

# THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

## A WHOLE NEW WORLD

The worldwide Pandemic caused by COVID-19 has turned the world upside down. And although it has been a long and difficult period (and still not over yet) CLCers have risen to the occasion and met this challenge head on. Here's a CLC snapshot, in pictures and stories.



Robert H.

**Jenny M:** The pandemic was very challenging for me. I became sick and stayed in bed for few weeks. Staff helped me to eat, take meds and visit the doctor on video. God was right there with me.

I was not happy about being sick, not going to work, not being able to visit family, and the stores closed. But now I'm feeling better and looking forward to going back to work and visiting my family.



AJ

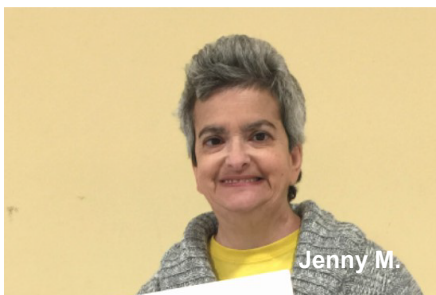
**Jerimin Goulbourne:** During this pandemic our team and individuals faced a challenging time that will remain in our memories for a long time to come. We faced grave issues like losing a roommate to COVID-19, interruption of daily routines, social distancing, wearing a mask, not be-

*Continued on P. 5*



Kevin D.

Next issue: September 2020



Jenny M.

# JONATHAN MEET



*This interview was conducted via telephone just as the Pandemic was announced. Special thanks to Peekskill residence manager Jerimin (Jay) Goulbourne for arranging this interview and taking photos.*

Jonathan H. loves sports. He plays sports, watches sports on TV and is a wiz at video games featuring sports. Needless to say, he *knows* his (sports) stuff.

"I like college athletics a lot," Jonathan declares. "My favorites are the *Michigan Wolverines*, *Wisconsin Badgers* and the *Ohio State Buckeyes*. The games are always exciting."

Jonathan moves on to hockey and says he favors the *New York Rangers*, although he claims their defensive line is not up to snuff. He also follows the *Montreal Canadiens*, "but they need a stronger goalie." (I tell him I agree, although I really don't have a clue.) Jonathan says, "My dad Maurice is also a hockey fan and feels the same way."

Jonathan continues rating teams and players and settles on wrestling. "John Cena was a great competitor." ("Great," I echo, only because I recognize the name.)

### ***Jonathan dreams of visiting Disney World and Hawaii.***

With most all sports on hold during the Pandemic, Jonathan has been enjoying reruns of the *Mets* classic baseball games and playing *Madden Football* on his Xbox. "I also saw the movie *Jumanji* again just because I like it, and I watch the *Disney Channel*, *MSG* and *ESPN*. One day I'd like to see *Aquaman*."



**You will usually find Jonathan with a football, basketball or laptop in his hands!**



A fan of Rock music, he listens to *Three Days Grace* and *Breaking Benjamin*, "but definitely not *Slip Knot*," he says quite firmly. "Not that heavy metal."

Before COVID-19 hit, Jonathan worked at *Infusion Restaurant*, where he baked desserts and packaged meals, learning all kinds of kitchen skills. Favorite foods are pizza, bagels and Chicken Parnigiana from *Nonna's Restaurant*.

Jonathan dreams of visiting Disney World and Hawaii (good choices) and has vacationed at Lake George and Martha's Vineyard with his roommates and other CLCers. "My roommate is Sam and across the hall is Brandon. We have a lot of fun here, even without sports," he sighs.

*D. Descloux*

# MESSAGE FROM THE EXECUTIVE DIRECTOR

## *Heroes In Their Best Form*

Four months ago most of us probably had no idea what a pandemic was, let alone the difference between a quarantine and isolation. The “COVID 19” term is still being thrown around and is now well known as the cause of all this sometimes deadly trouble.

We watched Governor Cuomo read the daily statistics. How many new cases? How many people succumbed to the ravages of this invisible killer? Where will be the next concentration of new cases? The fatality count was once reported in single digits but now the count was being reported in the thousands and globally, in the hundreds of thousands. The images of the deceased being placed into refrigerated trucks will stay with us forever. How can this be so?

We became a bit numb to the daily counts unless you were directly related to one of the “statistics” and actually faced the loss of someone very near to you. Has anyone noticed that every newscaster, every elected official, every virologist and every newsletter contributor speaks about the “challenges” we face in dealing with this pandemic as we look forward. Are there really “heroes” out there every day?

You can bet they are out there – and further, I believe that each of them is accompanied by an angel. Why else would someone diagnosed positive for COVID 19, come back to work their shift on the very day they were examined and declared safe to come back?

