

For information about YAI's programs & services, go to [yai.org/link](http://yai.org/link) or call us at 212.273.6182 - age range & eligibility requirements vary

## SUPPORT

### Family Services

- Free Education Workshops – open to all. In English, Spanish & Mandarin [yai.org/fews](http://yai.org/fews)
- Latino Conference - held entirely in Spanish Tues May 12th [yai.org/latino](http://yai.org/latino)
- Community Habilitation - Must have OPWDD eligibility & MSC, Bklyn, Qns; Bx & Man
- Non-Medicaid Community Hab - For Qns residents without Medicaid
- Independent Living Program – 6 month classroom course for adults [yai.org/ilp](http://yai.org/ilp)
- Parent training programs for parents of children with special needs and parents with special needs. In English, Spanish, Mandarin & Cantonese
- Crisis Intervention – In Qns & Man [yai.org/help/crisis](http://yai.org/help/crisis)
- Phone-in support groups - English & Spanish
- Resources & Supports presentations April-June. English, Spanish & Mandarin

### Respite

- Overnight Respite - Qns & Bklyn
- Emergency Respite Reimbursement - Qns & Bklyn
- Queens After School Program

## EDUCATION

Manhattan Star Academy – elementary school  
[manhattanstaracademy.org](http://manhattanstaracademy.org)

## WORK & LIVING

### Day Services

Queens & Westchester Day Habilitation programs

### Employment Services

Man, Qns, Bx, Bklyn, LI & Westchester supported employment programs

### Residential Services

Contact YAI LINK for information on how to get on our residential waiting list and to find out about potential vacancies.

### Social life, recreation, camping & travel

- Leisure Trax – vacations/trips for adults 18 or older [yai.org/travel](http://yai.org/travel)
- Evening & weekend recreation programs

## HEALTH

### Premier HealthCare

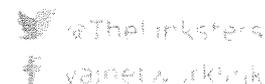
Ready availability with Internal Medicine, Pediatrics, Dental, call for other specialties

### Center for Specialty Therapy

Qns & Bklyn: FREE Psychological and Psychosocial evaluations

## AUTISM

- Family Support Group for Caregivers - in English, Spanish & Mandarin [yai.org/autismsupport](http://yai.org/autismsupport)
- Adult Yoga Group – for independent adults
- Social Skills Groups – Free social skills groups for children & teens in Man & Bklyn.
- Autism Assessments and Neuropsychologicals [yai.org/autism](http://yai.org/autism)



▶ YAI LINK 212.273.6182 • [link@yai.org](mailto:link@yai.org)  
[yai.org/link](http://yai.org/link)

## Health Education Workshops

**FREE** classes for professionals serving people with intellectual and developmental disabilities.

Premier HealthCare is proud to once again offer a series of free Health Education Workshops designed for service coordinators, residential health care staff and other professionals serving people with intellectual and developmental disabilities (ID/DD) throughout New York City.

People with ID/DD often have complex health care needs. As an experienced provider of medical, medical specialty, dental, rehabilitation and mental health services, the staff of Premier HealthCare understand the importance of coordinated care.

Premier HealthCare provides expert primary and specialty health care – a comprehensive array of medical, dental, mental health, rehabilitation and support services under one roof, which enables individuals and their families to easily access all the treatment they require.

*Recognized as a Level 3 Patient-Centered Medical Home by the National Committee on Quality Assurance.*

*Recognized by the US Surgeon General as a national model for the provision of specialized health care.*

*Recognized by the National Council on Disabilities for raising the standards of health care services for people with developmental and intellectual disabilities.*

*Affiliated program of The Seaver Autism Center for Research and Treatment at The Mount Sinai School of Medicine.*

For referrals to health care services or other YAI network programs, call ► **YAI LINK** 212.273.6182.

### REGISTER

online at [yai.org/hews](http://yai.org/hews)  
or call ► **YAI LINK** 212.273.6182

### LOCATIONS

#### Midtown West

406 10<sup>th</sup> Avenue, 9<sup>th</sup> floor  
New York, NY 10001  
Tel. 212.273.6515

#### Pelham Bay

3060 East Tremont Ave., 2<sup>nd</sup> floor  
Bronx, NY 10461  
Tel. 718.239.1790

#### Brooklyn Heights

175 Remsen Street, 4<sup>th</sup> floor  
Brooklyn, NY 11201  
Tel. 718.306.1300

#### Marine Park

3364 Nostrand Avenue  
Brooklyn, NY 11229  
Tel. 718.743.3850

#### Bayside

211-11 Northern Blvd, 2<sup>nd</sup> floor  
Bayside, NY 11361  
Tel. 718.705.1000

#### Astoria

37-11 35<sup>th</sup> Avenue, 3<sup>rd</sup> floor  
Astoria, NY 11101

*Funded in part by a grant from the New York City Council's Autism Awareness Initiative*

**Schedule on reverse.**

## ► Premier HealthCare Health Education Workshops

JUNE 2015

REGISTER online at [yai.org/hews](http://yai.org/hews)  
or call ► YAI LINK 212.273.6182

All workshops take place at 460 W 34th St, 11 Fl, New York, NY 10001

**THURSDAY JUNE 4<sup>th</sup>** 10:00AM - 11:30AM

Check-in 9:45am

### Assessment of Individuals with Autism Across the Lifespan

This presentation will review different types of autism assessments and provide an overview of common measures and psychometric properties of the most popular instruments. Difficulties and strategies related to differential diagnoses will be discussed, as well as changing goals of assessment as a function of age. Discussion is encouraged throughout the presentation.

Charles Yurkewicz, PsyD., *Assistant Supervisor of Psychological Assessment, YAI*

**MONDAY JUNE 15<sup>th</sup>** 10:00AM - 11:30AM

Check-in 9:45am

### Behavior, It's Not Out of the Blue

Challenging behaviors may sometimes seem to occur out of the blue. By understanding function and the power of ABC data we are better equipped to understand why people do what they do.

Margaret Chiara, MA, BCBA, *Coordinator of ASD Development, YAI/NYL*

**THURSDAY JUNE 25<sup>th</sup>** 10:00AM - 3:00PM

Check-in 9:45am - Lunch will be provided at 12 noon

### What Every Service Coordinator Needs to Know but Doesn't Know Whom to Ask.

The best kept secrets of service coordination are revealed! Learn about a wide range of resources and supports available within New York City, including general resources, information and referral, housing, emergency resources, education, recreation, health care, home care, benefits assistance, guardianship, future care planning, etc.

Marianne Ardito, LCSW, ACSW *Assistant Director, Clinical and Family Services, YAI*

Tracy Kernan, LCSW, *Senior Coordinator, YAI LINK*

Michelle Lang, LMSW *Assistant Coordinator, YAI LINK*

Anthony Marucci, LMSW *Coordinator, YAI Medicaid Service Coordination*

Jenny McFadden, LMSW *Senior Medical Social Worker, Premier HealthCare*

**TUESDAY JUNE 30<sup>st</sup>** 10:00AM - 11:30AM

Check-in 9:45am

### Understanding Self Direction: A Look at Person Directed Services

Individuals who self-direct report greater access to services as well as more satisfaction with these services. However, with the growth of self-directed services, many questions remain to be answered about how to access them and the best ways of promoting individual choice within a Medicaid funding environment. This session will discuss how self-direction services work, offer information about the types of goods and services and examine the benefits. We will also explore improvements to strengthen person directed services in the future.

