

## Good Neighbors!

By Mark Holmes, NHR Maintenance Coordinator

There is really no better way to start off your summer than to work in your garden, get your picnic table ready, fire up the barbeque and enjoy a meal and good conversation with friends. That is exactly what the folks of our Pleasant Valley IRA had the opportunity to do during this year's Annual KeyBank Neighbors Day.

10 volunteers from KeyBank, led by the fearless Rita McPeck, showed up with their work gloves on and helped not only beautify the quietly set back home to 5 of our gentlemen, but also to do some real building with our Maintenance Department.

The projects completed that day included building 2 new sturdy and beautiful stand-off planters attached to our shed to facilitate our bountiful vegetable garden grown there, a brand new barbeque pad made out of rustic paving stones, a little "late Spring cleaning" of our shed and a full power washing of our back deck and picnic table.

Lunch was prepared with care by Administrative Counselor Ed Shebilski, with the help of both staff and conversation and a few laughs during lunch.

Thanks to Ed and the folks at the Pleasant Valley House. Thanks to the Maintenance team for all their hard work, prep, clean up, follow up and after care. Special thanks to KeyBank for remembering what it's like to be a true Good Neighbor and Friend.



## A Message From the Executive Director....

### New Horizons Resources, Inc. – Proclamation of DSP Recognition Honoring Direct Support Professionals (DSP's) and NHR's 40<sup>th</sup> Anniversary

*By William Beattie*

Direct Support Professionals (DSP) – a title we give to some of the most dedicated people in our work force. How did we get to that title and where will we go from here?

First of all, I have been working in this field since I was 17 years old beginning in 1967 (yes that makes me 63) during those 45 years the person at the center of care has evolved to a much more sophisticated version of the 1967 DSP (then called an Attendant). It's like computer technicians say: there is 1.0 version, 1.2 version, and then 2.0 then 2.2 and on and on. It just does not end. Just like more sophisticated computer programs we also see more sophisticated Direct Support Professionals.

I want to take you back to 1967 on a ward in a large institution (then called a State School) to a typical direct care workers day. I would help my one fellow employee get 76 people out of bed,

shower each and every person, place a gown on each person and then help them with breakfast. They would then retire to a large dayroom, with direct support staff (then called attendants), with two or three staff watching over them. We watched them all morning long milling around, doing nothing until you guessed it; it was time for lunch. We would help everyone eat again. Then everyone went back to the dayroom or maybe if the Recreation Person came a walk around the campus. Then, more hanging out and more waiting. Waiting for what you say? What else but supper. Oh, somewhere in there everyone received their medication or attended clinic appointments. There was no expectation of growth, no new experiences, no community involvement, no friends, little work, and a limited quality of life. This is not what families wanted and certainly not what the people living there deserved.

Reflections can be a great thing when you are comparing a 45 year period of your life. Were the



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

William Beattie, *Executive Director*

Please address comments about the newsletter to Beth Cookinham at:

New Horizons Resources, Inc.  
123 West Road  
Pleasant Valley, NY 12569  
(845) 473-3000 x322  
email: bcookinham@nhrny.org

#### **New Horizons Resources Board of Directors**

Stacey Langenthal, *President*  
Daniel Hickey, Sr., *Vice President*  
Rita McPeck, *Treasurer*  
Peter Leonard, *Secretary*  
Beth Allen  
Kimberly Bottini  
Theresa Burdick  
George F. Decker, Jr.  
Helena Lee  
Edward McCormick  
Marilyn McGaulley  
Shonta Morgan  
Bobbi Sue Tellitocci  
Madelaine Watterson

#### **Honorary Directors**

Jeanne Jompole  
Doris Shaw

#### **New Horizons Foundation Board of Directors**

Donna Seelbach, *President*  
Richard Olson *Vice-President*  
Christopher LaPine *Secretary/Treasurer*  
William Beattie  
Michael J. Cunningham  
George F. Decker, Jr.  
Mark DeGiacomo  
Stephen Hill  
Sean Jones  
Maureen Kangas  
Julia Kessler  
Lisa Lombardo  
Wayne Mabey  
Stephen J. Reverri, Jr.  
Chelen Reyes  
Mary Jean Skelly-Miller  
Kelly L. Traver  
Justin Varuzzo  
Beth Cookinham, *Foundation Director*

things we did right? Were they wrong? Were they good? Were they all we knew? The question was simply answered in the next decades by people saying we can do better, we can achieve much more, and we have to do more!

