

Hard Work Pays Off



Jimmy, from Milbridge Residence, participated in the agency Smoking Cessation Incentive Program. Participants who quit smoking and remain smoke free for a year earn a monetary reward. Jimmy has successfully been smoke free for 1 year! On April 13 he received his incentive check from Executive Director, Tom Michaud. This program is open to all members of Sunrise Opportunities. If you are interested in participating or would like more information, please contact your agency staff or program Director.

Congratulations Jimmy!

(Pictured left to Right: Tom, Jimmy)

Dennysville Heights

Sunrise Opportunities has several housing units spread throughout Washington County, one being Dennysville Heights. This is a 17 unit facility which was originally built in 1983. Sunrise Opportunities obtained ownership of the facility in 2000. Applicants must be 62 years old or older or handicapped or disabled of any age. Rent is 30% of Adjusted Income and heat, electricity, and hot water are all included. For the last 17 years the facility has been managed by Debbie Leighton. Debbie's title is Program Coordinator, which includes being manager and activities coordinator. Debbie is the only on-site staff. She takes tenants on weekly shopping trips and organizes group activities, such as, Beano, cards, and pot luck dinners. Debbie notes that her favorite part of her job is helping the tenants that live there.



In celebration of Earth Day (April 22) the students at Washington County Children's Program learned about recycling. They did an excellent job demonstrating how to sort items into the appropriate bin.

Another project the students are working on is incubating chicken eggs. They are learning how to care for the chickens while they are in an incubator and about the growth stages while the chicken is in the egg. Stay tuned for pictures and updates!

Be Tick Wise

Spring is here and summer is just around the corner. With all the fun that comes with these seasons they also bring pesky bugs. One to be particularly aware of is ticks. Most ticks are harmless but others can carry Lyme disease, which is harmful to animals and people. It's not just pet owners who need to be cautious. People can pick up ticks during any activity in tall grass or wooded areas, such as hiking, camping or yard work. If you think you or your pet has been bitten by a tick you should try to safely remove the ticks as soon as possible. If you are not able to do it yourself contact a professional such as your pet's vet or your primary care physician.

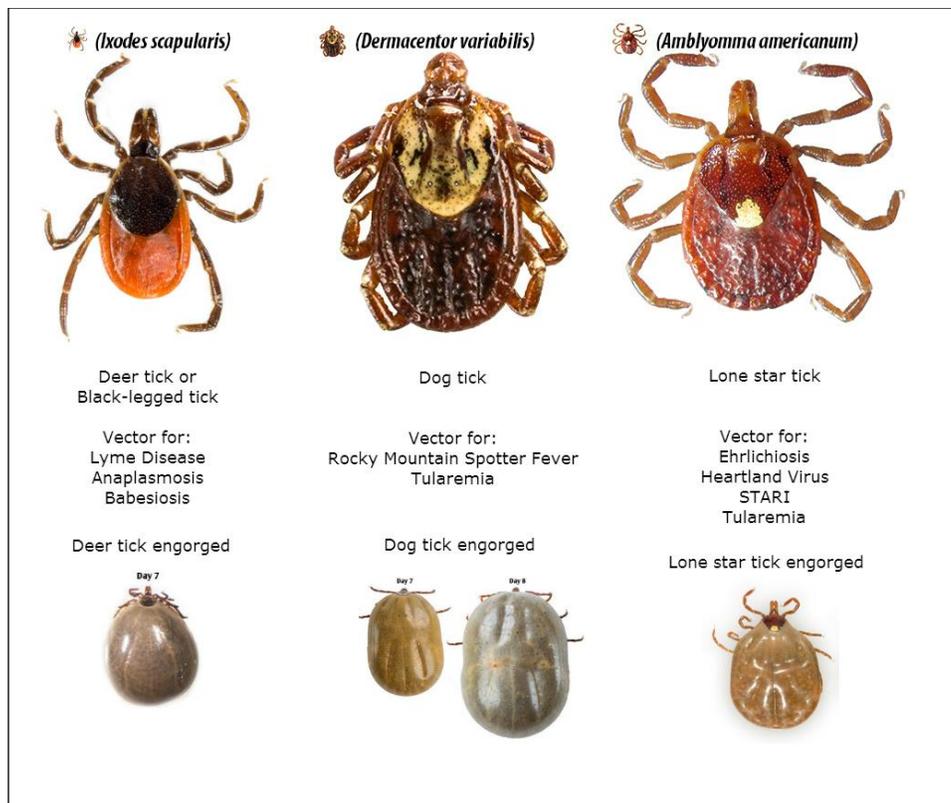
Safe tick removal techniques can be found on the UMaine Cooperative Extension website:

<https://extension.umaine.edu/ipm/tickid/tick-removal/>

All Sunrise Opportunities sites have a copy of these techniques and a tick removal spoon, which was provided free by the UMaine Cooperative Extension office in Machias.

Tick Identification chart

Resource: <https://mosquitosquadnorthshore.files.wordpress.com/2014/08/tick-identification-guide.jpg>



Upcoming Events

May 11: 10-12, Darlene is hosting a Wii Bowling Tournament at Sunrise Community Connections in Machias.

Keane is currently brain storming some fun activities for May. Stay tuned!



Our Core Values

Integrity Clarity Respect Safety Positivity

Monthly Trainings

May 8: 9-1 CPR/First Aid
May 17, 18, 19, 24, 25: 8-4 CRMA

CPR and First Aid schedules coming soon

Contact Julie Daniels at 255-6789 for more information or to sign up.