



A Real Honor!

The Self-Advocacy Association of New York State (SANYS) held their annual conference October 28-30th at the Marriott Hotel in Albany, NY. This year's theme was Breaking Barriers, Hopes and Dreams Stay Alive. Celebrate the ADA.

A fun Halloween theme was also incorporated into the weekend. Many representing NHR were on hand to accept the award of "Agency of the Year"! We thank SANYS for this wonderful honor.

This year people with disabilities are celebrating the 20th Anniversary of the Americans with Disabilities Act, ADA. A march on Wolf

Road to celebrate the ADA was followed by guest speakers talking about how the ADA has helped people live full lives in their communities and more needs to be done in the coming years!

Workshops & Focus Groups were held on topics from Back to Grassroots-Self-Advocacy 101, Telling Our Stories and From Group Homes To Community.

A special thanks to Beverly Kaufman and Tom McCluskey for their help in coordinating efforts for this year's conference! For more information about SANYS, please visit their website, www.sanys.org.

A Note From the Executive Director....

NHR Community Leadership Awards

Stacey Langenthal, Rita McPeck, and Lisa Morris were honored by New Horizons with the Community Leadership Awards on October 28th at the Poughkeepsie Grand Hotel.

All three honorees have each been involved with volunteering for many not-for-profit organizations locally for at least the past 15 years. Stacey Langenthal is the President of New Horizons Resources (NHR) and Rita McPeck is also a member of the board of directors of NHR and NHF. Lisa Morris is an event volunteer for New Horizons Foundation (NHF). NHF annually presents these awards to community leaders who exemplify the spirit, dedication and leadership necessary to foster a better life for all residents of the Hudson Valley.

Steven Berner, President of NHF, and Beth Cookinham, Director of NHF, were the masters of ceremony for the event. Father Richard LaMorte gave the invocation. Introducing the honorees were: Carol Gordon for Stacey Langenthal, Linda Saland for Rita McPeck, and Marilyn O'Connor for Lisa Morris.

The reasons New Horizons offers community leadership awards are:

- ◆ To honor local citizens who provide leadership by their positive example of fostering a better life for their neighbors in the Hudson Valley, and
- ◆ To broaden the circle of support for the mission of New Horizons.

An aphorism on and principle of good leadership is "How you see is what you see." In other words, how you see another person is who you actually see; how you see life in general is what you actually see. Another way this is expressed is: a person does not see things as they are, but as the person is.

The following are two New Horizons' stories illustrative of the above principle of approaching life with a positive viewpoint:

- ◆ Recently, at Poughkeepsie's Civic Center, the Dutchess County Regional Chamber of Commerce and the Mid-Hudson Employment Alliance presented awards to companies who hire individuals with dis-



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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Bruce Marley, *Treasurer*
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Regis Obijiski, *Executive Director*

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with disabilities. Accepting for K-Mart was their employee, Linda Sofka, a person with disabilities who also lives in a New Horizons group home. Linda was singled out by the K-Mart corporation for her extraordinary customer service to a mother and teenage daughter who were exasperated shopping for work and school outfits. Linda overheard their situation, offered her services to mix and match outfits in a way that pleased both.

Linda was so helpful in arranging exciting alternatives for the daughter that the mom wrote a detailed, glowing letter of praise to K-Mart, saying that if all K-Mart employees were like Linda there would be no reason to shop anywhere else. K-Mart, in turn, presented Linda with their customer service award. When I asked Linda why she was so helpful, she said in a matter-of-fact way that she sees pleasing customers as the most important part of her job. She believed this reality and made it happen. How you see is what you see. She is an exemplary employee with the right attitude that every employer dreams of.

- ◆ Earlier in October, New Horizons held its annual fashion show at the Poughkeepsie Grand Hotel. It is a real fashion show where ladies' apparel stores have their fashionable clothing displayed on models. It is a unique fashion show in that the models are real-life people, not run-way professionals. The models are women with disabilities whom New Horizons serves, staff from our agency and women from the local business community. Linda Saland was one of our community celebrity models. Linda Sofka, our K-Mart heroine, also strode the runway with panache. Another model—a person with disabilities—whose name is Shonte told one of our staff that she was a little nervous about stepping up to the runway. In her puffy and elegant blue gown, she asked one of the attendants: “Do I look like Cinderella, because I feel like Cinderella?” She was re-assured that she looked better than Cinderella. When she ascended the runway, she owned it. We do see circumstances not

necessarily the way they are but the way we are. New Horizons' Fashion Show is a fashion statement about human possibility happening in the moment. I think that is what touched the hearts of the audience that night and made them see people with disabilities differently as well as themselves. Again, how you see is what you see.