Laura Mitchell, LCSW, *Manager of Clinical Services, YAI Autism Center*

Nicole Riccio, BA, *Project Specialist, YAI LINK*

Registration is required.

All attendees **must** bring registration confirmation

Medicaid Service Coordinators will receive a certificate of attendance to use for training credits.

# ► Autism Family Support Series

For caregivers of people with autism spectrum disorders (ASD).

Para grupos en español  
favor de ver el reverso  
中文請看反面

## APRIL

**Tuesday, April 21st** **Registration Required**

Autism and Anxiety

**Grazyna Kusmierska, PhD**, Licensed Clinical Psychologist, Premier HealthCare

**Tuesday, April 28th**

Autism in the Workforce: Options and Opportunities

**Brooke Drexler, BBA**, Manager, Corporate Relations in Day Services and Employment & **Chris Bechler, BA**, Supervisor Supportive Employment, YAI

## MAY

**Thursday, May 14th**

ADHD in Individuals with Autism

**Dina Larina, LMHC, RPT**, Mental Health Clinician, YAI Center for Specialty Therapy

## JUNE

**Tuesday, June 2nd**

Teaching Social Skill Deficits in Children with ASD

**Michelle Gorenstein, PsyD**, Assistant Professor, Seaver Autism Center for Research and Treatment, Mount Sinai School of Medicine

**Thursday, June 4th**

Music Therapy and Autism Spectrum Disorder: Taking a Creative Approach

**Elizabeth Balzano Riley**, Board Certified Music Therapist, NYL Gramercy School

**Thursday, June 11th**

Q & A: Special Education Information and Updates

**Lori Podvesker, MEd**, Program Manager, Resources for Children with Special Needs

**Monday, June 22nd**

Understanding Self-Direction: A Look at Person Directed Services

**Laura Mitchell, LCSW**, Manager of Clinical Services, YAI Autism Center

## JULY

**Thursday, July 2nd**

Talking to Your Child About Their Diagnosis

**Dina Larina, LMHC, RPT**, Mental Health Clinician & **Iris Varela, LMSW**, Mental Health Clinician, YAI Center for Specialty Therapy

**Tuesday, July 7th**

Encouraging You: Family Member to Speak Up for Themselves: A Lesson in Self-Advocacy

**Tom Ott, LCSW**, Residential Services, YAI & **Steven Holden, Jr.**, Member of YAI New York City Self-Advocacy Association

**Tuesday, July 14th** **Registration Required**

ABC's of AAC: A Lesson in Communication

**Megan E Fucci, MS, CCC-SLP**, Speech Language Pathologist, Manhattan STAR Academy Speech Clinical Supervisor, Lifestart

**Wednesday, July 22nd**

Behavior Management: Strategies, Schedules and Routines in the Home

**Justin Stanford**, Behavioral Intervention Specialist, YAI

## Summer 2015

Registration is required  
Call ►YAI LINK 212.273.6182  
or go to [yai.org/autismsupport](http://yai.org/autismsupport)

FREE  
For parents and caregivers  
only – no children please.

Structure  
First half: presentation  
Second half: support

Location  
460 West 34<sup>th</sup> Street  
11<sup>th</sup> Floor  
New York, NY 10001

Funded in part by NYS OPWDD and  
NYC Council's Autism Initiative.

All Sessions  
10:00am to 12:30pm  
except where noted

[yai.org/autismsupport](http://yai.org/autismsupport)

## ► Autismo: Serie de Grupos de Apoyo para las Familia

Para proveedores de cuidado de personas con trastornos del espectro autista.

Verano 2015

### JUNIO

Miércoles 17 **10:00am-12:30pm**

Como Ayudar a su Familiar a Conseguir la Máxima Independencia

**Amel Mohamed Whiteside, LMSW,**  
Assistant Supervisor, Medicaid Service Coordinator, YAI

Jueves 25 **10:00am-12:30pm**

Sexualidad en Individuos con Autismo  
**Dina Larina, LMHC, RPT, Mental Health Clinician &**  
**Iris Varela, LMSW, Mental Health Clinician, YAI Center for Specialty Therapy**

### JULIO

Jueves 9 **10:00am-12:30pm**

Sea Conciso y al Punto. Estrategias para Expresar Efectivamente sus Necesidades y Lograr sus Metas

**Lisa Orbegoso, LCSW,**  
Clinic Liaison / Mental Health Regional Senior Supervisor, YAI

Jueves 30 **10:00am-12:30pm**

Como Asegurar un Buen Comportamiento  
**Dina Larina, LMHC, RPT, Mental Health Counselor &**  
**Iris Varela, LMSW, Mental Health Clinician, YAI Center for Specialty Therapy**

Necesita registrarse Llame a ► **YAI LINK** al 212.273.6182 o [yai.org/autismosupport](http://yai.org/autismosupport)

Gratis  
Para padres y proveedores de cuidado.  
No se permite la asistencia de niños.

Duración  
1ra parte: presentación  
2da parte: grupo de apoyo

Lugar  
460 West 34<sup>th</sup> Street  
11<sup>th</sup> Floor  
New York, NY 10001

Financiado en parte por el NYS OPWDD y el NYC Council's Autism Initiative.

## ► 家庭支持系列講座

專為照顧自閉症患者的人士所舉辦

2015 夏季

### 四月 APRIL

2015年4月21日星期二 **上午10:00至12:30**  
Tuesday, April 21, 2015, 10am – 12:30pm

十大成功秘訣:如何獲得您需要的服務  
Top 10 Tips for Success: How to Get the Services that You Need.

許安安, 華語諮詢專員, YAI LINK  
Ann Hsu, MPH, Bilingual Mandarin Intake Specialist, YAI LINK

### 七月 JULY

2015年7月21日星期二 **上午10:00至12:30**  
Tuesday, July 21, 2015, 10am – 12:30pm

自閉症障礙障礙症  
診斷、應用行為分析法 以及提問與回答  
Autism Spectrum Disorder (ASD): The Diagnosis, Applied Behavior Analysis (ABA), and Q&A

花薇淳 臨床心理學博士, SCO Family of Services  
Wei-Chun Vivi Hua, PsyD, SCO Family of Services

### 八月 AUGUST

2015年8月18日星期二 **上午10:00至12:30**  
Tuesday, August 18, 2015, 10am – 12:30pm

關於孩子的未來,您一定要知道的五件事  
Planning for the Future: 5 Things Every Parent Should Know

許安安, 華語諮詢專員, YAI LINK  
Ann Hsu, MPH, Bilingual Mandarin Intake Specialist, YAI LINK

本系列講座將以華語(普通話)進行。  
請撥打► **YAI LINK 212.273.6182**來報名。

免費  
為家長與照顧者提供的講座,請勿帶孩童參加。

流程  
第一部份:講座  
第二部份:互助團體

地點:  
YAI中央辦公大樓, 紐約市曼哈頓,  
西34街460號11樓

感謝NYS OPWDD和  
NYC Council's Autism  
Initiative的贊助



MAY 2015  
AHRC PROGRAM VACANCIES  
www.ahrcnyc.org

Please look through this list of services offered by AHRC that have projected vacancies for May (or immediately) and contact the person indicated if you have someone who is in need of the service.

