

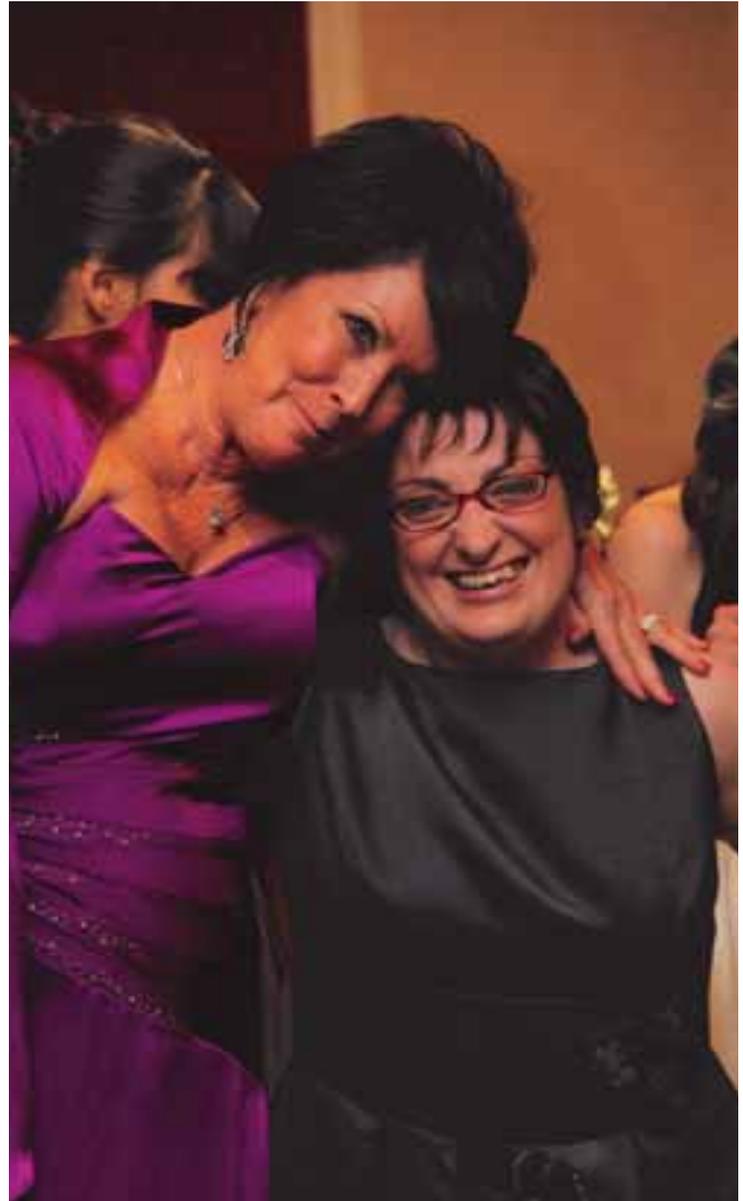
*Celebrating  
10 Years of  
Fall Into  
Fashion!*

New Horizons Foundation's 10<sup>th</sup> Annual Fall Into Fashion Show was held on Thursday, October 3<sup>rd</sup> at the Poughkeepsie Grand Hotel. This event serves as one of our largest annual fundraisers and has seen many popular changes over the last few years, including runway style format and male & plus sized models.

The runway showcased the latest fall fashions for both men & women from A Special Occasion, Banana Republic, Catherine's, Crystal's Closet, Elizabeth Boutique, Kohl's, Pleasant Valley Department Store and Rambling Rose, in a variety of shapes and sizes!

Comments like "I am so excited!", "I have waited for this all year long!" and "I feel so beautiful," could be heard backstage from models whom we provide services to!

Thank you to our stores, salons, models, sponsors, gift donors, vendors, volunteers and those that attended for such a wonderful evening! A very special thank you to Crystal's Closet, who has participated all ten years of the show!



