

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

A DAY AT THE MUSEUM

NIKKI KENNEDY

CLCers from Highland had a blast this spring. They visited *Madame Tussauds*, a wax museum and more in Manhattan. Several even said they felt like celebrities walking among the historical and lifelike wax figures.

Kate W. claimed it was the best trip she had ever been on. Robin C. said the *4D Marvel Movie* was his favorite. Walking the city streets (and meeting characters along the way) added to the excitement of the trip.



Next issue October 2022

Highland residents who attended: James O, Robin C, Kate W, Joyce K, Christine K, Jonathan S, Anthony H, Steven M, AJ, and John R. Staff who attended: Nikki Kennedy, Joyce Price, Shernette Carter, Laurence Cherry, and Yvette Surica.



ESCAPIST TRAVEL 2022

J. Mungovan

A whirlwind start for 2022!
 We kicked off in Orlando
 How's that sound to you?
 We'll stop at Universal
 We fun globetrotters
 And take a spin through
 The Wizarding World of Harry Potter's

 Laughin' and a cheerin'
 Far from Bedford and Highland
 This Easter landed us in Watch Hill, RI
 Beaches of the Outer Banks,
 Faneuil Hall
 And into Summer
 Strolling streets of Provincetown
 To the sound of our own drummer

 Throw off the cuffs
 Bang down the gavel
 Free at last
 Escapist Travel



MESSAGE FROM OUR CEO

The past few months have been special ones for everyone here at CLC. Just when we thought things were calming down, we got hit with another COVID-19 round which, to everyone's dismay, set everyone and everything back once again.

Sadly, we were forced to cancel our *Hidden Treasures* Performance for the second time in just a few months. There's just no cutting of corners with this virus and its newcomer variants.

Even though the virus may seem to be weakening, it remains highly contagious and possibly dangerous, especially to those with preexisting medical conditions.

The only way we could have possibly gotten to this point is with a dedicated group working together in a collaborative fashion, within a consistently reinforced culture of Emotional Intelligence, (Goleman, 1998). All of this began some 20 years ago on the steps of one of our homes. The common denominator is, you guessed it, the direct care staff.

If you observe them work, it's easy to pick out both the successful and the not so successful of the group. Four characteristics make the difference between mediocre and excellent.

- 1) Self-Regulation
 The excellent staffer is always in control and never lashes out.
- 2) Motivation
 The best staff are enthusiastic and take pride in their work. Making a difference is critically important to them. They work beyond the basics.
- 3) Empathy
 The best managers and staffers easily "put themselves into someone else's shoes."

- 4) Social Skills
 People with social skills are great communicators. They have a diplomatic, supportive attitude and can resolve conflicts. Just imagine what working under those conditions would be like! (Powell, M., June 9, 2022)

A couple of weeks ago, OPWDD released the Workforce Incentive Payments to eligible direct care staff. This is a plan to support and stabilize the direct care staff by providing funds to acknowledge the work they do and encourage them to stay employed in this sector.

The money was distributed via a complicated protocol which basically provided more money to those who worked most. It also served to recognize the efforts of all staff in a very *Emotionally Intelligent* manner.



I am proud to be part of the work that goes on each day in every house and apartment. By continuously reinforcing our *Emotionally Intelligent* culture, we ensure its growth and its continued use. This benefit accrues directly to our consumers, just as we believe it should.

Be well,

John Porcella

DONATE TO CLC FOR FREE!

PLEASE DO ALL YOUR AMAZON SHOPPING VIA [SMILE.AMAZON.COM](https://smile.amazon.com) AND HELP SUPPORT CLC. 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)

A TRIP TO THE CIRCUS

Marcia Williams

Abby B., Caitlin K., Ellen C. and Donna F. from Edinburgh enjoyed a trip to the Onmium Circus at the Queens Theater, Queens, NY in May. The group was very excited to see attendees who are living with disabilities.

The theme of the circus was *overcoming obstacles to achieve your dream*, and the entertainers all had physical challenges. Individuals had very

emotional responses to the performances; especially the performer who was without legs and doing difficult acrobatics. Abby cried, but also expressed her admiration. There were many opportunities for audience participation, and all joined in the fun. Our group was allowed to interact with the actors and take pictures after the show. It was a wonderful and moving day for CLCers.

This outing was made possible through a team effort including Amy Berman, ED at ADi Cares (a CLC Group affiliate), Helena (who is a relative of Roger Cooper), CLC managers who helped organize the trip and made sure that clients who wanted tickets got them, and the generosity of CLC Foundation, which paid for the tickets.



