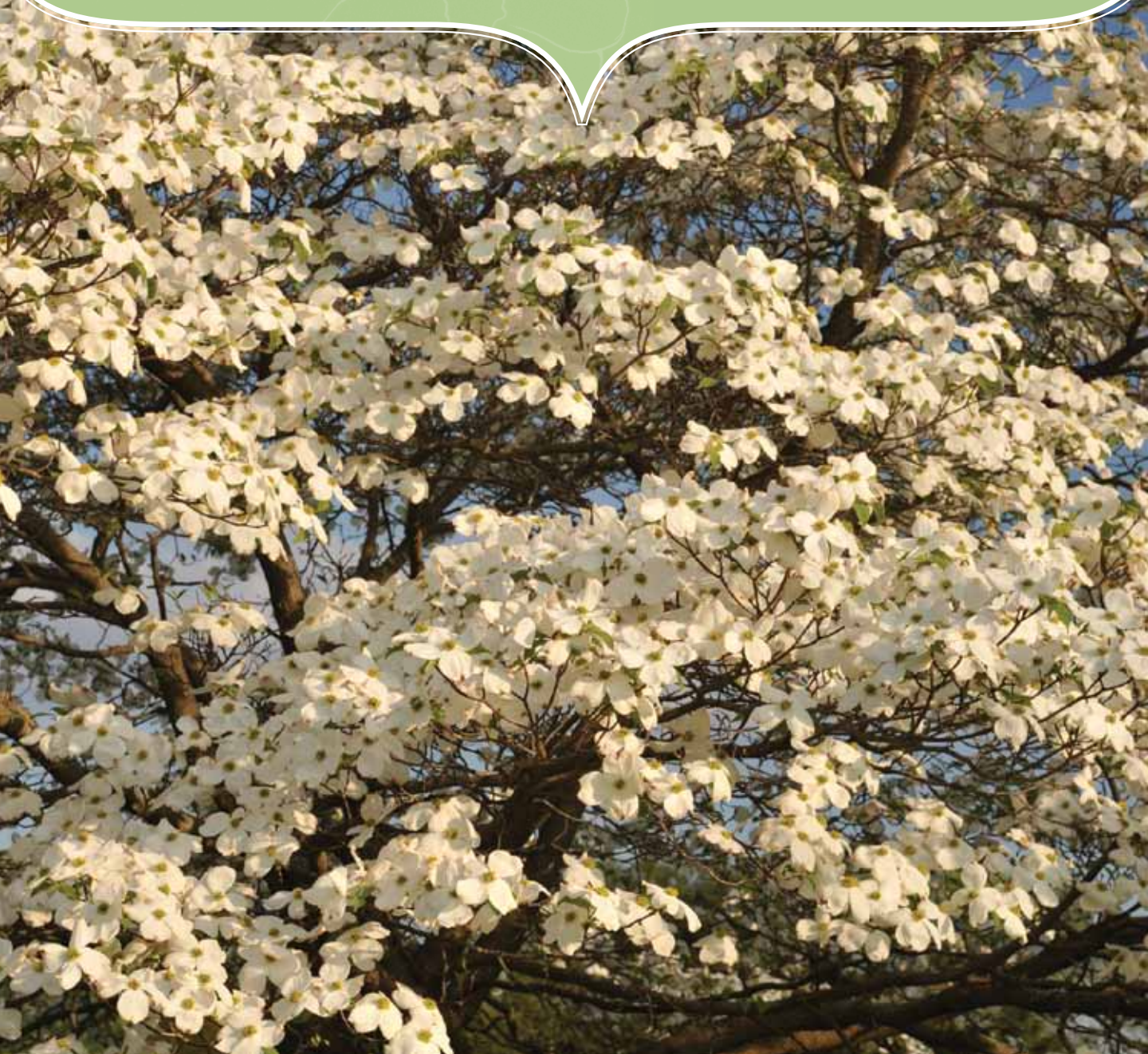


**AHRC NEW YORK CITY**  
**GIVING BACK TO THE COMMUNITY**

**ANNUAL REPORT FOR THE YEAR ENDING JUNE 30, 2009**





## **AHRC MISSION**

AHRC New York City, a family governed organization, is dedicated to enhancing the lives of individuals with intellectual and developmental disabilities and their families.

## **VALUES**

Each member of the organization is committed to promoting a culture that embraces:

- Passion:** Committing wholeheartedly to the mission of the agency.
- Respect:** Responding to all members of the AHRC community with courtesy, kindness and open and honest communication.
- Integrity:** Making decisions based on fairness, honesty, morality and ethical principles.
- Diversity:** Respecting and appreciating the differences found among individuals with intellectual and developmental disabilities, their families and our colleagues.
- Excellence:** Providing an environment in which distinction and merit are affirmed, celebrated and enhanced.

# ANNUAL REPORT FOR THE YEAR ENDING JUNE 30, 2009

## AHRC NEW YORK CITY

### *Sixty-one years of finding ability in disability*

The organization that created the first school, workshops, day treatment programs and community residences, continues to meet the needs of its consumers. We offer individuals with developmental and intellectual disabilities a menu of supports, programs, and services tailored to meet their specific wishes and needs.

For infants, toddlers and children, AHRC offers: evaluations to determine the nature of a child's delays; information and referral to programs; early intervention comprised of various therapies and education services provided in the home or at a center-based program; preschool programs for children with developmental delays; a specialized array of services for children with autism, (preschool, elementary and middle/high school) that utilizes Applied Behavioral Analysis (ABA), as well as other specialized techniques; speech, physical and occupational therapies; psychological counseling; Head Start classes; inclusive programs where children with disabilities learn alongside their peers without disabilities; and educational advocacy to ensure that all school-age children receive the services to which they are entitled.

For adults, AHRC offers: a variety of opportunities with varying degrees of structure and support, where adults—from young adults to senior citizens—can engage in activities during the day that will enhance their skills of daily living, work for pay, volunteer in the community and provide them with supports necessary for community exploration; supported employment in AHRC-run businesses, as well as opportunities for competitive employment; specialized services for persons with traumatic brain injuries; alcohol and substance abuse treatment; training to prevent domestic violence; residential opportunities in group homes, supervised apartments and independent settings, and residential services for medically frail individuals and those requiring 24/7 nursing services.

For individuals of all ages, and their families, services include: day camp, sleep-away camp and recreation programs; clinical services such as evaluation and testing, speech, physical and occupational therapies; case management and service coordination; counseling and mental health services; home care services; a variety of respite opportunities to give families a break from the job of caretaking; sibling services for typical children who have sisters and brothers with disabilities; legal services including guardianship, future planning and information regarding entitlements; family education; information and referral services.



## A MESSAGE FROM PRESIDENT ARLENE PEDONE

Because of the intense advocacy efforts undertaken by the AHRC Board, senior staff and membership we have had a successful year. The unprecedented fiscal crisis raised the level of discourse and called for extraordinary measures. By communicating with your elected officials—meeting them face to face, writing to them, speaking with them—your commitment has been instrumental in these efforts.