The job description of that 1967 Direct Support Professional (Attendant) was much different than today. During the 1970's and 1980's we began to increase training, staff expectations, and support of our front line workers in different ways. They are the people with the best insight into the person, the individual, and the needs of the people we support. Therefore, they needed to be recognized, rewarded, trained and supported differently.

Today the sophistication of a Direct Support Professional is so much more than that Attendant I was in 1967. The skills they must now learn, the opportunities they have to support people in different environments and over different parts of their lives is amazing. The training in basic skills, advanced skills, Code of Ethics, and in Person Centered approaches is tremendous. The sheer responsibility to do the right things when others are not always watching them is so important. No one said that the Attendant was the most important person in the work system in 1967. The most important person, the Direct Support Professional, today is so much more equipped and prepared to support people than we were. Looking back, I know you are all amazing and should realize that what you do every day, every shift, is unique and precious and adding value to the lives others. It is very hard sometimes to measure or appreciate the work you do day by day but if you look back over a decade or even a couple of years you will see how far you have come, how much you have done, and how much you are needed. Thank you!

If you were an Attendant like me in 1967 or if you are a Direct Support Professional of 2014 there is one thing that is clear: people we support have a much improved quality of life today than in 1967. Your training, your skills, your attention to Person Centered approaches is paramount to the success of each person you support. The previous system was not good but you have all helped improve it over the years, many times one person at a time.

Hopefully the challenges and opportunities of Managed Care and other new programs will help us all continue to keep the system moving forward for those we support. In the meantime at this time of year when we reflect about our Direct Support Professionals we need to say thank you and remember their fine work.

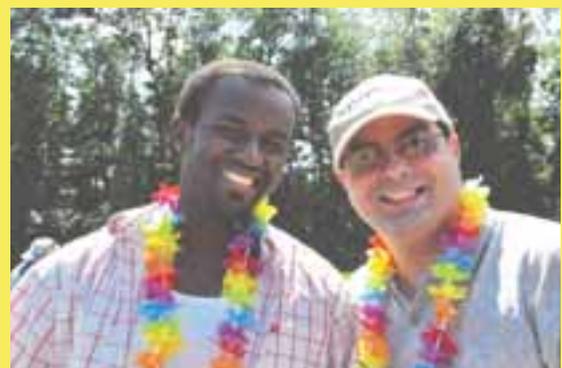
Additionally, as we celebrate our 40<sup>th</sup> Anniversary (September 21<sup>st</sup>) honoring our Founders, our Direct Support staff and the people we support please remember that the DSP is the most valuable asset we have. You will have an opportunity at the celebration to say thank you to those staff working with your relatives. Also remember you can say thank you by purchasing a small ad in our 40<sup>th</sup> Celebration History Book (call Beth Cookinham at 473-3000 ext. 1322).

New Horizons Resources along with all the professional support community, the local Senators, and the Governor join in proclaiming that we appreciate all our Direct Support Professionals and as we honor them the week of September 7<sup>th</sup> to 13<sup>th</sup> and every other day. Thank each and every one of them every chance you get.

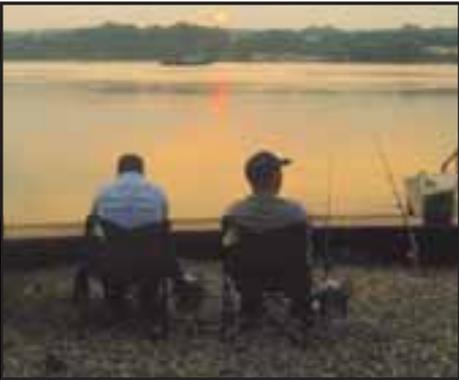
## ***We Salute All Direct Support Professionals***



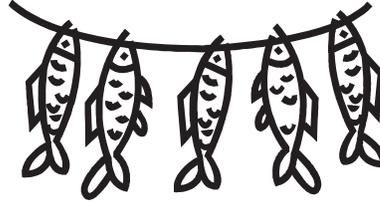
**National Direct Support  
Professionals Week  
September 7-13, 2014**