**RECREATION OPPORTUNITIES:**

**Overnight School holiday respite openings:** for residents of Brooklyn for August. Contact Referral and Information Center (RIC) at 212-780-4491.

**Overnight Weekend Respite Program:** Available in all boroughs for independent travelers and individuals that are able to self-medicate. Enjoy trips to upstate New York from Friday through Sunday to discover area attractions and seasonal activities. All individuals must be in the HCBS waiver. No cost, transportation provided. Call Alice McGlynn at (212) 780-2583 or RIC to make a referral.

**Teen Saturday program:** opening in Queens, ages 13 - 19, must be in the HCBS waiver, transportation provided, contact Alice McGlynn at 212-780-2583.

**\*\*SUMMER CAMP REGISTRATION\*\*** is now open for Camp Anne and The Lodge! Please contact the RIC for new registrations at 212-780-4491.

**OVERNIGHT/EMERGENCY In-Home Respite Hourly Waiver Services** to families residing in the boroughs of **Queens** and **Manhattan**. Emergency respite is temporary care of an individual with developmental disabilities provided on an emergency basis due to a family situation of extreme urgency, such as the hospitalization of a family member or unexpected travel plans. Emergency respite may be provided in individual's home or a family care home. Overnight respite is a service that provides relief to a caregiver who is responsible for the primary care and support of an individual with a developmental disability. When a family member or Family Care provider has to deal with such things as illness, emergency, and caregiver vacation; emergency respite services can ensure that your loved ones are safe and their needs are met. A caregiver must reside with the individual in the same household and be a primary caregiver. An eligible person should be OPWDD eligible. Eligibility must be established before a referral can be made. An eligible person should have a current Level of Care (LOC) determined. LOCs are needed for all waiver services. An eligible person should be enrolled in a HCBS Waiver program. If you believe that your families or individual(s) might benefit from Overnight or Emergency In- Home Respite, please contact, Luba Zborovskaya at 212-780-2340 and/or Gillian David, Intake Field Supervisor at 212-780-4482.

**IN-HOME RESPITE:** Waiting list for people ages 3 and over in Brooklyn, Manhattan, Staten Island, the Bronx, and immediate opportunities in Queens. Require proof of developmental disability. Contact the Referral and Information Center at (212) 780-4491 or 4493.

**COMMUNITY HABILITATION:** Waiting list for people from birth (with EI Service Coordination) and up in all 5 boros. Person must meet eligibility for Medicaid Waiver. Contact the Referral and Information Center at (212) 780-4491 or 4493.

**OVERNIGHT RESPITE (out of home):** Guests must be age 4 and up, and must be weight bearing if non-ambulatory. Cannot be seriously medically involved where extra nursing staff would be necessary. Staten Island is the only wheelchair accessible respite facilities. *Families should apply for respite before the need arises; the application has to be approved beforehand.* Contact the Referral and Information Center at (212) 780-4491 or 4493.

**EMPLOYMENT and BUSINESS SERVICES:**

**Brooklyn Day Hab:** Some of the services and activities provided are: personal hygiene skills, self care, socialization skills, money management, mobility training, life skills training, reading and writing, anger management, relaxation techniques, proper nutrition, healthy exercise and recreational type activities. Additionally, individuals volunteer at different sites and participate in diverse community events. Contact 212-895-3370.

**Senior Retirement Services:** Day Hab Without Walls program for individuals over age 55, must be a Bronx resident. Contact Ana Kuharik at 718 944-5099.

**Bronx Day Hab Without Walls:** This program offers the opportunity for community activities including volunteering and social outings. The premise is to prepare people to move out of the DH and into employment. Contact Ana Kuharik, 718-944-5099.

**Staten Island Day Hab Without Walls:** This program offers the opportunity for community activities including volunteering and social outings. The primary premise is to prepare people to move out of the DH and into employment.

**Staten Island Janitorial Training program:** Pre-Vocational training program for S.I. residents with DD 18 years and older. 11 weeks of training combining classroom instruction with internship at S.I. institutions. Upon successful completion, graduates will be placed in janitorial careers with high earning potential. For all S.I., call Candi Genovese, 718-981-3452.

**Job Connection Center-Psycho-social Clubhouse (Brooklyn):** A small innovative program, with highly trained and experienced staff, specifically designed to support individuals who are dually diagnosed (IDD/MI) in obtaining and maintaining a job. Call 212-895-3370.

*Continued*

**Youth Careers Training Programs:** OSY Pre-Vocational training program for NYC residents with DD or LD and/or low income; 18–21 years old. 15 weeks of training combines classroom instruction with internship at major NYC institutions. Upon successful completion, graduates will be placed in Janitorial and Food Services careers. Enrollment is ongoing – there are openings for Janitorial and Food Services in Brooklyn, Janitorial Services in Queens and Staten Island. For Brooklyn, call Gohar Gharibyan at 212-895-3370 or Alexis Hines at 212-895-3380; for Queens, Derek Johnson at 646-210-0066 or Sonia Nieves at 347-723-1952 and for Staten Island, Anna Chakryan at 718-662-1432.

**HIRE** - Supported Employment, placement in jobs dependent on applicant's skills and abilities

Brooklyn – Sofiya Nibelitskaya, 212-895-3325

Queens – Derek Johnson, 646-210-0066

Bronx – Wayne Thomas, 718-944-5099

Staten Island – Candi Genovese, 718-981-3452

Manhattan – Isis Clark - 212-634-8673

**ADULT DAY SERVICES:** A variety of programs where individuals become valued community members in different ways, including volunteering, shopping, visiting local attractions, etc. The programs offer many life enhancing experiences in the arts, travel training, and vocational services. There are also programs that operate solely in the community, and in higher education programs in cooperation with local colleges. For more details, call Central Intake at 212-780-4493/4491.

**Emergency Respite (Family Support Service): for Queens and Brooklyn residents** - Emergency respite is temporary care of a person with a developmental disability provided on an emergency basis due to a family situation of extreme urgency, such as, but not limited to the hospitalization of a family member, unexpected travel plans or relief needed for the caregiver due to special circumstances. Emergency respite may be provided in the eligible person's home or an alternate location where the service of care can be provided. The person providing the service does not have to reside in the home of the person eligible for this service, nor does the service have to occur in the borough of the person's OPWDD registration. Call Michael Wright, 212-895-3467.

