



EXCEL

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*“Make the most of
yourself, for that is all
there is of you.”*

– Ralph Waldo Emerson

Aid to the Developmentally Disabled
“Serving the Community”
901 East Main Street Suite 508
Riverhead, New York 11901

IRA Residents Appreciation Gala

The First Annual IRA Residents Appreciation Gala was held at the Birchwood Restaurant in Riverhead, on Monday, May 4, 2009. The residents of all eight IRA houses accompanied by staff attended. Everyone had a great time.

Some residents were able to arrive in a limousine. The men were quite dapper and the ladies simply beautiful. Patricia, resident of Tuthills Lane, led the prayer before the meal was served. Everyone enjoyed the luncheon and they danced the afternoon away. DJ Darryl was great. All the residents received certificates for their own personal achievements.

Thank you to all who helped put this Gala together for us. I think everyone would agree that we've started something and it will only get better from here.





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Island Harvest



Island Harvest had their Annual Mail Carrier Food Drive on Saturday, May 9, 2009. This is when people in the community put non perishable items in their mail boxes and the local mail carriers collect the items. The items are then brought to a large warehouse and then sorted. These items are received by various agencies that have requested the food items. Volunteers are then needed to complete the sorting.

On Monday, May 11, 2009 Dorothy Exum, Dorota Wider, Michael from Patti Lane, Joe from Evergreen, Robert from Tuthills and Christine from Lakeview,

ventured up to the warehouse in Amityville. They volunteered for three hours sorting and packaging food to be sent out. It was Robert and Christine's first time, and they enjoyed it and would like to go back again next year. Joe, Michael, and Dot have been doing this for five years now and are old pros' at it. This was Dorota's second food drive and boy did she get a work out this year. We all worked hard, and felt good because all the ADD houses reap the benefits of Island Harvest Donations. Maybe next year we will have a bigger group.

Spotlight

ADD Starts a Biggest Loser Club

A suggestion from Christine Jolly, Manager of the Cutchogue ICF started the wheels turning to start ADD's own version of the popular television show.

The ten-week weight lose program has staff excited and motivated. The program started Monday, June 29, 2009 with private weigh-in sessions with RN, Ann Toy. The initial entrance fee was \$10 and there will be first, second, and third place prizes awarded. We have twenty employees enrolled in the club.

The Biggest Loser Club has created camaraderie among the staff. There are lite recipe swaps, planned at the biweekly weigh ins as

well as a walking club every Friday starting at 1:00 p.m. walking from the main office to waterfront and back.

Water bottles donated by Oxford Medical United Healthcare were given away at the initial weigh in.

We hope all participants enjoy the program and receive healthy results from the program and if successful we hope that we continue the club on a regular basis.

IRA Spring Fling

On April 10, 2009 the Lakeview ladies hosted a Spring Fling dinner dance fund-raiser, at the Southold Recreation Center. We had live entertainment from "The Contractors Band," who came and played for us. They were so nice to donate their time for such a good cause. A great time was had by all who attended. Thank you so much to everyone who came out and supported us. It was really nice when we all get together and have a good time. Special thanks to Millie and Theodora from Patti Lane, who helped out all day, as well as that evening. Thanks to all the Lakeview staff for helping out. This was a great success.

ADD Continues to Grow

ADD has added three more sites to its MH program. ADD now has 27 sites. The MH program received funds from OMH in response to a Request for Proposal granting ADD 12 beds in the supported program. The MH program converted nine beds in the apartment treatment program to supported beds.

The new sites are King, Kyle and Lincoln.



King



Lincoln



Kyle



Highlights from Houses

Calverton ICF

All of us here at the Calverton ICF are doing well. We have been super busy with the holiday's and birthdays. Since December we have celebrated five birthdays. Peter celebrated his 46th birthday on December 30. Michael rang in 2009 by celebrating his 26th birthday. Harold celebrated his 38th birthday on January 17 and Dennis celebrated turning 31 on February 1, and last but not least Mark celebrated turning 52 on March 12. We are pooped from so much partying.

