

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

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February 2015

THE TIME OF OUR LIVES!

CLC EXPLORES PORTUGAL



CLC travelers Joe and Mary P., Jennifer and Hartley S., Christina C., Louise C., John H., Anthony H., Becky D., and Scott D. journeyed to Portugal this past summer and had the time of their lives. The Creative Escapes Team shares some of the group's many great experiences while visiting this republic on the Iberian Peninsula.

Arriving in sunny Lisbon and driving down the narrow cobblestone streets with tiled sidewalks, we soon crossed the April 25th Bridge and headed to our villa in sunny Tróia. Tróia is like an oasis with its beach trees and white sands; our villa had an infinity pool steps away from our own private beach. This was to be our home for the next nine days, and we reveled in that each bedroom had its own balcony overlooking the sea.

Our first day was spent shopping the hilly streets of the Alfama and Bixaxa districts of Lisbon where we found all sorts of delightful souvenirs. We lunched at a Café near San Vincente's on a stone patio high above the city that overlooked the shopping districts. The following day we drove to Cabo La Roca, the furthest western point of Europe and then onto the magical kingdom of Sintra, which looks like it came out of the pages of a fairy tale.

Next stop, the Pena National Castle. *Amazing*, we all agreed while eating at an outdoor café on the pedestrian thoroughfare. Our drive down the Lisbon Coast through Cascais and Estoril brought us to the coastal town of Sesimbra, which boasts the freshest seafood in the world. We dined by the water on fresh sardines, grilled squid and cod.

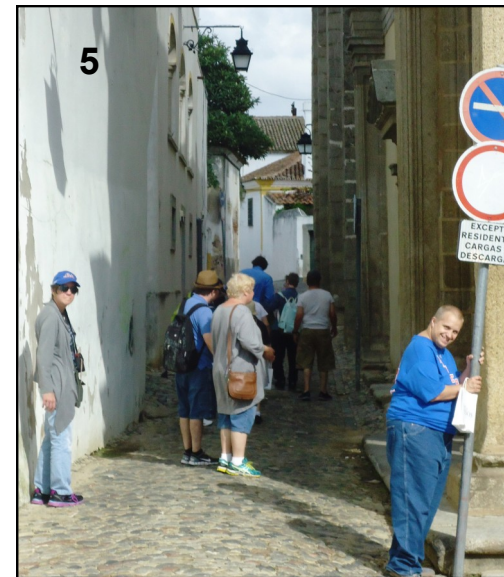
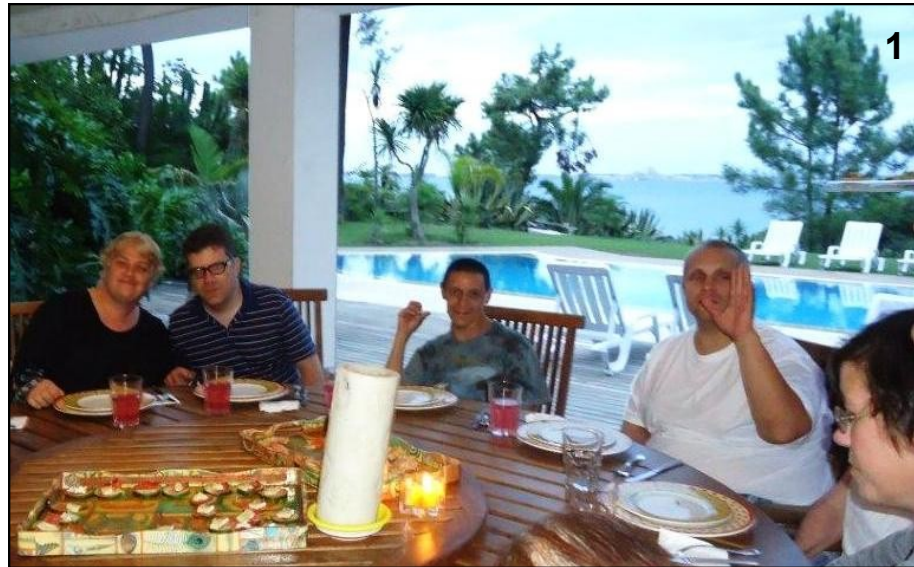
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CLC EXPLORES PORTUGAL

A lovely house in Tróia served as home base for the travelers. Tróia is a peninsula located in Portugal's Grândola Municipality. A ferry connects it with the city of Setúbal. Tróia boasts important archeological sites dating to when it was settled by the Romans and called Acalá.

