

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

ESCAPIST TRAVEL

WAKE UP IN A DREAM... and wake up in a dream is what we did. After what felt like eons of seclusion, we were free to travel, to dream, and enjoy ourselves outside these four walls.

It is May 2021 and we are "all vaxed up" and with masks at the ready. So off we go for three weeks to the Outer Banks NC, where secluded and stunning beaches breathed life back into us. Gino, Joe, Jen, Holly, Carrie, Billy, Tom and Ellen all tingling like an arm that has fallen asleep and is now being revived. Scott and Brian and our man Fish (Jon) inhaling the laughter and excitement that enveloped us as we ate outdoors in restaurants and parks overlooking the serene inlet. Above us only the blue sky dotted with clouds as far as we could see.

Memorial Day brought us to Cape Cod for beach, bonfire, and shopping. The warm weather gave Stephen, Mitchell, Ron, Chrissy, Adam, Becky, Sandy, Timmy and Alma time to renew and refresh while watching the boats float in and out of Hyannis harbor on a beach that felt like our very own.

When we arrived for four weeks in our stunning beach house on Martha's Vineyard, it was a dream come true! Miranda, David, Mousy, Scotty, Andrew, Anthony, and Eric meandered down to calm cool waters and floated for hours. Patsy and Lois celebrated their 36th wedding anniversary with photographs taken by the famous Rick Guidotti!

Crystal, Ken and Judy, soaked up the sun. Clarice, Gerard, Mary Lou, Stephanie, and Caitlin, along with Suzanne and Jillian took in the exquisite scenery, lunching on the beach under our gazebo with toes in the sand and smiles on our lips. Lobster Rolls at Menemsha, watching a dream of a



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RENAISSANCE MAN

Kevin TeCarr

Scott D. is one of the original individuals at Kitchawan; he's lived there longer than anyone else. Friendly and sociable, he gets along with all of his housemates, especially best buddy Bill. Most of us agree that it wouldn't seem like Kitchawan without Scott.

During the week, he attends a day program at *The Knolls* in Valhalla, where he enjoys all they have to offer including music, card games, and arts and crafts. He readily tells you that he looks forward to two delicious daily meals there. Scott recently joined *Hidden Treasures* arts program where he participates in a weekly arts and crafts workshop. He enjoys this creative outlet immensely.

When at home, Scott spends time with housemates watching TV. He especially likes oldies like *Perry Mason* and *Baywatch* (what a combo!). Quite often you will find him playing a lively card game of *War* with his friends.



Scott is a foodie, although he doesn't really have a favorite cuisine. He's happy to try new dishes while savoring tried and true staples.

Quite independent, this spirited man takes care of many of his own needs. He's always ready to help others and often volunteers to do extra chores around the house.

Scott is easy going. He can have fun in a crowd or by himself in his room, coloring or listening to music (he has hundreds of CDs). He likes a wide variety of tunes. You can enter

Scott's room and one day he'll be playing current pop songs; the next day it's country music.

And if all this isn't enough, Scott is somewhat of a world traveler. He's been to Europe several times and cruised the Caribbean. This past summer he joined a grand tour of Eastern Seaboard beach resorts, stopping in North Carolina's Outer Banks, Cape May and Martha's Vineyard.

It can be said that Scott is a man who lives life to the fullest, and he shows no sign of stopping. Oh, and did I mention he likes Action movies? (Of course he does!)



CLC FOUNDATION NEWS

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 NY State.

Trusts 101

The Pooled Trust at CLC Foundation does more than just pay bills and book vacations. Currently, CLC Foundation, as Trustee, owns four homes, one condo and ten vehicles. Beneficiaries can purchase these assets in trust and continue to maintain eligibility for their public entitlements.

As Trustee, it is our responsibility to ensure these assets are protected and maintained properly. Beneficiaries can utilize their trusts to live full, independent lives as they wish with the continued protection of our oversight and without fear of losing their benefits.

The Invisible Child Trust

CLC Foundation has a trust titled, *The Invisible Child Trust*. It was established in 2014 to benefit the children of a homeless woman in New York City. A book is in publication titled "Invisible Child."

<https://www.penguinrandomhouse.com/books/241846/invisible-child-by-andrea-elliott/>

CLC Foundation will be adding a donate button to our webpage, [CLCfoundation.org](https://www.clcfoundation.org), where you can donate to the trust to benefit these children. CLC Foundation has been and will continue to be trustee of this important account.

