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New Horizons Resources, Inc.

SPRING 2009



From left to right:  
Quincy Ferguson and  
Matt Rowlette

**News from the Foundation Office** Beth Cookinham, Foundation Director

**Increasing Your Charitable Gift With Matching Gifts**

Matching gifts are a great way to increase your personal gift to the New Horizons Foundation. For those that are employed by a company with a matching gift program, your contribution can be doubled—and sometimes even tripled.

Some corporate employers will even share this wonderful benefit with their employees after they retire and with their spouses.

If you would like to know more about matching gifts, please contact the New Horizons Foundation at  
(845) 473-3000 x322  
or  
bcookinham@nhrny.org.



**Just Back From The Masters!**

by Donna Seelbach

The gods of golf and chance were on my side when my ticket was drawn in the New Horizons Foundation Masters Raffle! On April 8, 2009, my husband and I boarded a private, chartered plane out of Albany bound for the first round of the Masters at the Augusta National Golf Club on Thursday, April 10. The entire trip was organized by Relph Benefit Advisors and included chartered roundtrip airfare, a delicious banquet dinner the evening we arrived in Augusta, hotel accommodations, coach bus transportation to and from the course and two entry badges for the first round.

The course at Augusta is breathtakingly beautiful. Nothing you see on television does justice to experiencing its rolling hills, majestic pine trees and mixed palette of blooming azalea bushes and dogwoods in person. The turf underfoot where spectators walk feels like carpet – one can only imagine how much like velvet the greens feel.

Back home in New York late Thursday night, we watched the rest of the Masters television coverage through the weekend in the company of family and friends with the not-always-subtle smugness of two people lucky enough to say "WE'VE BEEN THERE!"

Thank you to New Horizons, the Relph Agency and all the gracious people in Albany and Augusta who got us there and back, for making this such a memorable experience!



Donna & Thomas Seelbach

**Happy To Be At Work!** By Beth Cookinham & Sandi Swan

Quincy Ferguson and Matt Rowlette are enjoying working at the New Horizons Training & Administrative Building. They arrive each day with smiles on their faces and ready to do their jobs cleaning the office. Quincy and Matt are employed here through funding through New York State's Office of Mental Retardation and Developmental Disabilities (OMRDD). Their salaries will be paid over the course of 18 months by New York State for 20 hours of work per week and job coaching for Quincy and Matt is made available through local non-profit vocational agencies. The program is intended to support people with developmental disabilities in making a rewarding transition to competitive employment. Job coaches from Dutchess ARC are here to assist and train on job skills and one of the nice aspects of this program is that the level of supports through job coaching is increased or decreased based on the difficulty of job tasks.

When asked what he likes most about his job, Quincy said, "Friendly staff and co-workers! Everyone is so nice to me!" He added that his work is easy for him to do and he enjoys doing it. Although he likes to be indoors, he can't wait for the warmer weather so he can spend some time outside to do some gardening. Matt likes his working environment, the people and says proudly, "I am making decent money!" Although their employment at New Horizons is relatively new, they are certainly no strangers to our staff! Quincy resides at NHR's Overlook Residence and Matt lives with a roommate in their own condo in Poughkeepsie.

Both Quincy and Matt said they feel a sense of accomplishment and worth at the end of the day and always look forward to coming back the next day to work. Linda Milroy, HR Coordinator, enjoys having Quincy and Matt as co-workers. "They are always smiling and friendly and are truly a great asset to us here at New Horizons."

Please watch our new video online at [www.nhrny.org/nhr\\_video.html](http://www.nhrny.org/nhr_video.html)

**A Note From the Executive Director....**

**National Trends Among People with Intellectual and Developmental Disabilities by Regis Obijiski**

Researchers at the University of Minnesota's Center on Community Living have studied trends and milestones for many years among people with intellectual or developmental disabilities (IDD). They have recently published their findings by State for the period between 1998 and 2007, and they have determined that 1.5% of the general population have a prevalence of IDD.

Where are people with IDD living?