**Nicosia Family Reimbursement:** The service provides the opportunity to be reimbursed for purchased services and goods, and the possibility of purchasing services and goods that are not funded through any other sources. The goods and services have been deemed appropriate to meet the needs of the person being served. Criteria for grant: Reside in the 5 Boroughs and Eligibility. Call Michael Wright, 212-895-3467.

**Intensive Behavioral Services** This is a newly offered program in the Bronx the purpose of which is to provide Intensive Behavioral Services for individuals who live in non-certified or Family Care Homes and present with substantial challenging behaviors that put them at risk of placement in a more restrictive living environment. The service involves in home behavior management evaluation and treatment by psychologists who specialize in Functional Behavioral Assessment and Intervention. For information about the application or questions, contact Lisa Adorno at 718-643-2566.

**Queens Intensive Parent Training:** This family support program serves ID/DD parents who reside in Queens, who are living in the community and raising their children. This service provides education, parent training, intensive case management, and advocacy to help the parent improve their parenting skills and help keep children in the home with the parent(s). Criteria: reside in Queens County; parent must be ID/DD. Call Annette Spallino 212-780-2592.

**Non-Medicaid Service Coordination:** The service includes information and referral services, outreach, parent networking and service access assistance for individuals and their families. Service Coordinator is able to make connections with diagnostic, residential, habilitative, educational, vocational, medical and recreational services. In addition, the Service Coordinator can assist with accessing benefits and entitlements, such as Medicaid and SSI. Criteria for program enrollment: - reside in the five boroughs, No Medicaid and Eligibility. Call Sharett Bood, 646-845-6020.

**Clinical Evaluation Reimbursement:** The service provides the opportunity for individuals to receive clinical evaluations (psychological or psychosocial), who do not have Medicaid or their health plans do not pay for such testing. The clinician or vendor is reimbursed for the completed and approved evaluation. Criteria for grant: Reside in Manhattan and Eligibility. Call Michael Wright, 212-895-3467.

**Article 16 Clinic Services:** Ongoing vacancies in Manhattan for psychological and psychosocial evaluations, individual and group counseling and nutrition services. Ongoing vacancies in the Bronx for individual and group counseling, psychological, and psychosocial evaluations at our 2488 Grand Concourse Clinic. Services are available in English, Spanish, and Mandarin. Anyone interested in these programs should contact Clara Cordero at (212) 780-2387.

**REHAB Services:** Immediate openings for physical, speech, and occupational therapy. Call Robin Phillips at (212) 780-2762 for more information on how to request services.

**FREE Psychological/Psychosocial Evaluations:** AHRC Article 16 Clinic is offering Psychological Evaluations and Psychosocial Evaluations for individuals who are developmentally disabled that do not have Medicaid and are residents of Manhattan, Brooklyn, Queens, Staten Island, or the Bronx. Services are available in English, Spanish, and Mandarin. For more information or to make a referral call AHRC Central Intake at 212-780-4493 or 212-780-4491.

**RESIDENTIAL:** Anticipated and immediate openings in all boroughs. Details vary depending on the setting.

**If you have any questions please contact: 212-780-4457. If you would like to make a referral, please contact 212-780-4491 or 212-780-4493.**

# AHRC

new york city

LAURIA J. KENNEDY, PRESIDENT  
DANIEL HIRD, EXECUTIVE DIRECTOR

# AHRC NEW YORK CITY'S FAMILY EDUCATION SERIES FREE WORKSHOP

## A CONVERSATION ABOUT DIFFICULT CHOICES: End of Life Care for People with Developmental Disabilities

**Thursday, June 11, 2015 from 6:00-8:00 pm**

Where: **AHRC New York City's Main Office, Penthouse  
83 Maiden Lane New York, NY 10038**

### Presenters:

**MARCIA RICHMAN, RN;**

**SHERYL WHITE SCOTT,**

**MD;**

**RANDI ROSENSTEIN**

**VACCA, ESQ.**

As individuals with developmental disabilities live longer, family members are increasingly finding themselves in the position of making end of life care decisions. Making end of life decisions for themselves, or assisting individuals in making these decisions, raises serious legal and ethical considerations. Who should make these choices - who can decide? What is Informed Consent for medical treatment? What are Health Care Proxies and Advanced Directives? What are DNR's...Living Wills? What is the Health Care Decisions Act for Persons with Mental Retardation? Come hear three professionals with years of experience in this area speak about these difficult choices - choices that must be given careful thought by all of us prior to the end of life.

**Directions: 2 or 3 Train to Wall Street; J, Z, 4 or 5 to Fulton; A or C to Broadway/Nassau**

### HOW TO REGISTER:

To register call Jennifer Amendola at 212-895-3446 or Donna Gifford at 212-780-2713 you can also email: [jenniferamendola@ahrcnyc.org](mailto:jenniferamendola@ahrcnyc.org) or [donna.gifford@ahrcnyc.org](mailto:donna.gifford@ahrcnyc.org)

MEMBERSHIP MATTERS! BECOME A MEMBER OF AHRC TODAY - PLEASE CALL 212-780-2748 FOR DETAILS.

AHRC New York City - 83 Maiden Lane NYC 10038  
Ph: 212.780.2500 Fx: 212-780.2353  
[www.ahrcnyc.org](http://www.ahrcnyc.org)

# CURRENT PROGRAM OPENINGS

MAY 2015

Call (718) 728-8476 for inquiries



## QUEENS

1. Early Intervention (In-Home) contact: Rhodie Volpe ext. 1512
2. Early Intervention Service Coordination contact: Johanna Arteaga ext. 1217
3. Early Intervention (Center Based) contact: Rhodie Volpe ext. 1512
4. Early Intervention Evaluations contact: Rhodie Volpe ext. 1512
5. SEIT contact: Rhodie Volpe ext. 1512
6. SETSS contact: Rhodie Volpe ext. 1512ww
7. Day Habilitation contact: Farzana Karim ext. 1233
8. Social Skills Group – Asperger's/High Functioning Autism: Dita DeSena ext.1418
9. Medicaid Service Coordination contact: Farzana Karim ext. 1233
10. Parent Training/Parent Support Group/Sibling Support Group: Nevena Savic ext. 1204
11. Family Reimbursement (Goods & Services, Transportation) contact: Annie Washington ext. 1219
12. CPSE Evaluations: Rhodie Volpe ext. 1512
13. Evaluations for individuals without Medicaid (Psychological/Psychosocial): Kristen DuMoulin ext. 1517
14. Preschool Centerbased Openings contact Larisa Muratov ext. 1500

## BROOKLYN

1. Early Intervention (In-Home) contact: Rhodie Volpe ext. 1512
2. Early Intervention Service Coordination: Johanna Arteaga ext. 1217
3. Early Intervention Evaluations: Rhodie Volpe ext. 1512
4. SEIT contact: Rhodie Volpe ext. 1512
5. SETSS contact: Rhodie Volpe ext. 1512
6. Medicaid Service Coordination contact: Farzana Karim ext.1233
7. Non-Medicaid Service Coordination contact: Andrew Toscano ext. 1268
8. Family Reimbursement (Goods & Services) contact: Annie Washington ext. 1219
9. CPSE Evaluations contact: Rhodie Volpe ext. 1512
10. Preschool Centerbased Openings contact Larisa Muratov ext. 1500
11. Housing Advocacy contact: Andrew Toscano ext. 1268

