

 **Spring 2017** 

 Celebrating our service in the lower Hudson Valley
for over **40** years (1977-2017) 



On Wednesday May 10th 2017, our Board President – James J. Powers, passed peacefully in his home. Jim was born in Manhattan, NY on Oct. 25, 1936 and resided in Pompton Plains, NJ. Jim's family has asked that people donate to CPI in his memory if they choose to do so. The world has a lost a great man who did so much for so many. Our prayers are with him and his family...

***From the desk of the Community Resource Educator:**

Let's take a look back ...

-Last winter, CPI partnered with *Dominican College* to help educate their students about epilepsy during November's Epilepsy Awareness Month

-Holiday Baskets were hand-delivered to our consumers by our amazing CPI staff

- In March 2017, our own Lisa Fiore presented about best practices, management skills and staff retention at the Leadership conference in Albany.

Our Mission:

The Mission of Capabilities Partnership Inc. dba The Epilepsy Society of Southern New York 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.

Summer Safety Tips:



- Stay well hydrated & drink a lot of water
- Wear sunscreen and make sure to reapply
- Stay with a partner/buddy when swimming
- Store your medicines at appropriate temperature
- Prepare a safety/crisis plan if traveling over the summer
- For more summer safety tips, go to www.epilepsyfoundation.org

May was Mental Health Awareness Month

(Epilepsy Foundation: 11/2016)



Epilepsy and Depression...

Depression in people living with epilepsy is very common and an important issue for children and adults. Symptoms of depression can be constant or change over time. They can vary from mild to severe and may have a great impact on daily activities and quality of life. Depressed persons may lose interest in hobbies; have changes in appetite; feel sad, angry, or scared; and have trouble sleeping.

Many possible causes of depression in people living with epilepsy have been identified.

- The most common cause is injury to a part of the brain that controls mood.
- Hormone levels, especially low estrogen, can also trigger depression and can affect seizure frequency.
- Anti-seizure medications, like phenobarbital, can affect mood centers and may increase risk of depression.

Depression, with or without epilepsy, is treatable...

- Treating depression and epilepsy involves identifying the best combination and the lowest dose possible of anti-seizure medications and antidepressants to maintain seizure control and improve depression.
- Psychotherapy, education, and family therapy can also be very helpful.

OPWDD Services & Vocational Dept.:

Capabilities Partnership has a vocational program that assists individuals with job placement, job coaching and job readiness.

For more information: contact Lisa Fiore at (845) 627-0627 (x123)
CPI provides additional OPWDD services including Medicaid service coordination, assistance with navigating the "Front Door" and assistance with eligibility and benefits.



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Driving & Epilepsy

(From Wikipedia, the free encyclopedia)



Epilepsy and driving is a personal and safety issue. A person with a seizure disorder that causes lapses in consciousness may be putting the public at risk from their operation of a motor vehicle. Not only can a seizure itself cause an accident, but anticonvulsants often have side effects that include drowsiness. People with epilepsy are more likely to be involved in a traffic accident than people who do not have the condition, although reports range from minimally more likely up to seven times more likely.

It is for this reason that most people diagnosed with epilepsy are prohibited or restricted by their local laws from operating vehicles. **In NYS, there is usually a 1 year seizure-free period required (with some exceptions).**

However, most places have exceptions built into their laws for those who can prove that they have stabilized their condition. Individuals who may be exempt from such restrictions or may have fewer restrictions include those who suffered seizures as a result of a medical condition that has been cured, from a physician's experimental medication change that failed, as an isolated incident, whose seizures occur only while asleep, or who may be able to predict their seizures in order to ensure that they do not lose consciousness behind the wheel of a moving vehicle. After having one during the day they must wait 180 days to get their license back.

The McCarthy Fund

The **McCarthy Fund** is a special fund at CPI which is used to enrich our consumers' lives. It is used for special trips such as a recent excursion to the Westchester Broadway Theatre and for special parties such as our recently held Spring Fling party in April, as well as, our always fun Holiday Bashes! In addition, this fund sends some of our younger consumers to summer camps!

The McCarthy Fund is to honor *Chris McCarthy*, a long time consumer of our Agency who died suddenly. His family hosts an annual golf outing with the proceeds going to this special fund in Chris' honor.

This year's Annual Golf Outing will be held on **Friday July 14, 2017.**

Thanks to **Tim McCarthy, Rose McCarthy, The McCarthy Family and all of the supporters...We can't thank you enough!**



Structured Day Program Corner

By Erin Drury, SDP Manager

Our Structured Day Program is open every **Monday, Wednesday, Thursday, and Friday from 9:30am-3:30pm.** If you are on the DOH TBI waiver program and are interested in joining, please contact **Erin Drury at: (845) 627-0627 (x157)**



Our day program staff wishes all of our participants and their families a happy & healthy Spring & Summer!

Continued thanks go out to the McCarthy family as their generosity allows for us to provide social events on a quarterly basis to our day program participants free of charge. This Spring, we hosted an amazing and delicious lunch at Mt. Fuji - all entirely free for our participants!

We look forward to continuing with the expansion and visibility of our day program and maintaining the provision of exemplary services to our outstanding program participants.

Please contact me with questions about day program services or if you know someone who may be interested in learning more about our program.

Erin Drury, LMSW
edrury@cpiny.org
 (845) 627-0627 Ext. 157



Summer Art Contest

Send us your artwork that represents how having a disability makes you feel (all mediums accepted)...

All entries must be submitted to **Michelle Quinn** at mquinn@cpiny.org by **July 14th, 2017 at 4:30pm.**

All artworks including winners will be posted on CPI's Facebook, Twitter and Pinterest pages! Follow us to see all the amazing artwork and more!

***\$25 Target gift card for the first prize winner!!**

Board of Directors

TBD	President	David J. Dickoff, MD
Joseph DeLosa,	Vice President	W. Allen Hauser, MD
Daniel Rothstein,	Treasurer	Michael Infante, CPA
Denise Mann,	Secretary	Joseph W. Simmel

***Founders:** James J. Powers Esquire (1977-2017)
 Janice W. Gay (1977-2009)

Agency Management

Kim Egan - Executive Clinical Director (845) 627-0627 x113
Anna Vero - Executive Admin Director (845) 627-0627 x112

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 at **845-627-0627.**

2016 Financial Summary (unaudited)

Rounded to Thousands	<u>2016</u>	<u>2015</u>
Revenue and Support		
Fees & Grants	\$1,986.2	\$1,918.8
Contributions & other support	\$22.2	\$4.9
Fundraising (incl McCarthy Fund)	<u>\$52.4</u>	<u>\$54.4</u>
	\$2,060.8	\$1,978.1
Expenses		
Program Services	\$1,823.2	\$1,760.4
Support Services	<u>\$249.0</u>	<u>\$249.3</u>
	\$2,072.2	\$2,009.7
Decrease in Net Assets	-\$11.4	-\$31.6
Total Assets	\$705.3	\$601.5
Total Liabilities	\$237.1	\$121.8
Net Assets	\$468.2	\$479.7

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

***To donate:**

www.mycapabilities.org

845-627-0627

800-640-0371

To learn more:

www.learnaboutepilepsy.org

Find us on