

# Amicus

Supporting Adults with Disabilities Since 1971



## February 2026 Newsletter

### Kindness Pass It On:

Give a flower Eat lunch with someone new  
Listen with your heart Visit a sick friend  
Clean a neighbor's walk Offer a hug  
Give an unexpected gift Make a new friend  
Pick up litter Say "hello" Open a door  
Plant a tree Help carry a load Share a snack  
Cheer up a friend Thank a teacher or mentor  
Read to a young child Lend a hand Do a kind act daily  
Leave a thank you note Offer your seat  
Cycle courteously BE TOLERANT Let another go first  
Bake cookies to share Give a compliment  
Help a student make friends Donate your gently used items  
Give a balloon away Lend a pencil Respect others  
Celebrate something new every day Do a favor  
Encourage a friend Use a reusable water bottle  
Walk a dog Forgive mistakes Smile at someone

the random acts of  
Kindness foundation.

randomactsofkindness.org

What is Random Act of Kindness Day? In 1982 Anne Herbert published "Practice Random Acts of Kindness and Acts of Senseless Beauty".

A decade later, a woman noticed the phrase on a warehouse wall. She told her husband about it and he shared it with his 7th grade class. A columnist from the San Francisco Chronicle, whose daughter attended this class, wrote an article that was then published by Reader's Digest.

People celebrate Kindness Day on February 17th, but others extend it for the entire week, and others for the full month. Together, let's make the goal to practice it everyday all throughout the entire year. At Amicus, we celebrate kindness every day. Join us and see how it will come back to you tenfold.



Visit us at our website:  
[www.amicusgroup.org](http://www.amicusgroup.org)

# Bouchea Center for Learning (BCL)

## Giving Back to the Community - Volunteer Opportunity



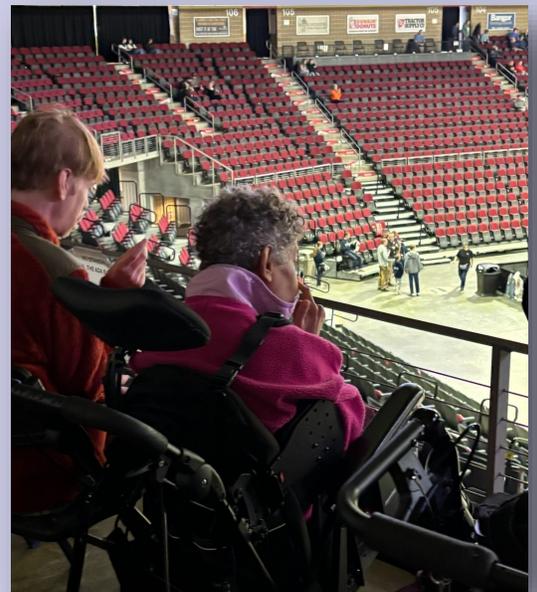
Recently members of Class 5 helped give back to our local community by packing winter and personal hygiene items that were delivered to the Second Street Warming Shelter in Bangor.

Items included: hats, gloves, socks, toothpaste, toothbrushes, and lotion.



# Bouchea Center for Learning (BCL)

## Fun at the Tournaments!



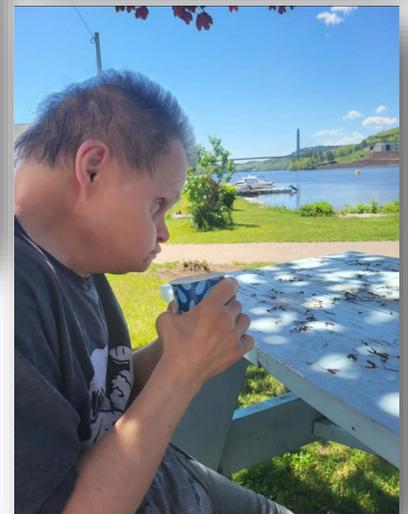
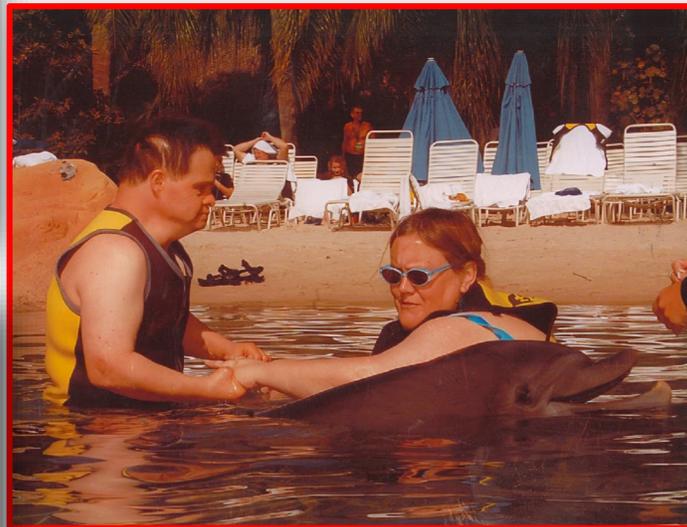
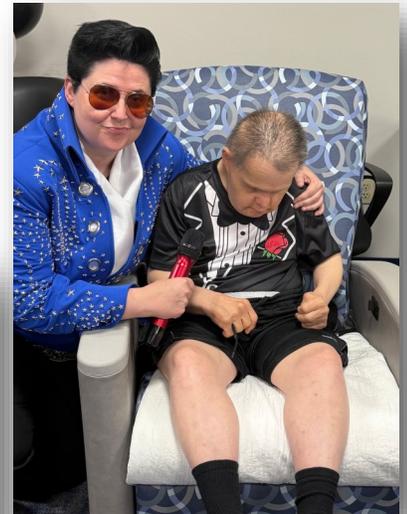
**BCL participants and staff enjoyed the annual tradition of attending the local high school basketball tournaments that were recently held at the Cross Center. This is something that we look forward to every year!**