We hosted our annual dessert party in December and our "Sweetheart" party in February. All who attended enjoyed tasting the delicious desserts that the Assistant Manager, Taresa prepared for them, and all went home with full bellies.

The staff at Calverton would like to welcome some new additions to the house. Trahmel Thompson started with us in January. I had the pleasure of knowing his grandmother when she worked here years ago. Giselle Douglas began working in February. Both have adjusted well and are working out great. I would like to welcome back to Calverton Yolanda Turpin. I knew she could not stay away.

Calverton would also like to congratulate Patrice Durham on the birth of her daughter Rihanna Durham. She entered the world on January 18, 2009, at 4lbs and 3oz. She is doing well and so is Patrice, she has returned to work and the consumers could not be happier to have her back.

I would like to take this opportunity to thank all of my staff. You all do a great job, and Calverton could not run as smooth as it does without all of you. To K.C. you've

come a long way. Thank you for all your cooking abilities. The guys truly enjoy your cooking and you bring laughter to Calverton and all your help on doctor appointments. A HUGE thanks to Pete for fixing up and maintaining the physical part of the house. YOU ROCK! Big thank you to Diane for doing an amazing CFA. Gail for her dedication and helping out when we're short, and to Taresa my copilot, YOU RULE! Without you I could not do what I do each day.

Jamesport ICF

Jamesport ended 2008 with another perfect survey. It would not have been possible without the support of my team and staff. We also ended the year with a new bundle of joy, congratulations to Sirece Boldin and her baby boy Elijah.

We brought in the new year with another bundle of joy, congratulations to Shaunice Faines and her baby girl Zariah. Speaking of joy, Russell Smith is finally starting to settle down with his bundle of joy his new home. Jamesport would also like to congratulate Resident Manager, Fetima Clinton on her new home. The staff would like to wish you lots of luck and joy.

We are pleased to welcome Clayton Moultrie to the management team. He has been an asset and is eager to learn more and more. Clayton, we look forward to another successful year, and keep up the good work!

What else can I say? Good things are happening here at Jamesport. It's been two years since Donald began to call Jamesport home and he has touched all of the guys and girls and staff in his own special little way. We would like to say Happy Birthday to Mitchell, January 31, Laurie March 10,

Phyllis April 17 and Donald who celebrated his 60. He really enjoyed seeing his friends and peers at his birthday party.

Thank you again to all of my staff, you guys are doing a wonderful job, and I cannot say it enough. Your dedication and team work goes without words, and of course it shows with two perfect surveys.

Special thanks to my assistant Melvina Carroll and my shift supervisor Clayton Moultrie, I am proud to have you guys on my team. You both are willing to chip in when I need you, thank you again!

Aquebogue

I would like to take the time to recognize the new Assistant Manager at Aquebogue, Teasha Hatcher. Teasha was promoted back in December and has been a great addition to the management team. I would also like to welcome Tashea Love who is another great addition to the Aquebogue house. Both Teasha and Tashea are loved by the individuals and bring each of their own qualities to the house. Ms. Hattie Henderson is celebrating her twentieth anniversary with ADD and is a very valued employee. Thank you to all the staff at the house for their hard work and their caring ways.

There have been big events happening in the Apartment Program!

We're proud to announce that the Riverleigh and Washington sites have moved up to the supported level! Maxine and Robyn would like to congratulate Ricky Delgado, John Caporusso, Dolores Corwin, Robyn Rossman, and William Elbert on this major accomplishment! Their hard work has paid off, and their

former RAs are very proud of their achievement and very happy for them.

The apartments also added two new sites. Kyle Road and King Street have opened in Hampton Bays. We'd like to welcome Kevin Rogers, Scott Jagenburg, and Vincent Cicchetti to the King Street site. We'd also like to welcome Kristine Rowland, Linda Lavelle, and Lisa Pescarelli to Kyle Road.

Joe Mannino of the Roanoke Apartment celebrated his fifth anniversary with Taco Bell in November. He was awarded with a beautiful ring to commemorate the accomplishment.

