

# The Write Up

IA news & updates



July 2023



## BBAASO Bears Went on the Hunt for Medals Special Olympics 2023

The BBAASO Bears had another successful, and most importantly, fun time at the 2023 State Summer Games, hosted at the University of Maine.

27 athletes attended, competing in 9 events over three days. Events including: bocce, 1-mile run, shotput, and the 50-, 100-, and 200-meter dashes.

The two-night, three-day event also included a Parade of Athletes, Opening Ceremonies, Torch Run, and a Victory Dance, where athletes traded in their athletic shoes for their dancing shoes.

Congratulations to all of the athletes who participated in this year's event.

## SPINDLEWORKS ART STUDIO BEING THERE: GILSLAND



Artists  
Reception

Sunday,  
June 25,  
2-4 pm

ON VIEW JUNE 21 - JULY 27, 2023

Maine Audubon  
20 Gilsland Farm Road, Falmouth  
maineaudubon.org

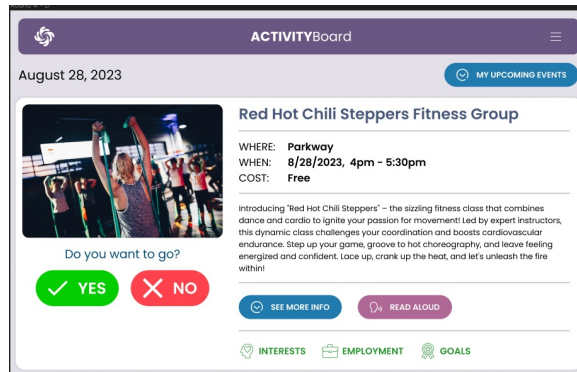
## Spindleworks at Gilsland Farm

Spindleworks artists will have their artwork displayed in a new exhibition called Being There: Gilsland.

Thank you to the Maine Audubon for teaming up with us. Art will be on view until July 27th.

Visit [Gilsland Farm](#) in Falmouth to view our latest exhibit.

Visit our [Facebook](#) page for photos of the event.



ACTIVITYBoard

August 28, 2023

MY UPCOMING EVENTS

**Red Hot Chili Steppers Fitness Group**

WHERE: Parkway  
WHEN: 8/28/2023, 4pm - 5:30pm  
COST: Free

Introducing "Red Hot Chili Steppers" - the sizzling fitness class that combines dance and cardio to ignite your passion for movement! Led by expert instructors, this dynamic class challenges your coordination and boosts cardiovascular endurance. Step up your game, groove to hot choreography, and leave feeling energized and confident. Lace up, crank up the heat, and let's unleash the fire within!

Do you want to go?

YES  NO

SEE MORE INFO READ ALOUD

INTERESTS EMPLOYMENT GOALS

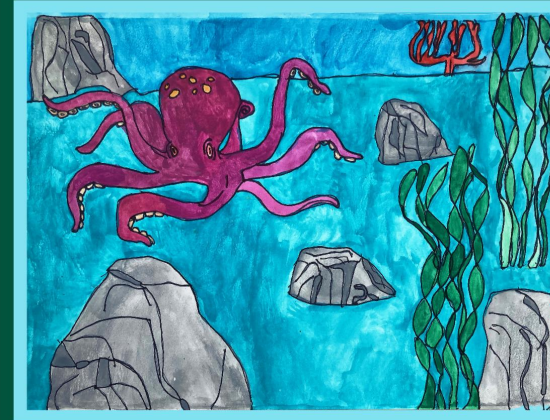
## Grant Update

In January, [IA was awarded an HCBS Innovation Grant from Maine DHHS](#) to promote greater opportunities for independence and integration in community life for our clients. With these funds, IA has been developing a software system which will allow scheduling and participation of community activities to be streamlined, and therefore more accessible to our clients.

This new software system will be equipped with an array of features to make it accessible to people with various disabilities. Designed for touch-screen use, it will utilize pictures, intuitive icons, and audible descriptions of the activities. The system will be loaded with real-time activities that are happening within a 30-mile radius of Brunswick. Individuals will be able to sign up for the activities that interest them, and the agency's Community Integration Manager will then arrange the transportation and staff support required.