## BRONX

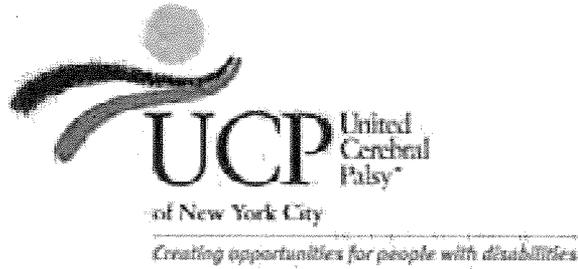
1. Parent Support Group contact: Jazman Torres ext. 1232
2. Medicaid Service Coordination Contact: Farzana Karim ext. 1233
3. SEIT contact: Rhodie Volpe ext. 1512
4. SETSS contact: Rhodie Volpe ext. 1512
5. Early Intervention (In-Home) contact: Rhodie Volpe ext. 1512
6. Early Intervention Service Coordination: Johanna Arteaga ext. 1217
7. Early Intervention Evaluations: Rhodie Volpe ext. 1512
8. CPSE Evaluations contact: Rhodie Volpe ext. 1512
9. Day Habilitation contact: Farzana Karim ext. 1233
10. Hourly Waiver Respite contact: Johnny Nunez ext. 1222

## MANHATTAN

1. Social Skills Group - Aspergers/High Functioning Autism contact: Rocio Chavez ext.1414
2. Parent Support Group contact: Annie Washington ext. 1219
3. Early Intervention (In-Home) contact: Rhodie Volpe ext. 1512
4. Early Intervention Service Coordination: Johanna Arteaga ext 1217
5. Early Intervention Evaluations: Rhodie Volpe ext. 1512
6. SEIT contact: Rhodie Volpe ext. 1512
7. Medicaid Service Coordination contact: Farzana Karim ext. 1233
8. Hourly Waiver Respite contact: Johnny Nunez ext. 1222
9. SETSS contact: Rhodie Volpe ext. 1512
10. CPSE Evaluations contact: Rhodie Volpe ext. 1512
11. Preschool Centerbased Openings contact Larisa Muratov ext. 1500
12. Day Habilitation contact: Farzana Karim ext. 1233

## LONG ISLAND

1. Sibling/Parent Support Group and Parent Training contact: Nevena Savic ext. 1204
2. Day Habilitation contact: Farzana Karim ext. 1233
3. SEIT contact (Nassau only): Rhodie Volpe ext. 1512
4. Medicaid Service Coordination contact: Farzana Karim ext. 1233



# United Cerebral Palsy of New York City

## Family Reimbursement

UCP of NYC Family Reimbursement program provides monies to family support eligible families that reside in Manhattan for Durable Medical Equipment.

These monies cover the cost of items that Medicaid or your medical insurance does not cover, such as:

- Wheelchair
- Wheelchair Parts and Accessories
- Lap Trays
- Walkers
- Shower Chair
- and more....



Funding available for Durable Medical Equipment up to \$1500.00. Medical documentation supporting a need for the equipment must be included. You must also show proof that Medicaid or your medical insurance does not cover the item.

For more information please contact Project Connect at 1-877-827-2666  
or [projectconnect@ucpnyc.org](mailto:projectconnect@ucpnyc.org)

# Disability Pride Parade

Save-the-Date

Sunday, July 12, 2015

Friends, family, staff, supporters, all are welcome.



For More Information Contact:

Mia Ragozino 347-971-2836 or [mragozino@ucpnyc.org](mailto:mragozino@ucpnyc.org)



May, 2015

The Developmental Disabilities Clinic (DDC) at Archcare at Terence Cardinal Cooke  
HAS IMMEDIATE OPENINGS IN

- Audiology
- Cardiology
- Dental (Including conscious sedation)
- Individual and Group Psychotherapy (Bilingual–Spanish/English)
  - Gynecology
- Internal Medicine (Adult and Pediatric)
  - Neurology (Adult)
    - Nutrition
  - Ophthalmology
- Physiatry (with OT/PT services, including wheelchair/brace clinic)
  - Podiatry
- Psychiatry (Adult and Pediatric)
  - Psychological Evaluations (Bilingual–Spanish/English)
  - Psychosocial Evaluations (Bilingual–Spanish/English)
- Speech/language (Including augmentative/assistive technology)

For appointment, please call:  
Ariyls at 212–360–3777 or Raquel at 917–484–4565



**DO YOU NEED HELP CARING  
FOR A LOVED ONE?**

**ARCHCARE SENIOR LIFE  
CAN HELP.**



If your loved one is eligible for nursing home care but would rather live at home, we can help. With ArchCare Senior Life a Program of All-inclusive Care for the Elderly (PACE), your loved one can stay independent at home and gain access to ArchCare's PACE Center, with full medical services, 24-hour care support, and personalized health and wellness programs.

**Find out about our full range of healthcare services by calling  
1-855-951-CARE (2273) (TTY/TDD: 711), seven days a week,  
8 am – 8 pm or visit [archcare.org](http://archcare.org)**

# WHAT BENEFITS WOULD I RECEIVE WITH ARCHCARE SENIOR LIFE?

**All of the medical care and long-term care services you need are provided.**

## **Services include:**

- Team-based care management
- Physician services specializing in care for the elderly
- Nursing
- Rehabilitation therapies
- Social work services
- Nutritional services, including meals
- Recreational and educational activities
- Transportation to and from ArchCare's PACE Center

## **Outpatient medical services include:**

- Medical specialty services
- Dental care
- Mental health services
- Eye care, including exams and glasses
- Foot care
- Hearing exams and hearing aids
- Diagnostic tests and lab services

## **Hospital inpatient, outpatient, and emergency services include:**

- Comprehensive home health care
- Durable medical equipment and supplies
- Prescription drugs and over-the-counter medications

## **Am I eligible?**

You may be eligible to join ArchCare Senior Life if:

- You are 55 years or older
- You are eligible for nursing home care but choose to remain at home with assistance

**We would love to talk with you or your loved one about ArchCare Senior Life. To set up an appointment, give us a call at 1-855-951-CARE (2273) (TTY/TDD: 711) seven days a week, 8 am – 8 pm or visit us at [archcare.org](http://archcare.org)**

- You require the long-term care services of ArchCare Senior Life for more than 120 days
- Your health care needs can be safely met in your home and at ArchCare's PACE Center

## **How would this affect my health coverage?**

If you choose to join the program, your health insurance coverage will change so you can get all of the services you need from this program. You will continue to receive all of the services paid for by Medicare or Medicaid, plus others.