Scott Elling of the Roanoke Apartment welcomed a nephew in October! His sister gave birth to the adorable Henry Jonathan! Congratulations to Uncle Scott and the Elling family.

Karissa Guariello joined the Praity Lane house. Welcome, Karissa!

On the fund-raising front, the MH program raised more than \$500 in their Valentine's Day Raffle. The Chicken Dinner at the Washington site on March 27 raised \$1250 on dinner sales and \$69 on the 50/50 raffle that was held throughout the day. A big thanks goes out to our chicken fryers Maxine Love and Tashea Love, good work girls. Thank you to all of you who have been so supportive in our fund-raising efforts toward our annual Client Appreciation dinner.

Horseshoe

The ladies at Horseshoe recently had a Spa Day. They went to get manicures, pedicures and massages. They enjoyed this a great deal and have decided to go regularly. The residents and staff at

Horseshoe recently made tie-dye shirts as an arts and crafts project and had lots of fun making their own creations.

Shatia Parker, daughter of Tammy Parker was chosen as one of ten students to attend the HOPE program at Stonybrook University for aspiring medical students. She hopes to become an OB/GYN. We wish her the best of luck! Shatia is a sophomore at Riverhead High School.

As the new manager of Horseshoe I would like to take the time to say "Thank you" to everyone in the agency for your kindness and cooperation with me as well as my staff. Also, I would like to welcome all the new staff here at Horseshoe. We look forward to having a wonderful and successful year.

Evergreen

Evergreen celebrated three birthdays since the new year. Jackie celebrated her birthday in January, Susanne had a Valentines party for her birthday and Gina's birthday was in March. Everyone is looking forward to the warm weather. Jackie likes sitting outside on her swing, Joe is getting his soil ready to prepare his garden. He loves to plant his tomatoes and jalapeño peppers, squash, and basil.

The pool will be ready in June and all are welcome, so please call when you would like to come over for a swim. We will also be having a yard sale in June, as well as celebrating Karen's birthday.

Randall Road

Congratulations to Alfrieda West on becoming a grandmother to May Adrianna. Kudos to Michael who is shedding the pounds, and looking great. A big hello to Charlie from all of us at

Randall. We're glad the move was good for you and welcome to Ed.

Patti Lane

Patti Lane would like to welcome Theodora Midgette as our Senior DSP. She has been an asset to Patti Lane since July 2008. I would also like to thank the wonderful staff at Patti Lane for all of their hard work and dedication. And a special thanks you to Jorge Vaquero for going above and beyond. Thanks Jorge!

The staff at Patti Lane would like to thank Stacy for keeping it together and doing a great job, and Tory for maintaining a positive attitude. Chris for working hard and Mike for being very helpful to staff. Sandy for just being sharp.

Patti Lane hosted a yard sale that raised funds for our upcoming trip. It was a terrific day, all the residents helped out making the yard sale a huge success. We would like to thank Nicole Leggon, Joe Dennis, Demetris Dozier and Crystal Bowling for helping out. Thank you to all!

We also hosted a Lasagna fund-raiser that was a huge success. We would like to thank all that took part in this event. A special thanks you to Tammy Parker, Mattie Johnson, and Nicole Leggon for being team players and helping out during this event. We look forward to having more fund-raisers this year.

The staff and residents of Patti Lane would like to thank our manager Millie for all of her hard work with creating an environment that makes the residents and staff feel like home. With her outgoing personality and ability to step aside and allow her staff to do their jobs and make decisions on maintaining the house. Millie

Highlights from the Houses (cont.)

thank you for understanding that Patti Lane cannot be successful without a team.

Patti Lane looks forward to a productive year of fun and excitement.

Ridge

Ridge has had a great year. Big birthdays were Joe who turned the big 50 and Annie who turned 40.

There has been a lot of exciting baby news. The stork has visited Ridge more than once this year. It was said if you come to Ridge don't drink the water. Andrea Protosow welcomed her daughter Ireland Grace on October 29, 2008, Shawana Trent welcomed her daughter Chaity Janae December 21, 2008, and Kim Miller welcomed her daughter Kaylee Rose on March 23, 2009. All moms and babies are doing well.

