



# SSPC NEWSLETTER

April 2026

## Community Events

### Easter Egg Hunts

Falmouth Congressional Church

- Saturday April 4th
- 11am - 1pm

Smiling Hill Farm

- Saturday April 4th
- 9am-1pm

Breakfast with the Easter Bunny

- Saturday April 4th
- 10:30am-12:30pm
- Location: Raymond Public Works
- Fee: \$10 for kids 5 & older

### Best Buddies

Join walks across the globe to support the Best Buddies programs in schools, workplaces, and communities.

Friendship Walk

- Sunday May 3, 2026
- Location:
  - Fitzpatrick Stadium
  - Deering Ave, Portland, ME 04101

Best Buddies SSPC Donation Link:  
<https://www.bestbuddiesfriendshipwalk.org/portland/supporting/#sspcmaine>

## What's New

Our OT interns will be completing their rotations with us April 3, congratulations Margaux and Kailey!


## Shoutouts!

Shoutout to our amazing Occupational Therapists during OT Month!

Happy Autism Awareness Month!

## Earth Day!

Family-Friendly Earth Day Celebration!

- Saturday April 18th
  - 11am - 2pm
  - Location:
    - Deering Oaks Park
    - Portland, ME
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## Tips

### Boosting Your Immune System this Spring

- Drink vitamin C
  - Orange juice is a GREAT source of vitamin C!
- Drink 8 glasses of water per day!
- Get enough quality sleep!
- Wash your hands regularly!
  - scrub with soap for 10-15 seconds per wash
- Cover your mouth when you cough & sneeze to help stop the spread of germs!
- Keep your hands from touching your face as much as possible!
- Move your body for at least 30 minutes per day!
- Get outside & breathe in the fresh air!



## Fine Motor Craft

### Flower Fork Painting

#### Materials:

- Fork
- Paintbrush
- Washable paint
- White cardstock
- Paper plate

#### Instructions:

- Prepare the paint by adding a little bit of each color to the paper plate. Set the forks and paintbrush close by.
- Stamp the fork into different colors of paint and then stamp onto the paper.
- Using a paintbrush, add the green stems and leaves.

