

Serving the lower Hudson Valley for over 35 years – Spring 2015

Summer Safety Tips

by **Diane Ritters, Community Resource Specialist**

Summer is a great time to get outside and have some fun! The following are some tips from the Centers for Disease Control (CDC) to protect yourself and your loved ones during the summer months:

- **Sun protection**- exposure to the sun's Ultra Violet rays can damage skin in as little as 15 minutes and contributes to the development of skin cancer. Protect yourself by applying sunscreen with at least a SPF 15 **before** going outside even if it's cloudy. Sunscreen needs to be reapplied every 2 hours while outside, especially after swimming or sweating. Use the shade of an umbrella or tree to protect yourself from the sun. Protective clothing, such as a hat or t-shirt can also be used. The sun's ultraviolet radiation can also be harmful to our eyes. Protecting them by wearing sunglasses which filter out UV rays can reduce eye strain and make our time in the sun more enjoyable.
- **Swimming**-Choose areas with lifeguards, use personal floatation devices (life jackets), limit alcohol consumption, and take advantage of local swimming lessons for you or your children. **DON'T** swim alone!
- **Hiking**- Hike with someone and try to stay on trails that are well marked. Take along sunscreen, plenty of water and an extra layer of clothing. Insect repellent might also come in handy!
- **Heatstroke**-this can happen to anyone, but children and the elderly are especially vulnerable. The early symptoms of heat illness include: profuse sweating, fatigue, thirst and muscle cramps. If you experience symptoms, seek shade and cool down by drinking non-alcoholic and decaffeinated fluids. Seek medical treatment if symptoms persist or become more severe.

Keeping these tips in mind will allow you to safely enjoy all that the summer has to offer!



Ladies Night Out

On March 25 Poughkeepsie Raymour and Flanigan sponsored a "Ladies Night Out" event to raise awareness of Epilepsy and monetary support for Capabilities Partnership. Many local vendors participated by donating items that ranged from makeovers to jewelry and chocolate for raffle prizes. Diane Ritters, Community Resource Specialist, along with Corey Tucci (a young man who has been living with Epilepsy since childhood) provided education about Epilepsy and seizure first aid as well as sold raffle tickets. A DJ entertained everyone with music. The local Buffalo Wild Wings provided a variety of wings to sample in addition to other snacks and drinks. Attendees enjoyed the event and some even won great prizes. Thank you to Raymour and Flanigan and Corey for all of their support in making this event so enjoyable and successful! For more on this event, see <http://hudsonvalleynewsnetwork.com/2015/04/05/42756/>



Raymour and Flanigan Staff with Corey and Diane

OPWDD Updates

In order to keep you informed of changes in OPWDD, we have added this section to our newsletter. For more information on any of these updates, go to:

www.opwdd.ny.gov

OPWDD is proposing regulations that redesign its Supported Employment (SEMP) and prevocational services to improve employment services and better position individuals to obtain employment. The proposed regulations create two distinct phases of SEMPS services: Intensive SEMPS services, which includes job development and/or intensive job coaching and Extended SEMPS service, which include ongoing job coaching and career development services for individuals who are employed. OPWDD expects to finalize these regulations effective July 1, 2015.



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Look for our online support group/blog coming soon!

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ESSNY/CPI
450 West Nyack Road
Suite #9 – Third Floor
West Nyack, New York 10994
800-640-0371

Our Mission

THE MISSION of the **Capabilities Partnership Inc. dba Epilepsy Society of Southern New York, Inc.** is to provide comprehensive services to people with epilepsy and other neurological, physical and developmental disabilities and their families for the promotion of independence and quality of life. All of our services and programs focus on activities which help the individual live independently in the community with dignity.

Our services include education and training, advocacy, vocational services, service coordination, and community independence training. We provide services under OPWDD's Home and Community Based Waiver Program, the Department of Health's Traumatic Brain Injury Waiver Program and through ACCES-VR. It is our goal to assist all individuals in these programs to reach their optimal growth potential.

To donate
www.learnaboutepilepsy.com

Brain Injury Association of New York State Annual Conference



The BIANYS Annual Conference was held in Albany on June 4 and 5. It featured workshops on a number of different topics, as well as the opportunity to network with individuals with brain injury, their family members and friends, professionals in the field, advocates, and health care providers. Attendees were entertained by the keynote address given by actor Gary Busey. In 1988, Busey was involved in a near-fatal motorcycle accident, resulting in a brain injury. The accident changed Busey's life and resulted in the enactment of stricter helmet laws across the United States.

www.bianys.org

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Privacy Notice

Your privacy is important to us. You can get a copy of our Privacy Policy on our website (www.essny.com) or by contacting us directly on 845-627-0627.

2014 Financial Summary (unaudited)

Rounded to Thousands	CPI
Revenue and Support	
Fees & Grants	\$1,739.6
Contributions & other support	\$18.5
Fundraising (including McCarthy Fund)	<u>\$53.1</u>
	\$1,811.2
Program Services	\$1,600.5
Support Services	<u>\$222.5</u>
	\$1,823.0
 Decrease in Net Assets	 -\$11.8
 Total Assets	 \$624.3
Total Liabilities	\$113.1
Net Assets	\$511.2

For details on the audited financials or to review the IRS Form 990 please contact us at 845-627-0627.

Structured Day Program Happenings

By Erin Drury, SDP Manager

On May 27, the participants of the Structured Day Program enjoyed a trip to Mt. Fuji Steakhouse in Hillburn, thanks to the generosity of the McCarthy Fund. They watched enthusiastically as their hibachi chef prepared a delicious lunch for them. Here are a few of the comments from the attendees:

"The food and staff at Mt. Fuji were terrific. Thanks so much McCarthy Family." - Barbara M.

"The trip was amazing and extraordinary!" - George B

"I really enjoyed chef cooking in front of everyone." - David K.

"It was an amazing adventure!" - Anna C.

"We would never be able to go to a place like Mt Fuji without your help, Thank you so much McCarthy Family" - Michelle C.

"Mt Fuji was great! I am still full !" - Jose M.



Staff Corner

Congratulations to **Christy Kniffin** on her 5 year anniversary with CPI!
Congratulations to **Caroline Negersmith** on her 10 year anniversary with CPI!
Erin Drury graduated with her Master's degree in Social Work from Rutgers University this May. Way to go Erin!



The McCarthy Fund



The McCarthy Fund is a special fund at CPI which is used to enrich our consumer's lives.

It is used for special trips such as a recent excursion to the Westchester Broadway Theatre and for special parties such as our fun-filled Holiday Bashes!

In addition, this fund sends some of our younger consumers to summer camps!

The McCarthy Fund is to honor the memory of Chris McCarthy, a long time consumer of our Agency. His family hosts an annual golf outing (this year it is July 10th!) with the proceeds going to this special fund in Chris' honor.

Special Thanks to Tim, Rose and all the McCarthy's and their supporters!