

THE OPEN DOOR

PROVIDING QUALITY CARE TO DEVELOPMENTALLY DISABLED PEOPLE THROUGH COMMUNITY LIVING

OUR TRAVELING SEASONS GO 'ROUND AND 'ROUND

Our summer 2023 Creative Escapes vacations began Memorial Day Weekend, and we were still traveling right through the Labor Day holiday— on the *Cape*, the *Vineyard*, Newport, Narragansett, Bethany Beach and Ocean City. We did it all - beaches and bumper cars, bistros and boardwalks and sunrise breakfasts and sleepy sunsets. A highlight of our boat trip was a cruise around the Thimble Islands on Long Island Sound. It was stunning, and we were excited to see the locals celebrate on their boats.

We stayed in the most beautiful homes and villas VRBO has to offer. Joe B. commented on the Martha's Vineyard house, "Wow! This is just beautiful, you guys. Look at that; it has a bocce ball patch! I used to play that with my dad." Anthony J's thoughts on the Bethany Beach home, "Good VIP place; just the way I like it!"

Look out travelers, CLCers will be on the road for weekend and holiday outings and they are coming up fast, Halloween, Thanksgiving, Christmas and New Years including a 12 Days of Christmas trip. The foremost excursion is the European Christmas Markets experience when we'll visit four countries from November 29th through December 8th!



Joyce & Kate



Joe



Website coming soon:
creativeescapes.art



Gino

Next issue: December 2023

Photo credit & contributor, J. Mungovan

WELCOME NEW STAFF MEMBER B.B. BENJAMIN

Annette Maksoud

Welcome Bernesta Benjamin (AKA B.B.), a new staff member. B.B. previously worked for CLC from 2002-2015 in Direct Care, and she has returned to the agency as a Day Hab Instructor.

Our new hire coordinates recreational activities for the individuals and gives instructions on activities and daily living skills. She is enjoying her position here at CLC and says, "It's a great job, easy for me to do and there are a lot of different personalities to keep the job interesting."

B.B. frequently uses this quote from Shakespeare's *Hamlet*, "To thine own self be true."

B.B.'s hobbies include fishing (she has owned a boat for 37 years), music, playing the guitar, and volunteering with *Hidden Treasures*. She also loves golf, all sporting activities and travel.

Costa Rica and Puerto Rico are among the places she's visited. She hopes to see more of the world in the near future.

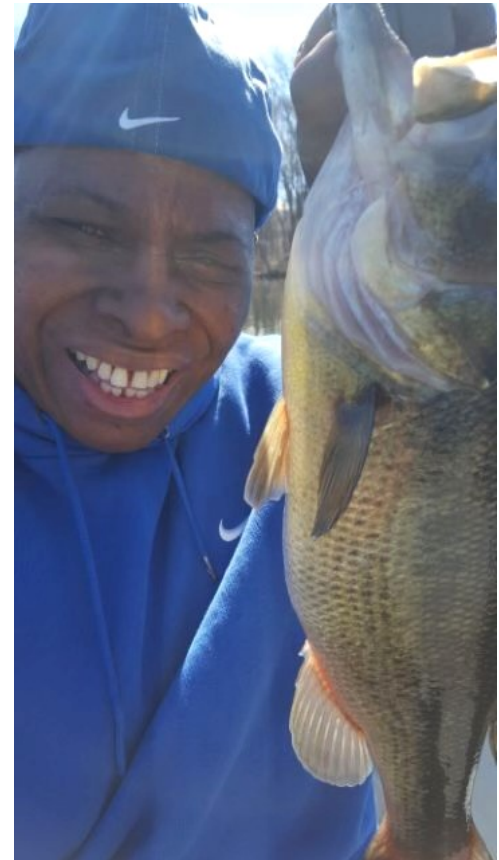
B.B. experienced a bit of drama during a trip to *Playland Park* on a hot day in July. She saw a man in distress. He was choking. (She later found out he was from another agency.)

B.B. didn't hesitate to ask staff if she could help, since she only saw them patting the man on the back. She realized they were not appropriately trained to deal with someone choking and their efforts were not resolving the problem.

B.B. then performed the Heimlich Maneuver on the man, whose name is Mark. He's in his 50s and is developmentally disabled.

The food became dislodged, and out came a string bean! B.B. made sure Mark coughed and was ok. She then called 911 just to be sure.

