

2023 Annual Report

Expanding the Horizons of Accessibility



A letter from our CEO

81 Years of Expanding the Horizons of Accessibility. CFDS is proud that as we have emerged from the pandemic, our programs and services have continued to grow, and our innovation has allowed us to serve individuals we support like never before.

In 2023, we expanded our efforts to make our services accessible to everyone. Our MOVE Program bought newer equipment, increasing the opportunities for children and adults to be more upright and independent. We made great strides in accessible health care to expand information sharing with local hospitals for individuals we support who are non-verbal or limited with their communication and renovate our Center Health Care to improve accessibility to the building. This includes our dental clinic, the only one in the region uniquely designed for individuals with disabilities. All of this was done through grant funding.

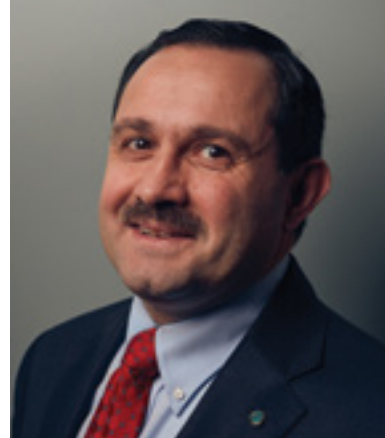
We also purchased technological equipment to allow for better health care for our vulnerable population to assist in caring for individuals with verbal, physical, or limitations. We invested in more accessible playground equipment at Prospect Center and we have made numerous improvements to our community homes to allow the individuals to age in place with their friends where they have lived for years or even decades. We finalized

the renovation of St. Margaret's Center, home to 92 children and young adults. Now their home is newer and better than ever to allow for full use of technology, and program space, to maximize the potential of these children and young adults as we continue to help them get better at life, and for some, return to their families in the community.

We made great strides with HII-Tech as we prepare for the next phase of our clinical trial with Tufts University Dental School on an oral hygiene product that was designed by the Center and is patent pending. We look forward to a product that will help millions of people and their caregivers. Our seating system to prevent pressure ulcers has secured three US Patents so far. We continue to innovate to meet the needs of those who require our services in the least restrictive setting. We continue to use innovation to increase programming and participation.

Accessibility and innovation always start with our tremendous and dedicated staff. Our team has risen with each challenge and has empowered those we support to live healthy, enriched lives. We appreciate their dedication and commitment to those we support and to each other.

As we look forward, we welcome our newly approved five-year agency



strategic plan, with an emphasis on programs/services, employees/staff, and partnerships/alliances. We recently completed our DEI training, and will continue to implement good practices for all employees. We are committed to incorporating this strategic plan and providing our staff with a great work environment, with the ultimate goal of continuing to make the CFDS **"Where People Get Better at Life."**

A handwritten signature in blue ink that reads "Gregory J. Sorrentino".

Gregory J. Sorrentino
President/Chief Executive Officer

A letter from our chairperson

What does Expanding the Horizons of Accessibility mean?

Expanding the horizons of accessibility for those with disabilities means creating broader opportunities and removing barriers that limit people's full participation in society. It means improving physical access to buildings, enhancing digital accessibility in technology, better communication, and promoting inclusive practices in education, employment, and public services for all. It means **Helping People Get Better at Life**.

Much of 2023 was spent developing and executing a five-year strategic plan, and I am proud of the action plan that we developed with active and enthusiastic participation from all teams at the center as well as the board of directors. Some of these initiatives include educating and celebrating our staff by developing

an Employee Engagement Department and an internal Career Center to encourage professional growth.

We also aim to reduce wait times for all services for our participants and develop new opportunities for growing partnerships in the health field. In addition, we are looking to expand employment opportunities for the people we support by expanding our mail fulfillment center. Finally, we aim to create an advisory group to help support all the families we serve and to foster communication between everyone.

As always, I am impressed and humbled by the dedication of the board of directors, the compassion of the staff and volunteers, and of course, the way we all strive to make the Center the premier non-profit in the Capital Region.

I continue to tour homes and day programs, meet staffers working directly with individuals through



quality reviews, as all of our board directors do, attend awards and graduation ceremonies, and meet the families who are being helped daily by the Center. For 81 years, the Center has changed the quality of life for so many families, and I am humbled and blessed to be a part of this cause.

A stylized, handwritten signature in teal ink, consisting of a large loop followed by a series of smaller, connected strokes.