# AROUND THE AGENCY NEWS



## The Early Bird Gets The Worm!



It was early Sunday morning. Very early. Even the sparrows were sleeping. But in a bedroom on Dwight Street, two fisherman were shaking the sleep off their eyes. Catfish had occupied their dreams. Now it was time to put them on shore. We arrived at Mariner's Harbor before the sun. By 5AM we had our first eel. It was going to be a good day. At 5:30 the heavy pole began to move. After a tough battle, a three pound catfish was in our net. The sun rose through a heavy haze as a tug boat made its way down river. The beauty of the moment would have made the trip worthwhile, but we weren't done yet. Not by a long shot. Shortly after six, and a half a dozen smaller ones later, the heavy duty pole bent like a willow branch. Todd picked it up. This baby would be all his. The fight was on. Todd struggled to keep the pole tip high as the fish fought back struggling to remain deep. Twenty five feet from shore, she charged to the surface and slapped the water with her tale. For a moment, we all gasped. But the fight wasn't over yet. She had one more run in her but Todd remained firm. A few minutes later and Bill had the three pound catfish safely in the net. As if angry at being beaten, the clouds quickly rolled in. Thunder shook the morning air and rain poured down. It was time to go home. Pancakes would taste extra good this morning.

Jeffrey Mahoney, eye witness & DSP



### New Horizons Foundation Annual Appeal 2014

The New Horizons Foundation Annual Appeal 2014 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 \_\_\_\_\_

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***Spotlight On...***Congratulations to  
John Leblanc,  
Direct Support Professional**

For a few years now, John Leblanc has transported one of the guys to Queens to visit a friend of the family once a month. It's a brief trip that means a lot to the individual. About a year ago, John contacted a family member of one of the other gentlemen from Overlook. This family member also lives in Queens. John discussed with me that he would like to start bringing this individual along on the monthly Queens trip to reconnect with this family member, who in recent times, had fallen out of touch. I thought it was a good idea so I approved it and went back to my mundane paper-pushing and didn't think too much about it again. As these regular visits continued, however, I noticed that the individual and family member began to bond. The family member's name was mentioned a lot more and the individual would begin to ask when he was going back to Queens to see her. Recently, the individual was invited to a family reunion barbecue in which family members travelled from far away to attend. This gave the individual a chance to re-establish even more faded family connections. For this occasion, John was not scheduled to come in until later in the day, so I drove the individual down to Queens for a change. When I got there, I met this family member for the first time, face to face, and was told that her health was beginning to fail and that the individual we serve should start calling ahead before coming down each month to make sure that she was feeling up to the visit. On the ride home I thought about how sad it is that we never know how much time we have with our loved ones and that they can be taken from us at any time. I thought about how every opportunity we get to see the people we love is an opportunity to create a memory we can cherish for a lifetime. It occurred to me how precious this past year of visits were to the individual we serve at Overlook and to this family member in Queens, and it's all because of John's original initiative to bring them together again and his continued commitment to ensure that these visits happened month after month. For his dedication to keeping family connections strong for the individuals he serves, I nominate John Leblanc for Employee of the month.

Congratulations John!

# AROUND THE AGENCY NEWS



## Take Me Out To The Ball Game!

Adam Fitzpatrick, Joanie Betz & Betsy Coy enjoyed a Renegades game on a gorgeous June evening!

The New Horizons Foundation purchases four season tickets every year so those we serve can enjoy a game or two!

We are thrilled to hear you had a great time, Adam, Joanie & Betsy!



## “Where All People”

Good luck to Stephen Hill! Stephen is a gifted artist, who also lends his talents to New Horizons by taking pictures of the homes of our Leadership Breakfast honorees and draws them out free hand.

Stephen entered this beautiful work of art in to the 2015 Calendar Contest for The University Of New Hampshire’s Institute on Disability. The 2015 Calendar theme is “The Vision of the Future Where All People”.

Stephen is a recipient of services from New Horizons and also sits on the New Horizons Foundation Board of Directors.

Our fingers are crossed for you, Stephen!



## AROUND THE AGENCY NEWS

**New York Blood Center**

**Help Us Collect 40 Life Saving Pints  
to Celebrate NHR's 40 Years of Service**

**GIVE BLOOD**

**September 16, 2014**

**9:30am-3:30pm**

**123 West Road**

**Pleasant Valley, NY 12569**



**Contact Lauren Hann  
(845)473-3000 x 1316**

\***WHO NEEDS BLOOD** -cancer patients, accident, burn and trauma victims, newborn babies, transplant patients, mothers delivering babies, surgery patients, chronically transfused patients suffering from sickle cell disease or thalassemia, etc.