## **What are the costs for me to participate?**

Payment for PACE depends upon your eligibility for Medicare and Medicaid:

- If you are eligible for Medicare and Medicaid or eligible for Medicaid only and do not have a Spend-down,\* there is no cost to you for PACE-covered services (this includes your Part D premium for prescription drug coverage).
- If you are eligible for Medicare only, you will need to pay the Medicaid monthly rate on a private pay basis. (This includes your Part D premium for prescription drug coverage).
- If you are not eligible for Medicare or Medicaid, you may enroll in PACE on a private pay basis with your cost equal to the Medicare and Medicaid rates. You will also pay your Part D premium.

Participants may be liable for the cost of unauthorized or out-of-PACE program services. \*Spend-down, which is also known as surplus, is the difference between your monthly income and the monthly maximum income eligibility amount for Medicaid.



David Ford  
Community Outreach Liaison

Phone (347) 552-2232  
Fax (646) 289-7791  
dford@archcare.org



1432 Fifth Avenue  
New York, NY 10035

## **ALL-INCLUSIVE CARE FOR ADULTS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES**

At ArchCare, we believe everyone should have a say in how and where they receive care. But not everyone is capable of making these wishes known. For many with intellectual and developmental disabilities, having trusted and caring people in their lives to help them articulate their goals and desires and assist with mobility, learning and the skills needed for independent living is essential. As people with intellectual and developmental disabilities and the family members who care for them age, the need for such personal advocacy and support becomes all the more critical. ArchCare Senior Life is privileged to extend the PACE model of care to seniors with intellectual and developmental disabilities.

Our interdisciplinary team has grown to include clinical and social services professionals who specialize in caring for the intellectually and developmentally disabled. Together with our on-site primary and preventative care physicians, nurses and therapists, they work hand-in-hand with PACE members and their families to coordinate every facet of the member's care. Daily medical supervision in our PACE centers and 24/7 access to nurses and physicians allows for early detection of health changes so they can be addressed before they require a trip to the hospital. Recreational activities, trips and shopping excursions provide opportunities to socialize and build meaningful relationships with fellow members and staff, while meals and nutritional support, transportation and similar services ease the burden on family caregivers. And it is all delivered in the atmosphere of dignity, respect and compassion that every person deserves.

ArchCare Senior Life, a Program of All-inclusive Care for the Elderly (PACE), has provided that trusted and caring voice for hundreds of seniors and their families since 2009. The goal is simple – to maximize our members' quality of life by providing all the health and social services they need to stay healthy and live safely in the community, close to those they love, for as long as possible.

You may be eligible to join ArchCare Senior Life if you meet the following guidelines:

- You are 55 years or older,
- You have Medicare and/or Medicaid and/or are willing to pay privately,
- You are eligible for nursing home level of care,
- You require the long term care services of ArchCare Senior Life for more than 120 days,
- You reside in the ArchCare Senior Life service area (Manhattan, the Bronx or Staten Island),
- Your healthcare needs can be safely met in your home and in our PACE centers.

**We invite you to visit any of our three PACE centers and see for yourself how ArchCare Senior Life is dramatically improving the health, emotional well being and overall quality of life of seniors with intellectual and developmental disabilities.**

ArchCare Senior Life Harlem  
PACE Center  
1432 Fifth Avenue  
New York, NY 10035  
646-289-7700  
(TTY/TDD: 1-800-662-1220),  
Monday through Friday from  
8:30 a.m. to 5 p.m.

ArchCare Senior Life at  
San Vicente de Paúl  
900 Intervale Avenue  
Bronx, NY 10459  
718-732-7171  
(TTY/TDD: 1-800-662-1220),  
Monday through Friday from  
8:30 a.m. to 5 p.m.

ArchCare Senior Life at Carmel  
Richmond Healthcare and  
Rehabilitative  
88 Old Town Road  
Staten Island, New York 10304  
855-277-2231  
(TTY/TDD: 1-800-662-1220),  
Monday through Friday from  
8:30 a.m. to 5 p.m.

Participants may be liable for the cost of unauthorized or out-of-PACE program agreement services.

# Opening THE DOOR to Education

*If your child has a developmental disability...*

AUTISM

INTELLECTUAL  
DISABILITIES

CEREBRAL  
PALSY

SEIZURE  
DISORDER



*...and you live in Manhattan, Bronx or Queens, and have a child (age 3 through transition from school) who has been through OPWDD Front Door and receives OPWDD services, RCSN can help you:*

- Find an appropriate school or program
- Understand evaluations and reports
- Access additional evaluations, if needed
- We can even accompany you to meetings

**CONTACT RUTH DIROMA: 212-677-4650 X 19 OR**  
**RDIROMA@RESOURCESNYC.ORG**

**rdsn** resources for  
children with  
special needs

**USE YOUR RESOURCES**  
**www.resourcesnyc.org**

# ELMY' SPECIAL SERVICES

163 VAN BUREN STREET  
BROOKLYN, NY 11221

Tel: 718-789-7539

Fax: 718-443-7357

## Elmy's Mission

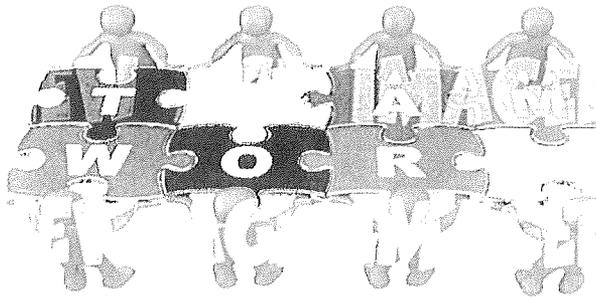
At Elmy's Special Services, Inc we believe that every person regardless of his or her race, handicap, or developmental level should be treated with dignity. Because of this belief, we will ensure that every person be given the opportunity to achieve his or her full potential through appropriate and individualized programming. Our goal is to serve and support individuals and families with mental and/or developmental disabilities. We will offer case management, day programs, residential service options, evaluation, and other valuable services to the community. In addition, we will provide support, guidance, and care to people of all ages with visual impairments, developmental and emotional disabilities, or a combination thereof. We will provide after-school programs, rehabilitation, and family support services including respite care, transportation, and crisis intervention. We will seek funds from public and private sources in order to obtain these goals. We will do everything that is suitable and proper for the accomplishment of our purpose and the attainment of our objectives, including the acquisition of realty property by purchase, lease, gift, merger or otherwise, as well as the management and maintenance of said property.

## *Medicaid Services Coordination (Brooklyn)*



MSC is the active assistance offered to individuals who pursuit the necessary and services and supports that will assist the individual in achieving or maintaining the personal goals. MSC are on call seven (7) week to our families when needed. MSC use person centered planning approach to help individuals in developing independence. It promotes the concepts of informed choice, individualized services and supports, and satisfaction. This program is available to individuals of all ages who have been diag with a developmental disability and curren receive Medicaid benefits.