Board Member, Maureen Kangas (Poughkeepsie Grand Hotel) & Sharon Gyurits

**SAVE THE DATE!**

**October 2, 2014**

**for our 11<sup>th</sup> Annual Show!**

## A Message From the Executive Director...

### APPRECIATIVE LEADERSHIP and INQUIRY

*By William Beattie*

New Horizons Resources, Greystone Programs, Community Based Services, and Anderson Center for Autism have collaborated to bring a world renowned speaker to the Poughkeepsie area to lead us in a discussion and training on Appreciative Leadership. I want to thank my colleagues Cathy Doyle, Vickie Sylvester, and Neil Pollack for their insight, leadership and assistance in making this conference a very positive learning experience.

**What is Appreciative Leadership?** As defined by our guest speaker Diana Whitney, "Appreciative Leadership is the relational capacity to mobilize creative potential and turn it into positive power, to set in motion positive ripples of confidence, energy, enthusiasm, and performance and to make a positive difference in the world."

The presentation and sharing within the room was infectious. With staff included from four agencies and exercises geared toward sharing, people made true contacts with complete strangers. They practice the art of questioning others, in demonstrating caring for others, listening, and then publicly praising their interviewee. I found

that you tended to forget yourself and see the world from the eyes and thoughts of others. You get outside your own problems, skills, wants and needs looking to elevate someone else. It did not feel like work or an exercise but rather it became the high point of the day. Participants saw that each person is an individual, that each person is essential and that each person is equal. If this sounds familiar, it should. It is the mission of New Horizons, to have everyone treated equally.

Comments from your colleagues at NHR about their experience during Appreciative Training:

- 1.) Here are 2 quotes/ points that struck me from appreciative leadership conference:
- "People flourish in the presence of positive"
  - "Emotions and positive communications"

Also, the story at the end about the 2 wolves-- one good, kind and supportive the other aggressive and mean -- and how whichever is fed will inevitably win--- very true and powerful for all areas of job, and, personal life."

2.) A "leader habit"- what we solicit or listen to or focus on as leaders, we will get more of. Don't solicit problems, or that is likely to be all you get. Don't be the immediate solution to problems or that is likely the role your coworkers, peers, subordinates and supervisors will have you fill. Solicit positive behaviors- and more positive behaviors will be brought to you.

"The questions we ask are FATEFUL". Meaning the questions we ask determine what we learn. It is necessary to ask the right question in the right way to get the answer we are really looking for. Before you ask a question, ask yourself what is it that you specifically you want to learn from someone.

Although I've heard this story before (the tale of 2 wolves) - it was exceedingly appropriate in how it was presented in this training.

- The training was in essence about which wolf the appreciative.
- Leader chooses to feed into themselves, and which wolf they choose.
- To feed that lives in those who follow him/her.

3.) Focusing and building on the positive reminds me of my initial training in CQL. They spoke about finding out what the agency does well and building on those things.

- Don't be concerned about bragging. Let people know what they're good at and talk about what you're good at.
- We spend too much time trying to fix what we think is wrong instead of celebrating what people do right.

I consider myself a fixer. I look for a problem and want to make it better. I overwhelm myself with negative things all day long in the hopes that I can save the day. Needless to say, I'm stressed and consumed by "problem issues." I feed off negative gossip and never feel fully satisfied when dealing with a "problem" because in the back of my mind I KNOW the problems are still there.

I can honestly say that this conference was enlightening. I've started looking at all my interactions differently. I'm using different

language and thinking before speaking. I look at things realistically instead of tragically.

- 4.) Recognizing the best in people
- Listening
  - Looking for what we do not know

5.) If you ask about stress and problems you get more of that. If you ask about strengths and joys you get more of that. (The wolves and what you feed) What do you want more of? Ask about that!

Also the different approaches to the same problem (the driving example) and how if your approach is not working perhaps it's not the person, perhaps you should change your approach.