\***Car accident** and trauma victims may need as many as **50** or more red cell transfusions.

\*About **1 in 7** people entering a hospital needs blood.

\*Premature **babies** on average get **1-4 units** while in NICU.



**AN HOUR OF YOUR TIME COULD HELP AS MANY AS 3 PEOPLE**

### *You Will Be Missed...*

The face of an angel and the mind of a mule. They were my first impressions of Chris Turton. I was told that Chris never did what he didn't want to do. Last night Chris decided it was time to move on. He was with his buddy Roger Lamere when he passed at River Valley Nursing Home. Chris will be greatly missed by many who loved him! Please keep those closest to him in your thoughts.

~Monica Robinson



Roger Lamere & Chris Turton

# Celebrating 31 Years of Golf!

On Monday, May 12, 2014, New Horizons Foundation held its 31st Annual Golf Tournament at Dutchess Golf in Poughkeepsie. Golfers enjoyed a beautiful day on the course! Congratulations to Ryan Sorge for winning the Closest To The Pin Competition and Ryan Gabel & Mary Corretjer for the Longest Drive!



The winning foursome with a score of 63 was Brad Cookinham, Doug Hauseman, Greg Drobot & Rob Carroll



Second Place! George Decker, John Dearden, Jim Doyle & Ryan Gabel



Stephen Freer & Mitch Hedgecock



Third Place! Bob Finn, Ed Gabel, Dan Hickey, Jr. & Dan Hickey, Sr.



Joe Ausanio & Tim Murray

Photos by Al Nowak, On Location  
&  
Justin Varuzzo, Justin Varuzzo Photography

# Sponsors

The following businesses and individuals have generously given their support to the New Horizons Foundation Invitational Golf Tournament

---

## MAJOR SPONSORS—EAGLE

Bottini Fuel  
Friendly Honda  
Hickey-Finn & Co., Inc.  
Med World Pharmacy

## MAJOR SPONSORS—BIRDIE

CIA Security  
Helena Lee & Richard Klapper  
Kirshon & Company, P.C.  
Marshall & Sterling Insurance  
Marvin & Company, P.C.  
Mauri Architects, P.C.  
McCabe & Mack LLP  
RJ Bryce Construction

## PAR SPONSORS

D'Arcangelo & Co., LLP  
Hudson Valley Federal Credit Union  
M. Torson Memorial Funeral Home, Inc.  
Wells Fargo

## FLAG SPONSORS

American Printing & Office Supplies  
Crystal Run Village, Inc.  
Veith Electric  
William G. Miller & Son Funeral Home, Inc.

## HOLE SPONSORS

Robert K. Brill  
Hudson Valley Solar  
Nationwide  
Old Towne Construction

## TEE SPONSORS

Central Hudson Gas & Electric Corporation  
Gellert, Klein & MacLeod, LLP  
Jackson Lewis, P.C.  
Kirchhoff-Consigli Construction Management  
Kirchhoff Property Management, Inc.  
Odyssey Church  
Paul Effman Music  
Personal Touch Flooring  
Sweet's Funeral Home, Inc.

## HOUSE SPONSORS

Bank of Millbrook  
Clintondale & The Family of TJ Miller  
Crown LP Gas Corp.  
Excell Print & Promotions  
Gerry Road Ladies  
Madison's Pizza Café  
The Seelbach Family  
Superior Telephone  
Superior Wireless  
The Wow Guys At Hudson Valley Office Furniture  
Town Of Poughkeepsie PBA

