

Upcoming Events

Feb. 4: Super Bowl LII– Go Patriots!

Feb. 14: Valentine's Day

Follow us on Facebook for special events and activities.

Monthly Trainings

- Feb. 8, 9: 8-4:30 MANDT
- Feb. 15: 8-4:30 CRMA Re-Cert

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

Baby It's Cold Outside

When we hit temperatures below freezing it's important to dress appropriately for the extreme conditions. Dress in layers and keep your extremities covered. Know how to recognize the signs and symptoms of hypothermia and frostbite, not only in yourself, but in others around you, especially in children, elderly, or those that may not be able to speak up for themselves. According to the Centers for Disease Control (www.cdc.gov) the warnings signs of hypothermia in adults are shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. The warnings signs for infants are bright red, cold skin, and very low energy. If you recognize any of these symptoms in an individual take their temperature. If it is below 95°F seek medical attention immediately. The signs of frostbite are white or grayish-yellow skin, skin that feels unusually firm or waxy, and numbness. Often individuals are unaware that they have frostbite until someone else points it out, due to the skin being numb. If the individual has frostbit, but no signs of hypothermia, you can help them by getting them to a warm location, immerse the frostbitten area in warm water, never hot water. Gently warm the person using your own body heat, but never rub the affected area. Never use any type of mechanical heating devise such as a heating pad, heating blanket, stove or fire place to warn the affected area. The skin will be numb and the individual is more susceptible to burning themselves because they can't feel how hot the area is getting. Always seek medical attention for hypothermia or frostbite.

Winter Games

When the temperatures are warmer, get outside and have some fun and enjoy all of the wonderful winter sports that Maine has to offer. Sunrise Opportunities winter Special Olympic team has been doing just that at Sugarloaf mountain, competing in the Olympic events. They arrived at Sugarloaf on January 28 and competed in the games on the 29th and 30th. Returning home on the evening of the 30th. Below are some pictures of the athletes. If you look closely you will notice some of the hats and scarfs that were generously made and donated by volunteers throughout the state as part of the Special Olympics Scarf Project. Look for the purple, black and grey hats and scarfs. Thank you to all who donated! Check out our Facebook page for more pictures.



Vision

Sunrise Opportunities envisions a community where all have the opportunity to experience a rewarding and fulfilling life.

Mission Statement

Sunrise Opportunities shines light into our communities by providing creative services and environments in which all can thrive, enjoy a high quality of life and reach personal goals.

If you would like to make a referral or find out more information about our services please contact our Intake Coordinator at 207-255-4701 or intake@sun-rise.tv

<http://www.sun-rise.tv/>

<https://www.facebook.com/SunriseOpportunities/>



That Makes Us Smile

Our Dental Program was awarded a MARCO Promo Difference Maker grant of \$500. We used this generous donation to purchase Tooth Ferry goody bags for the children. Each goody bag contains a toothbrush, sticker, plastic exam mirror and a note to go home. We also purchased Tooth Ferry sweatshirts. We are very grateful for this award.



Who says bubbles, sand, and bike riding is just for summer. The students at Washington County Children's Program know how to have fun all year long.