The estimated number of people in the United States with intellectual or developmental disabilities is 4.25 million. Most of them, 77.5 %, live at home with their parents, brothers and sisters and other relatives. 266,247, which represent only 6.2% of the total across the country, live in congregate care settings like group homes or in nursing homes or in institutions. 7.8% of the national total live by themselves or with another unrelated person. 6.1% report being married and living with a spouse.

What are the trends of IDD supports in the last nine years?

It may be surprising to learn that 3.3 million still live with their original families. Therefore, a policy commitment to support the integrity of these family structures makes perfect sense. Across the United States the amount of these at-

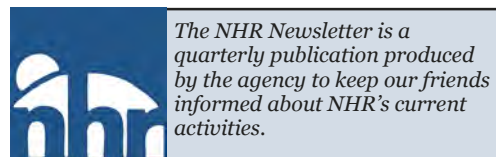
home supports has grown by 41% in the past nine years.

More than the growth of family home supports has been the growth of supports to individuals living in their own homes. The national rate of increase of people in their own homes in our country is 56%. The Home and Community Based Services Waiver has provided the impetus and funding for this expansion. New York's own-home total grew by 84% during this period. In spite of this growth in our State, the percentage of people living in their own homes is only 6% which is about one-half the national average.

To a much lesser extent than supports in the family home or in one's own home, other residential opportunities—such as group homes—have grown only 11%.

Conclusions

The trends across our nation and within New York State are that people with IDD receiving supports in their own homes is the fastest growing area in the service system. Supports occurring within family homes are next in line. Lastly, services in other residential settings like group homes is the slowest growing aspect of the service system.



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**AROUND THE AGENCY NEWS**



*Save The Date & Register Now!*

**New Horizons Foundation's 26th Annual Invitational Golf Tournament**

**Monday, May 11, 2009**

**Dutchess Golf & Country Club  
Poughkeepsie, NY**

Check In & Registration	10:30 am — 12:15 pm
Barbecue Lunch	11:30 am — 12:30 pm
Shot Gun Tee-Off	1:00 pm
Cocktail Hour	6:00 pm (approximate)
Dinner & Program	7:00 pm (approximate)

\$175 per player/ \$700 per foursome  
The tax deductible contribution per player is \$15.

Arkansas Scramble Format  
(best drive, then play your own ball)

Cocktail Hour & Dinner Only ~ \$50

Registration Deadline is April 27, 2009

*Visit our website,  
www.nhrny.org/  
foundation/golf  
to preview auction  
and raffle items.*

*Absentee bidding  
available!*

Club Dress Code: On the golf course and driving range proper golf attire is required— soft-spiked golf cleats or sneakers only. All sport shirts must have collars. Tee-shirts, jeans and cut-off shorts are not permitted.

For more information, please contact  
Beth Cookinham at  
473-3000 x322 or  
bcookinham@nhrny.org.

**Sponsor Opportunities Available!**

**AROUND THE AGENCY NEWS**

**E4 Holds Music & Arts Program at Briggs Farm** by Lou Antonelli

March 19th marked the return of our volunteers from the E4 Music and Arts program to the Briggs Farm Day Hab. E 4 is a not for profit organization that works to advocate for people with disabilities. Our volunteers, Jack Shackleton, Maria Knight, Alyssa Kogan, and Jane Winne come to our program once each week and alternate between art class and music participation class. Their mission is to facilitate the 4 "E's" for our program participants. The "E's" stand for Enjoyment, Expression, Encouragement, and Experience.

We greatly appreciate the E4 volunteers for the added dimension they provide to our program experience at the farm. When the E4 people arrive at the farm they are greeted by our guys with great enthusiasm. The excitement that follows comes from the ENJOYMENT EXPERIENCED from the ENCOURAGEMENT our guys get from the volunteers as each person EXPRESSES themselves participating in song playing and arts and crafts projects. The joy that occurs is shared from both directions. It is obvious to all that the volunteers have as good a time as each of our guys in their class.

**Valentine's Day, A Day for Couples**  
by Pamela Aiken



Loretta and Adolf getting ready at the house.

Loretta Smith and Adolf Neumann were excited to attend the Westchester Broadway Theater to see "Simply Sinatra."

After enjoying a delicious meal, "Frank Sinatra" appeared onstage and Loretta exclaimed, "I like him," and laughed. I love Loretta's laugh; it's the most heartwarming laugh I think I have ever heard. Joel and I really enjoyed watching Loretta and Adolf respond to the songs they both knew and loved.