## GREEN SPONSORS

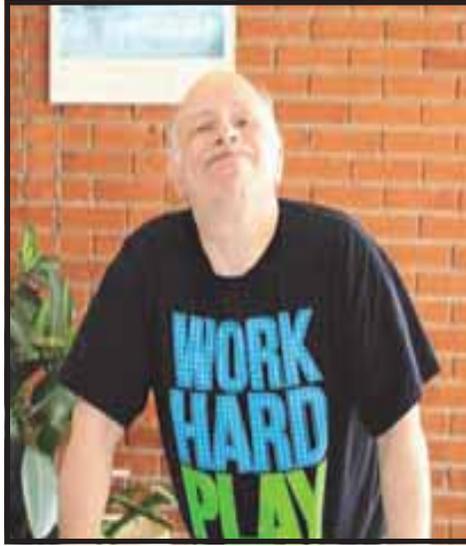
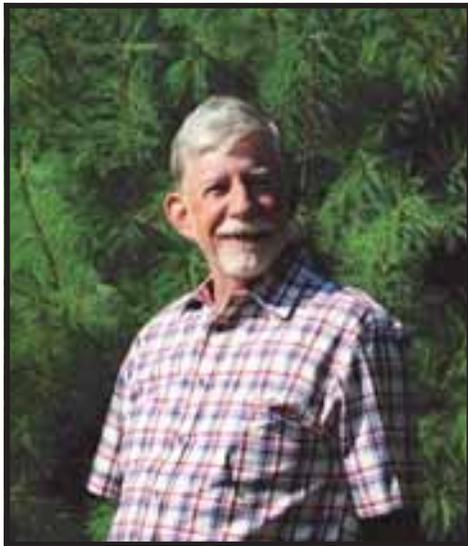
Dental Design Studios/Dr. Richard K. Whalen, DDS  
Robert B. Dietz, Esq.  
Harmon & Castella Printing, Inc.  
Matt's Auto Body  
Plass The Plumber, Inc.  
Precision Care Software  
River City Abstract of Hudson Valley, Inc.  
Tancredi Lawn & Property Maintenance

## DONATIONS

Anonymous  
Charles & Eileen August  
B-Dry Systems of Southern New York, Inc.  
Patricia D'Eufemia  
John & Yvonne Minard  
Paggi, Martin & Del Bene, LLP  
Doris Shaw  
Norbert M. Zeray



NEW HORIZONS RESOURCES, INC.  
CELEBRATING 40 YEARS!



NEW HORIZONS RESOURCES, INC.

CELEBRATING 40 YEARS!

PLEASE JOIN US!

SUNDAY, SEPTEMBER 21ST  
FREEDOM PARK  
212 SKIDMORE ROAD  
LAGRANGEVILLE, NY 12540  
11AM - 2PM

*Honoring*

STEVE BRADLEY, DIRECT SUPPORT PROFESSIONAL  
BERNIE KOSBY, INDIVIDUAL RECEIVING SERVICES  
DORIS SHAW, FOUNDER

AND

ALL THOSE WHO HAVE MADE A DIFFERENCE IN THE LIVES OF INDIVIDUALS WE PROUDLY SERVE

\$20 PER PERSON

\$10 PER PERSON UNDER 12



*New Horizons Foundation's  
11th Annual  
Fall Into Fashion Show*



Thursday, October 2, 2014  
Poughkeepsie Grand Hotel  
Poughkeepsie, NY

*New Horizons Foundation's  
11th Annual  
Fall Into Fashion Show*

Come view popular fall fashions for  
women & men  
presented by local retailers!