On the pages of this report you will read about the volunteer activities in which the individuals we serve are engaged. They are “giving back” and helping others in need. This is a snapshot of how much the world has changed for individuals with developmental disabilities. You will read about the

many programs, services and supports that AHRC provides to over 11,000 individuals annually. These services are essential to the people we are committed to support.

I am very proud of the accomplishments of that our family-governed organization has achieved in these 61 years. This organization is morally bound to forge ahead and do everything we need to do to sustain the quality of life for the people we serve. We all get tired and want to stop the constant battle, but without our leadership, the programs and services we have fought to create and maintain will be lost.

*Arlene Pedone*



## MESSAGE FROM EXECUTIVE DIRECTOR MICHAEL GOLDFARB

Fortunately for the people whom we serve, AHRC has been able to enhance, expand and protect its basic services in this last year. We have created new Enhanced Supported Employment Programs, two inclusive college programs, employment services for larger numbers of individuals, more residential opportunities, increased numbers of children served in our schools, and promotion of our commitment to use person centered values in existing programs, as well as newly created supports. We are, of course, at a turning point in the struggle between people who care, and people who don't. Our deepest responsibility for the next few years will

be to ensure that our society does not forget its concerns. The values by which we live, work, and learn are pervasive but in times of crisis, such as the crisis in which we find ourselves today, they sometimes become vulnerable to indifference.

The active membership and friends of AHRC New York City have a shared responsibility to protect these services. Our dependence upon you demands a resolve that is real and meaningful. Join with us. And let us continue to work to protect what we have achieved and further our reach.



# GIVING BACK TO THE COMMUNITY

**Volunteers are the heart of a community. The committed citizens that volunteer to directly or indirectly provide services, or to promote a cause, contribute to society in important ways.**

Volunteering is a way to give back to one's street, neighborhood, community or the world. Through "giving back" a person feels better about him or herself. He or she is recognized for making a contribution and rewarded with feelings of appreciation. These "by-products" motivate individuals to volunteer their time and energy.

For the individuals supported by AHRC New York City—individuals who for too long were viewed only as recipients of care and assistance—the opportunity to contribute to others is extremely significant. AHRC individuals gain new skills and participate in new experiences. They are productive, making a difference in the lives of other human beings that live in the community. And in so doing the way these volunteers relate to the world around them is changed. Being productive makes one a valued member of society.

Personal fulfillment and satisfaction are gained by helping another. And mutual respect is inherent in the volunteer relationship. The grateful smile on the face of a housebound senior who is handed a packaged meal by an AHRC volunteer brightens up that volunteer's day. It makes him or her feel useful and esteemed. An AHRC volunteer being told by a clothing distribution warehouse staff person that his or her efforts are so very helpful to the many people who will be given warm coats and hats is a powerful motivator. Helping to clean a park and then seeing appreciative park visitors sitting and enjoying a once littered bench area gives AHRC volunteers a sense of worth and empowerment.

In its efforts to find meaningful activities for individuals with developmental and intellectual disabilities to engage in during the work day when full time employment is not available, AHRC has for years secured volunteer opportunities around New York City in which individuals may choose to partake. The list of volunteer sites is long and ever growing as service organizations, businesses and charities around the city become aware of this powerful volunteer pool. **On the pages that follow you will read about some of the AHRC volunteers and their contribution to the neighborhoods in which they live.**



FOOD PANTRIES AND SOUP KITCHENS

# ST. JOHN'S BREAD & LIFE

Founded in 1982, St. John's Bread & Life, located in the Bedford-Stuyvesant area of Brooklyn, is the largest emergency provider of food in Brooklyn and the second largest in New York City. Their food pantry, mobile soup kitchen and soup kitchen feed one thousand people every day. In addition to nourishment, St. Johns Bread & Life offers respect to those who come to them and offer legal and medical referrals, nutritional counseling and one-stop social services.

Serving breakfast and lunch daily is a huge task and hence the AHRC volunteers from the Cyril Weinberg Adult Center have become vital to the organization. Sharon Jackson, St. Clair Comas, and Malcolm Gaffney work alongside the St. Johns staff members and other community volunteers in the kitchen where all food is prepared. They wash and dry dishes, put away clean plates and utensils, and clear trays from the main dining room. The AHRC individuals are treated as coworkers on a team where each team-member must learn the value of their task or responsibility. If one person on a team stops, the entire system fails.

"They love this job—it's so meaningful, a real contribution to the community," said AHRC Developmental Specialist, Kasia Mysliwicz. Sharon Jackson, who does not speak but understands everything, is a very active member of the team. She beams with pride as she glances over at the people in the dining room who are eating the food that she has played an integral part in preparing. St. Clair Comas and Malcolm Gaffney also work diligently in their roles as kitchen workers. They too are excited to know what they are doing is essential in getting food to the people in the dining room.



**“The AHRC individuals are treated as coworkers on a team where each team-member must learn the value of their task or responsibility.”**