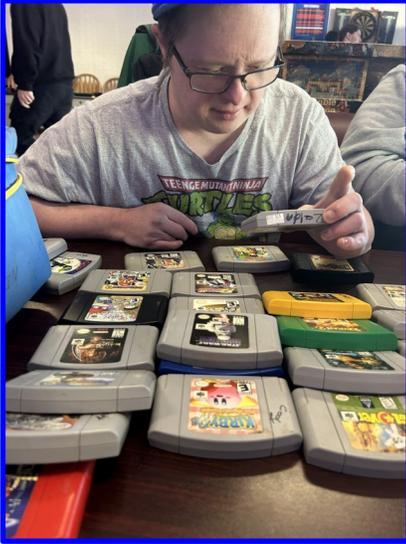
# Bouchea Center for Learning (BCL)

## Paul Has Attended BCL for 50 Years!

1. **How long have you been attending BCL?** Paul is BCL's longest attending participant. He has been a valued member of BCL for a remarkable 50+ years!
2. **What is your favorite thing about BCL?** My favorite things about BCL are the relationships that I have developed while attending for 50+ years with both my staff and peers. I love attending cooking groups and sampling the yummy items created. I enjoy riding the adaptive bikes outside and listening to the special musical guests that come to BCL...like Elvis.
3. **What is your favorite activity or place to go in the community with BCL?** I love to go for picnics by the water, spending time at Pushaw Lake Campground, and stopping for sweet treats while out and about.
4. **What is one unique thing about you that you want to share with others?** I have swam with dolphins and I have fed an elephant. I have traveled a lot with my family and loved it.
5. **Is there anything else that you'd like to share?** My BCL family has been a huge part of my life. I appreciate everything they do for me and with me.



# Community Life (CLP)



**Steve, Matt, and Jacob attended Gamer Day at the Old Town Theater.**



**Seniors Group at Collins Center for the Arts in Orono.  
Ross (DSP), Ginny, John, Troy, Bobby, Jessica F., and Dawna Marie (DSP).**

# Community Life (CLP)

**Danny, Ginny, and Bobby at the Maine Veteran's Home Chili, Chowder & Soup Cook-off hosted by the Bangor Elks.**



**Dawna, Cindy, and Mark having breakfast at Chase's Family Restaurant.**



**Volunteering at Bangor Humane Society—  
a Fave!**



**Jessica taking a break to  
strike a pose for the camera.**



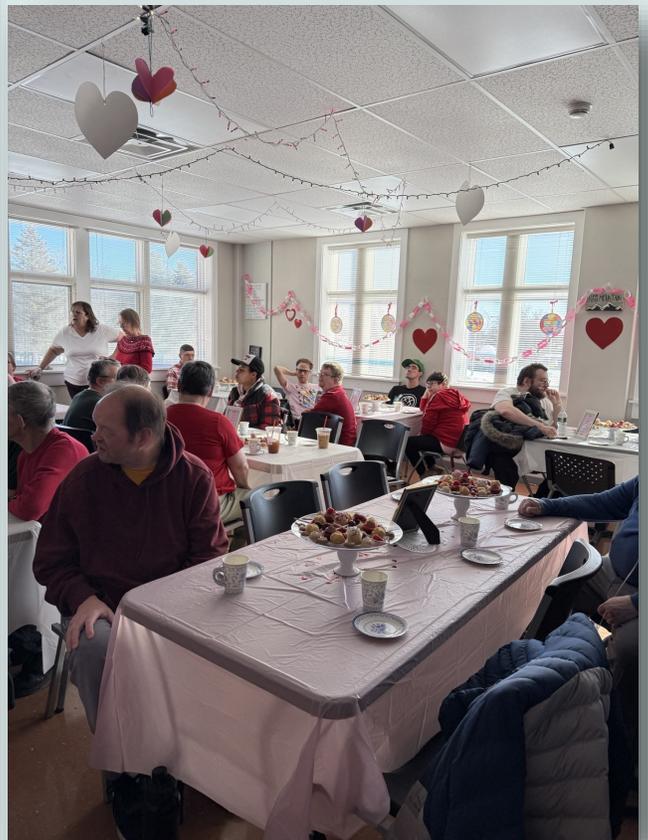
**Ginny greeting the puppies be-  
fore cleaning windows.**



**Patrick working hard mopping  
floors at the shelter.**

# Community Life (CLP)

**Community Life Valentine's Day Tea Party: Camaraderie!**



## Community Life Participant Spotlight Attended 19 Years!

**Kyle Robertson**



**1. How long have you been attending Community Life?**

I have attended Amicus Community Life for 19 years!