James J. Morris IV
Chairperson of the Board

2023 Governing Board of Directors

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For a listing of other Center for Disability Services Boards, please visit our website cfdnsny.org

Expanding Access to the World for People with Disabilities

MOVE™ International: Creating Accessibility Through Adaptable Equipment

In the journey towards greater inclusivity and accessibility, the Center has made significant strides, especially through our acquisition of MOVE International. This past year, we have continued offering more adaptive equipment that empowers individuals with disabilities to navigate their environments with greater independence.

MOVE International has been a pivotal partner in our mission. Known for their innovative approaches to mobility and independence, MOVE International's programs are designed to teach individuals with severe motor disabilities how to sit, stand, and walk with assistance from specially designed equipment. This

equipment is not just functional; it is transformative. It offers individuals the opportunity to participate more fully in daily activities, fostering a sense of self-reliance and dignity.

This year, thanks to the generous grant from Bimbo Bakery, we were able to expand our inventory of adaptive equipment significantly. Among the new additions were customized wheelchairs, standing frames, and mobile standers. Each piece of equipment is tailored to meet the unique needs of those using our program, enabling them to achieve milestones in mobility that were once thought unattainable.

Through initiatives like these, the Center reaffirms its commitment to expanding accessibility and fostering independence for people with disabilities.

Opening the Door to Better Care with Dental Camera

We are constantly seeking ways to improve the healthcare experience for individuals with disabilities. In our Dental Unit, we have introduced a tool that is transforming our ability to provide thorough patient care: the intraoral camera. This camera is specifically designed to make dental diagnostics more comfortable and effective for people with disabilities or limitations that can make traditional dentistry challenging.

The intraoral camera can be easily maneuvered inside a patient's mouth. One of the significant benefits of using an intraoral camera is its ability to facilitate a non-invasive and comfortable experience for patients. The camera minimizes the need for prolonged open-mouth positions and reduces physical discomfort, making dental visits a less daunting experience. Its mobility is particularly beneficial in



accommodating patients who may have difficulty moving between rooms or sitting in traditional dental chairs.

Our commitment to using state-of-the-art technology like the intraoral camera underscores our dedication to providing high-quality, accessible dental care. By integrating this tool and more, we are able to offer more precise diagnostics and treatments while ensuring that our patients remain comfortable and at ease throughout their dental care experience. We are proud to lead the way in offering innovative, patient-friendly dental services that cater to the unique needs of people with disabilities.



*New York State
accredited schools
in Albany and
Queensbury at
Prospect Center*



*Programs to
support individuals
in any stage of life*



*Expanded innovative
services: Without
Walls, MOVE*



*State-of-the-art
innovation for
today, and the
future, at Hii Tech*

10,000
Supported Annually

SEVEN
*Adult day program sites
including Without Walls
program*

1900+
*devoted and amazing
staff members*

53
Residences

A Year In Review - 2023

January

New York State Developmental Disabilities Planning Visits Center Health Care

In January, we welcomed Vicky Hiffa and Kimberly Berg from the New York State Developmental Disabilities Planning Council for a tour of Center Health Care. They explored our unique dental clinic, designed to meet the specific needs of our population. Special thanks to Maureen O'Brien, Rebecca Ryan, Dr. Maria Kansas, and Victoria Knapp for joining the tour and showcasing how our clinic helps people get better at life.



February

#518Gives 2023 Fundraiser

We saw another successful #518Gives fundraiser, featuring inspiring stories from representatives and students, highlights of Center Health Care services, HII-Tech, and St. Margaret's Center. Hosted by WTEN anchors and streamed online, it showcased the Center's impact and paid tribute to dedicated staff.

March

Snow Day for our Students

In March, students from the Prospect Center enjoyed a day of fun in the snow using adaptive sleds. This event highlighted the Center's commitment to providing inclusive recreational activities, allowing students of all abilities to participate and enjoy winter sports.



April

Celebrating Staff

In April, we celebrated the Center's dedicated staff, recognizing Direct Support Professionals in Residential and Day Programs, along with Occupational Therapists, Physical Therapists, Speech Therapists, and Social Workers. This event honored their invaluable contributions and commitment to enhancing the lives of individuals with disabilities.



May

The Albany Langan School Art Show

In May, the lobby at the Langan School in Albany was transformed into a vibrant gallery for the School Art Show. Students and staff showcased their beautiful artwork, and everyone had the opportunity to vote for their favorite pieces, celebrating creativity and artistic expression within the school community.



June

Summer Camp is for Everyone!

Our campers received a warm welcome to Camp Inspiration at Double H Ranch. They eagerly anticipated a few fun-filled days, enjoying various camp activities and creating unforgettable memories. The camp experience highlighted the joy and excitement of summer adventures for all participants. *Scan to watch a recap video of their camp experience.*



July

Without Walls Gets Cake Crashed

Jake and Libby from the Fly 92.3 morning show cake crashed our Without Walls program! Their visit brought new excitement, making the day extra special for everyone involved.