We have received a lot of recognition this year for our hard work, and always going above and beyond. October was our yearly audit. We walked away shining. We thank our staff for their dedication and a special thanks to Pat Cullington for having the heart and soul in keeping Ridge standing. The Board of Directors awarded Ridge first prize for their outstanding job in the collage contest. We received movie tickets that the guys all enjoyed, and some spending money to go with.

The lady's at Ridge are very involved at FREE's Day Treatment. Diane, Margaret, and Wanda have received countless awards for their achievements in being a part of the explorer's club, and job club. The Suffolk County Council of the Boy Scouts of America has recognized their efforts and awarded them citizenship skill awards. They also do volunteer work at the church and do social outreach programs. Hillary and Robbie took part in their first horse show at Saddle Rock Ranch where they showed off their riding skills.

Sutton Place IRA

I would like to take the opportunity to thank all the staff at Sutton for a job well done. Everybody has been working hard to ensure the house has been adequately staffed during our staffing shortage. The teamwork and communication we display remind us of what can be achieved when we all pull together.

I also would like to congratulate Emily on her acceptance into a college in Staten Island, and wish Heather good luck with her twin boys that are due shortly! Lastly, I would like to welcome Lindsay DellaRatta and Colleen Flynn to our site. I am sure they will do a great job!

From the Craft Club

Here is an easy craft that everyone can have fun with.

Coffee Filter Butterflies

Supplies needed:

- > One pack of round Coffee Filters
- > Paint (any colors you like)
- > One pack of wooden clothes pins
- > One Package of pipe cleaners.

Paint coffee filters (let dry) gather center with wooden clothes pin and attach pipe cleaner for antennas and decorate any room!

If you are interested in joining the next craft club contact Nancy at 516-527-0699 or Claudia at 631-929-1024. All are welcome!



Nurses Corner

Stroller Safety

(Article From *Advance for Nurses* March 30, 2009)

With increased utilization of jogging strollers, baby carriers and bike trailers, doctors at Foundation for Chiropractic Progress (www.yes2chiropractic.com) stress the importance of protection children from spinal cord injuries, which are more likely to occur in developing children under the age of 12 months.

The child's head should not bob around during any activity, the doctors noted. Backpacks are less than ideal because they do not allow parents to watch the child's head and ensure stability. A front-side carrier is preferable for a very young child.

Tips for Parents:

- > Be aware of how a device positions a child's neck for spine, and follow the manufacturer's safety instructions when using a stroller or comparable equipment
- > Make sure the child is always properly secured in the device.
- > Practice with device before attempting to use it with the child.
- > Consider the size, weight and age of the child to make sure it is appropriate for the activity.

Understanding a Concussion

A concussion is a brain injury that occurs as a result of violent jarring or shaking of the brain. It's a closed head injury caused by acceleration, deceleration or a combination of both.

With a concussion, the brain may experience bruising, bleeding, tearing of nerve fibers and swelling.

Most signs and symptoms resolve within 48 to 72 hours, however some people may experience post concussive syndrome, in which signs and symptoms last for weeks, months or even years.

Sign and Symptoms of a Concussion

- > Signs and symptoms that may be seen immediately after a head injury include:
 - Confusion
 - Amnesia
 - Headache
 - Dizziness
 - Ringing in the ears
 - Nausea or vomiting
 - Slurred speech

Signs and symptoms that can occur 24-72 hours after a head injury include:

- > Mood and thinking disturbances
- > Sensitivity to light and noise
- > Sleep disturbances.

Conquering Colorectal Cancer

Colorectal cancer is the third most common type of cancer and the third cause of cancer deaths in both men and women in the United States. The good news? Deaths continue to decline, thanks to advances in screening and treatments. Remember: early detection is the key! Screening is a must for people with a family history of colorectal cancer.

When detected early, people who are diagnosed with colorectal cancer have a 93% survival rate. Educating yourself about current screening and treatment guidelines is the first step in early detection.