A manager from the other agency called B.B. and thanked her for stepping in and giving Mark the Heimlich Maneuver. Kudos to you B.B., for going above and beyond to save someone in need.



B.B. shows off her catch of the day. That's one big fish that didn't get away!

JENNY & DIANE'S EXCELLENT LAKE GEORGE VACATION

Jenny and Diane vacationed at Lake George in the New York Adirondacks this summer. Lake George is often referred to as the birthplace of the American vacation. Staffer Marcella Slaughter, at left, accompanied the two and all agreed. "We had a blast!"

The trio dined on a boat while listening to music and enjoying beautiful lake views. They lounged around the pool, and then it was off to shopping and sightseeing followed by dinner out. More lobster, please!



SAVE the DATE

CLC FOUNDATION'S

**18TH ANNUAL
AUTUMN GALA**

11.12.2023

GREENTREE COUNTRY CLUB

2023 HONOREES:

VALLEY BANK

AND

JOHN PORCELLA, PhD

**SPECIAL PERFORMANCE
BY HIDDEN TREASURES**

MESSAGE FROM OUR CEO

The week of 9/11- 9/15/23 marked the end of a series of celebrations all directed toward recognition of the work of our “DSPs” (Direct Support Professionals). Without them we could never run CLC as it is known today.

Very few of the people we support are fully aware of how we operate, including three shifts a day, seven days a week! Whether morning, noon or night, spring, summer, fall or winter, the Direct Support Staff is on duty.

Long after this celebratory week has passed, the DSPs will be there providing care and support to all of those we care for. We should be celebrating their work every day, not just on DSP week. We can and should be proud of their accomplishments.

Retention of quality staff, the ones who really stand out is complicated. Way back in 2016, Stephe Gause of Altus Dynamics listed five things that could be done to help keep a quality workforce:

Expectation vs. Experience – All of us want to feel wanted in the workplace.

Perception of Training – Does the training fit the need? Does it add up to make a better workplace?

Insufficiency of Resources – Our entire field is well aware of how shortages of nearly everything affects the outcome or morale.

Work, Stress and Incidents – Many of the staff are ill prepared to conceal very real stress levels encountered in the DSP workplace.



Opportunities for Advancement – Staff need to know they are not just marking time – that something will yield a gratifying outcome.

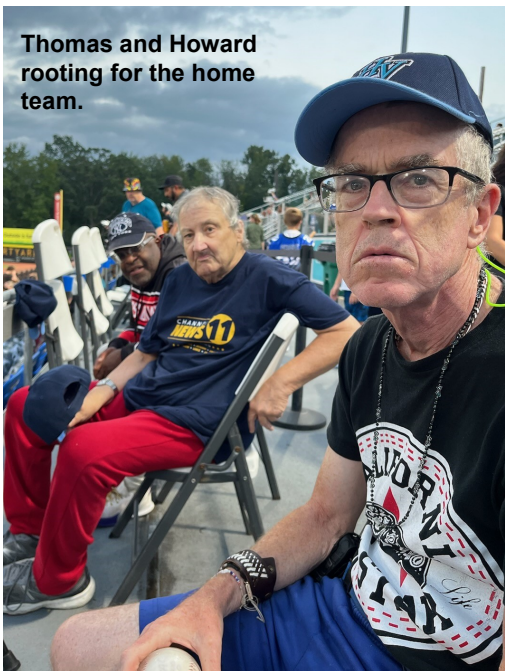
So why not try to help by implementing some of these suggestions. It will cost you nothing and will create a huge positive impact on those actually doing the work.

Be well!

John Porcella

A CLC SUMMER OF FUN

Thomas and Howard of The Commons rooting for the home team.



CLC's Residence Managers organized plenty of day trips for individuals this summer, from baseball games to Manhattan hot spots like the Top of the Rock and Madame Tussaud's.

← Thomas and Howard of The Commons enjoyed watching the Hudson Valley Renegades vs Aberdeen on August 25th, which was Howard B's 74th birthday. They got to see The ZOOperstars, which are inflatables and were excited to watch fireworks at game's end. The Renegades play at the Heritage Financial Park in Dutchess County and they won that day 6-5; that was close!



Ascending to Top of the Rock at Rockefeller Center to view the breathtaking New York City skyline was a thrilling experience for, from left, Howard, Brian, Jenny and staffer Tom.