THE BRIGHT LIGHTS OF BROADWAY

Carol Smith

CLCers from Pound Ridge, Todd Road, and Curry Street experienced the bright lights of Broadway on a March trip to see *The Lion King*. The group enjoyed a scrumptious dinner at *The Olive Garden* following the show. The unanimous verdict: "We had a blast! KK from Todd Road couldn't stop talking about it, and the group had a hard time getting her out of the gift shop, where she bought the complete CD set! A special shout out to Elizabeth Heron (Curry), Jill Lindhart (Pound Ridge) and Lisa Kraemer (Accounting) for making this day happen!!



CLC FOUNDATION

Denyele Urciuoli

Thanks to all CLC family who attended our Zoom event, "Trust 101: Introduction to CLC's Pooled Trust Program" on Wednesday, June 8th. Please call CLC Foundation at (914) 241-2076 if you would like more information or to speak to a staff member.

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.

A NOTE FROM CINDI

Cindi and her brother George visited CLCer Kathy S. for a few days this past spring. May 16 was Kathy's birthday, and the family happily spent the day together, reminiscing and walking in the early spring air. They celebrated with lunch on the town.

Shortly after this family reunion, Devika, manager at Kitchawan, received this heartfelt note from Cindi.



George, Kathy and Cindi.



Cindi and Kathy taking a spring stroll.

To Whom It May Concern at CLC,

My mom, Ellen Seelig, passed away and gave me the guardianship of my sister Kathy. Mom always told me CLC was a great place for Kathy.

For years now, I've dealt with Devika and her staff. What wonderful and devoted people they are! Kathy can be difficult and kind all in the same day. With help from the staff, Kathy has come so far. Through all her medical issues and many special needs, Kathy has never been happier.

I don't know what I would do without them. I do believe this staff is heaven sent!

Sincerely, Cindi McMillan

Cookin' Good with Jenny



We are pleased to present another cooking article from our own Jenny M.



Chicken Cutlets & Veggies

Pre-heat oven to 350F Serves 4

Ingredients:

- 4 Chicken cutlets, about 3/4 to 1" thick
- Goya Sazon seasoning
- Cooking oil spray
- 1 green & 1 red pepper
- 1 yellow onion
- 2 celery stalks
- 1 package mushrooms
- 1 zucchini
- 1 scallion
- 1 large tomato

Chop vegetables into 3/4 to 1 inch pieces (Chop celery into 1/2 inch pieces, halve the mushrooms, discard seeds and white membrane from peppers.)

Spray a 9" x 12" baking pan with cooking spray. Arrange chicken and vegetables in pan.

Spray all with a bit of cooking spray and then sprinkle with the Goya Sazon seasoning to taste, and toss.

Bake at 350F until fully cooked, or until chicken is 160F in center. Enjoy!

Clip and save this recipe from Jenny!

PUTTIN' ON THE GLITZ

In anticipation of the CLCF Gala scheduled for November 13, Foundation staff arranged for a formal attire shopping trip in coordination with *The Community Center of Northern Westchester*.

In years past, this event was held onsite at CLC. However, this year the Community Center invited CLCers to visit their store on May 26 and shop for Gala attire.

Thirty five CLC partygoers participated in the shopping spree, where they tried on, twirled around and searched the store from top to bottom seeking that perfect party ensemble.

By the way, have you shopped for your Gala glitz yet?



17th Annual
CLC Foundation
Gala

SUNDAY,
NOVEMBER 13 2022
HONOREE: DANNY FRANK
GREENTREE COUNTRY CLUB
NEW ROCHELLE, NY

**Hidden Treasures
Annual Show**

CLC Foundation regrets that it had to postpone our much anticipated annual show, that had been scheduled for Tuesday, May 24.

We look forward to performing for you, our steadfast fans, at another time (TBD).

You Oughta Be in Pictures!

Would you like to be in this newsletter? Or, would you like to nominate someone... your son, your daughter, family member, friend, staff?

It's easy! Just send an email with his/her name and email/phone number (or, manager's info) to Deb Descloux at the email address below. We'll take care of the rest!

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MEET STEPHANIE S.

With COVID-19 cases still popping up all around us, I interviewed Stephanie S. via phone. She was quite articulate and happy to answer questions and share life stories.