August

Prospect Center Special Olympics

Our students had a fantastic day at the Prospect Center Special Olympics in Queensbury. They had so much fun and proudly earned their medals. Great job to all the participants for their incredible efforts and achievements!



September

Capital Region Buddy Walk

In September, the 27th Annual Capital Region Buddy Walk, presented by Central Self Storage, saw a record-breaking crowd. We surpassed our goal, raising over \$50,000 for the Down Syndrome Aim High Resource Center. Thank you to our sponsors, teams, committee, and attendees for making the event a huge success!



October

Recognitions at the CP State Annual Conference

Matthew Graham, Deana Brooks, Kevin Church, Yvonne Harvard, and January Santos were recognized for their outstanding achievements at the CP State Annual Conference. Their individual achievements and dedication to services at the Center earned them statewide recognition.

November

Center Wins Non-Profit of the Year

The Center for Disability Services was honored as the Capital Region Chamber Non-Profit of the Year for the first time in its 81-year history. This award recognizes the mission-driven work of our dedicated team and leadership, collectively helping thousands in our community get better at life.

December

Residents Ring in the Holidays

We celebrated the season with two nights of festive fun at our annual Residential Program Holiday Parties. Residents, their families, and staff danced the nights away to DJ Artie Hunsinger's music. A big thank you to our dedicated direct support and transportation staff for making these amazing nights a success!





Senator Chuck Schumer visits the Center to announce a \$2 million federal grant to the Center's health clinic Center Health Care.

Funding Pathways to Accessibility: 2023 Grants Roundup

In 2023, the Center for Disability Services gratefully received a number of generous grants that are pivotal in our ongoing mission to enhance accessibility for individuals with disabilities. These grants have enabled us to broaden our reach and deepen our impact, continuing our commitment to dismantle barriers and foster inclusive environments for all.

Adirondack Foundation and Touba Family Foundation Grants:

The Center received generous grants from the Adirondack Foundation and the Touba Family Foundation that have allowed us to open an on-site simulated apartment for the Langan School at Prospect Center's vocational program. This facility provides students with disabilities hands-on experience in a realistic setting, promoting independence and vocational skills.

Governor Kathy Hochul's Grant:

Governor Kathy Hochul awarded a \$1.5 million grant to the Center to create infrastructure for New York's first "true health system for individuals with disabilities," in partnership with Albany Medical Center. This grant bolsters our ability to provide comprehensive

healthcare services to those with disabilities, ensuring they have access to quality care, improving overall well-being, and enhancing their independence.

Senator Chuck Schumer's Grant:

Senator Chuck Schumer announced a \$2 million federal grant to assist with the Center's Health Clinic, including establishing a joint electronic health record system with Albany Medical Center. This system streamlines care and promotes better health outcomes by ensuring health information is shared in a timely manner.

M&T Charitable Foundation and Price Chopper's Golub Foundation Grants:

The M&T Charitable Foundation and Price Chopper's Golub Foundation provided grant support that enabled the Center to add new equipment and improvements to Clover Patch Camp for Individuals with Disabilities. These enhancements expand how we can accommodate children with disabilities and provide them with a true summer camp experience. The grants ensure Clover Patch Camp continues to serve as an inclusive space, fostering accessibility for individuals with disabilities throughout the region.

News, Honors, and Milestones

This past year has been marked by notable achievements, honors, and milestones that reflect the Center for Disability Services' dedication to enhancing accessibility and inclusivity for all.

Lieutenant Governor Antonio Delgado at Langan School Commencement:

We were delighted to welcome Lieutenant Governor Antonio Delgado as the guest speaker at the 57th Kevin G. Langan School Commencement. His presence celebrated the accomplishments of our students and underscored the importance of expanding opportunities for individuals with disabilities, highlighting the significant strides made in accessibility and inclusivity.

Capital Region Chamber Non-Profit of the Year:

The Center was honored to be named the Capital Region Chamber Non-Profit of the Year, recognizing our continued commitment to supporting individuals with disabilities and expanding our offerings across upstate New York and beyond. This prestigious award is a testament to the hard work and dedication of our staff, partners, and the broader community. **Scan to watch the video.**



First Place at the 2023 CREATE Symposium:

Engineering students at the Engineering and Applied Sciences University at Albany, along with Professor Jonathan Muckell and Alexander Demitraszek from the Center, won first place at the 2023 CREATE Symposium for their innovative automated paper ream opener. This tool will empower more individuals to work at the Center's mail fulfillment center, expanding employment opportunities and fostering independence for people with disabilities.