- #1) Enjoying dinner on the back patio.
- #2) View of backyard at Tróia house.
- #3) The Tróia house had a traditional Portuguese kitchen
- #4) The travelers on a seaside trip.
- #5) CLCers explore back alleyways of town.



BOARD OF DIRECTORS

Roger J. Cooper, President; Sandra Dammann, R.N., Secretary; Robert Brody, Treasurer; Hon. Leonard Eaton; Robert Heller; Leo Kaytes; Priscilla Orr; Mina Sallis / John E. Porcella, Ph.D., Executive Director

MESSAGE FROM THE EXECUTIVE DIRECTOR

We've finally done it! Our long anticipated move into our own space became a reality in late October when four big trucks and sixteen helpers magically appeared to move CLC across town to "The CLC Building" located at 135 Radio Circle Drive, right here in Mount Kisco. At this moment we're still unpacking and hoping for a swift resolution of our telephone and computer glitches. Hey, no one ever said this would be easy, but it sure has allowed everyone to showcase their flexibility and resourcefulness under pressure.

Coming right on the heels of our Foundation's merger with the Winslow Therapeutic Riding Center, this has indeed been a busy time. More than 30 CLC consumers are completing their first ten week riding program. A fair number of our consumers have shown real aptitude for riding and are already planning their future rides. All in all, the entire program was a tremendous success and we're looking to expand this program more broadly in Orange County.

I need to present one more important change at CLC. John Signorelli has informed us that he will be formally retiring from his position as Executive Director of the CLC Foundation on



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THE TIME OF OUR LIVES!

We all raved about the meal walking along the promenade as the moonlit waves crashed on the beach just below our feet.

The following day we spent enjoying our villa and pool and beach and had a genuine Portuguese barbecue. The sun was high as we danced by the pool and swam and reveled in our good fortune. Next we traveled to the ancient city of Evora and visited the Church of Bones (Capela Dos Ossos), a highlight for many of our travelers. The whole church was made out of bones by the Franciscans centuries ago. We read the summaries of its history out loud and the "oohs and ahhs" of its meanings were vocalized by our group, followed by resounding laughter. *Our bones that are here wait for yours.* We then visited the old Roman temple which is still standing in the city center and took pictures overlooking the vast Portuguese countryside.

The group then decided to go exploring and out of the country we went, off to Seville, Spain for two nights. When we arrived, we very spontaneously got behind a tour bus and followed it through the entire city, stopping where the bus stopped and reading from one of their guide books.

We celebrated Jen and Hart's ninth wedding anniversary at a Tapas place, where no one spoke English, and tried seven dishes each. Since we only read rudimentary Spanish, the proprietor happily displayed her favorite dishes. It was spectacular and the food kept coming! Happy Anniversary, Hart and Jen!

December 31st, 2014. John and I have known each other since the mid -1970's. We've watched each other's children grow into adults and shared more pasta than two guys should ever consume.

While part of me shouts "this cannot be happening," the rational side of me acknowledges a brilliant career, a wonderful mentor and a lifetime friend. John is one of the original founders of CLC and must be credited for not only creating this agency from his own vision, but expanding it into areas which will keep the organization solid for many years to come.

Having said all of that, a force like John Signorelli doesn't just disappear. In January, Denise Hanft, the Foundation's CFO will step up to become the Executive Director; Julie Heller, Esq., now a Trust Officer for the Trust will become Director of Trust Services. John has agreed to help with the transition and to help develop new programs, recreational activities and assist with new job and opportunity development. So let's all wish John the best; it's been quite a run. There's no doubt that we'll see him from time to time here at "The CLC Building".

John Porcella



After our amazing dinner, we strolled the old city center at night among throngs of people, stopping by the Cathedral de Seville as we listened to a Flamenco guitarist playing under the Spanish stars. Many of us bought his CD. Then we did as all Sevillanos and Sevillanas do and sat at an outdoor café with our coffees and snacks right in the city center and people watched. We wondered how we could feel so at home so very far away.

