



True Love!

By Terri Nightingale

Having met on the Ellenville Campus in the 1980's, Joe and Debby moved together to NHR's Canal Path Group Home when it opened in April of 1987.

For years Joe would cut out pictures of rings and flowers at his work and day hab and bring them home to Debby. He would always ask her to marry him and she would always respectfully decline. Joe never became upset or discouraged. He would simply shake his head and move forward with his evening.

One day, Joe came home as he always did, with pictures in tow. Joe showed Debby the picture and asked the same question he always did. "look honey, handing her the picture and asked, will you marry me"? Debby replied "yes". At first, I think we all thought we were hearing things, including Joe. Later that night I asked Deb what made her change her mind? She said "it's time". I asked her why she said "no" for all these years and now the answer is "yes". She very simply stated that she was always afraid to marry Joe because she is Jewish and he is Catholic, but that no longer was an issue. I asked her what she wanted to do next. She bluntly stated that she wanted to be married in a month, no longer! With that the planning began! That next weekend Joe and Deb headed to the jewelry store to pick out rings. Deb

knew exactly what she wanted, she was able to find her rings very quickly. Once it was Joe's turn, he sat quietly and turned down multiple rings and almost looked disappointed. I asked Joe if something was wrong? He very quietly said "I want diamonds too". The sale clerk heard him and showed him a ring with three diamonds. Joe smiled and claimed his ring. Joe knew where he knew he wanted to propose, he wanted to go to the falls in High Falls. Once at the falls, Joe and Deb went down by the water, although Joe couldn't get down on one knee, he asked Deb if she would be his wife forever! Deb kissed his cheek and said "of course".... The planning began.

Lots of questions needed to be asked and answered; Joe would always say, "whatever she wants" and Deb would run with it. Joe was well on his way to being a good husband.....

The wedding was a magical day. Debby's family came and were supportive and loving. Debby's sister walked her down the aisle. Both were surrounded by friends and family that loved and cared for both of them.

On November 25th, Joe & Debbie ReDavid celebrated six years of wedded bliss!

A Message From the Executive Director....

Soul of Human Service

by Regis Obijiski

Human service certainly includes the profession of human services, but human service excludes no one. Human service is about our nature—our better nature.

A friend of New Horizons traveled from Copenhagen to Poughkeepsie to be with us for the 20th anniversary of the Mid-Hudson Coalition for Direct Support Practice in the middle of October. His name is Peter Harrit, and he is one of our international colleagues who inspired us to shape a new profession called Direct Support. Peter is a person who expects truth from others and tells truth as he sees it. At the celebration dinner, he said: “Listening to all of you American human services providers gripe about the economy as it affects the affordability of services, I am reminded of an old Danish story. Once upon a time, a government official was taking a walk in woods to clear his mind from all those grasping, needy people he has to refuse all day and re-center himself and re-balance his perspective on life. On his walk in an otherwise serene setting, he arrived at the edge of lake and he saw a man flailing and heard him screaming ‘sir, sir, I can’t

swim; I can’t swim; I can’t swim.’ Facing the man in the middle of the lake, he cupped his hands in the shape of a megaphone and yelled back: ‘neither can I, but I’m not making a big fuss about it.’” Of course, this is only a story of a fictitious government official an ocean away.

Of all Stephen Covey’s seven habits of highly effective people, the one that seems a little spongy is to “begin with the end in mind.” It seems so unspontaneous until you meet someone whose life exemplifies insight and generosity to others or you are at the funeral of a loved one who never had a resume but had human qualities that could fill a book. On those occasions, beginning with the end in mind makes perfect sense to us, encouraging the very personal question: Is what I doing right now or about to do reflect who I am and who I want to be, and do my actions include the common good? If so, I have touched the soul of human service that offers the opportunity to create my personal mission. If my ladder of success is leaning against the wrong wall, I can always move it.



The NHR Newsletter is a quarterly publication produced by the agency to keep our friends informed about NHR's current activities.