HELPING SENIORS

# THE JEWISH COMMUNITY COUNCIL OF GREATER CONEY ISLAND

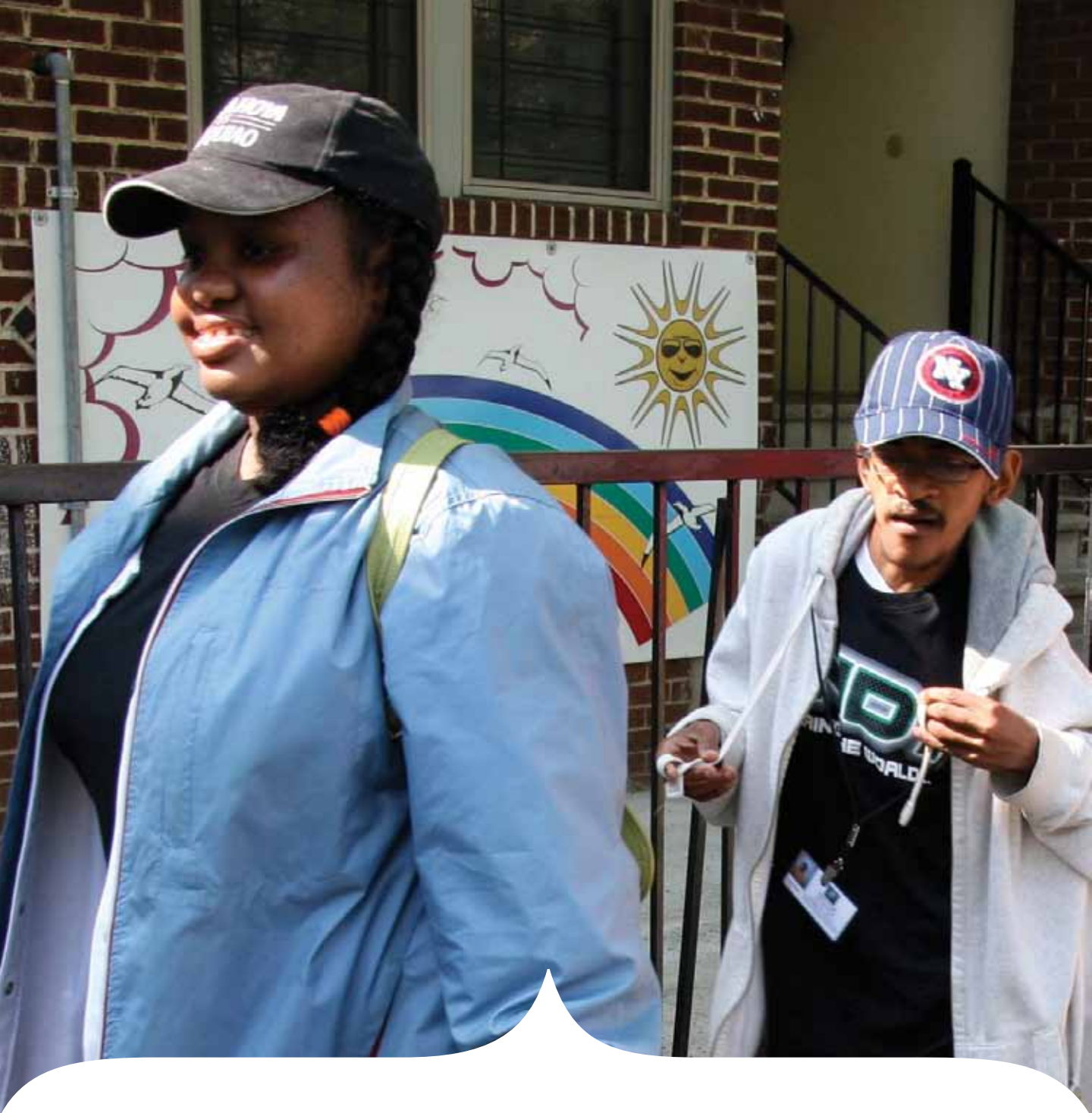
The Jewish Community Council of Greater Coney Island is an organization, founded in 1973, that provides a wide range of social services to low income residents within the South Brooklyn area. “Homebound Elderly Friendly Visiting” is a specific program that caters to the senior residents of the area. This program concentrates on serving adults who are homebound and need assistance with shopping and other simple tasks.

Individuals from AHRC’s Siegel Center and Bush Terminal/Brooklyn Traumatic Brain Injury Services volunteer in the Jewish Community Council’s Friendly Visiting Program. The volunteers are assigned to visit a particular senior. When they arrive at that person’s home, the senior gives them a list of desired items. In addition to the list of items, the senior also provides them with information regarding the specific stores where they may obtain each of the items. Every Thursday, AHRC individuals Jason Willis, Tasha Anderson and Elizabeth Glantzman, pick up their list and go shopping. They return with bags of the requested items.

The staff of the Jewish Community Council Friendly Visiting program encourage the AHRC individuals to learn directions for travel around the neighborhood including

the subway and buses. Shopping helps the AHRC individuals improve skills such as identifying items, counting, and handling money. Jason, whose favorite hobby is reading, likes to announce each item on the list while in the store. Tasha and Elizabeth navigate the shopping cart down the store aisles and count out the money.

The seniors who they assist are so grateful for the assistance with shopping, especially since they are homebound. But they are also appreciative of the company as they do not receive many visitors. These visits from the volunteers also are opportunities for the seniors to talk and have meaningful conversations as they inquire and learn who each of the volunteers are, where they come from and why they want to help others.



**“The seniors... are so grateful for the assistance with shopping... But they are also appreciative of the company....”**



HELPING MEN GET JOBS AND KEEP JOBS

## CAREER GEAR

Individuals served at AHRC Brooklyn Day Habilitation volunteer their time at Career Gear, a non-profit organization providing career counseling, interview-appropriate clothing, and follow-up job support to men actively seeking employment. Since 1999, Career Gear has helped thousands of underserved job-seeking men become self-sufficient members of their communities. By providing interview counseling and business attire, Career Gear offers vital services to men of all ages and ethnic backgrounds, as well as recipients of public assistance, the disabled, recovering addicts, Iraqi war veterans, former foster care children, recent immigrants, and the formerly incarcerated.

With the help of AHRC individuals like Daniel Klein, Carlos Rios, and Makenson Milfort, last year over two thousand men received a business suit and career counseling from Career Gear.

Every Friday morning, Daniel, Carlos, and Makenson assist in the organization's clothing room. They remove shirts and ties from packaging, place suit jackets, pants, and shirts on hangers, match similar size pants, shirts, and jackets to one another, and match similar colors of sorted out ties.

Each task involves the AHRC individuals learning new skills or refining skills that will help them to eventually find competitive employment. "I like to do this stuff because it's helping me prepare for work," said Makenson, who would like to obtain a maintenance or clerical position in the future.

Many of the men who benefit from Career Gear's services return to lend a hand and give back, so Daniel, Carlos, and Makenson sometime volunteer directly with people they themselves have dressed for interviews. "We meet the guys that we help



sometimes—it makes me feel good,” said Daniel, who also volunteers at Housing Works, another non-profit that provides clothing to less fortunate New Yorkers.

“A lot of these outfits are worn by men the following week, so the volunteers have a direct impact on the lives of the people they are helping,” said Michael Obertacz, Career Gear Program Director. And since the volunteers from AHRC Brooklyn Day Habilitation have done such a great job, Career Gear provided them each with a suit for their own job interviews!

**“A lot of these outfits are worn by men the following week, so the volunteers have a direct impact on the lives of the people they are helping.”**



**“Each week, a group of AHRC volunteers... create beautiful, handmade birthday cards for underprivileged children.”**

## CHILDREN SERVICES

# (ESS) EPISCOPAL SOCIAL SERVICES OF NEW YORK

Episcopal Social Services of New York (ESS) currently serves some 5,000 of New York City's most vulnerable residents annually. Through a broad range of programs in human services, including foster care and adoption, family preservation, early childhood education, after-school programs, group homes for developmentally disabled adults, and community re-integration of the formerly-incarcerated, ESS has provided services in New York City since 1831, with a current emphasis on the Bronx and Manhattan, and a growing presence in Brooklyn.

Each week, a group of AHRC volunteers from the Anthony Fisher Adult Center, located in Harlem, create beautiful, hand-made birthday cards for underprivileged children. The volunteers, including Michael Perry and Richard Lewis and others, then personally deliver the cards to the kids at a Bronx day care facility run by ESS. Traveling out into the community, each AHRC volunteer learns how to use public transit and relate to individuals in the community with whom they come in contact.

