

COMMUNITY LIVING CORP.

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED
PEOPLE THROUGH COMMUNITYLIVING

THE VISITOR: PLAYING THEIR BEST HANDS TOGETHER



The UNO game crew, seated from left, Judy, Dave, Donald and Cindy. Standing from left, Nancy, Rick and Scott.

Something really special happens at Kitchawan house every Thursday night. It all began at church. It has nothing to do with religion.

Donald P., who lives at Kitchawan, regularly attends *The Community Bible Church* in Ossining, NY. Over the years he became friendly with Dave, one of the church elders.

Dave visited Donald at Kitchawan one Thursday. On his next visit, Dave brought a deck of UNO cards. UNO is an American card game played with a specially printed deck. Participants have to match cards either by the number, color, or symbol/action.

Fast forward five months. On Thursday nights you will find Dave at the table at Kitchawan surrounded by consumers playing UNO. He taught them the finer points of the game, and they are getting to be skilled players. Healthy competition is a good thing.

Joining Donald and Dave are regulars Cindy, Scott and

Judy. Other housemates gather around, snacking and chatting happily, watching the game with great interest. Who will match that red eight?! Is he about to call UNO?!

The night always ends with Dave sharing a few words of wisdom; *Be kind to each other, Show someone how much you care.* (Like I said, something really special happens at Kitchawan every Thursday night.)

K. TeCarr & D. Descloux

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***The Best Things In
Life Deserve To Be
Shared With Others.***

MEET REBECCA

A familiar face at Winslow for years, Rebecca Bonomono is now a full time CLC staffer. She runs the Adult Day Program for CLC at Winslow Center. "I also do community outreach for new clients to build the program for Orange County residents," she says. "I spend most days at Winslow, organizing chores, helping with the Day Program, and working right along side the crew."

Rebecca began as a volunteer at Winslow in 2012, where she worked with CLC individuals as a teacher, friend and mentor. "I spent most of my time with Jenny M. and Mousy L. back then," she recalls. "They were non-riders, but had a lot to offer so we picked up the extra barn chores. One of my very favorite memories still is when Jenny brings bread to the chickens and they bully her, clucking and scolding, because they are almost as big as she is!"

Rebecca brings a wealth of experience to her job. She grew up on the family farm among rolling fields and redwood trees on the west coast in Marin and Sonoma counties. "I've always loved being around animals," she says. "As a little kid, I spent a lot of time tending our flocks of chickens, geese and ducks and taming feral barn cats. As I grew up, I knew I wanted to find a job that nurtured the enjoyment of being around animals."

A tour guide at San Francisco Zoo, Rebecca has worked in myriad wildlife rescue centers. "I traveled to Borneo and volunteered at a program for injured and orphan Orangutans displaced by palm oil production. I worked at the Koala Rescue Center with the Australia Zoo in Queensland."

From there, Rebecca landed in South Africa at The Enkosini Foundation Wildlife Rescue Center, where she helped maintain and build housing and safe land tracts for wildlife. "I later joined the Bronx Zoo, where I found my niche in the Sea Lion and Small Primate Training program," she says.

Her passion and work ethic are evident in her every day tasks. Rebecca says, "We all work together to make this place a truly working barn. Everybody has a responsibility—from maintaining the gardens and growing the plants, to making the food for the horses, to keeping the barn neat and tidy."



Rebecca with The Dance, who was a bit camera shy that day.

"When the consumers do our more challenging or less pleasant tasks at the barn, like cleaning the chicken coop or mucking the stalls, I want the experience to be rewarding. I emphasize how important these chores are for the care of the animals or I try my best to make a not very fun task a little enjoyable. Sometimes consumers have to step out of their comfort zones, which I think is very beneficial as life often pushes us toward new challenges. On a horse it is just more enjoyable."

What's new at the farm? "I'm currently building a goat program so we can have another way to focus on small animal care," Rebecca says. "My hope is that we can utilize positive reinforcement training techniques to train the goats. Participants can learn and use these techniques every day. Gentle teaching methods can be applied to multiple aspects of all our lives."

J. Lukens & D. Descloux



MOUSY: Roving Photographer

Don't be wary if you see Mousy L. snapping photos of CLC individuals and staff. She's just doing her job!

Mousy is the new roving photographer for *The Open Door* newsletter. She'll be doing a bit of reporting, as well.

"Mousy is involved in several programs here and knows just about everyone at CLC," says Executive Director John Porcella. "She is the perfect person for this position."



