

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

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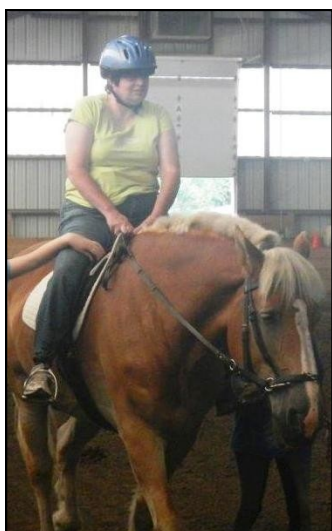
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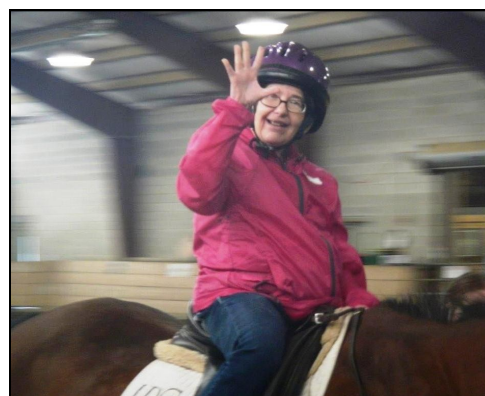


Julie is a natural!

MERGER WITH WINSLOW: *IT MAKES HORSE SENSE* JOHN SIGNORELLI



Jill, Gerard and Karen are ready to ride!



Jill waves hello from the saddle.

By now, many of you have heard the exciting news that Winslow Therapeutic Riding Center and CLC Foundation have merged. For many reasons, we believe this partnership will greatly enhance the services we can offer to consumers as both organizations share a common vision.

Winslow and CLC Foundation are committed to providing the highest quality services to disabled people in our communities. Both are independent, non-profits, founded by concerned parents and professionals who together have provided decades of quality rehabilitative and residential programs. Both Boards of Directors recognize that we are in an economic environment that is challenging for small, independent agencies who want to sustain and grow their programs and strengthen their commitments to the disabled.

Therefore, by merging the two organizations we have instantly created a larger, financially stronger and more diversified non-profit; one that will substantially benefit from numerous synergies, economies of scale and greater opportunities for service.

Winslow currently serves thousands of disabled persons annually and has run one of the finest therapeutic equine riding programs

in New York State for over 30 years. The merging of Winslow's assets and programs with CLC Foundation results in a dramatically improved balance sheet and income statement while creating the opportunity to expand and enhance Winslow and CLC services substantially in the future.

In addition to expanding existing services, we envision that facilities at Winslow could be enhanced to include an extensive vocational program offering horticulture, organic gardening, and large animal care and training for individuals with disabilities. By expanding the equine facilities and therapeutic riding program, building greenhouses, and developing an organic garden, Winslow could host at least three new programs teaching employable skills to consumers.

Needless to say, these vocational opportunities would not be limited to CLC consumers from Vocational and Day Hab, but also open to all in Orange and Westchester Counties and beyond. In future issues of *The Open Door*, we plan to showcase our new agency, one that is larger and stronger, offering more diversified services while operating in two important New York counties simultaneously. ■

TIME FOR TINA

For the past five years, Christina C. or Tina has lived in a cozy two bedroom townhouse with an inviting backyard and a lovely sitting area. She shares a bedroom with friend Donna F. One other friend, Carrie H., completes their home. From all accounts it is a happy one.

Tina lives a busy life, but makes time for everything. She works at Westchester ARC in White Plains performing mailing duties. "The best part of working is being with friendly people," she says.

Tina just started modern dance classes with the *Hidden Treasures* program this year. "I was in the show," she says proudly. I danced to *Copa Cabana*. Barry Manilow sang it. I also did the *Macarena*." Tina goes on to talk fondly of her dance teacher, Claudia. "I can't wait until the show next year."

Besides dance, Tina is an avid bowler, traveling to lanes in Yorktown every Thursday from fall to spring. "I won a trophy for best bowler," she said, beaming. "I can cook, too. Just burgers and chicken, nothing fancy. But I cook for my roommates on the weekends and they like it."