I enjoyed the networking and pooling of ideas. I really liked the video as well about being in the moment and believing in what you want to see. I liked the theory of the positive inquiry and what it could be. Thank you for having me at the training

**What is the approach of Appreciative Inquiry?** The idea here is to study what you do best and then celebrate it, use it often, post-it and build on it. We need to spend time talking to people about what they desire, why, and what makes them do the work they do. As an agency, NHR continues to deliver great service at many levels. We first heard about appreciative inquiry during some of our original CQL training. CQL interviewers know first-hand how it feels to talk with someone in length about their lives, what is important to them not to us. In particular we hear and see our Direct Support Professionals (DSP) do their very best in difficult situations almost every day. When sitting at the hospital holding someone's hand, when helping someone make a personal choice for food, clothing, hairstyle, or activity, most of this work is completed unseen by many others. If you were to sit with a DSP and complete an Appreciative Inquiry interview you would find out that they balance every challenge in the day against everything they have learned, seen, and become from many years of caring. You will find that they balance economics, personal challenges, and families all at the same time. My challenge to you is have you seen this great work, have you taken an opportunity to celebrate it, can you make someone feel better about themselves, today?

*Continued on page 5*

|   |  |   |
|---|--|---|
|  <p>The NHR Newsletter is a quarterly publication produced by the agency to keep our friends informed about NHR's current activities.</p>   | <p><b>New Horizons Resources Board of Directors</b></p> <p>Stacey Langenthal, <i>President</i><br/>                 Daniel Hickey, Sr., <i>Vice President</i><br/>                 Bruce Marley, <i>Treasurer</i><br/>                 Peter Leonard, <i>Secretary</i><br/>                 Kimberly Bottini<br/>                 Theresa Burdick<br/>                 George F. Decker, Jr.<br/>                 Susan P. Hochhauser<br/>                 Maureen Kangas<br/>                 Helena Lee<br/>                 Edward McCormick<br/>                 Marilyn McGauley<br/>                 Rita McPeck<br/>                 Bobbi Sue Tellitocci</p> | <p><b>New Horizons Foundation Board of Directors</b></p> <p>Donna Seelbach, <i>President</i><br/>                 Richard Olson <i>Vice-President</i><br/>                 Rita McPeck, <i>Secretary/Treasurer</i><br/>                 Bob Bazargan<br/>                 William Beattie<br/>                 Michael J. Cunningham<br/>                 George F. Decker, Jr.<br/>                 Mark DeGiacomo<br/>                 Stephen Hill<br/>                 Susan P. Hochhauser<br/>                 Sean Jones<br/>                 Julia Kessler<br/>                 Christopher Lapine<br/>                 Lisa Lombardo<br/>                 Stephen J. Reverri, Jr.<br/>                 Chelen Reyes<br/>                 Mary Jean Skelly-Miller<br/>                 Kelly L. Traver<br/>                 Justin Varuzzo<br/>                 Beth Cookinham, <i>Foundation Director</i></p> |
|   | <p><b>Honorary Directors</b></p> <p>Jeanne Jompole<br/>                 Doris Shaw</p>   |   |
| <p>William Beattie, <i>Executive Director</i></p> <p>Please address comments about the newsletter to Beth Cookinham at:</p> <p>New Horizons Resources, Inc.<br/>                 123 West Road<br/>                 Pleasant Valley, NY 12569<br/>                 (845) 473-3000 x322<br/>                 email: bcookinham@nhrny.org</p> |  |   |

**AROUND THE AGENCY NEWS**

November 2013

Dear Friends of New Horizons,

When my two grandchildren, who both have disabilities, became my responsibility to raise, I was petrified. Looking back, I see that I was terribly overprotective and didn't know what to expect for their futures. Finding New Horizons, in my eyes, was a miracle!

The first time Michael went to the Brigg's Farm Respite Program for the weekend, despite his deafness, everyone at the farm understood his needs and appreciated his gregarious personality and his willingness to jump right in. The staff at Brigg's Farm respected Michael's need for order and his need to always know his schedule. He worked with the animals, something I never thought he would do, went to the movies, helped cook, and started to build the first of many relationships outside of our family. Michael also receives Community Habilitation Services, and with the support of this service, he continues to develop the independence and skills that he'll need when I can no longer care for him.

When Gerry first started receiving services from New Horizons, he was mostly non-verbal and very shy. Through attending Brigg's Farm Respite and receiving Community Habilitation Services, he has become a "social butterfly," freely using his words to communicate. He now has friends and has learned to shop and cook. With his Community Habilitation worker, who recognizes Gerry's hands on learning style, he has made many woodworking projects. He is extremely proud of his creations and has learned measuring skills, the use of hand tools, and most importantly, he has learned that he is capable!

