



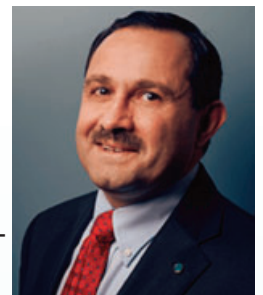
Center for
Disability Services

CENTER CONNECTION



Message from the CEO, Greg Sorrentino

As we look forward to 2023, we begin the year with a tremendous amount of gratitude that the Center for Disability Services celebrates its 80th year of serving this community. Throughout our 80 year history the Center has grown with this community, with the growth not just representing the size of the organization, but more importantly the number of disability classifications treated. Unique programs like our Mobility Opportunities Via Education (MOVE), site based as well as community based day programs, residential sites that accommodate varying needs and blend into communities, a health clinic that includes hard to find services like dental, and neurology, and one of only six pediatric skilled nursing facilities in New York State called St. Margaret's Center that is home to seventy two pediatric beds, and 20 young adult beds. Complimenting these core services are transportation, a tremendous facilities department, and administrative staff that support the entire agency, allowing our providers to do their job.



We are excited to continue our efforts to bring people back into Center based programs, as we work our way out of the effects of the pandemic, and get people back to their respective programs and friends. We had an open house at our new Respite Home in Queensbury, and have had a lot of interest from families who very much need respite care in the North Country. Our clinic has had two large grants, one from Senator Schumer to assist with a joint medical record system with Albany Medical Center, as well as equipment purchases and renovations. The second grant is a Transformation grant from Governor Hochul to assist with capital projects and accessibility improvements at our clinic, which will be very beneficial as we continue our efforts to build a Regional Disability Clinic at the Center. As Spring and Summer approach, we look forward to Special Olympics in our school programs, Camp Spectacular at our camp in Glenville, and many other projects and program enhancements as we work our way through 2023.

One more exciting note, we have officially started our clinical trial through Tufts Dental School on our patent pending oral hygiene product (toothbrush) that we hope will bring new opportunities to caregivers that assist individuals with brushing their teeth. This toothbrush was designed by our engineering staff, doctoral fellows, and undergraduate students at our HII Tech Incubator and is one of a number of products in development to assist individuals to live more independently. Recently we also received a second United States Patent on our seating system to alleviate pressure ulcers, which is still in development, but we hope one day will have a major impact on a very serious health problem in this country, especially for those in wheelchairs.

We appreciate the support of our staff and our community, who together have allowed the Center to grow with them for 80 years. We look forward, with the continued support of our staff and community, to the next 80 years of service, and to helping *people get better at life.*



March is National Cerebral Palsy Awareness Month!

The goal of National Cerebral Palsy Awareness Month is to advocate for positive change in education, health care and the job market to give opportunities and access to those living with cerebral palsy. This goal is completely congruent with the Center’s focus since its inception and an on-going goal for Center Health Care. Over one million individuals in the US are living with cerebral palsy and finding access to needed expert services is a perpetual challenge. Center Health Care continues its mission to design our practices to optimize both physical access and access to medical expertise for this multi-faceted disorder.

Cerebral palsy symptoms vary in type and severity from person to person but can affect every body system. Symptoms can include mobility challenges from increased muscle tone, coordination and fine motor skill challenges, speech and swallowing issues and seizures. Medical issues can include chronic constipation, kidney stones, bladder dysfunction and osteoporosis. At Center Health Care, we focus on a multi-disciplinary approach using traditional Physical Therapy, Occupational and Speech therapies as well as the MOVE (Mobility Opportunities Via Education/Experience) program to enhance muscle strength and mobility throughout our Article 16 clinic. Neurology, Primary care and Physiatry practices work collaboratively to maximize physical function and independence for the individual with Cerebral Palsy.

Getting better at life requires expert and accessible care, our continued goal at Center Health Care.

Center for Disability Services

Hiring Direct Support Professionals across the Capital Region with flexible scheduling options!

To apply, visit www.cfdsny.org/careers or scan the QR code.

A Holiday Tradition Continues!

Once again, The Kindness Is Foundation donated festive holiday pajamas for all of our residents. Everyone dressed in their cozy best for St. Margaret's Pajama Day in December!



Music Therapy is Back!!