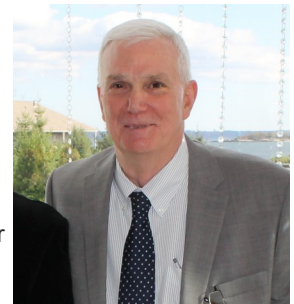
I’ve seen parents and siblings pull together to prepare favorite meals for their loved ones, assist us in securing personal protection equipment (PPE) and then come over quietly to post signs of thanks on our front lawn! You know who you are! But you may not know how much those gestures mean to the direct care staff.

So speaking for the direct care staff, I say thank you to everyone who has helped out during these terribly difficult days. This includes those who called in, simply asking what they can do to help.

We face new challenges every day now. Rules and regulations are changing quickly. It is likely going to become even more confusing as we make the transition from quarantine to less restrictive living arrangements. To make this transition we will need all of our Heroes in best form.

I’m asked every day when things will go “back to normal”. The sad reality is that it probably will never completely

go back to where it once was. This is not like a surviving a hurricane or tornado.



It would seem relatively easy to monitor the restoration of a hurricane region. When the power is returned, things really pick up and begin to move. Not so with this pandemic. We will all need to participate whether it’s distancing ourselves, always wearing masks, washing our hands or choosing not to ride in a suddenly full elevator.

At some point there will be an effective medication with which to treat the COVID 19 patient. Better still, the research aimed at developing an effective vaccine will eventually become available on a global scale. Only then should we reduce our efforts or vigilance, since we still have the capacity of going backwards-quickly. Please remember those who have passed away in your prayers.

Wishing good health for you and your family.

*John Porcella*

## GETTING REEL WITH STEPHEN



**MOVIE AND PLAY REVIEWS FROM CLC’s IN-HOUSE EXPERT**

*Since I have not been able to go to the movie theater due to COVID-19, I’ve had the opportunity to watch movies from the comfort of my home on television. I suggest everyone check your television listings — plenty of good movies are free!*

**Grease PG-13** This is an awesome movie. I never get tired of watching it. It was so funny it kept me entertained and I forgot about what’s going on around me. There’s a lot of good singing and dancing. I was singing along with the cast. A must-see movie, especially now.

**Titanic PG-13** Two different people fall in love in this movie. It was a sad story, but I liked the music. The ship sank.

**Mission Impossible 3 PG-13** Tom Cruise did an excellent job in this movie and it had lots of action. The music was really good and I loved it. Everyone should see it.

# TRUSTS 101

**New in 2020, this feature will inform and update consumers and their families about CLC Pooled Supplemental Needs Trusts.**

*In 1996, CLC Foundation, Inc. was one of the first non-profits in New York State to establish a Pooled Supplemental Needs Trust with the help of Community Living Corporation, Inc. Today, the Trusts are among the oldest and largest in New York State.*

## ***Did You Know...***

Disbursements from a supplemental needs trust must be made prior to the death of a beneficiary. Families are often surprised to learn of this rule after a beneficiary has passed away, and they are unable to pay funeral costs from the trust.

CLC Foundation can help you avoid this situation. The agency encourages the use of *New York State PrePlan*, an irrevocable prefunded funeral trust administered for the New York State Funeral Directors Association. Accredited by the Better Business Bureau, *PrePlan* achieves 100% compliance with all state laws and regulation, offering complete security for both consumers and funeral directors.

Families and beneficiaries are encouraged to reach out to our office so we can assist in making funeral plans and ensuring payment comes from their CLCF trust fund without disruption.

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## **ANNE B. COOPER JOINS CLC CORP. BOARD**

Anne is honored and privileged to have been asked to join the CLC Board. She is looking forward to bringing her extensive experience in the financial and project management fields to assist the Board in helping residential clients have as happy and productive life as they can.

“I have always volunteered, it is part of who I am,” she stated when asked recently about whether she would join the Board. “I have volunteered to help in my church, my hospital, my community and having a personal connection to a CLC resident, I am anxious to continue what I have started by helping all the CLC affiliated group of companies,” she continued.

Her experience is extensive. She was born in Mexico — her mother from New York City and her father of French ancestry. From an early age she was, and continues to be, fluent in English, French and Spanish. Anne was educated in all three languages in Mexico, Canada and the USA. She holds a degree in mathematics from Stephens College and post graduate courses / certificates in finance / risk management and administration from universities in Mexico and New York.

During her 35 year career at Citibank / Citigroup, she held many positions, while living in 20 countries including Jordan, Egypt, Morocco, Turkey, Austria, Spain, Ecuador, Chile, Argentina, Mexico and others plus 20 years in New York. During this time she focused on managing financial / technology related projects in the Securities (stocks, bonds etc.) as well as Auditing and Treasury with multiple teams scattered throughout the globe. One of her last experiences before retiring in 2016, was in Global Client Liquidity Management Services, where clients could manage their liquidity 24/7 based out of a hub in Dublin; she was working to open hubs in Mumbai and Tampa.

