

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

WE'RE BACK!

...AND THE GOATS ARE HAPPY

Rebecca Bonomo

The vocational program at Winslow Therapeutic Riding Center in Warwick, NY is back in full swing and everybody, including the goats, are happy.



Jenny and Lu-Lu the goat.

At Winslow, CLC individuals work and learn various farm jobs and help care for and sometimes train the animals. One job most everyone enjoys is working with the goats.

Lu-Lu is a lovely lady goat with speckled ears. She and her twin brother Vincent van Goat are part of the Boer breed of goat native to South Africa.

They were born on Valentine's day 2018, which makes them three years old now. They love spending time with their human friends and wail loudly into the wind when they leave.

Lu-Lu (some may say) is the most intelligent of the three goats at Winslow and can be taught the difference between two objects. She can even pick out the requested one! She is very clever, indeed.

CLCers take care of daily needs like food and water and do a weekly, thorough cleaning of their living space. We love having CLC individuals help keep the goats in top shape with daily



Kate and Louise, wearing her best blue hat, brushing one of the herd.

Tommy, seated, and staffer Lawrence are excited to be back at work on the farm.

Winslow also offers therapeutic riding lessons and an adult day program dedicated to participants who face many different challenges. Winslow Therapeutic Riding Center is an affiliate of CLC Group.



brushing. CLCers are so eager to learn about their care, even how to tend to hooves!

As herd animals, the goats are tuned into feeling like they are part of a family. Luckily, CLC folks are able to supply them with plenty of care and lots of love.

Kitchawan Blooming!

Amanda Purdy

With the warm weather upon us, the residents at Kitchawan have grown very excited over spring and summer-time projects.

Every month, we plan fun and educational crafts and projects for all the residents at Kitchawan.



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MEET GINO



Gino is a man on a mission - to enjoy life!

Due to the Pandemic, I interviewed Gino, a well-spoken young man and CLC'er, over the phone. His positivity and enthusiasm, however, came through loud and clear.

Gino has been with CLC for "at least a decade," he says. He calls Mount Kisco home and resides with three roommates Ken, Tom and Joe. "We're all buddies," he adds.

Gino is a participant in Community Connections Day Hab program, where he learns and practices baking and cooking, among other skills.

"Every week, we learn new things," he says. "We also watch other people on Zoom and find out about the latest techniques. I've even presented baking workshops through the CC channel," he notes proudly. By

his own admission, the program has made him "an awesome baker."

Gino finds inspiration from places like Pinterest, an online app, where he found a recipe for decadent chocolate chip scones. Always searching for inspiration, he even spotted a recipe on the back of a chocolate chip cookie mix package and made it his own. "My apple pie enchiladas are fabulous, if I do say so."

He is also an up and coming cook. "I make a killer mac & cheese and my chicken parmesan is a favorite with my roommates. We all take turns cooking, but maybe I have the edge in the kitchen(?)"

As a an amateur chef, he also follows several television shows including Diners Drive-ins and Dives, Chopped and Beat Bobby Flay. "Maybe one day I'll be on TV!"

Gino is an avid traveler and recently travelled to the Outer Banks in North Carolina; Martha's Vineyard is next on the summer schedule. "We usually do a cruise, but couldn't because of the Pandemic. I can't wait to set sail again!"

If he could go anywhere where would he choose? "Vegas, of course! I've only been there once when I was a teenager. I'd like to return and see some of the live shows and see a band or two." Gino likes music, but not just the new stuff. "I'm an Elvis fan and also

listen to the '70s band Redbone a lot. My favorite song is It's Not Unusual by Tom Jones. Shake Your Groove Thing and Celebration are good songs, too, especially if you want to dance."

Gino's parents, Cindy and Gino, Sr., live in Florida and he loves to visit them. "I also really like seeing my big family, including two grandmothers, my aunt and uncle, brother Paul, nephew Ryan and my sister Chrissy. Getting together for the holidays is the best," he says.