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Beth Cookinham, *Foundation Director*

Recently, New Horizons honored four community leaders: Gloria and John Golden, Karen Hansen Simon, and Kelly Traver. They were selected by a growing committee of past honorees at this event. Borrowing from Warren Bennis, New Horizons defines leadership very simply. Do things the **right way** as best you can, but always do the **right thing**. Our organization believes that anyone who takes responsibility to enable another person realize their positive potentials, that person has assumed a unique mantle of leadership—servant leadership—a philosophy that commits to serving the well-being of others. It is a conscious choice to embrace stewardship, inclusion, other-directedness and community.

What each of the four honorees share with similar community leaders is their personal example and commitment to fostering a better life for their neighbors in the Hudson Valley. In short, each is known for exemplifying human service. At root, all effective community leaders aspire to similar fundamental principles; for example,

- Brothers and sisters, wherever you go and whomever you meet, preach the gospel of love. If necessary, use words. (St. Francis of Assisi)
- He who knows others is wise. He who knows himself is enlightened. (Lao Tsu)
- You cannot plan your enlightenment with your ego. (Richard Rohr)
- Life is short. It is not measured in how many breaths you take but how many moments take your breath away. (George Carlin)
- We're all in this life together, so let's start acting that way. (Anonymous)

Those choosing human service see and understand our commonality, and they do something with that understanding. They honor the dignified humanity within themselves and cannot help but see it everyone else. In this regard, what you **see** is what you get. Also, what you **seek** is what you get.

In this sense, helping, enabling, forgiving, healing, renewing, building are all the outward manifestations inspired by what exists on the inside. On the other side of the coin, excluding, begrudging, rejecting also manifest what is

inside. Neither type of action can be faked. Truth communicates itself intuitively. In spite of those who think they are fooling everyone, it is very difficult to lie and get away with it. Efforts to hide our light or our darkness are temporary and illusory.

Acknowledging in others the soul of human service is also the challenge for the rest of us to take a closer look at ourselves and emulate their positive qualities. There are places, small places, to start. Eleanor Roosevelt articulated this thought: “where, after all, do universal rights begin? In small places, close to home, so close and so small that they cannot be seen on any map of the world. They are the world of the individual person....”

For example, if you want the community to be more reconciled, first reconcile your own inner world. If you are working for peace and justice, first create it inside. If our greater community seems more and more hopeless, first honor that one place of hope within you. If you are sick and tired because you cannot remember a time when more people have lied to your face, first tell the truth yourself and you won't have to remember anything. If you would like more people to take the higher road, first take that drive yourself. Human service is definitely about positive action, but it is also an inside job—these days, a job worth applying for.

At New Horizons, our business is one of relationships—sophisticated relationships that are both professional and personal. They are personal because the context of the work is individualized human potential, and they are professional because those who do the serving must understand and practice the high ethical principles that articulate to a broad and complicated set of skills. Our profession allows and encourages us to practice the work of the heart, and we should never become weary of speaking about matters of the heart and the art of human relationships.

Yet, human service is surely not reserved to human services. It is the best part of who we are as people. It is our animating principle, our nobility of temperament, our deepest felt emotion, our lofty mind, our spirit, our soul—the soul which we do not have but has us.

AROUND THE AGENCY NEWS

Dear Friends,

We didn't even know what to hope for.

When our outgoing and unorthodox son Kevin, 31, a man with autism and mental retardation, went to live in a NHR group home four years ago, we expected he would live in a clean house with good food, be carefully groomed – and maybe even get to the dentist. Our expectations for Kevin didn't even include what is best for a person: taking a rightful place in a community.

For us, the recent NHR Fashion Show, which neither of us was able to attend, was the final realization that Kevin's life (and our life) had gone better than we could have imagined. Here's the story:

Kevin was profoundly influenced, at a very early age, by his fun-loving, stylish grandmother. Every day Kevin plays out his theatrical interpretation of her ways. It shows in his grandiose, "yes, dear/no, darling" manners and his penchant for jewelry, which ranges from gaudy to outrageous. This flamboyant sensibility is also evident in his YouTube appetite for glamorous stars like Carol Channing, Kim Kardashian and all the Muppets.

Kevin was thrilled to be asked to pitch-in as a model in the Fashion Show. Naturally, we felt that it was vital that we be there. When it was clear that neither of us could attend, we felt disappointed, worried, and even a little guilty. Relying on his exuberance more than his modeling virtuosity, Kevin was terrific. We were happy to hear from New York State Senator Steve Saland that, "your son sort of stole the show."