Denyele Urciuoli

MESSAGE FROM THE EXECUTIVE DIRECTOR

Greetings Family and Friends,

David Leonhardt, writer for the New York Times, recently presented an updated report card of the pandemic and the Covid-19 Virus. He focused on three basic measures: Covid's retreat, severity, and the US's underperformance in handling the virus.

He writes that the number of new cases has dropped by 57% since September, and that this decline is seen in nearly all regions. Second, the concerns surrounding the spread of the new Delta Virus appear to show that the this virus may reproduce faster and is only "modestly more severe" than the Covid-19 virus. Finally, he reports that the United States continues to have a dark cloud above it.

Specifically, "The pandemic does not need to be as bad as it is. 1500 Americans have died of Covid-19 every day over the past week." And the main reason for this is that millions of people have chosen to remain unvaccinated. Leonhardt continues, "For older age groups, Covid-19 is the leading cause of death."

During the Delta Virus surge, 24 out of every 10,000 unvaccinated Americans over age 65 were hospitalized – among fully vaccinated Americans the number hospitalized dropped to 1.5 per 10,000. Amazing.

So, what does this have to do with us here at CLC? We've taken a firm stance in getting as many people vaccinated as is possible. Only one consumer at CLC is not vaccinated, owing to the exercise of religious beliefs.

Among the staff we have a larger number of unvaccinated people. They say that they're just not ready for the shot, or something along the lines of "my uncle's cousin and her niece heard that it doesn't work and can be damaging." And then there is the simplest response, "I'm afraid of needles!"

We're at a point now where we have people going out for recreation, trips to parks, travel to new locations. We are (mostly) all wearing masks these days, even if we need some pointers about how to keep them above our noses.

Zoom has been huge help for nearly every function we execute. It's allowed us to mingle with contacts, peer groups, politicians and even royalty. What we have now is gradually becoming very close to answering the question of "what is normal?"

Two years ago, we were all scrambling to get new masks and then learn how to wear them. The scalpers were trying to sell masks for \$3.00 each or



more. Hospital beds were full, and everyone lost someone to the unrelenting microbe.

Just a few weeks ago, the federal pharmaceutical review boards announced a vaccination protocol for children. This will go a long way towards creating the new normal we've all been seeking. Let's just see if we're all smart enough to utilize it.

John Porcella

Source:
Leonhardt, David
A Covid Update,
The New York Times
October 26, 2021

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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)

[HTTPS://SMILE.AMAZON.COM/CH/13-3563609](https://smile.amazon.com/ch/13-3563609)

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DIRECT SUPPORT PROFESSIONALS APPRECIATION WEEK SEPTEMBER 13TH – 17TH

Patti Hurley

It's that time of year again! For a full week in mid-September, we spent five days doing a little extra for our direct support staff to show our appreciation for all of their hard work.

Festivities began even before you entered our Radio Circle main office. "THANK YOU DIRECT SUPPORT STAFF!!" was posted across the front windows.

In the CLC tradition, staff were gifted with CLC embroidered hats and a Dunkin Donuts Gift Card. Each day of the week, four staff were chosen in a

drawing to win a gift card or a paid day off. Poster boards were put up at the main office for each location, where employees and individuals could give a *Shout Out* to staff, thanking them for everything they do. These poster boards were sent to the houses/apartments to be hung for staff to read through. In addition, snacks and beverages were provided all week in the Human Resources Department.

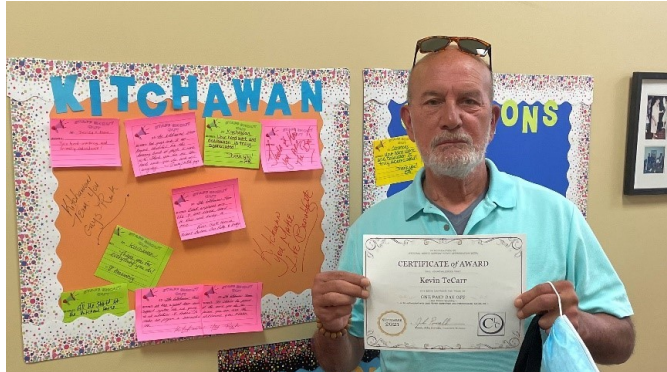


Individuals from Lyndel filling out *Shout Outs* for their Direct Support Staff.