Tina declares she likes movies. "*Mama Mia* and *Grease* are really fun to watch, even though I've seen them a few times." Favored books are the *Little House on the Prairie* series and *Nancy Drew* mysteries. "I have a collection of stuffed animals. I have Mickey Mouse and Winnie the Pooh."

Although Tina will stay close to home this summer, she tells me she's traveled to Martha's Vineyard and Jamaica. I begin to comment when she interrupts, "but that's not all! I've been to London and Paris, too." Tina talks fondly about her excursions abroad. When I ask her favorite destination, she smiles and says, "Jamaica, mon!"

Tina's parents have passed away, but her cousin Kevin and his wife Fran are her guardians. "I really look forward to Christmas with my family. It's my favorite holiday." Another favorite is baseball. A Mets fan, Tina is planning to root for the home team at a game in this season. She especially likes the team captain, David White.

Weekends are filled with excursions to her condo's Rec Center to swim or play basketball, or just hanging out with friends, Susan F., Andrea L., Jenny M., and Nastassija T. "And don't forget shopping!" says Tina.

"I really like living at Society Hill. I can sit outside in the yard and talk with my friends or just watch TV. I can play my music almost anytime. (Thank you, terrific roommates!) Michael Jackson songs rock!"

Last Halloween, Tina dressed up like the King of Pop and sported a jacket, hat, sunglasses and the sparkly glove. "The hat even lit up," she said, her eyes opening wider. "It was great. I wonder who I'll be this year?!" ■

Debra Descloux



Tina with her friend and *roomie*, Donna F.

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MESSAGE FROM THE EXECUTIVE DIRECTOR

With everything that is going on in New York these days regarding the new Medicaid waiver, it is easy to lose sight of what exactly what it is we do here. I've been known to greet staff and consumers with the question, "what's good?" This month there have been lots and lots of "good" things going on. All we need to do to see the good is take a look!

Last Sunday I had the opportunity to visit our new affiliate, Winslow Therapeutic Riding Center for what turned out to be a truly amazing day. Almost 30 CLC consumers have signed up for a ten week course of instruction and riding.

I arrived as the first group was being fitted for helmets and preparing to be introduced to their horse. Several announced that they had ridden in the past and were being reintroduced to an old friend. Some were apprehensive and two were frightened - and had no trouble expressing their fear!

The first time around the ring was tenuous. First they were asked to lift their right hand, then their left. Then both! I observed a look of pure joy as they learned "hey, I CAN do this!" All in one morning, they learned to mount their horse, they learned to balance without holding on; then they learned to start and stop the horse and finally, learned to dismount without the use of the lift or steps. There were smiles all around and real pride in accomplishing something they thought impossible just an hour before. Even the most apprehensive excitedly said they couldn't wait to come back and do it again.

OK, so what else is good? It's summertime and there have been people crisscrossing the east coast on vacation. Some to the Jersey Shore, some to Martha's Vineyard. The photos pour in and it's smiles all around.

Todd Road held its annual BBQ and party in July, a tradition more than twenty years old. If you're out that way be sure to ask about the frog on Kerry's head (it's a long story) and who put it there! Jo-Jo's café is raising the bar again and consumers are now working hard to learn professional food preparation skills. They are training for positions in the front side of a restaurant for real jobs performing tasks needed by



A summer barbecue at Todd Road had everyone rolling with laughter when John captured a frog and crowned Kerry. Staff member Corrin at left.

all restaurants. A new and healthy menu is being presented and tried out in-house. My favorite is the Watermelon Feta Cheese Salad –a treat which should NOT be missed.

So what ELSE is good? Just browse through this copy of *The Open Door*. It's ALL good. Whether it's performing at *Hidden Treasures*, kicking back with a hot dog at the Mets game, swimming in the surf or deciding to learn to ride a horse. Oh, and did I mention we've got three healthy hives filling with honey and a renewed interest from consumers to care for them? What a summer it is! And yes, there's lots of good stuff going around.

John Porcella

ABOUT WINSLOW THERAPEUTIC RIDING CENTER

For almost 40 years, Winslow has been a leader in Therapeutic Riding in the Tri-State area. With a state of the art facility, indoor and outdoor riding arenas and 104 acres of wooded trails, Winslow remains a barrier free environment designed for those with special needs.