These are just a few examples of the outstanding work and dedication of the staff at New Horizons. My grandsons continue to grow with the support they receive from NHR and I feel optimistic about their futures. I also feel very blessed to have met and worked with these wonderful people. Please consider a gift to New Horizons in hopes that other families can believe in miracles too.

Sincerely, 



**AROUND THE AGENCY NEWS**

*Continued from page 3*

The topic of Appreciative Inquiry is complex and cannot be fully discussed here. I have provided some insight and here are a couple more salient points. In our work innovation lies very close to the edge of routine and regulation. In order to change something you must get outside and routine, the way it has been, you must take some prudent risks. Innovation requires a vision, a plan and a willingness to engage others.

Another idea involves true inquiry. It is the words that create the world. Using properly chosen words you can either improve a situation or bring the situation to a boiling point. The philosophy is; have you thought about your question, your response and have you chosen the right words before you open your mouth? If you really want good information you must create opportunity by choosing the right words. Ask questions that promote discovery of information, that open you to seeing new potentials and possibilities.

One last thought on Appreciative Leadership is that you must always give a clear imaginative picture of what it could look like. For example we can make this schedule work if everyone does. Then develop an action plan. Leadership for each of us exists between the relationships we create. Leadership is not a trait you are born with. Diana Whitney suggests we must believe in the power of positive attitudes, emotions, recognition, intention and strengths to become an effective leader. For an upbeat look at looking at life through a positive lens please go to YouTube and look up Dewitt, National Geographic and look for his vignette entitled; Possibility – Celebrate what is Right with the World.

**Managed Care Update:**

Over the past several months I have spoken about Managed. The Center for Medicaid Service (CMS), OPWDD and NYS continue to work on a waiver plan that will move us into a new world. Many people believe that there are new opportunities in this new world and that we must seek them out and embrace them. NHR continues to be tuned in. We have become active members of many groups that

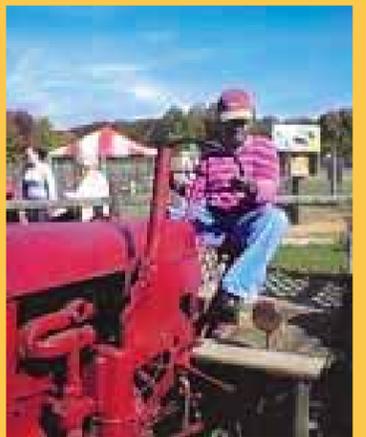
are meeting to discuss innovative ways to do business by advocating to keep what is important in our mission.

I continue to meet with groups of agencies in Kingston, Westchester, and locally in Dutchess. We have forged new working relationships with Greystone, Community Based Services and Crystal Run Village. We have our first shared employee in partnership with Crystal Run Village. We continue to share resources, committee members, space, and employees with Greystone as we work to create even greater alliances. We have been working with specialist in Managed Care to gain perspective and knowledge about how we will need to operate in the Managed Care arena of funding. We have participated in formal IPA's (AGNY) and potential DISCO's (NYIN). The NHR Board of Directors has participated in this process and they are well informed. It is important to remember this is a due diligence phase that we are focusing on and we have not determined any one course of action.

Although there are still more questions than answers, it is still very clear that business will not be as usual in Managed Care. We will continue to be diligent on this front looking at potential options.

**Columbus Day at the Farm**  
by Lisa Munzer

Carol LaRose and I spent a great day at Hurd's Farm in Modena. We enjoyed a hay ride, apple picking, and some bluegrass music.



The farm is nicely laid out with many activities from animal feeding to paddle boating.

Barbecue lunch is available for purchase, and of course apple cider and donuts!

**New Horizons Foundation Annual Appeal 2014**

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 Havel

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

2013 AGENCY PICNIC

By Lauren Hann

Our annual picnic was once again held at Green Haven Pavilion in Stormville, NY on September 13th. The Western Theme was displayed in cowboy hats, bandanas, Sheriff's badges and a visit from the ponies at Lucky Orphan stable. Dancing, face painting, and great food was enjoyed by all. Staff, residents, families and friends all spent a beautiful September day outdoors sharing smiles and laughter. Thank you to everyone who helped make it a great afternoon!