Michael, a non-verbal individual, loves to hand-deliver these birthday cards. Though he cannot speak, seeing the excited young children always brings a huge smile to his face. Without his and other volunteer's efforts, some of these kids might never receive a card or a gift of any kind on their special day.

Individuals from AHRC's Dean O'Hare Adult Day Center also create gifts and cards for children at a Brooklyn after school program operated by ESS.





## ENVIRONMENT

# BROOKLYN BRIDGE PARK CONSERVANCY

Brooklyn Bridge Park Conservancy has transformed an underused and inaccessible waterfront into a beautiful park that will eventually stretch approximately 1.3 miles along Brooklyn's East River shores. The 85-acre park will encompass Piers 1 through 6 and their uplands and include the completed parks, Empire-Fulton Ferry and the City Section in DUMBO. Brooklyn Bridge Park will be a public amenity with open space, water transportation, waterfront access, and spectacular views of the New York Harbor and downtown Manhattan.

Individuals served at AHRC's Dean O'Hare Adult Center have provided much needed assistance and care for the City Section of Brooklyn Bridge Park, which is located directly in front of the AHRC center. From April to November, the volunteers help with weeding, mulching and planting. They also use clippers to pick up trash. Their efforts make an enormous difference and help to beautify the public space.

The AHRC volunteers Jesus Perez, Joel Marty, William Schulze, and Franklin Montague, are all residents of Brooklyn.

Through their volunteer work, they have each learned the importance of taking care of the environment, and have found a real way to help keep the borough in which they live clean.

Working as a team, Franklin, one of the tallest volunteers, loves to push the wheelbarrow. Joel and Jesus like to shovel the woodchips onto the tree's base, and William prefers to walk ahead acting as the team leader. "This program enables the group



to work outside in a beautiful setting and engage in a project that has immediate and visible results. Once an area is successfully weeded, volunteers can look back at their work with a sense of pride as the native flowers are revealed and the path becomes more clearly defined,” said Kara Gilmour, Director of Education and Stewardship at the Brooklyn Bridge Park Conservancy. “...I believe that there is a therapeutic element to working in the park and getting your hands dirty. It is a way to truly connect to nature, and in this case with the immediate surroundings.”

**“Once an area is successfully weeded, volunteers can look back at their work with a sense of pride as the native flowers are revealed and the path becomes more clearly defined.”**



**“...these photographs... will give comfort and hope to patients and their families, visitors, and caregivers.”**

## FOUNDATION FOR PHOTO/ART IN HOSPITALS

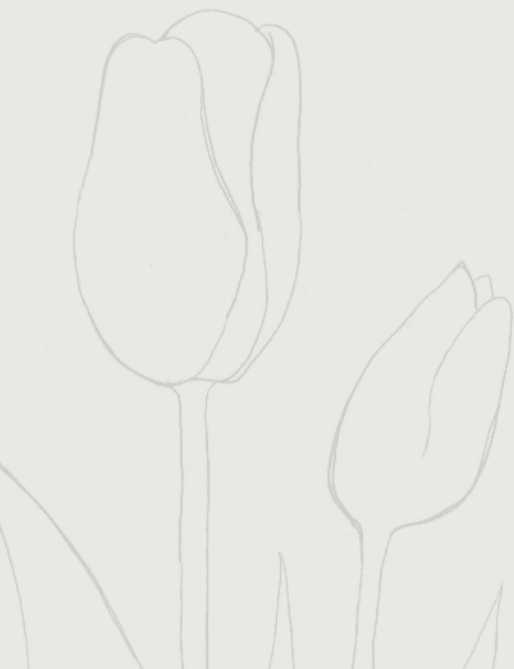
Individuals served at AHRC New York City's Mayflower Adult Day Center, located in the Bronx, were given the opportunity to showcase their photos of nature, taken at the Bronx Botanical Gardens, inside the Jacobi Hospital and elsewhere around the globe. Through the Foundation for Photo/Art in Hospitals, a non-profit organization dedicated to placing colorful, soothing photographs of nature and flowers in hospitals, these photographs, taken by Jose Diaz, Robert Brunson, Homey Lopez, Yvette DeJesus, Mirta Perez, Rosemary Glover, and Rafael Diaz, will give comfort and hope to patients and their families, visitors, and caregivers.

The Foundation was established by photographer Elaine Poggi, who turned her personal tragedy of the loss of her mother into a campaign to bring photographs of nature to hospitals around the world. In 2008, the Foundation's Board opened its doors to photographers from around the world. To present, more than 2000 photos have been placed in over 100 healthcare facilities on five continents.

Studies show that nature art has a beneficial effect on relieving a patient's stress and anxiety. For individuals with developmental disabilities and autism, these positive benefits are paralleled with use of creative outlets. The artists fifteen selected photos radiate soothing, beautiful images of blossoming flowers and plants.

"This project demonstrates how art can be used to connect two populations who are in difficulty—helping one group, the intellectually disabled, show solidarity to the other group, patients in hospitals, through sharing their artistic talents," stated Elaine Poggi.

As the project continues, the photos will be placed in other hospitals around the world. Individuals served at AHRC are also encouraged to submit their pictures to the foundation for selection and placement in new locations.



## VOLUNTEER SITES

In addition to the sites highlighted in this report, individuals supported in AHRC New York City programs and services volunteer at the following organizations and businesses:

|   |   |
|---|---|
| American Cancer Society (Bronx)                           | Bedford-Central Presbyterian Church (Brooklyn)                      |
| Broadway Community, Inc. (Manhattan)                      | Bed Stuy Campaign Against Hunger (Brooklyn)                         |
| Cathedral of Joy Food Pantry (Brooklyn)                   | Borough of Manhattan Community College                              |
| St. Bartholomew's Church (Manhattan)                      | Borders Bookstore, Columbus Circle (Manhattan)                      |
| The Church of the Village (Manhattan)                     | Borders, Broadway (Manhattan)                                       |
| All Seasons Day Care (Brooklyn)                           | Bowery Mission (Manhattan)  |
| American Littoral Society (Brooklyn)                      | Bronx Occupational Training Center, P721X (Bronx)                   |
| American Red Cross in Greater New York (All boroughs)     | Brooklyn Bridge Park  |
| American Society for the Prevention of Cruelty to Animals | Brooklyn Children's Museum  |
| Animal Care & Control of New York City                    | Brooklyn Public Library   |
| Animal Center of Queens                                   | Career Gear (Brooklyn)  |
| Anti-Violence Project (Manhattan)                         | Catholic Charities Senior Center                                    |
| Baby Buggy, Inc. (Manhattan)                              | Carter Burden Luncheon Center/ Meals on Wheels (Brooklyn)           |
| Bailey House (Manhattan)                                  | Children Cancer and Blood Foundation                                |
| Barge music Limited (Brooklyn)                            | City Meals on Heels   |
| Barnes & Noble Booksellers, 6th Ave (Manhattan)           | City University of New York, Borough of Manhattan Community College |
| Barnes & Noble Booksellers, 7th Avenue (Manhattan)        | Coalition Against Hunger of New York City                           |
| Barnes & Noble Booksellers, 86th Street (Manhattan)       | Community Connections Time Bank (Manhattan)                         |
| Barnes & Noble Booksellers, Baychester Avenue (Bronx)     | Community Connections Time Bank (Brooklyn)                          |
| Barnes & Noble Booksellers, Union Square (Manhattan)      | Concourse Puppy World( Bronx)                                       |