It was even more moving for us to hear the pride in the voice of Roxanne McLaughlin, a direct support professional, when telling us of Kevin's performance. Without trying to, Roxanne also reflected the agency's life-giving values and great teamwork by momentarily choking-up with admiration, when telling how Kevin's house manager, Monica Robinson, prepared Kevin for the big night by "taking him shopping for new accessories."

For us the Fashion Show will always be that bitter-sweet moment when we finally understood that our son, Kevin-from-Heaven, was independent: he achieved a life beyond us, as a man with a community to which he contributes even as it supports him. Ah! All that we were never brave enough to hope for came true.

So please, consider a gift to the New Horizons Foundation.


Peter and Eileen Leonard



New Horizons Foundation Annual Appeal 2013

The New Horizons Foundation Annual Appeal 2013 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.

"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

Name _____

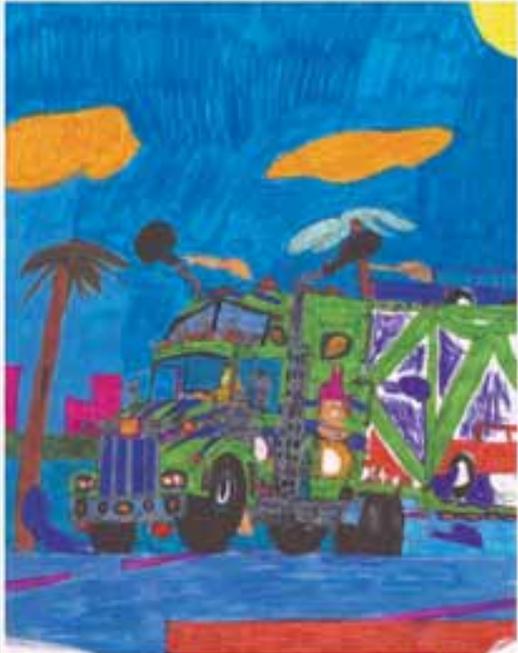
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AROUND THE AGENCY NEWS

**ART
CORNER**



**By Danny
MacAvery**

We thought you would enjoy this vibrant piece!

Are you an artist?

Help us showcase your artwork!

Contact Beth Cookinham
473-3000 x322

Spotlight On....



Sonia Grant

Congratulations to Sonia Grant (Residence Coordinator at Dwight Street) for being selected recently as NHR’s Employee of the Month! Sonia’s nomination said the following:

“I would like to nominate Sonia Grant for Employee of the Month. Sonia exemplifies the New Horizons Resources Unifying Principle: Positive Relationships. For the past few months, Dwight Street has been experiencing several issues simultaneously. One of the individuals has been sick for a long time and is now using Hospice services for end of life care. During all of this, Sonia has been very compassionate to the family. She has been helpful by providing information without influencing the family’s decision making during this difficult time. Furthermore, Sonia has been providing the family with moral through active listening. She has spent hours on the phone listening to family members share stories about their loved one. One family member told me that, “Sonia knows how to say the right words.”

At the same time, another individual at the residence has been having major health issues and is also facing the impending loss of his mother. Sonia has been accompanying the resident and his family members to doctor appointments and keeping the family updated with relevant medical information. Sonia has been treating each family with empathy and the utmost respect. She has the ability to make each family feel special and important.

During these multiple crises, Sonia has been down two staff members, but not once has she complained. She pulls her team together with her good humor and her sharp wit. Sonia has been there for her staff during his difficult time with concern and kindness. Due to all these reasons, and more, I believe Sonia deserves the Employee of the Month award.”



9th Annual Fall Into Fashion Show

New Horizons Foundation's 9th Annual Fall Into Fashion Show featured a variety of Fashions from 8 local retailers! A new format was introduced for this year. Thank you to our stores, salons, and sponsors!

Please visit our website for amazing photos!