Overall, 2023 has been a year of progress and celebration, reflecting the Center's mission to create a more inclusive world. The achievements of this year underscore the impact of our efforts, reaffirming our commitment to making a difference in the lives of individuals with disabilities.



Lieutenant Governor Antonio Delgado visits with graduate, and leadership during his visit to Kevin G. Langan School for the 2024 Commencement ceremony.



Center for Disability Services

Our wide range of services under a single umbrella allows us to provide a seamless continuum of care as the people we support age or as their needs change.

Prospect Center
An Affiliate of
Center for Disability Services

St. Margaret's Center
An Affiliate of
Center for Disability Services

Kevin G. Langan School
At the
Center for Disability Services

Down Syndrome Aim High Resource Center
At the Center for Disability Services

Clover Patch Camp
At the Center for Disability Services

Camp Spectacular
At the Center for Disability Services

Clover Patch Preschool
At the
Center for Disability Services

Fundraising

In 2023, the Center for Disability Services continued to strengthen its mission through various fundraising events, fostering community engagement while supporting individuals with disabilities across upstate New York and beyond.

We kicked off our fundraising for the year with the Aficionado Experience featuring Dellin Betances, former Yankee, offering a unique experience for attendees and raising funds to further our cause. The 30th Annual Newton Plaza Siro's Cup continued the tradition of supporting the Center's mission and kicking off track season. The 4 on 4 Million Dollar Beach Volleyball Tournament saw 800 volleyball players from across the country play to raise funds for the Prospect Center. A record-breaking crowd joined the 27th Annual Capital Region Buddy Walk, raising over \$50,000 for the Down Syndrome Aim High Resource Center. The North Country Festival of Trees delighted attendees once again, providing a festive way to support the Center's programs. Finally, a Concert for a Cause, featuring the talented Ryan Clark, benefiting the Prospect Center.

Each of these events reinforces our ability to serve individuals with disabilities throughout the region. The outpouring of support from our community members and participants underscores the shared commitment to making the world more accessible and inclusive for all. Thank you to everyone who contributed to these events, helping to drive our efforts forward.

Siro's Cup



#518gives
FUNDRAISER



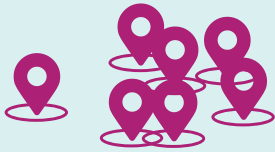
An Aficionado EXPERIENCE
An evening of Fine Cuisine and Spirits



Whether you need us for the weekend, a week, or a lifetime, whether it's in your home or ours, the Center for Disability Services is here to support you and your family.

Financial Summary

Thank you to our supporters for their generosity.



80+ Locations



- 90.16% Program Service Expenses
- 9.84% Management in General



10,000 Supported Annually

Additional information of our Audited 2023 Financial Statement is available upon request.

Ways to Give

At the Center for Disability Services, our mission is to empower individuals with disabilities by providing them with essential programs and services that promote independence and enhance accessibility. The impact of our work extends throughout upstate New York and beyond, touching the lives of countless individuals and families. However, none of this would be possible without the generous support of donors like you.

Ways to Give



Your financial contributions help us support the community.



Make a planned gift and join the Guardian Circle.



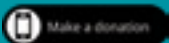
Help us provide ongoing services by including the Center in your planned giving efforts.



Donations also accepted directly at cfdsnyc.org/giving



Your financial contributions are crucial in sustaining and expanding our services, from healthcare to vocational training, educational programs, and more. By supporting the Center, you are directly contributing to creating an inclusive community where your neighbors with disabilities have the resources they need to thrive.



To discover how you can support our mission, please contact us at 518-944-2121.

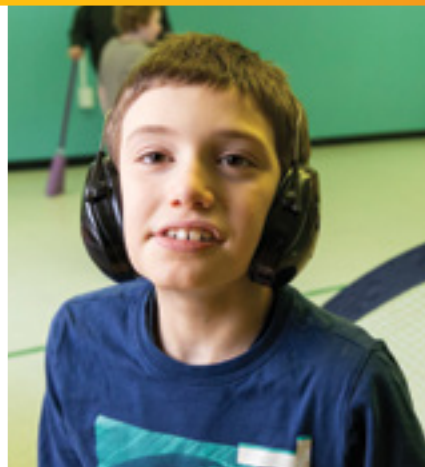
CELEBRATING 80+ YEARS IN SERVICE

Center for Disability Services

Where people get better at life™

“Our commitment to our mission is stronger than ever.”

-Gregory J. Sorrentino, President/Chief Executive Officer



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