contact Training Coordinator Maria Romano, (207) 878-9663, x 4131, or [mromano@woodfords.org](mailto:mromano@woodfords.org).



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Woodfords Family Services is accredited by the Council on Accreditation (COA), whose program of quality improvement is designed to identify providers that have met high performance standards and have made a commitment to their stakeholders to deliver the very best quality services.



Like

## ► You're Invited to an Auction! Bid High, Bid Often!

Your'e invited to Woodfords largest fundraising event of the year, the "Families in Focus" Auction! Enjoy hors d'oeuvres and dinner as you bid on more than 200 silent and live auction items. Designer handbags, vacation getaways, restaurant gift certificates-this auction has it all!

This is an event not to be missed. Woodfords welcomes back Maine's Secretary of State Matthew Dunlap as the evening's emcee and Bill Zafirson as our auctioneer.

### Details:

**"Families in Focus" Auction**  
**Saturday, September 20, 2014**  
**6 to 10 p.m.**  
**Marriott at Sable Oaks, South**  
**Portland**  
**\$50 per person online at**  
**www.woodfords.org.**

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