Executive Director Sue Ferro is accompanied by a staff of highly qualified PATH International Certified instructors, dedicated classroom educators, office staff and volunteers. Whether riders are participating in Therapeutic Riding or one of their specifically designed group sessions, the whole staff contributes to the Winslow experience. It is an experience of acceptance, safety, challenge and courage.

The benefits of horseback riding in a therapeutic environment are immeasurable. The growth in the rider is physical, cognitive, social, and emotional. Riders typically improve in balance, strength and coordination as well as gain self-confidence, interpersonal skills fostered by their relationship with the horses, instructors and dedicated volunteers.

Because all riding is therapeutic, Winslow offers individual lessons for people with and without special needs, as well as group sessions for organizations, schools and clubs. For many riders Winslow is their special place, their safe haven, their place of inclusion. Winslow serves a diverse group of people and it's rare to see anyone leave without a big smile.

CLC CONSUMERS ROCK THE KITCHEN

Recipe for Success: Stuffed Tomatoes

Ingredients

- 2 vine-ripened tomatoes
- Salt
- Freshly ground black pepper
- ½ cup bread crumbs
- 1 clove garlic, minced
- ¼ cup finely chopped, fresh basil leaves
- ½ cup parmesan cheese
- ¼ cup olive oil

Preheat oven to 400° F. Slice tomatoes in half horizontally and scoop out pulp and seeds. Salt insides and rest upside down on a sheet pan lined with a wire rack to drain juices – about 15 minutes.

Meanwhile, in a medium bowl, mix together bread crumbs, garlic, basil, pepper, ¼ cup of the grated Parmesan and the oil. Stuff tomatoes with filling, sprinkle with remaining Parmesan, and bake until tomatoes are cooked through and tops are golden brown, about 30 minutes. Enjoy! Serves 4



Grilled Chicken Wrap with Green Beans has become a consumer favorite.



A healthy and delicious meal: Stuffed Tomatoes with Spinach Walnut Salad.

CLC consumer Caroline S. is a cooking enthusiast who has taken on the role of master chef, and she's recruited a group of women to work along side her. She and consumers from 60 Barker Street and Todd Road have recently implemented new menus focused on healthy eating, meal preparation, presentation and portion control.

Naturally creative, Caroline has been developing new and delicious dishes, keeping not only herself, but her roommates motivated. Specialties include Spinach Walnut Salad and Grilled Chicken Wrap with Green Beans. Yum!

This new lifestyle has already proven effective. Since beginning this new healthy lifestyle program, one of their peers has lost 5 pounds and another reported she lost 11 pounds. Staff has noticed that the group of chefs is making healthier choices even when they are out in the community. Staff reports, "Our guys want to live a healthier lifestyle." ■

Special thanks to staff at Barker and Todd for submitting this article and photos.

IT'S SHOW TIME !

Consumers from Todd Road and Curry Street were thrilled to see a recent performance of *Peter Pan* at Blessed Sacrament School in Waterbury, Connecticut. Louise, Ron, Chrissy and Jill from Curry Street stopped for a photo op with Captain Hook and the first mate (aka Kennedy Morris). The group has seen Kennedy in other shows where she had starring roles including *Annie*, *Fiddler on the Roof* and *South Pacific*. (Kennedy is the niece of Kami Quast, Residence Manager at Todd Road) ■



OH, DONNA!



Donna and her roommates have created an inviting backyard. "Even the birds like it!," she says.

Donna F. has spent her entire life in Westchester County. Growing up in a large family (four sisters and three brothers) in Thornwood, Donna now calls Peekskill her home. "I live at Society Hill condominiums. I've been here for 13 years and have two wonderful roommates! I'm lucky!"

This lucky woman is a fan of Batman movies, although she generally doesn't care for really scary films. Among her DVD collection is a favorite, Chuck Norris in *Walker, Texas Ranger*. Donna also holds down a job and, with her fellow CLC consumers, helps maintain Peekskill parks. "It's a good job and we have fun. It's really nice to be outside in the good weather."

Having vacationed in Lake George and Mystic Seaport in recent years, Donna expressed excitement during this interview about her upcoming trip to Martha's Vineyard with tour company Creative Escapes. "We are staying in a house near the ocean," she says. "I can't wait to smell the sea air. Maybe I'll even see a whale!"