MESSAGE FROM THE EXECUTIVE DIRECTOR

May 6th, 2008 marked another milestone in the development of CLC when it held a Stakeholder meeting and coffee hour in its own building, right here at "135" as it is often called. The purpose of the meeting was to get as many CLC stakeholders as possible into one room so we could explain the first changes coming under the new structure, ask and answer questions and listen to the ideas and suggestions created by those most directly affected by the changes.

At the time of the meeting, all of the changes centered on the manner in which MSC services would be provided. Now 60 days later, we see the new paradigm unfolding.

There are a number of similarities to the old system. For instance, we formerly had MSC's conduct a meeting at which an Individual Service Plan was created with the consumers' input. The new paradigm has Care Coordinators orchestrating a completely consumer driven document called a "Life Plan."

If it sounds like business as usual just using new names, you would be grossly



Culinary Connections crew ready to serve attendees at the Stakeholder meeting.

mistaken. The new model is entirely person centered and developed entirely in accordance with the wishes, hopes and dreams of the individual consumer.

At the time of the May meeting, several important questions could not be answered, owing largely to the fact that there was no answers available yet. With the transition of MSC's into CCA's, things are getting a bit clearer. Especially since the individual is now an employee of the selected CCO



The Stakeholder meeting attracted a robust crowd to "135."

and not a wide range of older and more established care providers.

As this is rolling out, we all would be well advised to anticipate some bumpy spots on this journey's start! Standardized case records using newly developed software and state of the art cell phone and tablets are now the norm, not the exception.

Following more than an hour of presentations and lively discussions by the various CLC groups, everyone reconvened in the larger meeting space. This space was magically transformed into a chic urban coffee house, designed to showcase the talents and newly acquired skills of the *Culinary Connections* participants. The coffee and espresso was fab-

ulous, but the real treat was watching the professional efforts of the waiters and baristas...all of whom were appropriately costumed in crisp white shirts and news-boy style vests and caps.

At the end of the day, it was inspiring to see how successful this gathering really was. Whether it was helping park cars, presenting financials or creating a world class latte, I think it is safe to say that there was a job for everyone. Our thanks go out to those who helped make this day a true success.

Have a fun filled and safe summer!

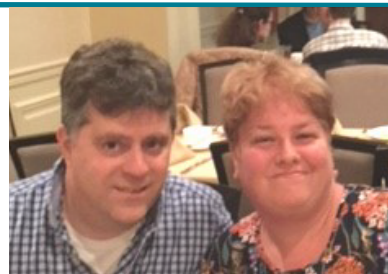
John Porcella

North East Event Draws CLC Crowd

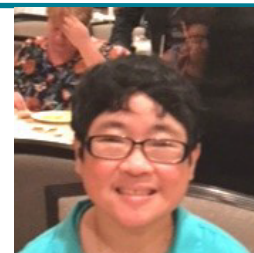
In recognition of their participation in North East programs and on sports teams, CLCers were among the honorees at a Recognition Awards ceremony in June, held at the Holiday Inn in Mount Kisco, NY. Awards were presented along with raffle prizes and gift umbrellas. Fabulous food and a CLC favorite, dancing, made for an enjoyable evening.

Established in the early 1970s, North East Westchester Special Recreation is a community-based therapeutic recreation agency serving children and adults with developmental disabilities in the north east portion of Westchester County. North East is the second largest agency of its kind in the State of New York and has gained local and state-wide attention for the quality and novelty of programs and services.

Photo and story credit: Mousy L.



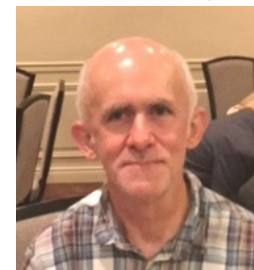
Hartley and Jen



Joyce



Judy and Ken



Robin

Ellen & Tommy Take Time

It's a sunny spring day and brother and sister CLCers Tommy and Ellen C. have taken the time to meet with me for an interview. Tommy arrives first wearing a *Yankees* cap, bracelet, and t-shirt. (Do I really need to ask about his favorite sports team?) His mother Catherine, or Kay as she likes to be called, and sister Ellen join us soon after.

Tommy is recently retired, but wants to talk about his many years of work; job connections that began decades ago through CAREERS, a not-for-profit organization whose fundamental goal is to help individuals with disabilities achieve the satisfaction of sustained, gainful employment in Westchester and Putnam Counties, New York.