CELEBRATING DIRECT SUPPORT PROFESSIONALS

CLC celebrated Direct Support Professionals (DSPs) the week of 9/11-9/15/23. The agency marked the occasion with a table of goodies brought in by staff, banners, thank you notes and a visit from everyone's favorite, the Topsy Taco Truck. In addition, all DSPs received a Dunkin' gift card and a direct care stipend.

Although the week was enjoyed by all, we could never begin to thank these dedication professionals for all the work they do throughout the year. You are truly heroes - in our minds and in our hearts!



Each day during DSP week, two names were pulled from a hat and each won a prize.

Gift Card Winners

Monday 9/11
Tuesday 9/12
Wednesday 9/13
Thursday 9/14
Friday 9/15

Crystal Cureton
Willie White
Shelley-Ann Goulbourne
Belinda Nixon
Scott Hester

Day Off Winners

Kim Lake
Sean Brown
Amanda Purdy
Cadean Fuller
Terence Childrey

Barbie Appreciation Day

Are you a part of Barbie mania? You probably feel like you can't escape Barbie fever!



On August 3, 2023, a group of employees at 135 Radio Circle Drive joined the Barbie phenomenon and dressed in pink to celebrate Barbie Appreciation Day. It was fun to see all the *Kens* and *Barbies* who participated by dressing in all shades of Barbie's favorite color.

No event at CLC is complete without refreshments, and the snack of the day did not disappoint. Staffer Deirdre Tracey made delicious cupcakes (guess what color?!) in honor of the iconic doll. Barbie and Ken signs were even posted on the restroom doors!



A FAREWELL TO JONATHAN

Annette Maksoud

Jonathan Lukens joined CLC in September of 2003 as a Behavior Consultant. He soon became CLC's only Residential Director at that time and continued in this role until 2018. He then went on to become CLC's Behavior Intervention Specialist.

In this role he developed behavioral based strategies for helping individuals with behavior problems and provided clinical input. With two clinical degrees as a Social Worker and an Applied Behavior Analyst, Jonathan shares that he has been "doing this kind of work since he was 11 years old. My younger brother has Autism and we shared bunk beds for 14 years." Jonathan's father worked as a psychologist and his mother founded an agency in Rockland County.

Jonathan loved CLC. He loved working with his colleagues, the Direct Support Professionals and the Clinical Team. Most of all, however, he enjoyed working with individuals. Developing creative solutions to challenging behavior issues has always been his forte.

Jonathan worked for many years as a Program Developer as well, not only for individuals but for Day Hab programs, where he applied his own interests to the job. For example, Jonathan used his horse for many years for therapeutic treatment. As a certified Yoga teacher for special needs people, he taught Yoga for over 25 years.

Jonathan's greatest challenges over the years were working with people with chronic difficulties who are very treatment resistant. Another challenge is the movement toward increased regulations litigation accountability.

Jonathan will miss the comradery at CLC; the connection to all the staff and, of course, the individuals who live here. His favorite memory is the Sunday Equestrian Program, which he helped organize. However, after working for a total of 44 years, he says "it is time to move on!"



As Jonathan thinks about his time at CLC and write his retirement letter, he says that "CLC is an excellent agency that is really devoted to improving the quality of care for people here. I'll very much miss the leadership of people like John Porcella, CEO, who believed in me. John's priorities are always focused on the individuals."

Jonathan's retirement plans include moving to Mexico with his wife and, of course, his horse. He had a house built there last year. His first priority is learning the Spanish language. "I plan to turn my terrace into a rooftop garden and cook local dishes."

When asked how he chose Mexico, Jonathan stated that he likes Latin culture. "The Mexican people are really nice, the climate is great, close by to the U.S. and the food is fabulous." He was originally planning on moving to Costa Rica, but he wasn't allowed to take his 42 year old parrot there.

Jonathan has no plans to work in Mexico, but he does hope to get another horse to train. Once he is proficient in the language he would like to do



volunteer work with horses and disabled children. On behalf of CLC, we would like to congratulate Jonathan on his retirement and we wish him the best in the next chapter of his life.

Jo Jo's Java Coffee Shop + Espresso Bar

Our very own Day Hab Program Specialist, Arlene Pichardo, makes the most delicious baked goods daily. She prepares everything at the Baking Studio Program in the Day Hab restaurant.

Happy to share her culinary talents with CLC, Arlene sells her yummy treats with the help of a different individual each day. Treats range from \$1-\$3, and all proceeds that are collected go right back to the Baking Studio. Thank you, Arlene, for making delicious baked goods for CLC!