Cooper Park Childcare Center  
Court Square Library (Queens)  
Dress for Success (Brooklyn)  
Dress for Success (Bronx)  
Episcopal Social Services of New York, Inc. (Cooper Park Childcare,Center)  
Episcopal Social Services  
Morningside Childcare  
Far Rockaway Animal Hospital  
First Presbyterian Church (Manhattan)  
Food Bank for New York City (Bronx)  
Food Change New York City  
Friends of Brook Park  
Future of America Learning Corporation  
Garden City Bird Sanctuary (Queens)  
Gerritsen Beach Community Garden (Brooklyn)  
Gilda's Club New York City  
Gleason's Gym (Brooklyn)  
Grand Central Neighborhood Social Services, Corp.  
Grand Street Settlement, Inc. (Manhattan)  
Hanover Place Child Care Center  
Harbor Hill Senior Center  
Health Jam  
Heights & Hill Community Council  
Holy Name Centre for Homeless Men, Inc.

Housing Works Warehouse  
Housing Works West Side Health Center  
Housing Works Cafe Book Store  
Housing Works Tribeca Thrift Store  
Institute for Rehabilitation at Rusk at NYU Hospital  
JASA, Jewish Assoc. for Services for the Aged  
Jewish Community Council of Greater Coney Island (Brooklyn)  
Good Shepherd Church Rectory (Brooklyn)  
Surf Solomon Senior Center (Brooklyn)  
JASA Manhattan Beach (Brooklyn)  
JASA Brighton Beach Senior Center (Brooklyn)  
John Paul II Friendship Center  
King Manor Museum  
Leukemia and Lymphoma Society  
LifeBeat  
Lighthouse Mission Food Pantry  
Little Stars Day Care  
Long Island University  
Louis Armstrong House Museum (Queens)  
Lower East Side Tenement Museum  
Meals on Wheels

## Volunteer Sites continued

|   |  |
|---|--|
| Metropolitan Council on Jewish Poverty                        | Raices Senior Center (Brooklyn)                                |
| Metropolitan Hospital Center                                  | Rain Senior Center (Bronx)                                     |
| MillionTrees NYC  | Rauschenbusch Metro Ministries (Manhattan)                     |
| MFTA, Materials for the Arts                                  | Room To Grow (Manhattan)                                       |
| Momentum Project (Manhattan, Queens)                          | Rego Park Senior Citizen Center (Queens)                       |
| Moshulu Senior Center   | Rockaway Childcare Center (Brooklyn)                           |
| Muscular Dystrophy Association                                | Salvation Army (Queens)  |
| National Alliance for the Mentally Ill of New York City, Inc. | Samuel's Temple Church (Manhattan)                             |
| National Multiple Sclerosis Society                           | Selfhelp Community Services Kensington Center Inc.             |
| NYU Medical Center  | Sequoia Community Initiatives (Brooklyn)                       |
| New York Restoration Project                                  | Southern Baptist Church  |
| New York School of Urban Ministries                           | Shore View Nursing Home  |
| New York City Campaign Against Hunger                         | St. Augustine Church (Bronx)                                   |
| Our Lady of Sorrows Food Pantry                               | St. John's Episcopal Hospital, South Shore (Brooklyn)          |
| Partnership for Parks   | St. Bartholomew's Church                                       |
| Partnership for the Homeless                                  | St. Constantine and Helen Greek Orthodox Cathedrals (Brooklyn) |
| Powered By Professionals                                      | St. Paul the Apostle Church (Manhattan)                        |
| Pratt Area Community Council                                  | The Bowery Mission (Manhattan)                                 |
| Prep and Tech   | The Church of Village (Manhattan)                              |
| Prospect Park Zoo Wildlife Center (Brooklyn)                  | The Caring Community (Manhattan)                               |
| QJCC, Queens Jewish Community Council                         | The Leukemia & Lymphoma Society                                |
| Queens Jewish Community Center                                | The Momentum Project, Inc. (Queens)                            |
| RAA, Rockway Artist Alliance                                  | The Momentum Project, Inc (Manhattan)                          |

The New York Public Library,  
Hudson Park Branch

The Queens Public Library, Court Square

The River Project (Manhattan)

Theodore Roosevelt Bird Sanctuary

Throgs Neck Care Corporation

Tree of Life Yoga & Wellness (Queens)

Trinity Church

Trinity Church (Manhattan)

Universal Force Healing Center  
(Manhattan)

United Methodist Center (Brooklyn)

UBA Beatris Lewis Senior Center  
(Brooklyn)

Vanderbuilt YMCA

Variety—the Children's Services  
(Manhatttan)

Veterans' Hospital, Manhattan

Visiting Nurse Service of New York  
(Manhattan)

Volunteers of America, Greater New York  
(Manhattan)

Wakefield Library (Bronx)

WEME, Mainstream Health & Nutrition  
Center (Manhattan)

West Side Campaign Against Hunger  
(Queens)

West Side Campaign Against Hunger  
(Manhattan)

William J. Clinton Foundation

Windsor Terrace Senior Center (Queens)

World Cares Center (Brooklyn)

WVOX (Bronx)

YMCA of Prospect Park (Brooklyn)

Yorkville Community Food Pantry  
(Manhattan)

Young Survival Coalition (Manhattan)

St. Augustine's Church (Bronx)

The Brooklyn Tabernacle (Brooklyn)

125th Street Branch New York  
Public Library (Manhattan)

## HIGHLIGHTS OF THE YEAR ENDING JUNE 30, 2009

In 2008 and 2009, AHRC New York City continued to provide a wide array of services and supports to individuals with developmental and intellectual disabilities, and their families. In addition, new services and supports were developed to meet emerging needs and existing programs were enhanced and expanded. All new programs and services designed by AHRC aim to use the principles of person-centered planning with the goal of creating truly individualized supports that are responsive to the choices expressed by the people who will use them. Individualized planning and person centered values have also been integrated into existing program design, allowing individuals to have a far greater say in what they do every day, and how they do it.

### SERVICES AND SUPPORTS FOR CHILDREN AND ADOLESCENTS:

AHRC serves a total of approximately 900 children in its **early intervention program, preschools, elementary school and middle/high school**. Its education programs have provided services to large numbers of children on the autism spectrum for well over a decade. Additionally, AHRC provides hundreds of **school-age children with camping and recreational opportunities**, as well as **educational advocacy**, and supports sisters and brothers of the children served in our programs and services who are interested in meeting other **siblings of individuals with disabilities**.