Risk factors for Colorectal Cancer

- > Over age 50
- > African-American, Hispanic, Jewish or Eastern European ancestry
- > Personal or family history of intestinal polyps or inflammatory bowel disease, such as ulcerative colitis or Crohn's disease
- > Family history gastrointestinal syndromes
- > High-Fat diet
- > Obesity
- > A sedentary lifestyle.
- > Smoking for more than 35 years
- > Alcohol use (more than four alcoholic drinks per week)

An Ounce of Prevention

Some risk factors, such as age, ethnicity and family history are beyond control but other risk factors can be modified. Eating a low-fat diet and quitting smoking may help. Some nutrients and medications may also help reduce the risk of colorectal cancer. Ask your doctor and get active!

FREE Radiological Services For Long Island Residents.

Zwanger Pesire Radiology is now holding their "Give Back Sunday's." One Sunday each month, they will be opened and staffed by volunteers. To be an eligible patient you must have a doctor's referral, live in Nassau or Suffolk County and not have health insurance. For information please visit Zpgivebacksundays.org or to make an appointment or be a volunteer call 631-930-9460.

Sensory Gardens

The clouds begin to break and the breeze feels warmer. Spring is in the air! Our greenhouse is filling up with pots of soil, hopefully soon it will all be flowers. With the help of our Earth Diggers, this year will be a prosperous one with lots of fruits and veggies. So come join us when it comes time to plant. If digging in the dirt is not your thing then pack a picnic and enjoy listening to the birds.

A special thanks goes out to everyone who donated food scraps to the farm. The goats, sheep and many critters enjoyed the special treats. Anyone is welcomed to visit and feed them healthy snacks like carrots, apples and bread slices.



Madame Tussauds Wax Museum

On March 21, 2009 the Cutchogue ICF house went on a trip to NYC Times Square on the train. We visited the Madame Tussauds Wax Museum and had lots of fun. We were all amazed at how the wax figures looked so real. We even met President Obama! On our walk back to Penn Station we all had cartoon pictures drawn of ourselves. I must say that we all had a great time and by the end of the day we were all exhausted.



Tropicana Casino—Atlantic City

On Monday, March 23, 2009 the IRA program journeyed to another successful trip to the Tropicana Casino in Atlantic City, NJ. A coach bus was filled with ADD residents and staff. Thank you to Mattie Johnson who organized and hosted the fund raiser. She did a great job. Everyone enjoyed walking on the board walk, shopping, playing the slots and having lunch. It was a nice day for all, and there was even a \$200 winner at the end of the day! We cannot wait to go again.





DSP of the Year 2008

MH Program

Sahaniece Bell

MR/ICF Program

Crystal Zachery

MR/IRA Program

Tayanee Sykes

Charles & Rita Naroff Award

Shonda Pettaway

Opening Night at an Islanders Game

By Joe Mannino

I had lots of fun with all of my friends and my manager when we went to the Islanders home opener game, on October 11, 2008. We sat in great seats. The people who worked there gave us free orange hockey sticks, that we waved when the Islanders scored. The Islanders won the game 5 to 2. The crowd was very excited. During the periods a band called Seven Mary Three performed. They floated over the ice, which was really neat.

I enjoyed the Islander game, it was lots of fun. This was my first Islanders game.



Winners of Bonus Bucks

Site 5

Fetima Clinton

Jalisa Torres

Sean Jefferson

Clayton Moultrie

Site 6

Candy Palmer

Site 7

Roger Lague

Apartments

Lorna Langhorne

Site 13

Tymaine Lamb

Mike Hopson

Site 14

John Spears

Raymond Mayo

Site 19

Nicole Leggon

Passion Ellis

Andria Robinson

Michelle Pender

Tayanee Sykes

Lachara Carroll

Site 20

Rahnesia Smith

Stacey Zuzierla

Faye Cowell-Davender

Site 22

Jorge Vaquero

Site 23

Allison Feren

Site 24

Emily Cochran



Staff Awarded Pins

Site 1

Kim Rivero

Site 3

Gail Yetti

Taresa Moore

Apartments

Maxine Love

Loran Langhorne

Site 24

Emily Cochran

Hope Tuthill

Theresa Hodges



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