The system will highlight activities aligned with the goals and interests of

## Spindleworks' Lincoln Street Block Party



'Waterways' exhibition opening  
2nd Friday Brunswick ArtWalk  
July 14th, 4:00-7:00 pm

Featuring a performance by [The Leopard Girls](#)  
with special guests including Mitch Pfeifle and Nancy Bassett, starting at 5pm

## Join us for a Block Party

Spindleworks is closing down Lincoln Street to host a Block Party!

Join us on Friday, July 14th - during the 2nd Friday Brunswick ArtWalk.

7 Lincoln Street | Brunswick  
4-7:00pm

Music provided by The Leopard Girls, with special guest including Mitch Pfeifle and Nancy Bassett.

each individual. If desired, users will be able to make their activity choices visible to other users to facilitate connecting with friends.

The app is currently in the design phase. Along with a group of individuals who are providing feedback and suggestions, a dedicated team of IA staff are working diligently on this project.

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## Family Advisory Council

Our Family Advisory Council is a partnership of families, staff, and community members who are dedicated to improving the lives of those with developmental disabilities through advocacy, information sharing, and education.

If you are interested in learning more about our Family Advisory Council, please reach out and email David Cowing at [CowingDavid@gmail.com](mailto:CowingDavid@gmail.com)



## We're Hiring Join our Team Today!

Visit our [careers page](#) to apply or email [Brian Trelegan](#), our Onboarding Specialist.

**Direct Support Professionals**  
(Full Time = 3 days/week - 12 hour shifts)  
Part-time and weekday positions available

**Adult Case Manager**

**Adult Group Home Manager**

**Residential Supervisor**

**Shared Living Providers**

## That's How We Roll

On April 26, 2023 Independence Association joined forces with John F. Murphy homes to form a new bowling league. The *Campbell League* is named after Dennis Campbell who



volunteered for over 30 years as the Bowling League coordinator for people with disabilities at the *Yankee Lanes Bowling Alley* in Brunswick. Yankee Lanes was a victim of the COVID pandemic, as people avoided public places, and congregating in large crowds. The alley closed to the public in early 2021, with the property being sold to Harpswell Auto Sales in early 2023.

The Campbell League meets every Wednesday at the *Just in Time Recreation Center* in Lewiston. There are about 26 bowlers in this league which is set up exactly as any other league to include teams, dues, handicaps, and an awards banquet at the end of the season. The Campbell League began in April, and will continue through the end of September, with a new league forming in October. After three years of not bowling, people were eager to get back to the lane.

One league member told me she had bowled a record high of 178 and is beating her boyfriend for the season. When asked how her boyfriend felt losing to her, she said that he was very happy for me. There are a few bowlers who cannot afford the \$8 per week dues membership requirements but Independence Association is picking up their costs. If anyone is interested in donating money to support our bowlers, please email Hilary Hendricks at [hhendricks@iaofmaine.org](mailto:hhendricks@iaofmaine.org).

**Donate  
Today**

### **How Your Gift Will Benefit Independence Association**

Your gift today helps provide top quality services personalized to meet the needs of even those most challenged by their disabilities.

For more than 55 years, donor support has filled the gap between the level of funding that service payors offer and the quality of service Independence

Association provides.

Over the long term, a more generous and more stable funding base will allow Independence Association to serve our clients even better by:

- Expanding housing opportunities for people with disabilities who are “aging in place”
- Expanding arts programming to more communities
- Expanding wellness and recreation programs
- Expanding its ability to provide specialized treatments, including physical, occupational, and speech-language therapy
- Increasing its regional area of service
- Maintaining high-quality, well-trained staff

**Donate  
Today**



**United Way of  
Mid Coast Maine**

**Independence Association |**  
[\[IndependenceAssociation.org\]](http://IndependenceAssociation.org)  
**Spindleworks |**  
[\[Spindleworks.IndependenceAssociation.org\]](http://Spindleworks.IndependenceAssociation.org)