#### Highlights of the years include:

- **The AHRC Astoria Blue Feather Head Start** program was recognized as a program of high quality by the Administration for Children and Families. Additionally, Governor Paterson nominated the program to be considered a Center of Excellence, this assisted Astoria Blue Feather in its application to the US Department of Health and Human Services for that prestigious designation.
- **AHRC's Howard Haber Early Learning Center** has received accreditation from NAEYC, the gold standard for early childhood providers. The center has additionally received accreditation to be both a Universal Pre-K and Early Intervention program. Howard Haber Early Learning Center continues to be recognized as a welcoming, culturally diverse program that respects all children and their family's traditions.

- The **Francis of Paola Early Learning Center** is AHRC's next preschool slated for NAEYC accreditation and will be reviewed by the association for this designation in the next school year.
- The **AHRC Brooklyn Blue Feather Elementary School** has moved into its new building at Gerritsen Beach in Brooklyn. The new building has a large gym, cafeteria, media library and Snoezlen (sensory integration room).
- **AHRC's Middle High School** has been collaborating with our adult programs in "Building Futures," funded by the Far Fund. This program supports individuals in creating a pathway to adult life after graduation.
- Thanks to a **grant from the Walmart Foundation**, the ARC of the United States has awarded grants to chapters across the U.S. AHRC New York City is proud to be one of the chapters. The project aims to increase transition outcomes and to build inclusion and involvement of youth with intellectual and developmental disabilities from schools to independent living, employment, post-secondary education or vocational training, and community, social and civic affairs. This grant will allow the work begun in "Building Futures" funded by the Far Fund to continue and expand.
- In the area of **educational advocacy**, over the course of the year more than twenty-five trainings and workshops were conducted to train 500 families and professionals in how to advocate on behalf of pre-school and school-age children. Additionally, through Project Equity, AHRC's advocates have conducted trainings to the Harlem Community and have provided IEP (individualized education plans) consultations that have been well attended. And an AHRC advocate is conducting workshops for the Chinese-American Planning Council.
- **Sibling Services at AHRC** continue to grow with thirty typical children under the age of thirteen from all five boroughs currently attending Manhattan Saturday Sibshops. Additionally, the SibTeen support group is growing and meets monthly to support the typical sisters and brothers of individuals with developmental disabilities.
- The City Council funded **Autism Awareness Initiative** has provided funding to launch three **AHRC programs: City Teens Club**, a recreation program for adolescents with autism, a **Saturday cultural exploration group** as well as **family weekends for families on Staten Island who have young children with autism**.
- **AHRC's Bridges to Health** serves a growing population of children in the foster care system, offering them after school activities from which individuals may choose. These activities include community exploration, sensory programs, computer work and modified exercise.
- An **AHRC Day Camp** experience was given to 75 children from all five boroughs this year.

## SERVICES AND SUPPORTS FOR ADULTS

AHRC provides services to approximately 1,400 adults in its **Adult Day Centers** and Programs, 1,300 individuals through its division of **Employment & Business Services**, and 550 adults through the opportunities provided in its **Residential Services**.

### Highlights of the year include:

- **Developing valued social roles in the community** for adults with developmental disabilities is the **focus of AHRC services for adults**. AHRC programs are continually assessing opportunities which match the preferences and choices of each person supported in its adult services. The volunteer opportunities highlighted in this report are an illustrative example of this approach.
- **“Smart board” technology** is beginning to be utilized in our Adult Day Centers. These new technology tools allow staff to work with several individuals simultaneously, with an added by-product of increasing social interaction. The technology allows for different ways of learning. Individuals who learn best through the tactile modality can benefit from touching and marking the board, auditory learners can use the class discussion module, and visual learners can see what is taking place as it develops.
- Programmed for the needs of specific individuals, **“smart phones”** are beginning to be used as personal social assistants, providing opportunities for people served by AHRC to live more independent lives by using applications such as the photo based GPS, mHealth and social web.
- **Replacing two large adult day centers in Brooklyn**, AHRC has been given the opportunity to develop **four smaller sites**. The first of the sites, located in **Sheepshead Bay**, Brooklyn, has opened. The second site, to be located in the **Bushwick** section of Brooklyn, and a third site to be opened in **Dumbo** will allow individuals served to move around their local environments finding activities to engage in within their own neighborhoods.
- **AHRC’s two college programs named in memory of Melissa Riggio**, one at Kingsborough Community College and the second at the College of Staten Island, are preparing for their first graduating class. All college program attendees will be included in the graduation procession and will receive a certificate. One individual has already secured employment to commence after graduation.
- In addition to the college programs at Kingsborough Community College and the College of Staten Island, AHRC individuals are now also attending the **Continuing Education Program at Pace University**.
- **AHRC’s Enhanced Supported Employment Program** targeting individuals who have more significant barriers to work and would not be otherwise appropriate for traditional supportive employment, was expanded into all five boroughs. The individuals in this program

receive more intensive personalized attention from an employment skills coordinator who gets to know the individual and his or her desired career path, assists in finding employment for this person, and acts as a job coach until the individual no longer needs support. This customized employment approach is funded by a New York State initiative to assist individuals enter the workforce.

- The philosophy of **Person Centered Planning** has been incorporated to a greater and greater extent in all our programs, services and supports for adults.
- New **residential opportunities** developed in the last years has included two **supervised IRA's** (individualized residential alternatives) in **Rupert Towers**, a building complex on the **East Side of Manhattan** serving six residents, and the second on **267th Street in Floral Park, Queens**, serving six young men on the autism spectrum.
- **AHRC's Dickson-Goodman Apartments, on 126th Street in Harlem**, Manhattan, modeled after the successful Bloomberg Apartments in Jamaica, Queens, a residential option for individuals with developmental disabilities needing 24/7 nursing care, is expected to open in August 2010.
- This year **employment was obtained for 336 individuals with over 100 employers** in the New York City area.
- The Economic Stimulus Plan this year extended funding through the American Recovery and Reinvestment Act and as a result, AHRC was able to expand its training programs. **A training program in hotel housekeeping** at the Pod Hotel on East 51st Street and a new food service training program at the New York Stock Exchange were added to the already existing training programs, **CAREERS in Food Service, and CAREERS in Janitorial Services**. Individuals trained are then placed into jobs where their new skills can be utilized.
- **Hudson River Services (HRS)**, AHRC's affirmative business, currently employs over 400 individuals with disabilities. HRS provides janitorial, landscaping, and messenger services in the five boroughs and is recognized in the business community as having high standards and excellent performance.
- A new **Secure Document Destruction** business is being developed that will, it is anticipated, employ 30 – 50 individuals with significant disabilities once operational. The jobs created by this business will include sorters, shredders, bailers and truck driver assistants.
- **AHRC's ADEPT Program**, a joint project with Access Community Health Center, evaluates individuals with developmental disabilities having behavior and physiological problems in order to rule out Dementia and other age-related disorders as possible etiologies. ADEPT staff has also trained over two hundred other community providers to perform these evaluations.
- **Individuals served by AHRC have been supported in AHRC staff training computer classes** so they may learn to communicate with friends and families via email and surf the web to pursue their interests.