Pictured Above From Left To Right: Quincy Ferguson, Todd Berk, Joe Booth & Vicki Smith; Marie O'Brien



Pictured Above From Left To Right: Sara Reo, Jenn Wells & Alex Watson

AROUND THE AGENCY NEWS

You Will Be Missed....



This photo is hanging up on our mantel and says "In Memory of Wally Cox".

Stormville lost a dear friend who was in the hearts of the staff and the gentleman that reside here. Wally has lived with some of the gentlemen for over 30 years. We will always remember his smile. He had a smile that would light up the room. I never really heard him talk until Tina entered the room. When she did, you would hear a conversation taking place.

We had a memorial dinner in honor of Wally's life on Tuesday, October 8th. It was very well attended and all the people that loved and cared for him were there.

Wally, we love you very much. You are finally resting in peace.

~ Julie Lopez

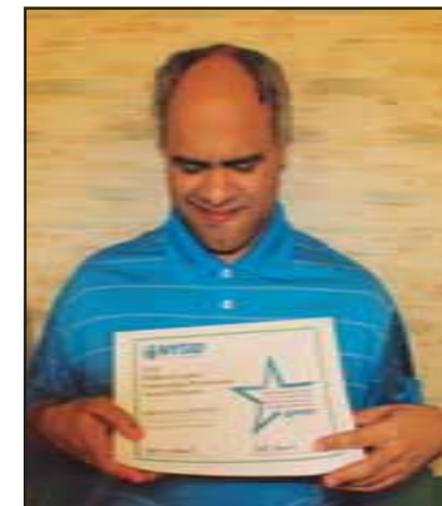
Spotlight On....



On Friday, the 27th of September, Hiram Quinones was honored and presented with the 10th Annual NYSID 2013 "Outstanding Performer Award" through the William B Joslin Performance Award Program. Hiram was recognized at work by Sal Garozzo, Chief Development Officer from UGARC. Hiram was recognized out of the 59 nominations as a top performer.

Hiram's work program nominated him as being a true integral part of keeping up with this contract that is very important to Pilot Industries in Ellenville. And as a kicker, it came with a \$500 check. He is very excited about his achievement.

Congratulations Hiram!



Hiram Quinones

**AROUND THE AGENCY NEWS**

**BOO!**

**By Kathryn Cushing-Murray**

New Horizons successfully held another annual Halloween celebration! The costumes were fabulous the music got one and all up on their feet moving. The pizza was enjoyed by all with a tasty variety of baked goods for desert. People crowded the dance floor for the entire night and those relaxing at the tables and chairs enjoyed the show of creative costumes. The room was crowded with smiling faces of friends enjoying a chance to laugh, dance and eat together.



Top From Right To Left: Jill Bruschini, Linda Sofka, Heather Atkins, Kari Cirigliano. Bottom From Left To Right: Omar Diaz, Joe Booth & Shonta Morgan.

A big thanks to Jenn Wells for putting this event together and all those who helped make this event a wonderful night for all!

**The Buddy Walk® by Monica Robinson**

On October 13<sup>th</sup> the men of Angelo Blvd. participated in this year's Annual Buddy Walk®. In 1995 the NDSS, The National Down Syndrome Society, organized 17 Walks to promote Down syndrome awareness. Now there are over 250 Walks being held world wide. They span the globe from Istanbul to Tokyo and New York to Alaska. The Buddy Walk® not only promotes acceptance and inclusion of people with Down syndrome, but also raises funds for local programs and services as well as national advocacy initiatives. The Walk is a great place for people in the community to mingle and get to know their neighbors. There's always some kind of fun activity going on. This year it was face and pumpkin painting. If you're interested in participating in a future Walk, visit the website [ndss.org](http://ndss.org) where they're always updating their list of Walk locations. You can also donate and read touching "Great Stories" about people making connections and having their lives changed forever.