Marcel Proust, a century ago, said: “the voyage of discovery consists in not seeking new landscapes but in having new eyes.”

Community leaders like Stacey, Rita and Lisa help us to see the world we live in differently and discover it as more friendly, more kind, more noble.

There is a considerable amount of negativity, acrimony, and blame in today's world that influences the way we view other people and life itself. To a certain extent we become what we dwell on. HOW we look at other people and things is more important than WHAT and WHO we look at. What we look at is often not pretty. How we see can fill with dignity the observed.

Our honorees—successful professionals who give of themselves to their community—make a world of positive difference and create that same opportunity within each of us. New Horizons is grateful to Stacey, Rita, and Lisa for allowing us the privilege of knowing them and celebrating the great human qualities we are all capable of.

Welcome Sean!

The New Horizons Foundation Board of Directors is pleased to welcome Sean Jones of Superior Wireless to their Board!



AROUND THE AGENCY NEWS

DSP Recognition!



From left to right: Brooke McNally, Tina Fagan, Deidra Bennett (Legal Assistant for Senator Gillibrand), and Cammie Heiser



In honor of the important work DSPs perform, New Horizons Resources celebrated National Direct Support Professional Recognition Week September 12th - 18th, 2010!

Early in the week, Barbara Delventura (DSP at Morehouse), Tina Fagan (DSP-C and Administrative Counselor at Stormville), Cammie Heiser (DSP-C at Millerton), Brooke McNally (DSP-C and Administrative Counselor at Jansen Road), and Regis Obijiski joined more than 120 of their colleagues from across the country in Washington D.C. to learn, grow, and advocate. DSPs had the opportunity to have lunch during a briefing of congressional staffers and attend presentations by Joe MacBeth, the Asst. Executive Director of NYSACRA, Lisa Burck, NADSP President, Dr. Amy Hewitt, from the University of Minnesota, Ann Hardiman, NYSACRA Executive Director and Founder of DSPANYS, Regis Obijiski, Barbara Delventura, and other ANCOR staff.



Raymond Njunge, DSP at Stormville

During this gathering, Tina Fagan, DSP-C, delivered a speech to congressional staff about a glimpse into the day of a Direct Support Professional. If you are interested in obtaining a copy of her speech, please contact Jerilynne Smith in the HR Department at (845) 473-3000 ext. 323 or jlsmith@nhrny.org.



Alicia Healy, DSP at Canal Path

Later in the week, the Mid-Hudson Coalition and NHR hosted BBQs where DSPs were able to celebrate and mingle with DSPs (from NHR and other MHC member agencies), learn about DSPANYS, enjoy a BBQ lunch and win prizes!

Thanks to you, our DSPs, we are making great progress in educating the public about the importance of your work and recognizing it as a profession!



Peri Fazio, DSP at Pleasant Valley

THANK YOU for all that you do!!!

Sign up to start receiving NHR's Quarterly Newsletter Electronically by emailing info@nhrny.org

AROUND THE AGENCY NEWS



David Diaz and John Lee



Tammy Dellacamera and Becky Keith



Peter & Marie Moncure and Sandi Swan

NHR's Annual Picnic *by Bill Beattie*

It was a fantastic day, almost 300 people attended! The weather was terrific, the participation and upbeat mood everyone had was great, the music kept everyone hopping, and the food was fabulous! I would like to say thank you to all those who planned, setup, got people to Freedom Park, cooked, served and cleaned up.

Special thanks go to Bill Desomma and Kelly Sprague for all the behind the scenes planning and ensuring that everything was in place.

What a great NHR team effort. Thanks!



Carl Bartles



Dan Lynch



George Saris and Marie Cain



Bill Habekost and Ellen Powers



Mary McNamara and Sharon Wong



New Horizons Foundation Annual Appeal 2010

The New Horizons Foundation Annual Appeal 2010 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.

AROUND THE AGENCY NEWS

A Picture Paints A Thousand Words
By Victoria MacDonald

"If a picture paints a thousand words" (David Gates, 1971), the pictures from Atlantic City not only painted the words but brought back memories of smiles, giggles and numerous laughs. The guys just flowed with the crowds enjoying the July sunshine, the ocean and the boardwalk with its electric atmosphere.