Gino has a great sense of humor, as evidenced by his love of stand-up comedy. Comedian and puppeteer Jeff Dunham is a favorite. "You just have to see him!" he exclaims. The only thing he may like more is adventure movies like those from Marvel and DC Comics. Lucifer tops his must see TV list.



So what is this man with a zest for life looking forward to? "A complete end to this Pandemic! It's time for fun!"

D. Descloux

Photo credit: Timothy Jones

MESSAGE FROM THE EXECUTIVE DIRECTOR

This time last year we were inundated with new regulations, lots of confusion and mad scrambles to acquire personal protective equipment (PPE) in amounts large enough to keep our consumers and staff safe through most challenging days imaginable. Indeed, things have changed and now we're wondering if this is going to be the long awaited "New Normal". It sure seems so.



Mr. Thomas J. Abinanti, NYS Assemblyman, at left, met with Executive Director John Porcella and CLC Corp. Board Chair Roger Cooper.

Playland Park in Rye, NY is open, and our CLC golf tournament has a green light to play as scheduled. Our governor has significantly relaxed the latest announcement and Guidance. Sadly, CLC's Annual Gala and the Hidden Treasures show had to be postponed, largely because of safety issues involving those outside of CLC programs.

Yes, we have made lots of progress towards "normality," and we can be

proud of what we've done so far. But we need to remain focused and vigilant as the newer COVID 19 Variant gathers momentum in the US.

It boggles my mind to think that tens of thousands of people will die from the COVID-19 Variant simply because they refused a free vaccination that would have protected them. The solution to this is painfully simple...

GO GET YOURSELF VACCINATED!

On a brighter side, we were delighted to have Mr. Thomas J. Abinanti, NYS Assemblyman, visit CLC last week at our offices. He toured our facilities and engaged department heads in discussions ranging from employment to transportation to the staffing crisis affecting all providers this summer.

Both the assemblyman and his assistant Alyssa, offered help from his office in helping us find positive solutions to our problems of aging for those currently living within CLC; possibly from grants or other startup resources.

Finally, at nearly the same time, we learned that OPWDD had submitted a draft spending plan to the Center for Medicaid and Medicare Services (CMS) for enhanced federal spending

as provided by the American Rescue Plan Act of 2021 (ARP) This

federal support is designated to be used for three major areas: 1) Supporting and strengthening the direct care workforce, 2) building HCBS Capacity through innovations and systems transformation and, 3) Investing in the digital infrastructure.

Of particular note for CLC is the recognition of financial needs of the Direct Care Staff. Also, there is mention of support for pilot programs and incentives for the development of more integrated residential services. I, for one, am very enthusiastic about improving the Direct Care workforce. This improvement is long overdue and you would be hard pressed to find any group more deserving.

You should also be aware that there is actually no dollar amount yet attached to the proposals listed here. The responsibility of advocating for this project falls to all of us. Without strong representation and advocacy, these funds could simply be diverted to other projects in and around New York.

Be well,

John Porcella



The Open Door: published quarterly

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Email us your CLC photos & news!

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A FOURTH OF FUN!

Carol Smith

CLCers were out celebrating the *Fourth* in style this year. It was on this day in 1776 that the Declaration of Independence was adopted by the Continental Congress.

Captain Chrissy navigating Shinnecock Bay in Hampton Bays, NY.



Kristina, Kerry and Todd Road staffer Velvett enjoyed Rye Playland, which had just opened for the season.



eNews Updates

WE SEARCH THE WEB TO
BRING YOU THE LATEST NEWS

Federal Autism Committee to Reconvene After Going Dark for Two Years

For the first time in years, a federal panel tasked with guiding the nation's priorities on autism is set to meet. The Interagency Autism Coordinating Committee will hold a virtual meeting July 21 and 22. The panel is comprised of government officials and members of the autism community and is charged with advising the secretary of health and human services and coordinating federal activities related to the developmental disability. The group last met in July 2019.