**Three Honored At NHF's  
19th Annual Community Leadership Breakfast**

New Horizons Foundation was pleased to have honored William Davis, Cora Mallory-Davis and Vincent J. Miller at our 19<sup>th</sup> Annual Community Leadership Breakfast on Thursday, October 24<sup>th</sup> 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. To see biographical information, a list of past honorees and additional photographs, please visit our website, [www.nhrny.org](http://www.nhrny.org). Thank you to all those who attended and supported the event!



Pictured above: Standing: Stacey Langenthal, NHR Board President, Beth Cookinham, Foundation Director & Donna Seelbach, NHF Board President. Seated: William Davis, Cora Mallory-Davis & Vincent Miller.

*We thank our sponsors...*

*Ambassador Circle:*

- Hudson Valley Federal Credit Union
- KeyBank
- Marist College
- Robert G. Relph Agency, Inc.
- Wm. G. Miller & Son Funeral Home, Inc.

*Envoy Circle:*

- Bank of Millbrook
- Gellert, Klein & MacLeod, LLP
- Marshall & Sterling Insurance
- M&T Bank
- Rhinebeck Bank

*Emissary Circle:*

- Central Hudson Gas & Electric
- Dutchess, Putnam, Ulster Funeral Directors Assoc.
- Harmon & Castella Printing
- Iseman, Cunningham, Riester & Hyde, LLP
- Jackson Lewis LLP
- The Poughkeepsie Grand Hotel
- Bill & Carol Rohde
- Sweet's Funeral Home



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

Please visit our website to view more Photographs!

# 10th Annual Fall Into Fashion Show

## The Stores....

A Special Occasion  
 Banana Republic  
 Catherine's  
 Crystal's Closet  
 Elizabeth Boutique  
 Kohl's  
 Pleasant Valley Department Store  
 Rambling Rose

## The Salons....

Bella Luci Salon  
 Entirely You Salon  
 Marion Salon Spa  
 Salon Verve  
 Styles Hair Studio

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.

## Event Committee....

Owen T. Clarke, Jr.  
 Dorothy DeNunzio  
 Lauren Hann  
 Julia Kessler  
 Lisa Lombardo  
 Rita McPeck  
 Bobbi Sue Tellitocci  
 Kelly Traver  
 Beth Cookinham,  
 Foundation Director

## The Sponsors...

### Red Carpet Sponsor

Helena Lee & Richard Klapper  
 KeyBank

### Couture Sponsor

BG Entertainment  
 Charles Schwab  
 McCabe & Mack, LLP

### Designer Sponsors

Central Hudson Gas & Electric, Corp.  
 Harmon & Castella  
 Kirchoff Property Management  
 Victoria Lucarini  
 Medline Industries  
 Rhinebeck Bank

### Boutique Sponsor

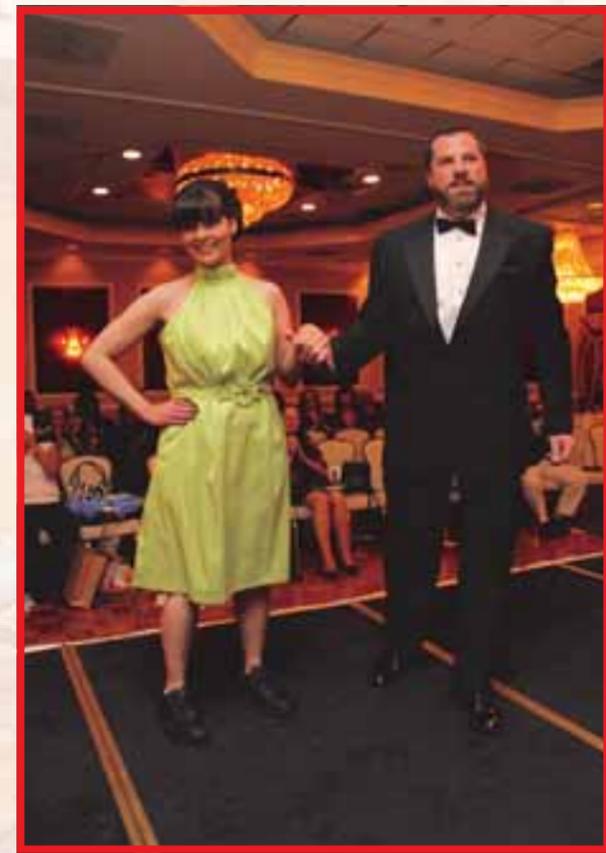
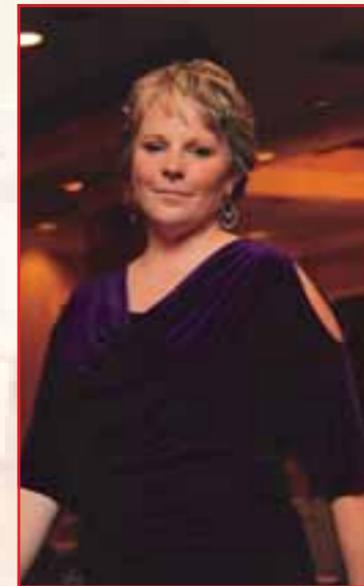
The Chazen Companies  
 Crystal's Closet  
 Crystal Run Village, Inc.  
 Stacey Langenthal, NHR Board President  
 Med World Pharmacy  
 Poughkeepsie Grand Hotel  
 Topical Bio Medics  
 Ulster Savings Bank