**2. What is your favorite thing about Community Life?**

My favorite thing about Community Life is going out into the community with my friends.

**3. What is your favorite activity or place to go in the community with Community Life?**

I enjoy going to BAM and Bangor Mall.

**4. Do you compete in Special Olympic? Yes!**

- a. What events? 100m, 200m, and 400m Dash; Snowshoeing; Swimming.
- b. What is your favorite sport and why? Swimming because it's fun to go under water and do streamlining.
- c. How long have you been doing Special Olympics? All of my life!

**5. What is one unique thing about you that you want to share with others? Job/hobby/collections/etc.–**

Nothing I can think of. I like coming to program to make friends.

**6. Is there anything else that you'd like to share for the newsletter?**

I am a wonderful and gentle person.



# Penobscot Valley Industries (PVI)

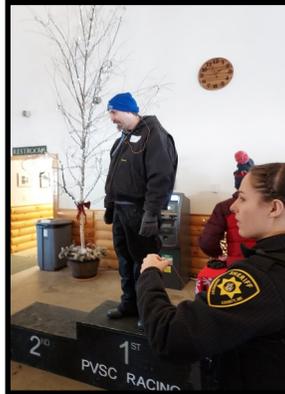


PVI members joined a drumming class for Creative Movement.



# Penobscot Valley Industries (PVI)

Special Olympics Winter Games!!!  
Many PVI members participated in  
the Winter Games this year.  
They worked very hard to prepare  
for this \*amazing\* day.



# Penobscot Valley Industries (PVI)

**PVI's Highlighted Participant for February is:  
Linda! 45 Year Program member!**



**How long have you been attending PVI:** 45yrs.

**What is your favorite thing about PVI?** My square garden, sensory garden, and entering plants in to fair exhibits.

**What is your favorite activity or place to go in in the community?** Planetarium or basketball games.

**What Special Olympic Sport (s) do you participate in?** Bocce

**A.) What is your favorite sport and why?** Bocce

**B.) How long have you been doing Special Olympics?** 40+ years.

**What is one unique thing about you that you want to share with others?** Linda is great at coming up with ideas for outings for her friends.

**Is there anything else that you'd like to share for the newsletter?** I am a good friend.



# Ralph Leek Elders (RLE)



Members from RLE also enjoyed drumming during Creative Movement.



# Ralph Leek Elders (RLE)

**RLE participants enjoyed doing some wood working. It can get a little loud with the pounding of hammers, but is great fun.**



# Ralph Leek Elders (RLE)

RLE's highlighted member for February-Arnold B.



**How long have you been attending PVI/RLE?** “A long time.” (10 yrs)

**What is your favorite thing about RLE?** “Seeing all my friends.”

**What is your favorite activity or place to go in the community with RLE?** “I like karaoke.”

**What Special Olympic Sport (s) do you participate in?**  
“Walking”

**A.) What is your favorite sport and why?** “Walking, I like to walk with friends.”

**B.) How long have you been doing Special Olympics?** “For quite a while.”

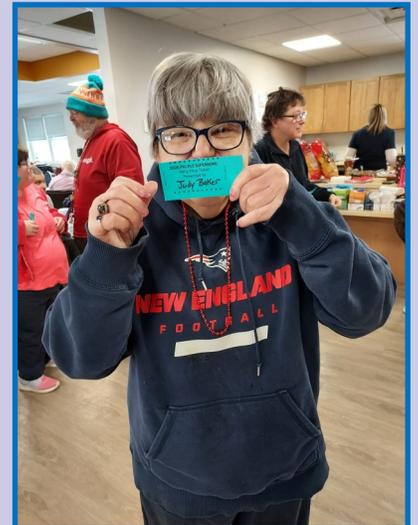
**What is a unique thing about you that you want to share with others?** “I really like basketball.”

**Is there anything else you would like to share with people?** “I like all my friends and I’m a good singer.”





# PVI/RLE



**PVI and RLE celebrated the Super Bowl by playing games, watching highlights of past games, and eating yummy snacks. Most staff and participants were rooting for the Patriots, but unfortunately they lost. "Better luck next year."**



# Amicus Community Partnerships

We would like to thank all of our many community partners for their ongoing support to our consumers. It is this support that has helped us for over 50 years to provide 100% CARF-accredited programs and services to the hundreds of Maine individuals and families who select us as their service provider.

## Amicus

Supporting Adults with Disabilities Since 1971

### Services Provided

#### Day Programs:

- Bouchea Center
- Penobscot Valley Industries
- Ralph Leek Elders

#### Community Life Program-

- Community Supports
- Home Supports
- MHCPV Housing, Inc. (Section 8)

### Case Management with Rep Payee Services

#### Amicus

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[www.amicusgroup.org](http://www.amicusgroup.org)

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EOE



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