Since that time, all of the committee's members saw their terms expire. Congress approved the continuation of the committee as part of the Autism CARES Act, which took effect in October 2019, and nominations for new members were accepted between Nov. 19, 2019 and Feb. 21, 2020, but no new appointments were made.

Susan Daniels, director of the National Institute of Mental Health's Office of Autism Research Coordination, which manages the IACC, told *Disability Scoop* that the COVID-19 pandemic played a role in the delays and things were further held up when the White House changed hands in January.

Now, officials say that new committee members will be announced in the coming weeks.

Source: *The Disability Scoop*

TRUSTS 101

Launched in 2020, this feature informs and educates 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...

Effective May 2021, CLC Foundation has added additional trust services with the new Pooled Surplus Income Trust. This type of trust is specialized for those beneficiaries on a Medicaid Spend Down.

Allowing Medicaid applicants the opportunity to qualify for Medicaid by transferring their "excess" income into a pooled trust, which is disregarded from their Medicaid budget. The monies deposited into their pooled trust would be made available by CLC Foundation to pay all approved expenses on behalf of the beneficiary.

The addition to the Surplus Income Trust now makes CLC Foundation a truly full service trust agency with pooled and private trust administration.

For more information on this or any of our trust services, please contact us at (914) 241-2076.

Cookin' Good with Jenny



Welcome to a new cooking and home column written by our own Jenny M. A CLC'er for 29 years, Jenny learned to cook from her parents and today prepares her specialties two or three times a week.

Clip and save this recipe from Jenny!

Winner, Winner, Jenny's Fish Dinner

Here's a delicious and healthy summer recipe that will please fish lovers. It can easily be doubled or tripled for large crowds.

Pre heat oven to 350F

Serves 4

Ingredients: 4 pieces of tilapia
1 pkg mushrooms, diced
1 tomato, diced
1 celery stalk, diced
1 scallion, diced
4-5 tbsls olive oil, divided
1 1/2 tbsls garlic powder
1 1/2 tbsls Goya Sazonador
Total Seasoning or other seasoned salt or just salt & pepper. More or less to taste.
4 tbsls lemon juice

Directions: Place all vegetables on a large baking sheet. Drizzle with half the oil and sprinkle over half the seasonings. Stir gently.

Brush both sides of tilapia with olive oil. Pour on lemon juice and then sprinkle both sides with remaining spices.

Place fish on baking sheet next to the vegetables. Bake in oven for 16 minutes (a few minutes less if fish is thin.) Halfway through cooking time, turn over fish and stir vegetables.

Serve with baked potatoes or rice. Enjoy!



Jenny says to use bottled or fresh lemon juice, "whatever you have on hand."



Food safety tip: If your fish is frozen, defrost it in the refrigerator overnight, never on the counter.

Special thanks to Jerimin Goulbourne for this submission and photos.

CLC GROUP WELCOMES THE EPILEPSY FOUNDATION OF METROPOLITAN NEW YORK

John Signorelli, CLC Group Board Member



We are pleased to announce that the CLC Group has added The Epilepsy Foundation of Metropolitan New York to our affiliate family. The CLC Group now consists of seven affiliates, Community Living Corporation, Westchester Foundation for the Disabled, CLC Transportation, CLC Endowment, ADI, and CLC Foundation.

About EFMNY:
The Epilepsy Foundation of Metropolitan New York (EFMNY) leads the fight to stop seizures, find a cure and overcome the challenges created by epilepsy.

Since 1967, thousands of people with epilepsy and their families have benefited from our comprehensive social and educational services. Staffed with professionals from the medical, social

work, vocational counseling and psychological professions, the Foundation provides a wide variety of services and supports.

They are New York City's only service and support agency that specializes in serving the epilepsy community. The Foundation provides a range of programs and services designed to assist individuals and families as they strive to align their medical treatment with critical supports to improve their quality of life.