He worked for a few seasons at the now closed Frank's Nursery. "Then I got the job at A&P, he recalls. "When it was bought by Acme, I became an Acme employee." Tommy spent 24 years happily stocking



Tommy shows off a sign commemorating his 24 years with CAREERS.

shelves and packing groceries for neighborhood folk. "It was mostly fun," Tommy recalls. "During the holidays it was extra busy, and extra fun most of the time!"

When he retired, he and a group of CAREERS participants attended an honoree breakfast, where he was presented with an award by the Westchester county executive. He has parlayed his years of



Kay Culhane proudly holds an awards plaque at a CAREERS ceremony at which her two children, Ellen and Tommy, were recognized for years of work service.

experience to continue work at *Winslow Center*, where he is an avid gardener. "I like to plant things, especially tulip bulbs, tomatoes, primrose, and all sorts of flowers." Tommy also feeds and rides the horses.

Tommy absolutely loves sports. *The Yankees*, of course, but also the *New York Islanders* hockey team. If he wants to see a fight, *WWE Smackdown* is on the menu. On TV nights he tunes to retro favorites like *Happy Days*, *All In the Family*, and *The Honeymooners*. (How sweet it is!) A sci-fi buff, Tommy is anticipating seeing the movie *Solo: A Star Wars Story*. "I just can't wait!" (Undoubtedly, he's seen it by the time this issue went to print. Maybe more than once!)

When Tommy is not in the mood to cook his favorite meatloaf or banana and blueberry pancakes, he finds his way to *Applebee's*, *Brodie's Pub* or *Panera Bread*. "They closed the *Applebee's* in Mount Kisco, but I've found others in the area."

Tommy is very involved with his church Bible group. "We had a huge bonfire at our last picnic, and it was a lot of fun." He's also traveled extensively visiting Boston, Martha's Vineyard, Hawaii, and gone on cruises, the latest to St. Thomas and the Caribbean. The west coast is on his itinerary for October. "California, here I come!" he says laughing.

At this point Ellen joins the conversation. "I also like *Applebee's* and *Brodie's* in Mohegan Lake," she says. "Of course, I'm a *Yankees* fan!" Ellen's favorite TV shows are *Walking Dead*, *Full House*, and like her brother, *Happy Days*.

A travel enthusiast, Ellen has been to New York City, enjoyed several

Since 1987, CAREERS has been successful in helping people with learning, developmental, psychiatric, and/or physical disabilities find and keep jobs.

cruises and spent a vacation in Hawaii. "I loved the Hula dancers and the luau was yummy." She follows world and local news and actively follows the stock market. "I like to know what's going on," she says nodding slowly for emphasis.

She continues, "I've been working for over thirty years," (she started with CAREERS shortly after they opened) She's been at a lot of places like *Boston Market*. "I worked for the longest time at *The Gap* in Mount Kisco."

Ellen received many milestone awards from *The Gap*, including a five-year anniversary bracelet, a watch for ten years of service, and an iPad and lapel pin after twenty years. "I did a lot of folding merchandise and restocking shelves; I'm very organized." Even in

retirement Ellen continues to enjoy the benefits of Gap employment. "I get a 20% discount! Not at all the stores, but it's still a great deal."

When Ellen retired she received flowers and cookies, and was also honored at the Careers Breakfast. "I gave my Mom the cookies," she says, turning toward her mother with a smile. "You owe me cookies next time we go out!"

Both Tommy and Ellen attend mass at The Church of the Holy Spirit on Sundays. Every day, however, there is another spirit who tirelessly provides support and guidance - their mother Kay.

Kay relates that Tommy and Ellen were born just a few years apart and that she has two other children. She says their father was from Ireland and that they've been to the home country many times.

When vacationing closer to home on Cape Cod, they visit the *Irish Village* for some familiar, authentic Celtic cooking. "We especially like the entertainment by the Irish Express Band," says Kay. "We used to take the children upstate New York to *The Catskill Game Farm*. Remember kids?" Tommy nods enthusiastically. Ellen chimes in and tells about the animals eating out of her hand. "It was the best feeling; I was so excited," she says. Mom looks happy.

Kay relates the long, sometimes difficult, but satisfying struggle to provide Ellen and Tommy with fulfilling lives. "I remember the years going to Philadelphia when they were young trying to get help. Back in the 1960s and 70s, there weren't nearly as many programs as there are now. But the professional therapies helped a lot."

She adds, "I also taught them as much as I could at home. I made sure



Ellen



Tommy

they knew how to clean the house and cook, not just eggs, but full meals. Ellen still cooks regularly and makes delicious Irish Soda Bread from scratch."

Kay is proud that her children do so many things for themselves and can take advantage of the experiences available to them today. "It's been a long road with a lot of therapy, training and plain old hard work," she says turning to her children. "I look at them now and know it was all worthwhile."