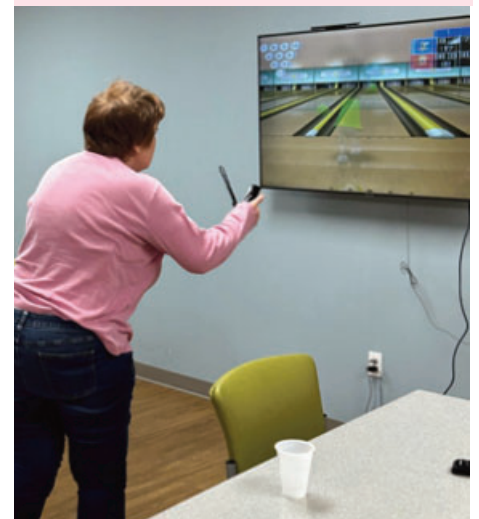
I think we can all agree that music is a universal language. Not only has it been proven to help with depression and anxiety but because it is processed by both hemispheres of the brain, music can help improve verbal fluency and stimulate cognitive functioning. We have been incorporating music into our day programs for many years here at the Center.

We are excited therapists and performers are back in the programs. We have been lucky enough to have the amazing *Watch Reggie Run* group as well as music therapists visit several of our programs. *Watch Reggie Run* performs fun and interactive songs.

Music therapy focuses on communication as well as incorporating the use of instruments and different techniques. We all appreciate these activities and greatly benefit from the difference music truly makes in our lives.



Sunset Day Hab



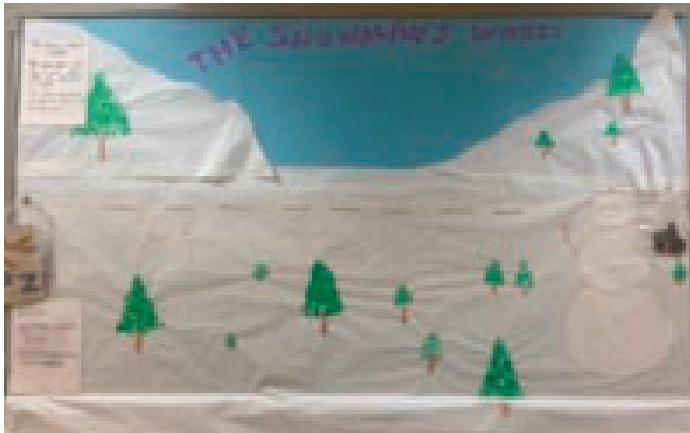
The Adult Division has recently started a Sunset Day Hab located at our Corporate Circle site.

In addition to our traditional day hab schedule, we've begun providing day hab services starting in the afternoon and running through the early evening.

This new and creative option has provided an opportunity to return some people back to in-person day hab. We've enjoyed getting out and going out to dinner, going to the YMCA and the library and having music therapy come on site. We're hoping to be able to expand this option in the future to those who are interested.

Interactive Bulletin Boards

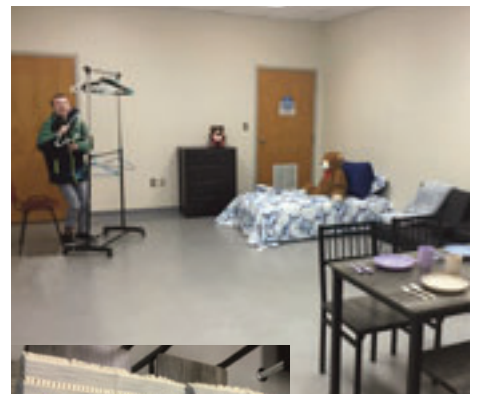
Langan School and CloverPatch Albany were very excited in January to participate in a bulletin board contest. Staff and students in both programs worked together to create amazing, interactive bulletin boards. The theme for the contest was board games or other interactive games. Some of the creativity included: Chutes and Ladders, Tic Tac Toe, I Spy, Wits & Wagers, Sponge Bob, and Trouble. After the judges saw each board three winners were determined. The winners were 1st place Room 3 The Snowman Word, 2nd place Diamond Room Candy Land, and 3rd place Room 12 Langanopoly.



Simulated Apartment at Prospect

We are very excited to be opening up a simulated apartment at Prospect Center Vocational Education program which focuses on our integrated education program! Our students are participating in the design of the apartment by planning where the furniture is placed. Students will have access to the kitchenette to work on meal prep activities, as well a wardrobe and t.v. to work on functional daily living and leisure activities. The attached bathroom will offer a variety of personal care items to practice getting ready for their day. Our student yearbook photographers cannot wait to snap some more photos to display.

There is a lot of excitement where plans are being made with friends to meet up for gaming sessions. The students look forward to choosing their own artwork, ornamentations and plants to add their personal touch as they make design choices.



