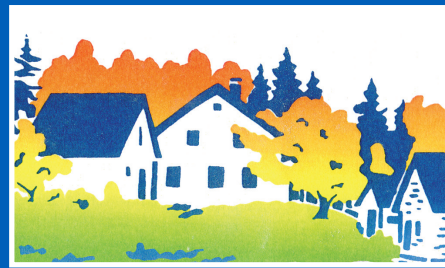


LOCAL SOLUTIONS

Fall Newsletter 2023

localsolutionsformaine.org



Our Mission:

Creating inspired housing in the heart of a thriving supportive community on MDI where people with special needs can flourish.

Board of Directors

Dee Karnofsky, *President*

Sharon Knopp, *V. Pres./Treas.*

Roberta Raymond, *Secretary*

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Mary Swift

For More Information:
localsolutionsmdi@gmail.com

Your donations
are welcome:

Local Solutions
c/o Bar Harbor
Bank & Trust Co.
P.O. Box 400
Bar Harbor, Maine
04609

Stock contributions
are accepted.

A Conversation with the Parish House Program Manager

Recently Local Solutions board member, Roberta Raymond sat down to talk with Erin Bull, who became house manager in June.

Roberta: Erin, you have been a mover and shaker at the Parish House for almost six months. How are things going? Do you see some positive changes since you arrived?

Erin: There have been a lot of good things happening. I think a big part of this has been much needed structure for staff and resident's schedules and processes. I think stability allows everyone to function more smoothly. We've also put a lot of effort into developing activities and community engagement since I arrived. This is very exciting. I would like to see more improvement especially in community engagement. I would say

on the whole that there seems to be more contentment which I am very happy to see.

Roberta: What are your hopes for the future of the Parish House?

Erin: My hope is that the quality of life will continue to be positive. I would like to develop more community engagement, maybe more volunteering. We do get a lot of support from the community and it would be nice to give back. Those things are in our future. It'll take some time for us to get there.

The Parish House was established as a forever home for all residents who choose it to be. The nature of what we do to support the residents will change with them, allowing them to continue to grow and age in place.

About Erin:

Erin and her family moved from North Texas in May. Erin says, "We are thrilled to be here in Maine! I have two beautiful energetic boys who are 8 and 2. My husband works as a data analyst in Bangor. My background is mainly in the education sphere. I am very excited to be working for VOA and with the amazing residents at the Parish House."



(Note: Volunteers of America - VOA - is the organization that staffs the Parish House).

Good Nutrition AND Delicious Meals!

There is a renewed focus on culinary arts at the Parish House, thanks to the enthusiasm of new staff and support from parents. Assistant manager Donovan explained that each resident who wishes to participate has a particular cooking night each week. They choose a recipe for their night and help with the shopping and cooking, expanding their culinary skills and repertoire along the way.

One staff member Senachie (known as the "Food Guy" at the Parish House) enjoys preparing nutritious meals with the residents while teaching new skills and having fun. He presents them with things they've never had before but that he's quite certain they'll like. One evening he created a large egg foo young pancake for each resident. His recipe included eggs, roast pork, mung bean sprouts (sprouted here at the Parish House) and napa cabbage. Each resident who was present requested seconds, a sure sign that the recipe was a hit.

One recent night he was preparing Korean inspired



Colin and Senachie



meatloaf, which included fermented Korean chili paste, and smelled amazing while it was cooking. Another night he prepared pork fried rice, which one resident liked so much she asked for the recipe. Recently Senachie brought in Japanese water stones to sharpen the kitchen knives.

Senachie was a metal artist for many years, but now considers cooking his means of creative artistic expression and joy.

Food, learning, and fun. What could be better?

F.U.N.



Cameron

Families with Unique Needs (F.U.N.) is a new group based on MDI. They are working to create community and networking opportunities for families and their children with unique needs. This past year F.U.N. and Local Solutions have joined in sponsoring potlucks and game nights at different venues on MDI. Each event has been filled with good food, games, occasional live music and new friends. This has shown how essential it is to provide a place where those with special needs and their families can socialize, learn, create, find purpose and support each other.



Pauline, Zach, Mary Swift

Music Brings Joy

Twice a month musicians from Birch Bay Village's Music Therapy Internship Program share their enthusiasm and passion for music-making with the residents. This program at the Parish House, initiated and financially supported by Local Solutions, allows residents the opportunity to sing, play instruments, interact, or just listen and enjoy. While the interns usually rotate out after several months, new interns take their place. This program is very popular with the residents and friends.



Nick

Local Solutions

Creating inspired housing for those with special needs.

PO Box 512, Bar Harbor, ME 04609

Dear Friends,

Mount Desert Island is a wonderful place to live. For young adults with special needs who are unable to drive, living in the heart of a thriving downtown is essential to maximize independence and community involvement. For over six years now the Parish House has been a stable supportive home in Bar Harbor. The unique collaboration of nonprofits (Community Housing of Maine, Volunteers of America, and Local Solutions) ensures that the building is well kept, the residents are supported with 24 hour staffing, and the Parish House remains an asset to the neighborhood and the community where residents have multiple opportunities to flourish.

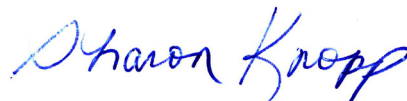
Your support over the years has helped us provide: a van for transporting residents to appointments, jobs and activities; a well landscaped yard with raised vegetable garden beds and an active gardening program; a patio for outdoor gatherings; sound abatement panels to alleviate the problem many old high-ceilinged buildings face with sound reverberation; appliances and equipment for a thriving culinary program and healthy meals; craft classes; music therapy evenings; special outings and trips, and so much more.

Please continue to support us to ensure this good work continues!

The Parish House is a wonderful home for six individuals, but the need in the community is greater. Local Solutions is collaborating with the new group Families with Unique Needs (F.U.N.) in looking for a modest space in Bar Harbor to offer activities for adults with special needs. A place to network. A place which will spark ideas, and where the many volunteers who have offered their services can be paired with individuals who need them. We are open to ideas from our community to help this grow into a reality.



Dee Karnofsky
Local Solutions President



Sharon Knopp
Local Solutions Vice President



Above:
Pauline and
Norman

Left:
Aaron

Right:
Colin and
Asst. Mgr.,
Donovan

Far Right: Annie
volunteering at the
Food Pantry



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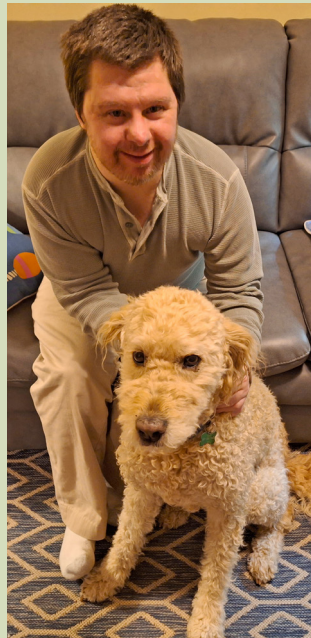
Artwork by Ellen Kappes

Thank You!!

A Heartfelt Thank You to the Parish House staff,
who provide such wonderful care and support for the residents



Erin, Donovan, Pauline, Norman and Zach



Colin and Kebo



Sara, Annie, Paulne and Nugget the Therapy Dog