D. Descloux

SAVE THE DATE!
SAVE THE DATE!
SAVE THE DATE!



CLC GALA

Sunday, November 11
Noon — 4PM

THE GREENTREE
COUNTRY CLUB

NEW ROCHELLE, NY

Have a CLC photo or story? email us!

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Hidden Treasures: TRUE COLORS Wows Audience

On June 21, *Hidden Treasures* performers showed their true colors on stage when they presented *True Colors*, a repertoire of song and dance numbers that thrilled and delighted the audience. The 21st annual live performance was preceded by an inspiring art show featuring watercolor, acrylic and mixed media pieces by HT artists.

Students practice all year long for this special night, which is sponsored by CLC Foundation. Singers, musicians and dancers not only attend HT classes to practice their craft, they take the lead in creating the show, including choosing the theme, songs and dance numbers. It was worth all the hours of practice as the show wowed the audience once again!



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PHOTO & STORY
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SPECIAL THANKS TO FOX LANE
HIGH SCHOOL IN BEDFORD, NY
FOR HOSTING THE SHOW.



A Far Out Trip

A group of CLCers vacationed along the east coast and Delmarva Peninsula this spring. The travelers stopped at many points of interest, including the Outer Banks where they enjoyed beautiful beaches, coastal cuisine, and visited area landmarks, including Cape Hatteras Light.



Cape Hatteras Light is a lighthouse located on Hatteras Island in the Outer Banks in the town of Buxton, North Carolina and is part of the Cape Hatteras National Seashore.

The Outer Banks are a group of barrier islands on the North Carolina coast that separate the Atlantic Ocean from the coastal sounds and inlets.



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eNews UPDATES WE SEARCH THE WEB TO BRING YOU THE LATEST NEWS

Nation's Largest Employer Misses Disability Hiring Goal

The U.S. government is falling short on a plan to dramatically increase hiring of people with intellectual disability and other conditions, according to a new report. Just one percent of the federal workforce had so-called "targeted disabilities" in 2015. That's down from 1.05 percent in 2003 and "far below" a government goal of 2 percent.

The figures come from a recent report from the U.S. Equal Employment Opportunity Commission on diversity in the federal workforce. Targeted disabilities include intellectual and psychiatric disability and other conditions associated with high rates of unemployment and underemployment.

Of those with targeted disabilities who were working for the federal government, the EEOC found they were likely to be employed at low pay grades. Overall the report notes that more than 200,000 federal workers — or about 8.5 percent — had a disability in 2015.

Under an EEOC rule, 12 percent of those working at each government agency should be people with disabilities and 2 percent should have targeted conditions. "Work remains before the federal government may be considered a model employer," the report states.

FDA Calls Roche's Autism Drug a Breakthrough

An experimental Roche drug designed to improve social interaction in people with autism scored the U.S. Food and Drug Administration's Breakthrough Therapy Designation. In an announcement in January of this year, Roche said the FDA awarded the designation to its experimental autism treatment balovaptan (RG7314).

A vasopressin 1a (V1a) receptor antagonist, balovaptan has shown the potential to improve social interaction and communication in people with autism spectrum disorder. Roche said the drug's efficacy has supporting evidence from both human and animal studies that implicate the V1a receptor in mediating and modulating key social behaviors in people with ASD.

Currently, there are no approved treatments for ASD that are designed to "help improve the challenges that individuals may experience with social skills, repetitive behaviors, restrictive interests and communication," Roche said. With the Breakthrough Therapy Designation in hand, Roche may attempt to speed up the approval process for balovaptan.

The Disability Scoop

COMMUNITY LIVING CORP.
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GETTING REEL WITH STEPHEN



Movie and play
reviews from CLC's
in-house expert.

Movie: **Rampage** ★★★★★

Sci-Fi/Action PG-13

This movie is action-packed and I can't say enough about how good it was. It stars Dwayne Johnson and it's about a genetic experiment gone bad, with a Silverback gorilla and other mutants destroying everything around them. I give Rampage five stars!

Movie: **Avengers: Infinity War** ★★★★★

Fantasy/Sci-Fi PG-13

I liked this action movie with superheroes a lot. I especially liked Chris Pratt who played Star Lord. He made jokes and was very funny. This movie gets four stars.

Movie: **I Feel Pretty** ★★★★★

Comedy PG-13

Amy Schumer is so funny in this movie! She plays a girl who falls down and when she wakes up she thinks she is a supermodel. The comedy was hilarious. Four stars here.

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