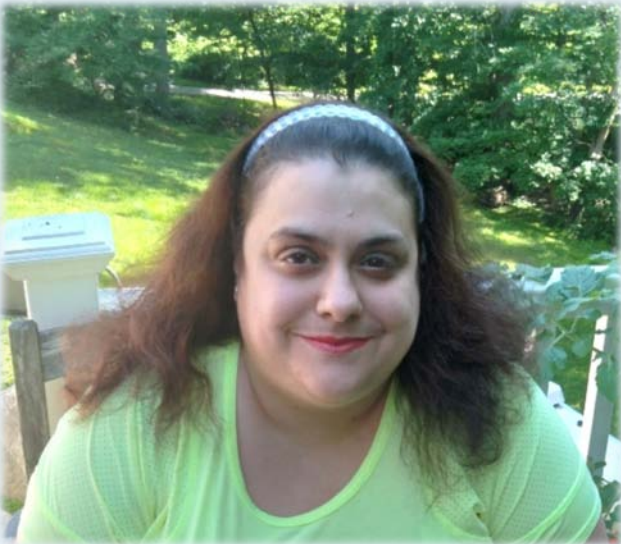
Stephanie is a relative newbie, joining the CLC family in October 2021. She grew up in the Throgs Neck section of the Bronx with her mom, dad and brother Sal. "Sal is married to Angela now," she tells me. As a young child she had a poodle named Passion and later a Lhasa Apso the family called Gizmo. "I had a lot of fun playing with those dogs in the backyard," she recalls. "I just love dogs."

At CLC Stephanie goes to program Monday through Friday, where she loves to do arts and crafts, work on an easel board and create paintings and pictures. "One of my best pictures is of a tree," she says. "My mom told me she really liked it, so I gave it to her."

Stephanie loves the beach, any beach. However, when I asked where she'd like to go on her next vacation she didn't hesitate to say, "Nashville! It looks like a cool place to visit." Stephanie has already taken a few vacations with CLC. "Last Christmas we went to Massachusetts and it was so much fun. We were busy all the time."

Stephanie cooks basic meals like chicken, rice and vegetables and can "toss a mean salad." However, she loves to dine out, and her favorite eatery is *Patricia's Restaurant*. "It's an Italian place that makes great seafood," she says. "It's near my old neighborhood in the Bronx. I go there with my family."

A fan of scary movies, (she especially likes the *Scream* series) Stephanie enjoys watching old romantic flicks like



Stephanie on the back deck of her Pound Ridge home.

Pretty Woman and *Dirty Dancing*. On TV nights she opts for competitive shows such as *The Mad Singer*, *The Voice*, *The Bachelorette* and *Dancing with the Stars*. She listens to most current pop tunes.

When I ask about what she likes best at CLC, she doesn't hesitate to say, "The people! I have friends here. Mary Lou and Clarice are my besties. And my manager Jill is wonderful. I really like her."

When it comes to hobbies, Stephanie has a big one - shopping. "I absolutely love clothes," she says. "But a lot of times I just window shop. It's a lot less expensive that way!"
D. Descloux

NIKKI KENNEDY,
STAFF EXTRAORDINAIRE!

Carol Smith, Residential Director nominated Nikki, Direct Support Professional, as staff extraordinaire and to be profiled in the newsletter for her outstanding work with CLCers. Here's what Carol wrote:

Nikki goes above and beyond on a daily basis. She is even tempered, always smiling and sees the good in things. She will step up to ensure that the day to day "custodial" elements of the job are complete, while ensuring that folks in her care are well cared for.

Nikki recognizes when someone is having a bad day and takes the time to find out what is wrong and help them to come up with solutions to solve the problem. Sometimes she just lets them know they are loved! With the very serious staffing crisis that we are in, she is flexible with her hours and helps out regularly at other locations. Everywhere she goes, everyone loves Nikki.



"I truly feel like we are a family here at Todd Road," says Nikki. "Everyone calls me Auntie Nikki, and I love it! If I had to define my most important role here, it would be to help each CLCer live his or her best life."

Nikki joined CLC in 1996 and left the organization in 2005. She rejoined in 2018, and has worked here

happily ever since. Although she is full time at Todd Road, she also works at Highland, Seth Canyon, Pound Ridge and other apartments whenever she is needed and says, "I'm good at multitasking!"

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GETTING REEL WITH STEPHEN



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

Top Gun 1986

PG13

I give this movie



I watched the original movie starring Tom Cruise as Maverick, who is accepted into the very competitive *Top Gun Fighter School*. He and *Ice Man* (played by Val Kilmer) another candidate in the program, are fierce competitors. They both want to win the coveted *Top Gun Trophy*.

I originally saw this movie when I was 15 years old and liked watching it again. There was a lot of flying action and the music was great! I really enjoyed the *Highway to the Danger Zone* song. Everybody should see it!

I can't wait to watch the new movie, *Top Gun: Maverick*.

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