SAVE THE DATE! C



From left to right: Kevin Leonard, Jennifer Sucato, Stephen Hill, Alison Heady, Steve Reverri, Jr. & Erin Harris



Beth Pulst, Sean Jones, Bruce Pleasants, John Clausson, Sharon Gyurits, Quincy Ferguson, Rita McPeck, Erin McLaughlin, Stacey Langenthal, George



Julia Kessler, Jerilynne Smith, Christina Rios, Courtney Lyons, Michael Wheatley, Cammie Heiser, Lisa Lombardo, Sally Heilman, Maureen Kangas, Fran Sitter, Alicia F

all Into Fashion Show A Hit!

hion Show was held on Thursday, October 9th at the Poughkeepsie Grand Hotel and featured the latest included a longer cocktail hour and runway style seating and seemed to be a hit with the crowd! models, sponsors, gift donors, vendors and volunteers for such a wonderful evening!

ographs, courtesy of Jessica McKeown and a list of gift donors!

October 3, 2013 for our 10th Annual Show!



Kaylor



ge Decker, Regis Obijiski & Kelly Traver



Punkosdy, Danielle Marxer, Brandi Knapp, Stephen Startzyk, Bobbi Sue Tellitocci, Rochelle Scott & Todd Motter



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We are most grateful to the owners, managers and staff of all the stores and salons who have been most patient and helpful, and who have made this show possible.

Additional Thanks To...

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Jessica McKeown
Thomas McCluskey
Lisa Morris
Regis Obijiski
Mary Jean Skelly-Miller
Vicki Smith

AROUND THE AGENCY NEWS

Halloween Dance Party a Success *by John Claussion*

I wanted to thank everyone for making this year's Halloween Dance Party such a HUGE success. Without all of your help, there is no way this could have been so much fun!

A special thanks to the Adult Evening team for helping and Jenn Wells for all of her help throughout the night!



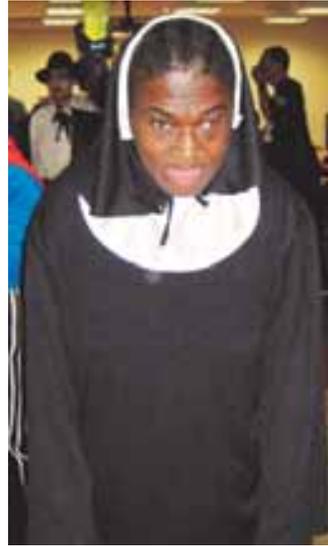
Stephen Hill & Bobbi Sue Tellitocci



Shonta Spencer-Morgan



Chris Barrett



Carol LaRose



David Diaz & Mark Gosiewski



Jeff Gamble



Chris Turton & Luz Rivera



Matt Sherlach & Jeff Foster

AROUND THE AGENCY NEWS

You Will Be Missed.....



Kathy Hussey

passed away at home in August. Kathy was a Direct Support Professional and started with NHR in August of 2010 and worked as a floater in the Dutchess programs. Kathy was a very giving person, she would give you her shirt off her back or her last dollar in her pocket. Kathy was a bright and energetic person. Kathy was no stranger to direct care work, as she had been in the field since the mid 1980's, having worked for OMRDD and the Taconic DDSO.



Guy Milroy

was a cherished NHR employee who passed away on September 21st. Guy was a member of NHR's maintenance department who joined the agency in August 1998. He was loved by all and known for his infectious smile and easy going nature. Guy always made time to listen to everyone around him and cared for everyone he surrounded himself. He genuinely loved his job at NHR and felt as though his employment with us was a dream come true! He loved fixing things and spending time with the residents. Guy is pictured above with his wife Linda, who is NHR's Human Resources' Coordinator.



Jonathan Taub

passed away at home on Friday, November 16, 2012. He was 60.

The son of the late Paul H. Taub and Elsie A. Lefcoe Taub, he was born May 02, 1952 in Rockville Centre, NY.

Jonathan was a resident of Deer Run, a New Horizons Resources group home. He lived with some of the residents for over 35 years. He enjoyed mowing the lawn, organizing around the house, feeding the cats, and collecting the mail. Jonathan's lifelong passion was to become a fireman. Through the blessing of his mentor, Chris Rodriguez, he was able to fulfill his dream by becoming active in the Kerhonksen Fire Department. His smile and twinkling eye will be greatly missed by all who knew him.

Survivors include his longtime girlfriend, Tracy Smith; sister, Amy Wood of Riverhead, NY; brother, Charles Taub of Deland, FL; sister, Ann Melville of Rochester, NY. He is pictured above with Chris Rodriguez.