The next day found us at a Spanish Bazaar with merchandise and souvenirs of all kinds, traditional and international foods and live entertainment. We saw everything from Flamenco dancers to hip hop and were exposed to foods from all over the world, Brazil, Africa, Cuba, Italy and Jamaica.

After those glorious two nights we headed to Lagos and the Algarve where we walked the tiled streets, stopped for lunch and bought souvenirs. We visited the beaches with the magnificent rocks the size of mountains coming out of the water and took pictures, marveling at the awesomeness of this natural wonder.

After two countries in nine days not one among us wanted to return home. We talked about retiring in Portugal, moving CLC there and never returning. We can scarcely describe the impact of our journey, yet ask one of our travelers how their trip to Portugal and Spain was and you will get an idea of how joyous this trip was from the smiles on their faces. You may read it as we had "the time of our lives."

By The Creative Escapes Team
Creative Escapes provides innovative wellness and health escapes specifically designed for adults of various abilities within a safe, respectful and fun atmosphere.

DOWN ON THE FARM



▲ Consumers show off their bounty from a day of picking apples at Wilken's Fruit and Fir Farm in Yorktown Heights, NY. September and early October are prime apple harvesting time in our area. From left, Donna, Robert, Sandy, Holly, Mousy, Julia.

◀ Robert is happy to grab a juicy McIntosh to sample while checking out the new farm equipment. Gala, Macoun, Cortland, Winesap, Fuji and Empire are among the many varieties grown at Wilken's. They farm pumpkins and fir trees, too!



Sacks of freshly-picked apples in hand, Sandy and Mousy strike a familiar pose!



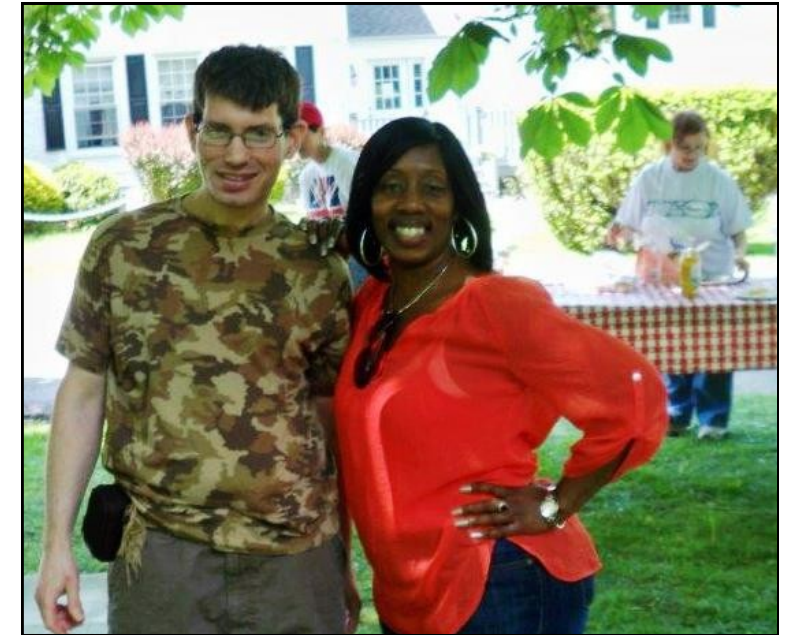
One of the benefits of going apple picking is making, and eating, fresh apple tarts! CLC chefs show off their delicious creations: Back row from left: Julia, Robert, Mousy. Front from left: Jenny, Carrie, Sandy.

IT'S BARBECUE TIME!



► Eric and Jamonica, manager at Bedford Manor, at their annual Memorial Day barbecue.

◀ Steve fires up the grill at the annual Vocational Department barbecue.



◀ Aamir enjoying good friends and good barbecue.

► Are the burgers and dogs ready? CLCers are anxious to get this party started!



OVER THE HUDSON AND THROUGH THE WOODS

Vocational coach Sheila escorted CLCers on an outing to *Walkway over the Hudson State Park*, where they enjoyed fresh air and breathtaking views. A former railroad bridge dating to 1889, the new *Walkway* opened in 2009 and spans over the Hudson River connecting New York towns of Highland and Poughkeepsie. At 212 feet tall and 1.28 miles long, this linear walkway is the longest, elevated pedestrian bridge in the world.