Plentiful Hors d'oeuvres 5:30-7:00pm

Fashion Show 7:30pm

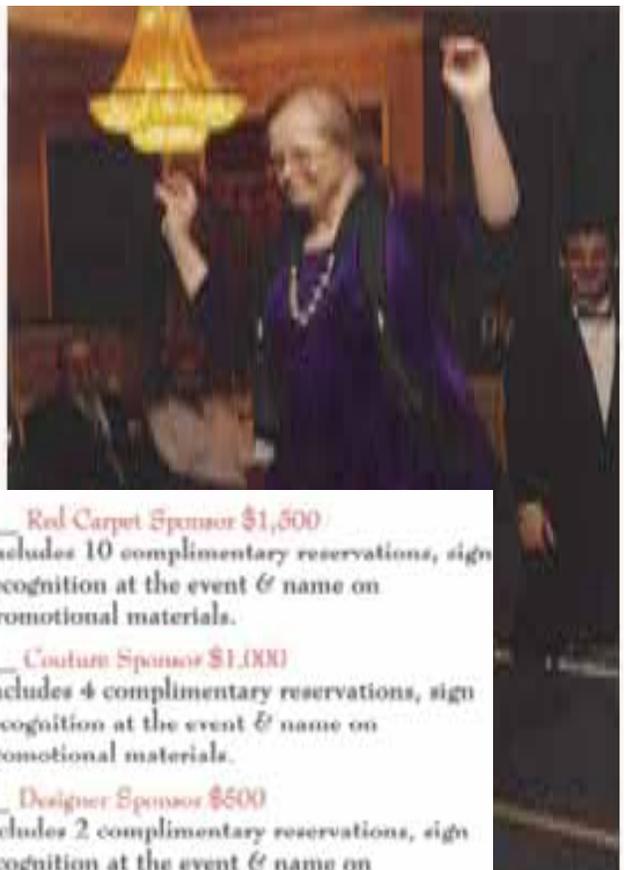
\$60 per reservation

Your charitable contribution is \$10

This event has sold out in the past, don't wait!

Prepaid reservations appreciated by  
September 15th.

For more information, call (845) 473-3000  
x1322 or email [beocookinham@nhfny.org](mailto:beocookinham@nhfny.org)



- \_\_\_ **Red Carpet Sponsor \$1,500**  
Includes 10 complimentary reservations, sign  
recognition at the event & name on  
promotional materials.
- \_\_\_ **Couture Sponsor \$1,000**  
Includes 4 complimentary reservations, sign  
recognition at the event & name on  
promotional materials.
- \_\_\_ **Designer Sponsor \$500**  
Includes 2 complimentary reservations, sign  
recognition at the event & name on  
promotional materials.
- \_\_\_ **Boutique Sponsor \$250**
- \_\_\_ **Fashion Friend \$125**
- \_\_\_ **Advertisement Listing \$100**
- \_\_\_ **Donation of a Raffle/Auction Item**



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

**GIFT SPONSORS**

A & R Security  
Al's Garage  
Amore's Pizzeria  
Audia Motors  
Joe Ausanio  
Domenic Baiocco  
Bill & Melissa Beattie  
Coffee Systems of the HV  
College Hill Golf Course  
Country Corners Deli & Pizzeria  
Mark D'Angelo  
DC Indoor Golf  
George Decker  
Mark DeGiacomo  
Stephen Fantini  
DJ Bill Gilbert  
Dutchess Golf  
2014 Golf Committee  
H.G. Page & Son  
Mark Holmes  
The Home Depot  
Hudson Valley Federal Credit Union  
Hudson Valley Magazine  
Hudson Valley Renegades  
Hyde Park Brewing Company  
Iron Furnace  
Maureen Kangas  
Julia Kessler  
Sean Jones  
Stacey Langenthal  
Chris LaPine  
Lisa Lombardo

Wayne Mabey  
Madison's Pizza Cafe  
Marist College Athletics  
McCann Golf Course  
Rita McPeck  
Mykkii Millott  
Tim Murray  
New Horizons Foundation  
Board of Directors  
Richard Olson  
On Location Studios  
Oragami Owl/Lisa Hamel  
Partners In Massage  
Paul Effman Music  
Personal Touch Flooring  
The Poughkeepsie Grand Hotel  
Red Fox Aquatic Club  
Relax & Enjoy Naturally  
Steve Reverri, Jr.  
Chelen Reyes  
Royal Carting  
Donna Seelbach  
Shadow's  
Mary Jean Skelly-Miller  
Superior Wireless  
Time Savour Solutions  
Kelly Traver  
Union Square  
Justin Varuzzo  
Vassar College Golf Course  
Wiltwyck Golf Club

**Golf Committee**

**Co-Chairs:**

**Sean Jones**, Superior Wireless  
**Richard Olson**, McCabe & Mack, LLP

**Committee:**

**Domenic Baiocco**, Hudson Valley Federal Credit Union  
**Bill Beattie**, New Horizons Resources, Inc.  
**Mark D'Angelo**, State Farm  
**George F. Decker, Jr.**, Wells Fargo Advisors  
**Mark DeGiacomo**, Kirshon & Company, P.C.  
**Lauren Hann**, New Horizons Resources, Inc.  
**Wendy Hawkins**, New Horizons Resources, Inc.  
**Chris LaPine**, Chazen Companies  
**Dan Lynch**, New Horizons Resources, Inc.  
**Wayne Mabey**  
**Tim Murray**, Marist College  
**Barbara Pagan**, Relax & Enjoy Naturally  
**Justin Varuzzo**, Paul Effman Music