Anne now enjoys time with her husband traveling, in their various homes, and savoring time with her own extensive family (5 siblings, 19 nephews and nieces and 2 great-nephews and nieces).

She is always happy to roll up her sleeves and apply her skills, whether sewing bags for the golf outing, or managing complex projects, to help those individuals who could use a little extra to make their lives more exciting.



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## A WHOLE NEW WORLD



ing able to have visitors in their apartments, limited outings, social distancing, concerns of maintaining a good health and fear of the unknown about this disease.

Although this period was very difficult and sudden, our group stepped up and redefined the meaning of teamwork, showing how powerful and effective teamwork can be. Once we understood the situation, we understood what had to be done.

Showing a great amount of effort and compassion, we continuously stay on top of the situation, monitoring staff and the individual's temperatures, sanitizing the apartments several times daily, washing our hands frequently, and continuously communicating with the individuals providing information to keep them informed.

Universal precautions have never seemed more important; a very simple task can save a life. With our efforts, we can now see the light at the end of the tunnel. I think I can safely speak for everyone by saying that one of the lessons learned from this horrible event is to never underestimate anything that concerns your well-being and never take the simple things in life for granted.

**Millie Gutierrez:** What an experience! Who would think that we would face such a drastic situation working with the developmentally disabled at this time.

We all assumed it would disappear quickly, but it got worse right before our eyes. The lock down was helpful in keeping the community and our residents safe. At the same time, this raised anxiety and concern to a whole new level. Several of our residents were essential workers (Shoprite, Walmart, Burger King, and Dollar General) and therefore were still required to work. This caused great concern for the staff as we understood the high demands of following proper hygiene and being consistent.

Staff's overall objectives, besides coping with their own uncertainties, were to remain calm, help individuals cope

## LIFE IN LOCK DOWN AT ★ EDINBURGH *Marcia Williams*

March began as an uneventful month. But then news of COVID-19 hit and our staff and residents had to figure out a new way of life. As we received training in safety protocols to prevent infection, there was a general feeling of anxiety and fear among the group. I encourage everyone to stay positive and follow the guidelines. We could do this!

In April, the rate of infection increased dramatically and the Governor issued an order for non-essential businesses to close and residents shelter in place. This impacted CLC individuals directly. It meant that their day habilitation programs were closed; family visits suspended; social activities curtailed; shopping and restaurant visits halted. The interruptions caused clients to express feelings of isolation and stress.

We recognized the importance of restoring normalcy so daily walks were encouraged. We showed them how to *FaceTime* and use *Duo App* to see family members on their iPhones. Arts and crafts and gardening projects were planned. Online offerings from day hab programs helped to restore our daily routines.

The staff had to learn new technologies to facilitate clients' active participation in the *Zoom* application, *Telehealth*, and speech and physical therapy online. We are all a lot more tech-savvy now!

With clients in the residence 24/7, food was being consumed at a rapid rate. However, the Pandemic created shortages of most everything. Grocery shopping became an adventure! Long lines, limited food choices and rationing turned a simple trip into a half day ordeal with several stops in order to fill cupboards.

The past few months have taught us many things. Staff learned new technologies, clients finally adjusted to routine changes, and all have a little extra cash in their bank accounts by not shopping so much! We at Edinburgh have maintained good health. The virus is still alive, but we are better prepared and equipped to fight it.

with their feelings, maintain a productive environment, promote choices with caution, and manage the *new normal*. This was a huge challenge due to the enormous amount of information given through the media. We had to learn what was real and what was just a rumor. Interestingly, from repetitive training, our individuals learned to cooperate and embrace OPWDD's COVID 19 protocols to keep themselves and others safe.

*Continued on back page*

**eNews Updates**  
**WE SEARCH THE WEB TO**  
**BRING YOU THE LATEST NEWS**



**Amazon Orders  
 Comedic  
 Drama Starring  
 Actors With  
 Autism**

The creator of “Parenthood” is bringing a new series about the experiences of three young adults with autism to Amazon. Amazon Studios said this week that it has ordered a “coming-of-age comedic drama” from Jason Katims that will stream on the company’s Prime Video service.

Based on an Israeli series, the show is about “three 20-something roommates on the autism spectrum, striving for the same things that we all desire: To get a job, keep a job, make friends, fall in love and navigate a world that eludes them.”

The roommates will be played by Rick Glassman, Sue Ann Pien and Albert Rutecki, all of whom are themselves on the autism spectrum, Amazon said. “Having a 23-year-old son on the spectrum, it is deeply personal for me to get to tell this unique story of what it’s like to come of age as someone with autism,” said Katims who is a writer and executive producer for the show.

The new series was originally titled “On The Spectrum” when the pilot was produced, but it is now untitled.