Some of these programs have state and/or federal admission requirements, and others are free of charge. In spite of these restrictions, no one has ever been refused assistance due to an inability to pay.

These programs include but are not limited to:

- Counseling and Psychotherapy
- Vocational Services
- Family and Individual Support
- *Into the Light* Programs for Epilepsy Awareness, Education and Empowerment

The *Into The Light* programs are designed to raise epilepsy awareness, provide education within and

beyond our community, and to empower individuals and families affected by epilepsy and seizure disorder.

Educational seminars featuring the NY Metro Area are leading health providers in coordination with our Professional Advisory Board. Community Spotlight, an electronic newsletter featuring community news and a range of educational content designed to inform and empower our subscribers.

The Epilepsy Foundation is headed up by Elinor LaTouche. She along with her staff are planning to expand the epilepsy services to the Winslow Campus, and a second location in the Bronx.

If you would like to have more information about the Epilepsy Foundation, please feel free to visit their website at your convenience at www.efmny.org

Collectively, CLC Group employs over 450 people, has an annual budget of approximately 23 million and serves thousands of consumers annually.

HIDDEN TREASURES

Hi, I'm Sharon Sinnott, the new Director at *Hidden Treasures*. I became involved with HT seven years ago when my daughter, who is developmentally disabled, enrolled in classes. She is an enthusiastic student and truly enjoys every minute of the program!



For the last five years I have been a teacher assistant at HT, which included administrative work and designing projects for the Arts and Crafts program. You may have seen me on stage during our annual show, helping the Musical Drama and Choral programs. A special thank you to Lucille McCarthy for passing her baton to me, and to Denyele Urciuoli for giving me this opportunity. I am thankful to be a part of this rewarding program and work with such wonderful people.

Questions? Call me at (914) 643-2943

HAPPY BIRTHDAY TO BEN!



Devika Lallman



Ben marked his 69th birthday in June and celebrated in style with all of his housemates. He was beyond pleased with the festive decor created just for him.

His sister surprised him by sending a beautiful cake and plenty of pizzas — one of his favorite foods. He could not have been more happy on this special day.

Thanks to CLC's talented party planner and decorator Benniqua Coleman for her beautiful work, and for always making each of our individuals feel so loved on their special day.



Kitchawan Blooming!

Continued from P. 1

Back in April, we met with residents to see what projects everyone was interested in for May and beyond. The list was quite long and Kitchawan has been very busy crafting away!



The first project was planting seedlings.

Each resident received his or her very own clay pot to paint. After the pots were dry, everyone picked out seedlings they would like to plant in their pots. Choices included Cosmos, Marigold, Sunflower, Zinnia, Echinacea and Calendula. I demonstrated how to properly plant their seedlings in their pots and assisted each resident when they needed an extra hand. They got the hang of it quickly!

Now, our gardeners can't wait to go outside with staff to check on their seedlings. There is much excitement at the house because the seedlings are growing! Not only is our group excited to watch their seedlings grow into beautiful flowers, but they have learned a great deal about germination and how to properly care for their plants.

**THE GALA
HAS BEEN
POSTPONED TO
SPRING 2022**

**STAY TUNED
FOR UPDATES**

17th Annual

CLC Foundation

Gala



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GETTING REEL WITH STEPHEN



MOVIE AND PLAY
REVIEWS FROM CLC'S
IN-HOUSE EXPERT

Selma PG13

I give this movie 4



I had nothing else to do one Sunday night. So I lounged comfortably on my sofa in the living room and watched *Selma* on TV.

The movie was about people who were struggling with discrimination; it was the struggles of black people. They tried not to get hurt as others were throwing dangerous things and even steam bombs.

The people marched from Selma to Montgomery, Alabama to fight against the violence and oppression directed at their community. They were brave.

This was a great movie. I encourage everyone to watch it.
PS: I saw *Selma* on CBS Channel 2.

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