We shouted *Thank You* from our rooftop! (Well, almost.)



Kenyon Colbert, Direct Support Staff at London Road - Winner of a paid day off.

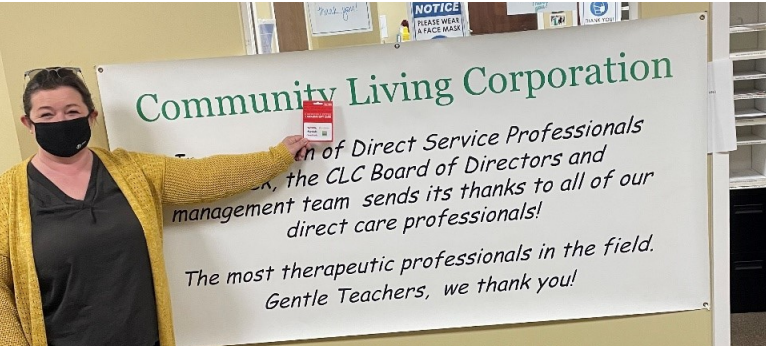


Kevin TeCarr. Assistant Residence Manager of Kitchawan - Winner of a paid day off.



Gift Card Winners - Jodian Ennis, Residence Manager of Curry & Todd.

Marlena Romanowska, Direct Support Staff, Commons.



WANTED! Full & Part-Time Staff

CLC has full & part-time openings, including for direct care personnel.

Positive attitude, compassion & 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

Incentives available for employee referrals. Contact HR for details.

TAKE US OUT TO THE BALL GAME!



Lawrence Cherry



This band of CLCers are united in their love of the game and are already looking forward to next season. From left, James, staffer Lawrence, Stephen and Robin.

What could be better than watching a local ballgame on a balmy evening in September? Not much, according to these CLCers, who took themselves out to Dutchess Stadium in Wappinger's Falls, NY. The group enjoyed an exciting game - hometown team The Hudson Valley Renegades versus The Brooklyn Cyclones. If you were rooting for the home team, you got your wish. The Renegades prevailed in a 4 to 1 victory.

The Hudson Valley Renegades are a Minor League Baseball team based in Fishkill, New York. The High-A affiliate of the New York Yankees, the Renegades play in the newly-formed High-A East league and play their home games at Dutchess Stadium. The Brooklyn Cyclones are a Minor League Baseball team of the High-A East and are the High-A affiliate of the New York Mets. Based in Brooklyn, they play home games at Maimonides Park, just off the Coney Island Boardwalk.

GETTING ARTSY AT WINSLOW

Art is in the air at Winslow. Their Adult Day Program offers a twice weekly art workshop designed for those who have limited mobility and cannot fully participate in some of the other activities.

A very special volunteer, Kathy Viken, organizes the weekly sessions and enjoys spending time with students. Creative arts enables participants to express themselves and their passions and develop fine and gross motor skills.

Photo at right is of art student Manny proudly showing staffer Rebecca Bonomo his latest creation.

Winslow Therapeutic Riding Center, located in Warwick, NY, is an affiliate of the CLC Group. Winslow is a non-profit 501 (c) (3), devoted to individuals with disabilities residing in the Hudson Valley and surrounding areas in northern New Jersey, Pennsylvania and Connecticut. Thanks to Rebecca for this submission.



THE GALA HAS BEEN POSTPONED TO SPRING 2022

STAY TUNED FOR UPDATES

17th Annual CLC Foundation Gala

Continued from P. 1

ESCAPIST TRAVEL

WAKE UP IN A DREAM...

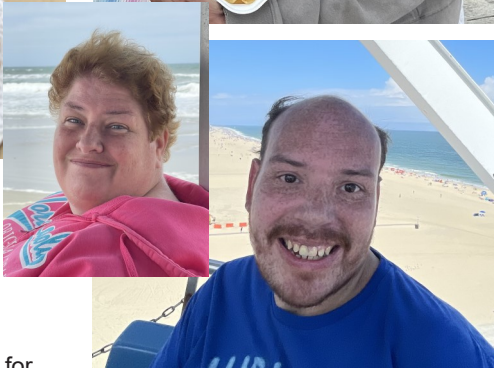
sunset and engaging our fellow connoisseurs everywhere. Our dream led us to *Black Dog Café's* outdoor patio every day for a meal or a coffee, integrated in the landscape like the birds hovering above or soft grass below.