As she enjoys this world class destination, Donna may well relax with some of her favorite songs including those by Kenny *The Gambler* Rogers, Dolly Parton, Diana Ross, and Jersey Boy Frankie Valli. "I am always ready to listen to songs from the 60's, 70's, and 80's."

Donna's family is now spread out around the country in Florida, Virginia, Connecticut and New York. She has a brother in Brewster and she sees her mother regularly. Brenda T. is Donna's residence manager and has been a motivating force for Donna. "I am really lucky to have Brenda to talk to and help me. Everybody needs someone like that." ■

IT'S OUR TIME TO SHINE: HIDDEN TREASURES TALENT SHOW

It's Our Time to Shine, was the title of this year's *Hidden Treasures* Talent show, and shine they did with performances by two *Hidden Treasures*' dance classes, theatrical skits, and the CLC Choral Group. It is important to note that the sketches were all created from ideas directly from the students. Even the scenery was designed and constructed by the students.

Guests arriving at Fox Lane High School on June 18th were treated first to creative works by the Arts and Crafts group. Pieces included pictures representing beautiful stained glass windows.

The show kicked off with a rousing dance number to *Copa Cabana* that got everyone moving in their seats, and ended appropriately with one of the feel good songs of the year, *Happy*, by Pharrell Williams from the hit movie *Despicable Me 2*.

This year's show was dedicated to two women who had been involved with the program and recently passed away. Ieene Glasser was an active participant in musical drama classes and her outgoing personality made her a shining star. Mercedes Minoff had been a dedicated, nurturing supporter and touched the hearts of each of our participants and their families.

Hidden Treasures is an arts education program designed to enhance the quality of life for developmentally disabled adults by nurturing creativity, self expression, and self esteem. Lucille McCarthy, Director, and Assistant Director Denyele Werthner oversee the program, which offers classes in Dance, Arts & Crafts, Studio Art, Musical Drama, Tap/Modern Dance and includes CLC's Choral Group. ■



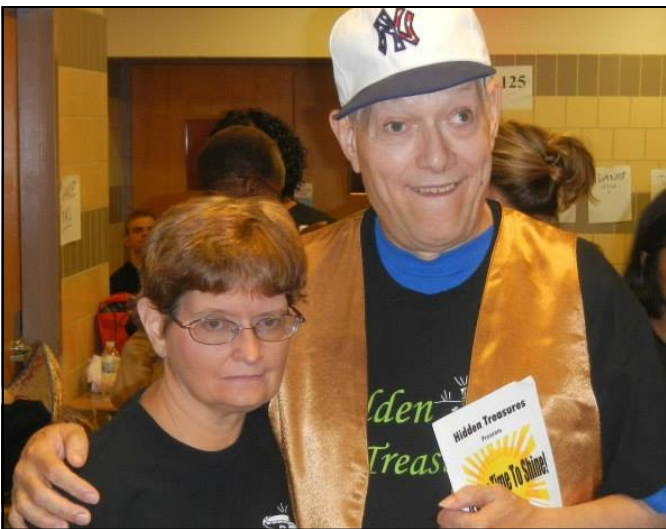
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Editorial Assistant & Reporter: Irene Quill

Please share your comments, stories, ideas and photos by emailing them to swissx@optonline.net

IT'S OUR TIME TO SHINE: HIDDEN TREASURES TALENT SHOW



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COMMUNITY LIVING CORP.
105 S. BEDFORD ROAD
MOUNT KISCO, NY 10549
914.241.3628

TAKE US OUT TO THE BALLGAME!

What could be better than watching baseball on a lazy, summer day? Not much, according to a group of CLC consumers from Vocational and Day Hab. This summer, staffers Steve F. and Kevin L. organized outings to see the New York Mets and the Hudson Valley Renegades play ball. Trading peanuts and Cracker Jack for hot dogs, chips and diet sodas, CLC fans cheered their teams to victory.



At left: Rooting for the Mets at their game were Eric E., Donald P., Adam B., Danny H., Stephen M., and Jenny M.

Below: Renegades boosters included Jenny M., Nancy G., Sandy G. and Denise C.