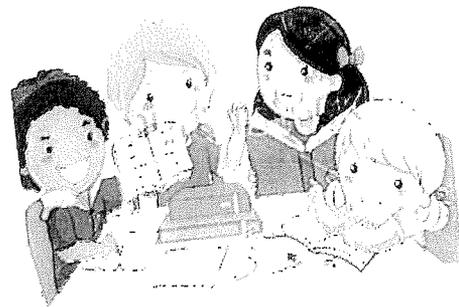
## Day Habilitation (working together)



Elmy's Special Services, Inc. Day Habilitation With/Without Walls is a program that provides individuals with a college environment that enhances their academic and prevocational skills. Each participant of the program is provided with opportunities for community involvement, personal growth, and socialization. During the program week, individuals volunteer at various worksites that are selected based on their needs, interests, and goals. These sites include nursing homes, schools, local businesses, hospitals, etc. The Day Hab site is a modern and appealing location where the individuals can supplement their services with activities that relate to different stations such as the library, technology center, game room, kitchen, and gym. The goals of this program are to assist each individual in becoming more involved in their immediate community, enhance their skills, and provide a springboard to graduate them to the next level in their lives.

## After School Services

Elmy's Special Services' Afterschool Program is an engaging and stimulating service provided to individuals diagnosed with developmental disabilities between the ages of 6 and 15. The afterschool program is a service that primarily provides individuals with meeting IEP goals and completing daily homework assignments. The program also gives individuals opportunities for socialization and a choice of recreational activities.



# In-Home Respite, Community Habilitation, Holiday Respite

Elmy's Special Services over night weekend it provides temporary relief for families or other caregivers of people with a disabilities who reside in Brooklyn. Respite is offered outside of the home, and is available overnight from Friday to Sunday. It is scheduled and time-limited, and is intended to allow families time for errands, vacations, and other planned activities. This program is available for people between the ages of 12 and 17.

## Holiday Respite

The program runs 24 days a year, corresponding with the Department of Education's holiday schedule when students are out of school for a holiday or school break. Holiday respite is a service that provides temporary relief for families or other caregivers of people with developmental disabilities who reside in Brooklyn and who are between the ages of 6 and 13.

## Community Habilitation

Is offered inside of the home, where staff works with individuals on a number of goals, including ADL skills, socialization and academic needs. These goals will increase the individual's potential for independence, integration, individualization and productivity. This program is available for people between the ages of 12 and 18.

## Family Support Waiver Respite

Respite services provide temporary relief for families or other caregivers of people with developmental disabilities who reside in Brooklyn or Queens. This program is offered to individuals with or without Medicaid. It is offered both inside and outside of the home, and is available during the day or evening.

### Programs Contact Personnal:

Medicaid Services Coordination:

- Angelicka James

Community Habilitation and After School

- Stephanie Dalzon

In-Home Respite, School Holiday, summer camp and Weekend Respite

- Danielle Brown

Elmy's Special Services Inc.

Building a Better Future by Enhancing the Lives of People with Disabilities

# The Travel Training Newsletter

## Student Creations

NYCDOE D75



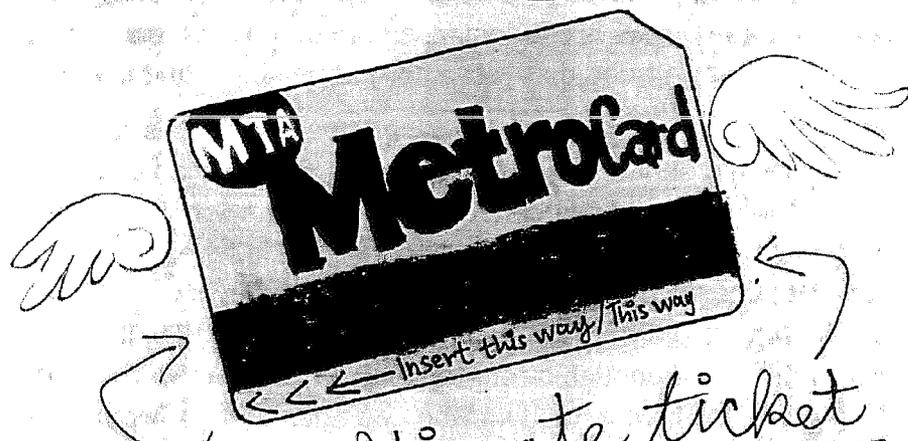
OFFICE OF TRAVEL TRAINING  
DISTRICT 75

### Special Points of Interest

- "Glad They Didn't Give Up On Me"
- Art from Manhattan: A Safety Sequence for Travelers
- Freedom to Independence Illustration
- Travel Advice: When You Miss A Stop
- DOT Expo Reflections
- A Travel Trainer Near You

### Jennifer A. The Freedom to Independence Our Centerfold Story

*Travel Training...*



*The ultimate ticket  
TO INDEPENDENCE*

*Thank  
you ♡*

### Inside this issue:

The Ultimate Ticket to Independence: Cover Page	1
Thoughts & Reflections by Peggy Groce	2
A Celebration & A Tribute	3
"My Travel Training Experience"	4
"The Freedom To Independence" Centerfold Story	7
Words From the Wise	8
"Spread Her Wings and Fly" A letter from a parent	11

Artwork and Centerfold Story by Jennifer A. P 811Q @ Bayside HS Graduate 2014

Currently attending Queensborough Community College

## Thoughts and Reflections

By Peggy Groce

Director , Office of Travel Training D 75

**"That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved."**

*Ralph Waldo Emerson*

**Read our Newsletter** written mostly by youth with significant disabilities who have completed Travel Training. These young people demonstrate the truth of the above quote as they travel independently to school or work-site while handling daily all the weather and transportation related contingencies that occur. The years have provided many opportunities for our students to show how their ability to travel and utilize mass transit improves as a result of regular use.

Listen to their voices as they write about what it means to travel independently. Pay attention to what they are telling us and listen to what they say about how the ordinary act of mobility has extraordinary significance in their lives. Their comments are very revealing and suggestive of changes we may have to make in ourselves, in our ways of thinking, and in our expectations of them. Their yearning to be independent, to be seen and treated as just a normal person is undeniable.

Travel Training is a liberating experience. John speaks of a desire to be independent that goes back four years when..."We had an IEP meeting and I asked my guardian again if I could be travel trained...This time they did it...I am happy that I completed travel training." Jennifer exclaims, "And for now, I am nothing more than a happy traveler, with the "golden ticket of independence" (the Metrocard) in my hand." Martin clearly expresses the desire of other young people his age when he writes, "I can take different routes, and if I have the time, I can hang with my friends." We all remember what it was like when we were old enough, and trusted enough by our families, to hang out with our friends. It was a liberating experience! Elias confirms this newly won freedom when he adds that he "would like to visit the Fulton Mall." Our youth are telling us that they really want to be thought of as just ordinary teenagers and young adults.