Near the end of the trip, Billy, Carrie and Tommy practically refused to go home. One after the other made flurries of phone calls to extend their trip, to not wake up, to keep the dream alive. The memory of being holed up now distant, like a little speck of a train over the horizon, and we stationed on the platform of a dream, attending to the next destination, and the next...

We awoke to Rehoboth Beach in August complete with dunes and Dairy Queens on our agenda. Other excursion requests from our travelers were met with agreement and, I daresay, fervor. The quaint towns of Bethany Beach and Rehoboth and Lewes found Joe in the photography shop getting memorable photos as a joke Christmas gift for his sisters. Tommy, Scotty, Crystal, Kevin and Manny, clamored to go on the rides, and bumper cars at Ocean City, MD. We hoped the fun would never end.

And it did not. September found us in Myrtle Beach, SC in exquisite villas with five swimming pools, 40 cabanas, 7 hot tubs and, just over the dunes, miles and miles of beach in either direction. A dream of a place where we felt like the super rich.

Noreen insisted we dine at *The Hard Rock Café* and we chose the night they showed John Lennon's film *Imagine* with Yoko Ono. Nicole, Eileen, Troy, Fish, Scotty, Billy, Carrie, Holly, Sandy and Mousy simply did not want to stop traveling, so we went back to the Outer Banks with two houses this time! One



facing the inlet and one on the beach; both with hot tubs!

It was a summer like no other. We stopped taking our treasured travels for granted and basked in the fun like so much sun overhead.

And the dream continues! Soon we'll set off to a luxury horse farm in Lancaster, Pennsylvania with an indoor swimming pool, basketball courts and pens of horses. We'll visit an amusement park for a *Horrific Hershey Halloween*, one of which will be Halloween night. Then we'll travel the Amish countryside, admire the horse and buggies,

meet the kind people and dine at the famous *Good and Plenty* for a fine Amish meal.

Thanksgiving will find us in Plymouth, MA. For Christmas we'll tour holiday markets in CT, RI, MA or PA or wherever we decide. By then we'll have a dream of a catalog to define what we've become: Escapist Travelers. Trust me; it'll be simply dreamy.

J. Mungovan

Cookin' Good with Jenny



We are happy to present the second in a series of cooking and home articles by 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!



Hints for Roasting a Chicken:

- *For quick clean up, line your roasting pan with aluminum foil and then use cooking spray.
- *Adjust cooking time for larger or smaller birds.
- *Take chicken out of refrigerator and let rest on counter for 30 minutes before roasting.
- *Never eat undercooked poultry.
- *Wash your hands, pans, counters, utensils, etc. with soap after handling chicken.



Jenny's Chicken: A Super Supper

Nothing says fall like a chicken roasting in the oven — Yum! Roast two birds to feed a crowd.

Pre-heat oven to 350F Serves 4 - 6

Ingredients: 1 whole chicken, approx. 5 lbs., giblets removed
1 pkg mushrooms, diced
1 green onion, diced
1 white onion, diced
1 can of whole potatoes
1 tbs olive oil (optional)
Cooking spray
1 1/2 tbs garlic powder
Salt & pepper, to taste

Directions:
Spray a roasting pan with cooking spray. Season chicken inside and out with garlic powder, salt and pepper and place in pan.

Briefly sauté onions and mushrooms in cooking spray (or use 1 tbs olive oil.) Season lightly and spoon around chicken. Drain potatoes, season lightly and scatter around chicken. Add a half cup of water to pan. Add more water if pan gets dry during roasting.

Bake for 1 hour and 15 minutes or until internal temperature reaches 160F to 165F. Cover lightly with aluminum foil and let rest for 15 minutes before carving. Enjoy!

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KK IN THE KITCHEN ★ *Kami Quast*

For the past several years, KK, along with CLC staffer Kami, her husband Dennis and their children, have made and canned fresh tomato sauce.

The group takes over the kitchen at Ossining Fire House, Senate Hook and Ladder annually to create this delicious sauce. This year they made 98 jars, most of which is given to staff, parents, family and friends throughout the year.

"KK does such a great job," says Kami. "She works so nicely with the kids, teaching them the proper steps to making fresh tomato sauce." Kami adds that the kids ask for her every year, and KK gladly volunteers!



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