When "Sinatra" started to sing "I Love New York" Loretta turned to me and said, "Pam I like that song." I agreed and Adolf said, "I like that song too." Then he lifted his head upwards with tight lips and a slight smile as he nodded his head slowly back and forth while he listened to the song.

Loretta and Adolf looked good, ate well, and had fun. I think they enjoyed their Valentine's Day!

**2nd Annual Spring Juried Craft Show A Success!**

Our 2nd Annual Spring Juried Craft Show was held on March 21 & 22 at Marist College. Over thirty-eight artisans from all over New York State displayed hand-crafted items, including silks, jewelry, pottery and photography.

Over \$5,000 was raised to benefit both the New Horizons Foundation and Briggs Farm. Thank you to the countless volunteers who helped make the show a success, to Tim Murray and Darren McCormick for their help and to the Hudson Valley Artisans Guild for their partnership.



Above from left to right: Jas Ban Crafts Booth, Wendy Hawkins & Beverly Kaufman smile for the camera.

The two fastest growing types of services are certainly less costly than congregate care settings, but the economy which soured in 2008 appears not to be the chief cause. The direction of services announced by NYS/ OMRDD—at-home, own home, and shared living—appears not unique to our State but in step with the rest of the United States.



On Thursday, April 2nd over 160 people gathered at the Mercury Grand Hotel in Poughkeepsie, NY to attend a conference entitled, "Autism: A Journey Through Life." Stephanie Brenner, the Co-Founder of Autism Directory Service, Inc. welcomed the crowd and Josh Steinberg led everyone in the Pledge of Allegiance.

Talks included, "No More Meltdowns" "Positive Strategies for Managing & Preventing Out-of-Control Behaviors", "Addressing the Core Deficits in Individuals with Autism Across the Lifespan" and "Dreams Do Come True", in addition to several other workshop sessions. Entertainment was provided by Peter Muir and Michael Brenner.

New Horizons, along with Autism Directory Service, Inc. and Greystone Programs, Inc. were the sponsoring partners of this event.

We thank our speakers, Jed Baker, Ph.D., Susan Moreno, MAABA, David Nelson, M.S., LPC and Dr. Patricia Towle. In addition we thank our sponsors, Rose & Kiernan, Inc. and Saint Francis Pre-School Center.



Pictured Above From Left to Right: John Steinberg delivers the Pledge of Allegiance and Stephanie Brenner; Michael Brenner talks to the crowd, Kevin Leonard

**WORDS CAN HURT...OR WORDS CAN WELCOME**

✓ **Language shapes our attitudes.**  
Disrespectful language excludes and sustains a negative perception of people with disabilities.

**RESPECTFUL LANGUAGE MAKES A DIFFERENCE**

✓ **Put a person first in word and thought.**  
✓ Use the words "person with a disability" instead of "handicapped person"

**Language shapes our attitudes**

✓ **Disrespectful language is intentionally used by insecure and biased people**  
**Ask others to stop using the word "retard" to insult people**

Disrespectful language excludes and sustains a negative perception of people with disabilities

✓ **Think before you speak**  
✓ "Handicapped" and "crippled" are outdated terms. Use words such as "has a disability", "uses a wheelchair".



www.parenttoparentnys.org

✓ Use the word "accessible" rather than "disabled" or "handicapped." i.e. "accessible" parking rather than "disabled" or "handicapped" parking.

AROUND THE AGENCY NEWS

**NHR Walks!**

More than 20 people representing New Horizons Resources came out to walk in the annual American Heart Walk on March 14th. New Horizons collectively raised over \$2,000 to assist the Heart Association's Efforts. Thank you to Gerry DePorres for all his efforts in coordinating our team!