### Fashion Friends

Buddy August  
 Law Firm of D. Jen Brown, Esq.  
 Tony & Ginny Campilii  
 Mancarella Chiropractic  
 Marion Salon Spa, LLC  
 Donna Seelbach, NHF Board President  
 Teahan & Constantion  
 Wallace & Wallace, LLP  
 Valuation Consultants



# 10th Annual Fall Into Fashion Show



Pictured From Left To Right:

Top Row: Al Nowak, Donna Seelbach, Todd Motter, Shiann Mayorga-Cash

Middle Row: Audra Gerty, Beth Pulst, Lauren Hann

Third Row: Robert Gropper, Melissa Lawlor, Mitchell Hedgecock, Elena Rios, Christina Rios & Ed Schebilski



New  
Horizons  
Resources, Inc.

NON-PROFIT ORG  
US POSTAGE  
**PAID**  
NEWBURGH, NY  
AM DIRECT MAIL

123 West Road  
Pleasant Valley, NY 12569

Tel: 845-473-3000  
Fax: 845-473-3030  
email: info@nhrny.org  
website: www.nhrny.org

**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

*Fashion Show Gift Donors...*

Buddy August  
Bare Minerals  
Bedazzledone  
Bill & Melissa Beattie  
Bella Luci Salon  
Regina Benvie  
Bonefish Grill  
Bridgeway Federal Credit Union  
Owen & Linda Clarke  
Coffee Systems of the HV  
Beth & Brad Cookinham  
Country Corners Deli  
Crystal's Closet  
Diane Czachorowski  
Dorothy DeNunzio  
Ella Fiore Photography  
Elizabeth Boutique  
Tarryl Gabel  
Lauren Hann  
Hidden Hollow Farms  
Jennifer Manzi Photography  
Julia Kessler

Kiss My Face  
Lisa & Anthony Lombardo  
Susan Lynn  
Madison's Pizza Café  
Marist College  
Rita McPeck  
Millbrook Family Chiropractic  
Linda Milroy  
Barbara Mika  
Lisa Morris  
Morgan's Florist  
My Brother Bobby's Salsa  
Nail Plus  
On Location Studios  
Winsome Ostrander  
Pleasant Valley Dept. Store  
Rambling Rose  
Red Cap Cleaners  
Relax & Enjoy Naturally  
Salon Verve'  
Erica Salzman-Talbi, MBA, CPP  
Sierra Lily

Simply Bella Hair Bows  
Debbie Smith  
Style's Hair Studio  
Superior Wireless  
Bobbi Sue Tellitocci  
Topical Bio Medics  
Kelly Traver  
Treat Your Feet  
Dr. Donna Trimboli  
Ana Valencia  
Valley Wines & Spirits  
Violet Hill Designs

*Additional Thanks To...*

BG Entertainment  
Bill Beattie  
Harmon & Castella Printing  
Maureen Kangas  
Madison's Pizza Café  
Jessica McKeown  
Lisa Morris  
Mary Jean Skelly-Miller