Queensbury Respite Welcomed to the North Country

On January 25th Queensbury Respite hosted an open house. Even though there was a forecasted snow storm, there were many families and community members there to welcome us to the area and expressed their enthusiasm for the opportunity to utilize this respite service. Queensbury Respite is one of the only Respites in the North Country.

The Queensbury Respite provides support to children and adults with an Intellectual and/or Development Disability living in the community or surrounding communities, providing caregivers the peace of mind knowing their loved one is supported by trained staff. Guests attending respite will get to unwind in a safe environment while socializing with peers, playing games, relaxing or enjoying local community events.



Neighbors Helping Neighbors!!

When a fire destroyed their apartment in September of 2022, Gerry and Glen and their staff were left immediately searching for a place where they could safely and comfortably stay until they could get back on their feet.

Thankfully our Watervliet home on 8th Avenue had two open rooms right at the perfect time. Without hesitation our Watervliet and the Supportive Apartment teams worked together to get Gerry and Glen moved in and settled in their new temporary home. The extra benefit was that they were still in their own familiar community.

While Glen and Gerry are both eager to find their new apartments, they have enjoyed the fun and energy of living with the individuals at Watervliet. The teams continue to work together to ensure that Glen and Gerry are comfortable and maintain the same level of

independence they had previously while living independently.

While Glen and Gerry are appreciative and have enjoyed the comradery they are both looking forward to getting settled again in their new homes. Great things can happen when neighbors help neighbors.



Res Rocks the Holidays!!!

For the first time since 2019 Residential Services held their annual holiday celebrations at the Marriott on Wolf Road. Everyone in attendance enjoyed great food, dancing and laughter and were so glad to get dressed up and hit the dance floor with some really great moves!

Thank you to DJ Artie and Pro-Stylez Entertainment for providing the music and to the wonderful staff at the Marriott for all of the years of tremendous hospitality they have given us.



80- Years in the Community - Celebrating the #518gives Fundraiser

Stories of hope, innovation and achievement were highlighted while being entertained by local talent during the #518gives Fundraiser that was broadcasted on FOX23 on Sunday, February 5, 2023 from 4:00pm to 7:00pm, and streamed live on the Center's website. All proceeds support the programs and services of the Center for Disability Services and its affiliates/divisions: Down Syndrome Aim High Resource Center, HII-Tech Incubator, Prospect Center in Queensbury, and St. Margaret's Center in Albany.

This year's Child Representative was 4-year old Charlotte Ochoa-Caguana, who attends the Center's Clover Patch PreSchool program in Albany and lived at our St. Margaret's Center. Adult Representative Doug Gould attends the Center's Adult DayHab program in Glenville, lives in one of our homes, and receives services from Center Health Care.

Additional stories featured Langan School in Albany student Khyonna Coleman, Ramos Hector, who is a student at the Langan School at Prospect Center in Queensbury, an update on Langan School in Albany student Kassidy Salisbury-Arnold, and stories featuring Center Health Care services, the Centers research and development arm HII-Tech, a tour of St. Margaret's Center, and a Staff Tribute highlighting 4 individuals that represent the many amazing staff who work at the Center everyday.

There were two opportunities to win all expense paid packages to this year's Big Game in Glendale Arizona. Leslie Taft and Colleen Edwards from Albany and Daniel and Arie Vogel, a father and son, from Bronx, New York were the winners.



As always, a heartfelt thank you to our community for their steadfast support!

#518gives Fundraiser Watch the Featured Stories

Charlotte <https://vimeo.com/795467667>

Khyonna <https://vimeo.com/793561199>

Doug <https://vimeo.com/793559933>

Kassidy <https://vimeo.com/793560731>

Ramos <https://vimeo.com/793561875>

Staff Award Winners
<https://vimeo.com/793928319>

Center Health Care
<https://vimeo.com/793559348>

HiTech
<https://vimeo.com/795468882>

Special Events Calendar

An Aficionado Experience
Presented by Northwestern Mutual June 8th
The Hanger at 743 Latham, New York

30th Annual The Shoppes at Newton Plaza
Siro's Cup July 12th Siro's Restaurant Saratoga
Springs, New York

32nd Annual Million Dollar Beach Volleyball
Tournament Presented by the Times Union
August 5th & 6th Million Dollar Beach Lake
George, New York

Capital Region Buddy Walk September 24th
Schenectady Central Park Schenectady, New
York

32nd Annual North Country Festival of Trees
Presented by Berkshire Bank Nov. 24th -26th
The Queensbury Hotel Glens Falls, New York