## SERVICES AND SUPPORTS FOR INDIVIDUALS OF ALL AGES AND THEIR FAMILIES

AHRC offers **home care services**, a variety of **clinical services** including testing and evaluation, **service coordination and information on entitlements, camping and recreation**, as well as **family education** to a total of several thousand individuals annually.

### Highlights of the year include:

- The **AHRC Guardianship Program**, which serves as standby and primary guardian for more than 80 individuals, received assistance from several New York City major law firms who provided pro bono lawyers and paralegals to assist families in filling out the petitions to the court that must be filed in order to obtain legal guardianship for a loved one with a developmental disability.
- AHRC has added **nutrition counseling** in the Bronx, and **vocational counseling** in Brooklyn, as well as **increased rehabilitation services** to its array of clinical services.
- A **weight management clinic** continues to operate out of AHRC's clinic, with a focus on individual needs.
- **Medicaid Service Coordination (MSC)** at AHRC continues to grow. There are currently almost 1,100 individuals of all ages and their families receiving MSC services through AHRC's clinic.
- The **AHRC Entitlements Unit** has assisted hundreds of individuals and families in the past year in resolving their Medicaid and/or Social Security Benefit problems. Unit staff has also presented at many family education venues including AHRC's Family Education Series.
- **AHRC's Family Education Series** has reached over twelve hundred new families this past year. Two sessions monthly, one at 83 Maiden Lane and another in an outer-borough AHRC facility, have been held on topics of interest to families of young children, as well as adults. A consumer driven series, new topics are introduced each year as families inform AHRC of what might be of interest to them.
- A total of 864 campers were served at AHRC's two camps, **Camp Anne and Harriman Lodge**, last summer.
- The AHRC camps have been **re-accredited by the American Camping Association**. This voluntary process involves a thorough review of the standards of camp operation, particularly those related to health, safety and program quality.
- **AHRC's Camp Health Centers** continue to serve campers and guests.
- For the third year, AHRC offered a **six-credit college course for camp staff** entitled "A Multi-Disciplinary Approach to Developmental Disabilities." Nine staff successfully completed the course.
- **800 individuals of all ages were served in over fifty different recreation programs that included Saturday programs, afterschool programs, weekend trips and Escorted Vacations.**

- AHRC was approved by OMRDD to provide **additional In-Home Respite** to families in Manhattan and Brooklyn this year.
- **AHRC's At Home Residential Habilitation Program** underwent mandatory regulatory changes and this valuable service continues to assist families in all five boroughs.
- The number of **AHRC participants in the Traumatic Brain Injury (TBI) Waiver** has increased, although there has been little growth in this program statewide. Several individuals with TBI served by AHRC met their goals for independence and no longer require our services, a very desired outcome!

## OTHER AHRC NEWS

AHRC continues to be an approved internship site for the APA, the American Psychological Association, providing clinical supervision and didactic training in the area of research on training techniques. AHRC has hired APA interns upon completion of their degrees. Other internship opportunities within the organization have been expanded with over one hundred interns working throughout the organization in the last year. It is our hope that by introducing students to and training them in the area of developmental disabilities, they will wish to pursue their careers with our population upon completing their degrees. In the area of staff training, new E-learning training tools and sessions have been instituted. And new training courses have been introduced, for example, a dysphagia training course for staff working with individuals with swallowing problems, a course on diabetes for staff working with diabetic individuals, and a stress management class to assist staff in stressful situations.

Superior Direct Care, AHRC's affiliate, continues to work collaboratively with AHRC New York City programs and services to support the needs of the departments as well as those of other similar organizations in the city. Superior provides a strong pool of candidates to fill full time positions within AHRC, in fact fifty-four Direct Support Professionals were hired by the Department of Residential Services from the Superior staffing pool last year alone.

In 2009, AHRC celebrated its 60th anniversary with Governor David Paterson and Geraldo Rivera of FOX News receiving AHRC Humanitarian Awards. Additionally, AHRC kept its members constantly abreast of the shifting and difficult political landscape that greatly affects the work that we do and was particularly tumultuous in the last year.

**AHRC New York City looks forward to offering people with developmental and intellectual disabilities, and their families, greater opportunities to lead productive and fulfilling lives in the community in the years to come.**

## FOR THE YEAR ENDING JUNE 30, 2009

|   |    |                    |
|---|----|--------------------|
| Total Support of Revenues for the Current Period    | \$ | 227,890,054        |
| <b>Expenditures:</b>                                |    |                    |
| <b>Program Services</b>                             |    |                    |
| A. Educational Services                             | \$ | 30,782,859         |
| B. Adult Day Programs                               |    | 61,432,954         |
| C. Residential Services                             |    | 55,091,149         |
| D. Family and Clinical Services                     |    | 8,896,471          |
| E. Employment and Business Services                 |    | 23,436,364         |
| F. Camping & Recreation Services                    |    | 4,097,902          |
| G. In-Home Services                                 |    | 6,508,123          |
| H. Family Support Services                          |    | 2,697,841          |
| I. AHRC Homecare Services Inc                       |    | 1,081,730          |
| J. Superior Direct Care Inc                         |    | 5,795,651          |
| Total Program Services                              | \$ | 199,821,044        |
| Supporting Services                                 |    | <u>27,015,541</u>  |
| Total Expenditures                                  | \$ | <u>226,836,585</u> |
| Excess of Revenue Over Expenses                     | \$ | 1,053,469          |
| Unrestricted Fund Balance—June 30, 2008 as restated |    | <u>34,906,194</u>  |
| Unrestricted Fund Balance—June 30, 2009             | \$ | 35,959,663         |

You may obtain a copy of our last Annual Report by writing to us or to the New York State Department of Law, Charities Bureau, New York, NY 10271

## AHRC NEW YORK CITY

### Programs, Services and Supports

AHRC Administrative Offices

New York, NY 10038

Phone: (212) 780 2500

Fax: (212) 780 2353

[www.ahrcnyc.org](http://www.ahrcnyc.org)

#### Department of Adult Day Services

Bronx Intensive Support Day Habilitation Services, Bronx NY

Dorothy and Michael Styler Center, Bronx, NY

William F. May Adult Center, Bronx, NY

Traumatic Brain Injury—Community Support Services (TBI-CSS), Bronx & Brooklyn, NY

Brooklyn Day Habilitation, Brooklyn, NY

Dean O'Hare Center, Brooklyn, NY

Stephen B. Siegel Center, Brooklyn, NY

Bush Terminal Day Hab, Brooklyn, NY

Bush Terminal Work Center/Pre Voc, Brooklyn, NY

Sobriety Services, Brooklyn, NY

Melissa Riggio Higher Education Program at Kingsborough Community College, Brooklyn, NY