*Pictured at left: (back row, from left to right) Joseph Booth, Kristen Fox, Therese Morales, Steven Picciolo, (middle row, from left to right) Caroline Smith, Rebecca McNally, Brooke McNally, Karen Gaines, (front row, from left to right) Rosemary Romano, Tracey Smith*

**Carl Peplau Honored at Locust Grove**  
*by Hope Badroe*



On 1/12/09 Locust Grove held a volunteer's appreciation reception. Carl Peplau of Tyrrel Road was one of the volunteers who was appreciated and thanked for his services in the Heritage Vegetable Garden. Carl volunteers by doing planting and weeding. When the vegetables are ready for harvesting he helps to harvest them. He also gets to enjoy the fruit of his labor by enjoying the fresh produce. The garden features cabbage, peas, lettuce, and winter squash to name a few. These vegetables that Carl and others planted are "a living display for the public to learn about the history of the area." Many school children and adults tour the grounds and are taught about how the vegetables are grown.

Many times when DSPs accompany someone who receives services to a function such as this, we feel obligated to make sure the person is valorized and is equally represented. I was very pleased to have experienced the interaction between Carl and the other volunteers. Not only the volunteers, but the Director and other staff personally approached Carl and thanked him for his services as well as complimented his outfit. It was evident that there was a relationship that created a connection with the people of Locust Grove. I felt a sense of community and inclusion. I was deeply impacted by the warmth of the reception that was given to Carl and I was very proud to enjoy a little bit of it. I will continue to assist the people I support to develop and maintain relationships.

**Congratulations Joe!**



NHF Board Member Tim Murray (left) with Joe Kirchhoff (right) at October's Leadership Breakfast.

Congratulations to Joseph Kirchhoff, NHR Board Member, for being selected by the Poughkeepsie Journal as their Business Person of the Year! This is a truly wonderful honor for someone that is so deserving.

**Update** In last issue of our newsletter you read that NHR's Training and Administration Building was applying to be designated a HEART Safe Community. We are proud to report that we were approved and are now officially recognized as a HEART Safe Community at the gold level. What does that mean? A HEART Safe Community is one that promotes and supports CPR training and has public access to an AED. A community at the gold level has 75-100% of members certified in CPR and use of an AED (the Training and Administration Building is currently at 95%!). *For more information on HEART Safe communities, visit Dutchess County's website at [www.co.dutchess.ny.us](http://www.co.dutchess.ny.us).*



Dr. Michael Caldwell and Vicki Lucarini presenting Regis Obijiski with a plaque signifying our becoming a HEART Safe community.

AROUND THE AGENCY NEWS

*Spotlight On...* by Ellen Devorsetz

Congratulations to **John Clausson, QMRP Coordinator (Community Programs)** for being selected as New Horizons' Employee of the Month for April!



John's nomination said the following: "Did you ever meet a person who is just a "good guy?" If you have, you're lucky. If you work with somebody like that, you're even luckier.

Recently, John proved once again that he is one of those special **REALLY GOOD GUYS!** He was already doing his Friday evening job at respite when the desperate call came in. The daughter of a co-worker, sister of a consumer and a consumer herself had just been rushed to the hospital and the outlook did not look good. There was nobody else who knew the sister at work and although many phones were tried there were no answers. John rearranged his whole evening to take her to Danbury Hospital in order to say good-bye to her beloved sister who did ultimately pass away that evening.

John didn't know what to expect when he got to the hospital. He sensitively and intuitively handled the situation with compassion and respect. He stayed in the background, but by the family's side until he was sure that his services were no longer needed.

Then and only then did he take the long drive from Danbury to his home in Saugerties. This was well after hours he was scheduled to work. John, once again proved what kind of a person he is: somebody who puts the needs and feelings of others way before his own. Somebody who fills in the details before they are noticed and just makes people feel better in bad times.

John is always a "people person" but recently, he outdid even himself.

*In memory of  
Diamond  
Morgan*



**New Horizons Foundation Annual Appeal 2009**

The New Horizons Foundation Annual Appeal 2009 is currently underway. If you would like to contribute, please complete this form and return it with your tax-deductible donation payable to the New Horizons Foundation. We at NHR greatly appreciate your commitment to improving the quality of life for people with developmental disabilities.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Phone & Email \_\_\_\_\_

*"Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good."*

-Vaclav Havel

Please make checks payable to: *The New Horizons Foundation*, and mail to:  
123 West Road, Pleasant Valley, NY 12569  
*Donations to the Foundation are fully tax deductible.*