The night life in Atlantic City created a spark for both as they caught the gambling fever especially in the Country & Western casino at Balleys. While one was winning and the other was losing and asking for more money. On the way back from the Cape May/Delaware ferry ride the guys could have been caught in the Lucky Bones Restaurant which was an Irish Bar in Cape May at 11:30 pm eating pizza and enjoying the live music. Other smiles and memories were the rides on the rolling basket chairs on the boardwalk, the Atlantic City Aquarium, the peaceful ferry ride over the Delaware Bay, shopping for T-shirts and great food to eat.

The Atlantic City vacation with Chris Turton and George Saris was simply fun. Would I do it again? The answer is YES, on a minute's notice!



Pictured directly above: Chris and George press their luck at the slot machines!

Around the Agency!



Terrence Rae, Unionvale, visited the local fire department. He loves fire trucks!



Todd Lehrer (above, right) celebrated his 35th birthday with his friends and family! Pictured above with Todd are Bill Habekost (left) and Tom Jordan (middle).



A furry friend from The Good Dog Foundation visited with Adolf Neumann at Unionvale.

For more information please visit <http://www.thegooddogfoundation.org/>.

AROUND THE AGENCY NEWS

Congratulations to **Tim Sweeney, Registered Nurse**, for being selected as New Horizons' Employee of the Month in October!

Tim's nomination said the following:

In the couple of short months Tim has been here, he has really stepped up to the plate and represented NHR's mission with his full commitment to the people we serve.

Tim has acted as an advocate in numerous situations and is always willing to lend a helping hand at a moments notice. Whether it is nursing related or a task that requires his ability to reach high places, Tim is always providing needed assistance somewhere.

Tim demonstrates compassion and empathy in all of his work and is always a friendly and welcoming personality in each residence that he works

Spotlight On....



Tim Sweeney



in. Despite the lack of a permanent home for Tim, he has adapted to all of his work environments and the response from the staff and residents is always positive. I would like Tim to be recognized for his dedication and hard work.

Blood Drive Thank You By Jayne Violon

THANK YOU for making the NHR Blood Drive a success!

With your support we were able to collect **40 pints** of blood! Only one other time since I have been running the drive have we collected 40 or more pints.

42 people participated in the blood drive; we collected 32 whole blood pints and 8 pints from double blood donations.

Your efforts are greatly appreciated by me, the NY Blood Center, and the countless patients who will be recipients of these blood units!



Pictured above:
Happy donor,
Guy Milroy!

NHR Honored!



On Wednesday, October 27th, NHR was one of Twenty Employers honored at the 9th Annual National Disability Employment Awareness Awards Ceremony at the Civic Center by the Dutchess County Regional Chamber of Commerce, Mid-Hudson Employment Alliance and New York State VESID. Pictured above from left to right are Linda Sofka accepting for K-Mart, Matt Rowlette accepting an award for New Horizons and Jamie Snider accepting for Baby Visions. We congratulate our fellow honorees!

7th ANNUAL FALL INTO FASHION SHOW.....



From Left To Right: Shonta Morgan shows off a dress from Mary H. Abdoo & You, Linda Sofka wears a fun outfit from Magnolia's.

The 7th Annual Fall Into Fashion Show was held at the Poughkeepsie Grand Hotel on Thursday, October 7th. The latest fall fashions were shown by 40 models from Coldwater Creek, Crystal's Closet, Dress Barn, Elizabeth Boutique, Magnolia's Boutique, Mary H. Abdoo & You, Pleasant Valley Department Store and Up To Date.

A special thanks to Lisa Morris for emceeing, Salon Verve' for hair, Janna Whearty for makeup, Mary H. Abdoo & You for providing tuxedos, Elizabeth Boutique for being our goody bag sponsor, Rosemary Bertelle & Rhinebeck Savings Bank for their help with our marketing, Steve Georgiou for DJ'ing, Steve Planck of Blue Sky Photography and Jessica McQoewn for photography and the countless others who volunteer their time to make the show a huge success!

Our committee.....

- Erin Amato
- Melissa Beattie
- Diane Czachorowski
- Dorothy DeNunzio
- Susan Hochhauser
- Julia Kessler
- Lisa Lombardo
- Rita McPeck
- Noelle Pecora
- Mary Jean Skelly-Miller
- Janna Whearty
- Beth Cookinham, Foundation Director

Save the Date: 10-6-11

If you would like to become involved in next year's show, please contact Beth Cookinham at bcookinham@nhrny.org or (845) 473-3000 x322.