Melissa Riggio Higher Education Program at the College of Staten Island, Staten Island, NY

Sobriety Day Habilitation, Brooklyn, NY

Betty Pendler New York League Work Center, New York, NY

Walter & Evelyn Redfield Center, New York, NY

Anthony Fisher Center, New York, NY

Individualized Services and Enhanced Supported Work, New York, NY

Traumatic Brain Injury—Training & Quality Assurance, New York, NY

Cyril Weinberg Center, Long Island City, NY

Far Rockaway Center, Far Rockaway, NY

Joseph T. Weingold Center, Sunnyside, NY

#### Business and Employment Services

HIRE Supported Employment Program, Manhattan, Queens, Bronx, Brooklyn & Staten Island, NY

CAREERS in Janitorial, Bronx, Brooklyn & Manhattan, NY

CAREERS in Hotel Housekeeping, Manhattan, NY

CAREERS in Food Services, Brooklyn, Manhattan, NY

Job Connection Center, Brooklyn, NY

Hudson River Services Janitorial and Messenger Services, Manhattan, Brooklyn, Queens, Bronx & Staten Island, NY

Horizons Day Hab Without Walls, Bronx, Brooklyn, Manhattan & Staten Island, NY

Careers Young Adult Internship Program (YAIP), Staten Island, NY

OPTS/HIRE Community Employment Supports, Bronx, NY

OPTS Senior Retirement Group, Bronx, NY

School to Work Training Program, Manhattan, Woodside & Bronx, NY

The Enhanced Supported Employment Program Manhattan, Brooklyn, Queens, Bronx and Staten Island, NY

OMRDD Employment Training and Placement Program Manhattan, Brooklyn, Queens, Bronx and Staten Island, NY

Direct Job Placement Program Manhattan, Brooklyn, Queens, Bronx, Queens and Staten Island, NY

### **Department of Camping and Recreation**

Camp Anne, Anramdale, NY

Harriman Lodge, East Jewett, NY

Recreation Services, New York, NY

### **Day Respite Programs**

Brooklyn, Bronx, Manhattan, Queens, Staten Island, NY

### **Weekend Hotel/Recreation Respite**

Brooklyn, Bronx, Queens, Staten Island, Manhattan, NY

### **Department of Family and Clinical Services**

Article 16 Clinic, Manhattan & Bronx, NY

Bronx Early Childhood Direction Center (ECDC), Bronx, NY

### **Legal Services**

Guardianship and Future Care Planning, New York, NY

Crisis Team, Bronx, NY

Sibling Support Services, New York, NY

### **Department of Medicaid Service Coordination serving all five boroughs**

### **Department of Individualized Supports serving all five boroughs**

### **Department of Educational Services**

Howard Haber Early Learning Center, Bronx, NY

Brooklyn Blue Feather Elementary School & Evaluation Center. Brooklyn, NY

AHRC Middle/High School, Brooklyn, NY

Francis of Paola Early Learning Center & Evaluation Center, Brooklyn, NY

Esther Ashkenas Early Learning Center, New York, NY

Astoria Blue Feather Early Learning Center, Astoria, NY

### **Department of Educational Advocacy serving all five boroughs**

### **Department of In-Home Services serving all five boroughs**

AHRC Home Care Inc.

In-Home Respite

In-Home Residential Habilitation Services

Superior Direct Care Services (SBC)

### **Department of Residential Services**

95th Street IRA, New York, NY

Fineson House, New York, NY

Melvin W. Kraus Residence, New York, NY

Malozemoff Residence, New York, NY

Phyllis & Harold B. Jacobs Residence, New York, NY

Manhattan IRA, New York, NY

New Gotham, New York, NY

East 106th Street, New York, NY

Ruppert Towers, New York, NY

Elena Agovino Residence, Bronx, NY

Bronx IRA (Netherland Avenue), Bronx, NY

Chicquor Residence, Bronx, NY

Greenberg Residence, Bronx, NY

Fairfield Avenue IRA, Bronx, NY

Hunter Avenue IRA, Bronx, NY

Mayflower IRA, Bronx, NY  
Thurman Munson Residence, Bronx, NY  
Wilson Avenue IRA, Bronx, NY  
81 Ocean Parkway IRA, Brooklyn, NY  
400 Ocean Parkway IRA, Brooklyn, NY  
Lillian & Jack Isaacson Residence,  
Brooklyn, NY  
Blue Feather—Minna Bober IRA,  
Brooklyn, NY  
Betty Carubia IRA, Brooklyn, NY  
Seymour Rubin IRA, Brooklyn, NY  
Gus Jacobs IRA, Brooklyn, NY  
355 Kings Highway, Brooklyn, NY  
Striar House, College Point, NY  
Mina & George Hirsch Residence,  
Little Neck, NY  
Bellrose IRA, Bellrose, NY  
163rd Place IRA, Flushing, NY  
Eugene Fierstein Residence, Flushing, NY  
Union Turnpike, Flushing, NY  
186th Street, Fresh Meadows, NY  
267th Street, Fresh Meadows, NY  
204th Street IRA, Bayside, NY  
254th Street, Fresh Meadows, NY  
Bayside IRA, Bayside, NY  
Helen Armstrong Residence, Ozone Park, NY  
Fresh Meadows Residence,  
Fresh Meadows, NY  
Cunningham League IRA,  
Fresh Meadows, NY  
Gruenstein Residence, Bayside, NY  
Mitchell & Susan Bloomberg Apartments,  
Jamaica, NY  
North Hills Leagues IRA, Bayside, NY  
58th Avenue IRA, Elmhurst, NY

254th Street, Little Neck, NY  
Jimmy O'Neil Residence,  
Fresh Meadows, NY  
Pembroke IRA, Bayside, NY  
Peterson House, Staten Island, NY  
Ralph I. Rossi Residence, Staten Island, NY  
Kensington IRA, Staten Island, NY  
East Tenafly IRA, Staten Island, NY  
Lander Avenue, Staten Island, NY  
Tysens Lane, Staten Island, NY  
Supportive Apartments:  
Brooklyn Apartments, Brooklyn, NY  
Staten Island Apartments, Staten Island, NY  
Queens Apartments, Queens, NY  
Bronx Fordham Hill Apartments, Bronx, NY  
Manhattan Apartments, New York, NY

### **Overnight Respite**

Thelma Ragland Respite Houses Brooklyn,  
Bronx, Manhattan, Queens, Staten Island

### **Department of Finance, Budgets and Contracts**

### **Department of Real Property**

### **Department of Public Information**

### **Department of Staff Training and Development**

### **Department of Human Resources**

### **IT Department**

### **Department of Administrative Services**

## AHRC NEW YORK CITY

83 Maiden Lane  
New York, NY 10038  
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Fax: (212) 780 2353  
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