Pictured are Arlene, at right, with a very enthusiastic helper of the day, Angela.



Cookin' Good with Jenny



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



Very Veggie Beefy Casserole

Serves 4—5

This recipe was prepared at Jenny's Day program at Winslow Farm and is a group favorite.

Ingredients:

- 1 lb. of ground beef
- 3 zucchini (sliced into rounds)
- 1 onion (chopped)
- ½ tablespoon parsley (chopped)
- 2 cans of chopped or pureed tomatoes (15 1/2oz cans)
- 1 small can of tomato paste
- 2 pkgs. of shredded mozzarella cheese

Directions:

Heat oven to 350F

In a large pot, cook the ground beef until almost done. Add onions and sauté 2-3 minutes more. Drain excess grease.

In large bowl, mix the parsley, tomatoes and tomato paste together. Set aside 1/2 cup of this mixture for later use in bottom of pan.

Add the rest of tomato mixture to the beef and mix together. Heat for 2 minutes. Do not add cheese yet.

Pour the set aside tomato and paste mixture into bottom of a 13"x 9" glass baking dish. Add a layer of zucchini rounds, then add some tomato beef mixture and another layer of zucchini rounds. Repeat layers with remaining ingredients. Top with shredded cheese. Cover with foil. Cook at 350F degrees for 30 minutes. Remove foil and cook 15 minutes more. *Mangia!*

Clip and save this recipe from Jenny!



Winslow's Annual Golf Event 2023

Winslow's golf event, held on September 12th, was a resounding success. The day's top sponsor was Hudson Regional Long-Term Care Pharmacy, and it was held at the West Hills Country Club in Middletown, NY. Participants enjoyed lunch, a day of golf, dinner reception and awards ceremony.

Pictured from left are CLCF's Nikki Ferro and Deneye Urciuoli and Sue Ferro, Winslow ED.



HIDDEN TREASURES

An Arts Education Program for People with Special Needs



Save the Date!
12/6/23

Hidden Treasures Talent and Art Show
Fox Lane High School, Bedford, NY



Studio Art
Arts & Crafts
Choral Group
Modern Dance
Musical Drama

Fall Classes 2023
Monday 9/19 -12/4
Tuesday 9/19-12/6
Sharon Sinnott,
Director (914) 643-2943

Works by Hidden Treasures artists will be featured on 2024 calendars. They will be sold at the annual CLC Autumn Gala on November 12 and at the Hidden Treasures Show on December 6th.



Calendars cost \$25 each. You can also email: Denyele@clcfoundation.org and we'll mail you calendar(s) for an additional postage fee. Proceeds will go toward supporting scholarships and the purchase of supplies for the Hidden Treasures program.

SeptemberFest 2023

Mount Kisco's SeptemberFest was a carnival, street fair and foodie paradise all in one. The event drew crowds from all over the county. Of course, CLC Foundation was there!

In its continuing effort to build positive relationships with the community and raise awareness about its program offerings, CLCF hosted a booth, which also advertised job openings and displayed CLC artwork.

Many CLC staff and individuals came by and were thrilled to view their art pieces. CLC's CEO John Porcella and CLC Transportation Executive Director, Desiree Antolini, dropped by and joined the fun.



This group of CLCers thoroughly enjoyed SeptemberFest and visited the CLCF booth!

Above right, CLC Foundation Executive Director Denyele Urciuoli with Kaylie Myers, CLCF Trust Officer at the CLCF Booth.



Trusts 101 Denyele Urciuoli

Staff from CLC Foundation will attend the National Conference on Special Needs Planning and Special Needs Trusts in October 2023 in St. Petersburg, Florida. This conference promotes best practices in trust administration, and covers topics affecting the Pooled Trust and Special Needs Trust industry.

Our team will work with other trust administrators, attorneys and trust companies to share ideas and learn current trends across the nation. CLC Foundation continues to strive to be the very best in offering top tier services to our clients and families. For more information, call 914-242-2076.

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.

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GETTING REEL WITH STEPHEN



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

**Mission Impossible-
Dead Reckoning: Part One**

Rated: PG-13

I give this movie



I saw this movie in a Westchester theater. It stars Tom Cruise who plays Ethan Hunt, a member of the IMF team. The team's mission begins with a race around the globe in order to confront an enemy. These bad guys have a new weapon that will threaten all of humanity.

The movie and the music is thrilling and exciting. I enjoyed the great stunts in this fast action show. Everyone should go see it. I give it four stars.

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