Enjoying the beautiful views from Walkway over the Hudson State Park.



Sheila

Sandy, Carrie and Mousy practice strolling techniques before their Walkway journey.

NEW OFFICE BUILDING AT 135 RADIO CIRCLE DRIVE

During the period from October 24th through the 26th, Advocates for the Disabled, Inc. (ADI) and CLC moved to an office building at 135 Radio Circle Drive in Mt. Kisco, NY. The new building named, *The CLC Building*, was made possible through Westchester Foundation for the Disabled (WFD), a not-for-profit Chaired by Fred Eisman, Esquire. Future plans call for CLC Transportation to move in early in 2015. Eventually CLC Foundation, Hidden Treasures and Winslow will move all or part of their administrative functions to 135 Radio Circle Drive.

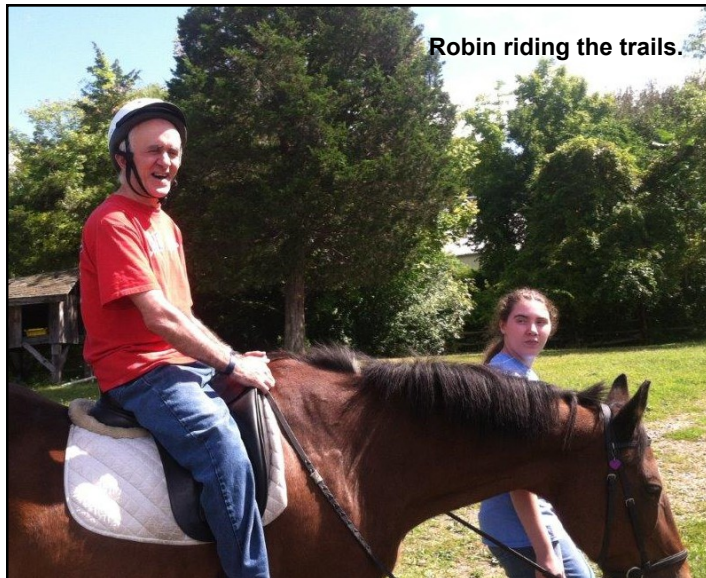
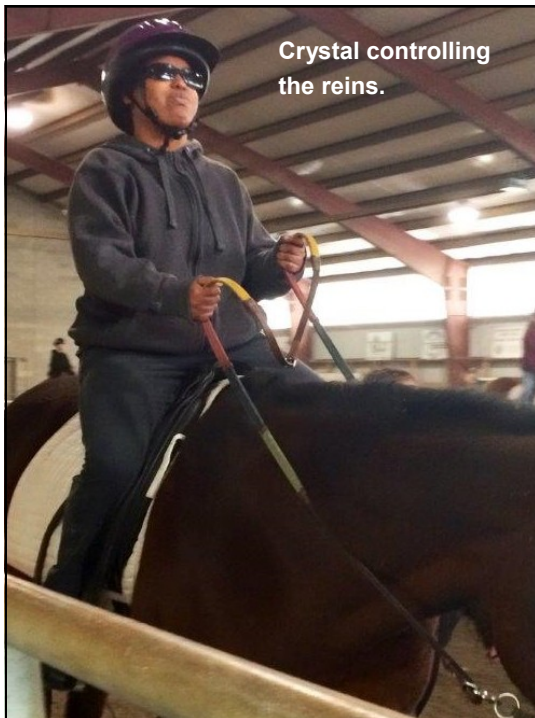


The funding and acquisition is a result of the generosity and efforts of friends and supporters of CLC, CLC Foundation and the developmentally disabled. The new building allows the agencies to operate out of one location and results in meaningful economies of scale, improved communication and room for program expansion in the years ahead. In June, WFD is planning an Open House so all can visit the facilities.

WINSLOW THERAPEUTIC RIDING CENTER

Winslow, which is now part of CLC Foundation, has begun a weekly program for 30 CLC consumers. The benefits of Therapeutic Riding are improved personal confidence, coordination, and muscle toning, resulting in a sense of mastery and general well-being.