AROUND THE AGENCY NEWS

The 2012 Election

by Marie Moncure & Sylvia Goldman



On August 31, 2012 Sylvia Goldman and I went to the Board of Elections in Kingston. I registered to vote (Sylvia was already registered) and we learned how to use the new ballots and voting machines. I filled out the practice ballot with a special marker then I put the ballot into the

machine. To me it was easy. Special thanks goes to Patty Jacobson, an employee of the Ulster County Board of Elections, for showing us how to use the machines. I felt proud of myself after I voted. Jonathan Gonzalez was a big help on Election Day. (Marie Moncure)



On November 6, like everybody else, I voted in the village courthouse in Kerhonkson. I voted for candidates for President, Senator, Congress, and state government. For me, voting was easy. Dee Eckert helped me fill out my ballot. After I voted I felt relieved. (Sylvia Goldman)



Making A Difference

By Teri Nightingale



During the hurricane, Steve Bradley left his home at 9pm to start heading to work. He knew there would be trees down. He filled up his gas can and with his chain saw in tow, heading for work. Steve removed three trees on his way up the hill to MVR.

Once he got to work, he got a phone call from his peer, there was another tree down in the road. Steve went back out and cut her way in too. You may think, this is something special, but for Steve, this is his every day life. He is a true example for his peers. Steve goes above and beyond every moment he is at work. He is kind, caring and compassionate. He takes excellent care of the people he serves at MVR and also takes just as good of care of his peers.

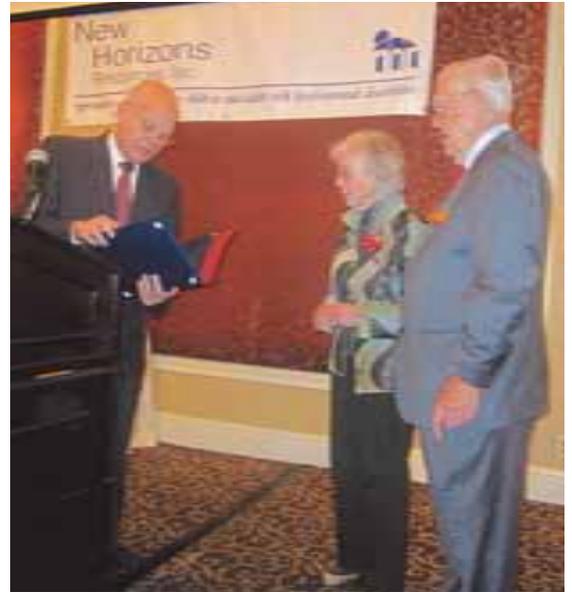
I am honored to work with Steve. I sleep well knowing that he is at MVR.

AROUND THE AGENCY NEWS

Four Honored At NHF's 18th Annual Community Leadership Breakfast



Pictured above: Regis Obijiski, Executive Director, Kelly L. Traver, Karen Hansen Simon, Gloria & John Golden and Roderick MacLeod, President, New Horizons Foundation. Above to the right: Senator Saland presents a Citation to Gloria & John Golden.



New Horizons Foundation was pleased to have honored John & Gloria Golden, Karen Hansen Simon and Kelly L. Traver, Esq. at our 18th Annual Community Leadership Breakfast on Thursday, October 25th at the Poughkeepsie Grand Hotel. Each year this award is given to individuals selected by past honorees for their spirit, dedication and leadership in fostering a better life for all residents of the Hudson Valley.



Pictured above: Current & Past Honorees join together at the Breakfast.

To see biographical information, a list of past honorees and additional photographs, please visit our website, www.nhrny.org. Thank you to all those who attended and supported the event!

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Mission Statement:

The mission of New Horizons Resources, Inc. is to enable people with developmental disabilities to achieve fulfilling lives within their local communities by establishing a home, belonging, self-determination and respect.

Printed on  recycled paper



News from the Foundation Office Beth Cookinham, Foundation Director

SAVE THE DATE.....

New Horizons Foundation's
30th Anniversary
Invitational Golf Tournament

**NEW
LOCATION!**



Monday, May 13, 2013
The Links At Unionvale