Front Left To Right: Rose Palazzo models clothing from Pleasant Valley Department Store, Matt Rowlette, Quincy Ferguson, John Evangelista, Matt Sherlach and Ed Schebilski model tuxedos donated from Mary H. Abdoo & You and Donna Reyer represents Up To Date.

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From Left To Right: Sharon Gyurits shows off a dress from Mary H. Abdo & You, Missy Frank wears the latest business attire at Dress Barn.

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Front Left To Right: Linda Saland models an outfit from Up To Date, models representing Elizabeth Boutique pose with store owner, Beth Madsen and Chrissy Prechtl shows off a dress from Crystal's Closet.

AROUND THE AGENCY NEWS

16th Annual Leadership Breakfast

The New Horizons Foundation’s 16th Annual Community Leadership Breakfast was held on Thursday, October 28th at the Poughkeepsie Grand Hotel.

This year we are pleased to have honored, Stacey Langenthal, Rita McPeck, Lisa Morris



From left to right: Linda Saland, Rita McPeck, Lisa Morris, Stacey Langenthal and Senator Stephen Saland.

for their spirit, dedication and leadership in fostering a better life for all residents of the Hudson Valley.

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To read bios on our honorees, please visit our website:

www.nhrny.org



Past & current honorees pose with Regis Obijiski, NHR Executive Director, Steven Berner, NHF Board President and Senator Stephen Saland.



Honorees pose with Stephen Hill who presented them with drawings of their homes.

AROUND THE AGENCY NEWS

Halloween Party!

By Sandi Swan



From Left to Right; Sharon Gyurits, Tina Betz and Bruce Pleasants.



The dance party on the 22nd at the West Road was a huge success. Pizza, desserts, and dancing..... We all had a great time. The food was delicious with home made and store bought treats. The decorations were spooky. The costumes were some of the best that I have ever seen. A special thanks to Lisa Cummings, Charles Owuor, John LeBlanc, Vicki McDonald, Nancy Howell, Steve Georgiou, and John Clauson for going above and beyond with their time and efforts in making this dance party a reality.

It truly takes a dedicated group of people with vision and action, in their "spare" time, to make such an event happen.



From Left to Right; John Evangelista, Alida Ward and Gina Distaola.

Spring Thinking!

It might be fall, but Paul Molloy and Kathy Lederman-Miller were thinking ahead to spring when they planted flower bulbs at our Pleasant Valley house.



**New Horizons Foundation's
4th Annual
Spring Juried Craft Show**

**March 19 & 20, 2011
James J. McCann Center
Marist College**

**Featuring over 40 artisans displaying
Pottery, photography, jewelry, fiber and more!**

**For more information, please contact Beth
Cookinham at (845) 473-3000 x 322 or
bcookinham@nhrny.org. Applications are
available on our website.**

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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

Much Appreciation To Everyone Who Contributed to the Fun & Success of Our Fashion Show.....

- | | | | | |
|-------------------------|------------------------|----------------------|------------------------|-------------------------|
| A Nu Do Revue | A Special Occasion | Acropolis Diner | Erin Amato | Melissa Beattie |
| Rebecca Blahut | Limousine Service | Brigg's Farm | Sheila Bogart | Doreen Brown |
| Bull & Budda | Clear Channel Radio | Coldwater Creek | Beth Cookinham | Copperfield's |
| Cosimos | Country Corner's Deli | Cranberry's At | Crystal's Closet | De's Jewelers |
| Diane Czachorowski | Daily Planet | Tilley Hall | Dorothy DeNunzio | Dreamer's Bead Works |
| Dress Barn | Nancy Dropkin | Elizabeth Boutique | Cathy Ermo | Fiona's Fairies |
| Fireside BBQ & Grill | G.E. Masten Feed Store | Tarryl Gabel | Gallery Salon | Hampton Inn & Suites- |
| Headlight Quilt Designs | Susan Hochhauser | Hummingbird Jewelers | Hurds Family Farm | Joe Christiano's Pizza- |
| Judy's Flower Shop | Julia Kessler | Kiss My Face | LA Limousines | L.C.S Facility Group |
| Lisa Lombardo | Lyceum Cinemas | Madison's Pizza Café | Magnolia's | Marist College |
| Mary H. Abdo & You | Rita McPeck | Barbara Mika | Millbrook Winery | Linda Milroy |
| Morgan's Florist | Lisa Morris | Mr. Ho Bo | Pat Nishball | Regis Obijiski |
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