“Jason Katims is exceptional at creating beautiful and relatable stories about deeply authentic characters, and this new series continues in that tradition,” said Jennifer Salke, head of Amazon Studios. “This series is honest, touching and incredibly entertaining, with casting that delivers a unique and genuine perspective on universal themes that we know our global Amazon Prime Video customers will love.”

*The Disability Scoop*

**HIDDEN TREASURES ZOOMS**

Not to be deterred even during a Pandemic, *Hidden Treasures* spring semester classes went online due to the COVID-19 virus. Free classes were held online via the Zoom platform three times a week including singing, drama and dance. Participants could logon and virtually *be in the room* with other students and teachers while practicing their songs, theater lines or dance steps. “*Hidden Treasures* is an arts education program for people with special needs and is sponsored by CLC Foundation.



**ARTSWESTCHESTER AWARDS  
 GRANT TO HT**

*Hidden Treasures* received a grant of \$2,100 for support of its programs from ArtsWestchester this past spring. This grant is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature and administered by ArtsWestchester.

**WANTED!**  
**Full & Part-Time Staff**

CLC has various full & part-time openings, including for direct care personnel. A positive attitude, compassion and prior experience preferred.

Required: High School Diploma/GED, valid driver’s license for past three years, own transportation, background check, drug testing.

Fax resumes to (914) 241-0578 or email HR at [resumes@communitylivingcorp.org](mailto:resumes@communitylivingcorp.org).

Incentives for employee referrals. Contact HR for details.

**DONATE TO CLC FOR FREE!**  
 PLEASE DO ALL YOUR AMAZON SHOPPING VIA [SMILE.AMAZON.COM](https://smile.amazon.com) AND HELP SUPPORT CLC, AND IT WON’T COST YOU AN EXTRA DIME!

ENTER THE LINK BELOW AND CLICK. AMAZON WILL DONATE 0.5% OF ELIGIBLE PURCHASES TO CLC— PASS THIS ON TO FAMILY AND FRIENDS! (YOU MUST DO THIS EACH TIME YOU SHOP)

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 Jay Goulbourne, Marcia Williams

**Quarantine. Social Distance. Wash Your Hands. Sanitize.**  
**Wear a Mask. Don't Touch Your Face or Nose.**  
**Stay away from crowds.**

**WE GOT THIS!**

We have been making the best of quarantine life here at London Road. Our days are occupied with cooking and baking (sugar-free cupcakes and brownies, are faves), building bird houses for our feathered friends and challenging each other at *Uno* and *Jenga*.

Our movie nights include plenty of snacks and laughter. It doesn't matter if we've seen the film before. We set out on nature walks in good weather; it feels so good to breathe fresh air and exercise our bodies. We have turned the backyard into our go-to workout space and we are learning many new things right here at home. We don't know how much longer we'll be living like this, but as CLCers we will continue to stay strong. We got this!

Ana Hiraldo



Building bird houses was a crafty way to pass the time. From lower left clockwise, Denise, Nastassija, Brian and staff member Tricia.



Cooking and baking became the high point of many afternoons during rainy weather. Brian's home-made brownies will brighten anyone's day.



We walked to places we've never walked to before! Pictured at left are Brian, Nastassija and Holly. Walking in her pink parka is Holly.



**Nastassija says: Wash your hands. Wash your hands. Repeat**

**Wear your mask. Wear your mask. Repeat!**

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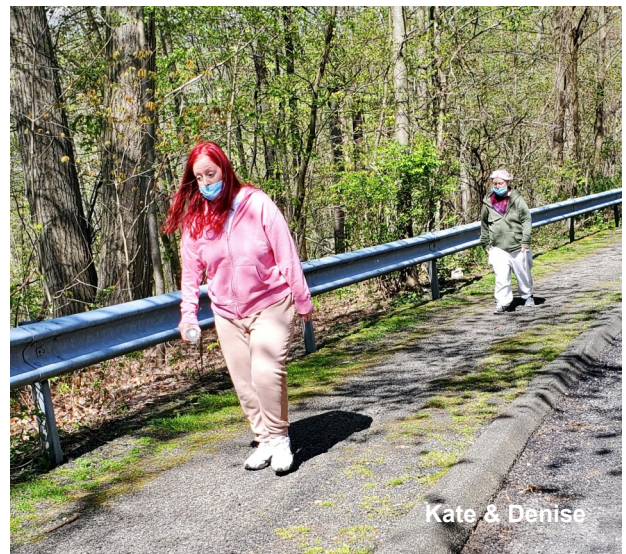
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## **A WHOLE NEW WORLD**

Once the Pandemic was announced, CLCers quickly learned to wear masks almost everywhere.

With most everything shut down, walking became a regular pastime for CLC individuals.



## **CLC CORP. BOARD OF DIRECTORS**

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