To date the residents are loving it and benefiting from the experience. Future plans include recreational trail riding for the most accomplished riders and numerous other equine related activities. Recent studies have shown Therapeutic Riding has many benefits for all groups of disabled persons. For over 38 years Winslow has provided Certified Therapeutic Riding for hundreds of autistic, physically disabled and other people with various disabilities. For information contact either Winslow Director Susan Ferro (winslow.org) or John Signorelli at CLC Foundation (clcpooledtrust.org.)



CLC FOUNDATION 25-YEAR FOUNDATION HIGHLIGHTS

- Helped with the acquisition of two new supportive apartments and two new group homes for CLC consumers.
- Raised over \$4,000,000 for CLC related projects in last 12 years. The Foundation has raised over \$5,000,000 during the past 25 years.
- Expanded the CLC Pooled Trusts from CLC only beneficiaries and \$275,000 in deposits to 330 beneficiaries and \$30,000,000 in trust beneficiary funds.
- Sponsored annually (since 2003) the CLC Gala for over 300 persons and honored more than 15 persons who have helped CLC and affiliates achieve their missions.
- Paid over \$40,000,000 in benefits to disabled persons in the CLC Trusts over the last 20 years.
- Resurrected and expanded Hidden Treasures. Funded 15 Annual Talent Shows and sponsors the CLC Chorus.
- Organized enhanced recreation for all CLC residents, e.g. vacations, fishing trips, concerts, sporting events, etc.
- Acquired Winslow Therapeutic Riding Center via merger with CLC Foundation.
- Served as General Contractor for the new CLC Building at 135 Radio Circle Drive.
- Helped organize Westchester Foundation for the Disabled (WFD) a new not-for-profit that will house all CLC affiliates and provide capital for service and program expansion in the future.
- Initiated planning for expanding cottage industries in horticulture, organic food production and animal husbandry at Winslow.

CLC POOLED TRUST SUMMARY clcpooledtrust.org

The CLC Pooled Trust is now valued at about \$30,000,000 and is one the largest pooled trusts in New York State. We serve over 300 disabled persons many of whom are developmentally disabled. The trust also pays out about \$4,000,000 per year in supplemental benefits not paid for by Medicaid or Medicare including vacations, clothing, electronic devices, motorized wheel chairs, dental and medical expenses.

In an era of shrinking government benefits, parents of the disabled should seriously consider leaving funds in trust for the benefit of their disabled loved ones. Most parents know that as long as they are alive that they or other family members will provide the additional support. However, when you can no longer do it... who will pick up the slack? For more information go to the clcpooledtrust.org web site, or contact Julie Heller or John Signorelli, Co-Trust Officers for the CLC Pooled Trust. If parents do not provide for the extras that enhance the lives of our consumers, we cannot rely on fundraising or government to fill the gap.

12TH ANNUAL CLC GALA! HIDDEN TREASURES ART SHOW! SILENT AUCTION!

GALA! FEBRUARY 8, 2015 at NOON GALA! GREENTREE COUNTRY CLUB, NEW ROCHELLE, NY

This year's honoree is Linda Sampson, Esq. Linda is CLC Foundation Board Vice Chairperson and has been a friend and steadfast supporter of CLC Foundation for over 20 years.

Throughout her 12 years on the Board Linda and husband Brian have become two of the biggest benefactors to CLC Foundation, CLC and Hidden Treasures. In addition, Linda helped spearhead efforts to fund the Westchester Foundation for the Disabled (WFD), by helping to raise the \$1,500,000 needed to acquire the building and achieved full tax exemption for the new not-for-profit agency. Linda has a strong commitment to the ideal of giving back and continues to be one of our leading supporters in a vast array of ways.

Donations for the Silent Auction are needed and appreciated, as well as ads for the Journal. For questions about donations, ads, or tickets, please contact Susan at 914/241-2076 or email gala@clcfoundation.org.

COMMUNITY LIVING CORP.
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MOUNT KISCO, NY 10549
914.241.3628

FLOWER POWER!

► Standing in a field of flowers during a day trip to the New York Botanical Gardens are Philip, Kathy, Marty, Lynn and Eric from Bedford Road.

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Reporter: Irene Quill

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