**"There's a pleasure in being reminded of the value of an ordinary life."**

*Karen Thompson Walker*

What is it that we prize so much in life...the routines, the friends, and pleasures common in our lives! We have a tendency to remember the times we enjoyed shopping, going to a movie, taking a walk, having lunch or simply visiting with friends. These are the things we miss most if our sense of mobility is threatened...the ordinary aspects of life. That our youth learn to perform extraordinary deeds while taking a regular bus or subway ride is not surprising. Their voices that speak of the worth of being looked at as ordinary are ones we should listen to and respect. We need not always emphasize that our students are special with special needs and wants when their needs and wants are basically the same as ours. *(continued on next page)*

Listen to the voices of the writers as they speak of the importance of relationships in their lives. The support of families, teachers, mentors, and peers encouraged them to take a chance to achieve their goals. Our belief and confidence in the youth our willingness to grant the young people the right to take prudent risks, is critical to their success as John emphasized when he said he was “glad that the school staff didn’t give up on me.” His teachers listened to what John wanted, were persistent in support of his desire to learn to travel, and encouraged his guardian to consent to Travel Training.

Let us never underestimate the value of peer relationships and the necessity of providing ample opportunities for our youth to have friends who understand them. Without the support and prompting of her friends, Quentin and Jesse, Sannurha may not have completed Travel Training. They were able to speak with her in a way the adults in her life could not. Many students ask for Travel Training because their friends are traveling and they see the difference in the travelers’ lives. They want that freedom, too.

The relationship that develops between a travel trainer and a student is somewhat unique. It does not grow over a matter of months or years, but is concentrated into a shorter time frame. But the relationship is intense and is founded on the belief that our youth can succeed given the opportunity and instruction that is necessary. The desire to live a normal life, to be free to move about the community as others do, has great appeal for most of our young people.

Listen to the voices of our youth. They do not say they want to be “special” or that they have special needs. The young people speak of the opportunity for living an ordinary life, for having relationships with peers, for being able to make mistakes, to learn from their mistakes and to try again. Our task is to see our students as teenagers and young adults and help them achieve their goal of living as ordinary people. It may be more difficult for us than for them. We will have to be persistent in our struggles to change our ways of thinking and acting and will need to support each other’s efforts.

### A Big Celebration

The 25th Anniversary of the Americans with Disabilities Act (ADA) will be July 26, 2015. A big celebration is planned nationally. Robert Burgdorf, considered the drafter of the original ADA bill in 1988, wrote, “Just as the point of the Civil Rights Act (of 1964) is not race but it is discrimination, the point of the ADA is not disability—it is discrimination. The ADA is a mandate for equality...The focus of the Act was and should be on eliminating ... practices that make people unnecessarily different because of their mental or physical limitations.” The promise of the ADA has not yet been fully realized but there has been progress toward increased opportunity, access, and self-determination.

**Coming up!** The ADA Legacy Tour features a Road to Freedom bus designed to raise awareness, preserve disability history, and educate future generations of disability advocates. Plans now are for the Legacy Tour to be in New York City July 13-14, 2015 and there is the possibility of a Disability Pride Parade on July 12. Look for news about these exciting events.

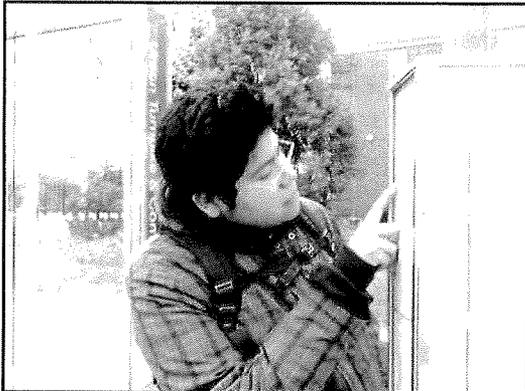
### A TRIBUTE

Terry Moakley, one of NYC’s foremost disability rights advocates, and a great friend of mine, passed away in September 2014. It is difficult to describe Terry. He had so many great qualities I don’t know where to start. He was intelligent, hard-working, fair, generous, decent, open-minded, honest, willing to share, forgiving, and a really humble guy. In addition, he was a terrific writer. There was much I learned from Terry. All New Yorkers have profited from his work on making this city more open and accommodating, from curb ramps to sensitivity training for transit workers to accessible taxis. He was tireless in his efforts to improve access for all. Terry was also a founding member of the national Association for Travel Instruction and a great supporter of Travel Training, especially the District 75 program. All the Travel Training staff join me in saluting Terry; he is missed by all of us.



# My Travel Training Experience

*Martin M. P 811Q @ Queens High School for Teaching*



*Martin at the bus stop checks out the bus schedule and waits to go home.*

In the year 2012 I didn't expect to travel on my own to and from school. When I was in Ms. Emy's class I thought I was going to have another boring year on the school bus. One day Mr. Garcia asked me if I wanted to learn to travel on the city bus to school and home. Without thinking I said YES and Mr. Garcia gave me some papers for my parents to fill out.

Both my Mom and Dad had a hard time deciding whether to allow me to travel by myself or stay on the school bus. Finally they made their decision and told me that I was old enough to travel independently. It took me almost a month to finish the Travel Training Course.

Finally my time to travel on the city bus independently had come. Ever since that day my independence has grown a lot. Now I can travel to places that I couldn't when I was a kid. I can take different routes and if I have the time I can hang with my friends. Traveling on my own was the BIGGEST success in my school history. And I really like traveling on the city bus.



# Glad They Didn't Give Up On Me

John M. P 811x

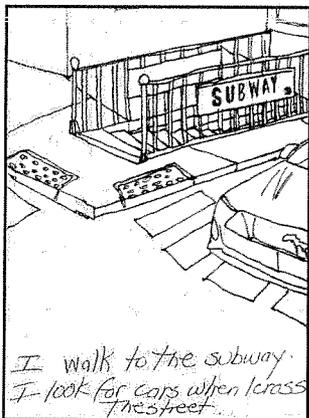
About four years ago I wanted to be independent. I wanted to go to school by myself. I started travel training last year. I was waiting for a long time because my guardian wouldn't let me be independent. I kept asking to be travel trained. We had an IEP meeting and I asked my guardian again if I could be travel trained. My teacher asked her and informed her that I was doing good at work and coming back and forth. I am in a working class and we use public transportation. The school had done the travel training paperwork before but then my guardian changed her mind. This time they did it.

My guardian signed the paper and Ms. Maria, the travel trainer, worked with me. She picked me up at my house and taught me which bus to take to school. She taught me different ways to go to school and not to talk to strangers. I was happy! One day after a few weeks of training they told me to leave by myself and that was my test. I knew they were watching me but I didn't see them. If I failed ...I would have to go back on the school bus. I am happy that I completed travel training. I am glad that the school staff didn't give up on me.



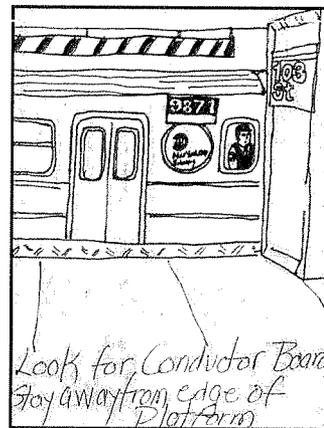
John M. With David Abrahams and Maria Rodriguez from the Office of Travel Training

*Handwritten:*  
"If I failed I would have to go back on the school bus."



1

## Art From Manhattan: A Safety Sequence for Travelers



3



Joshua A. P 721M and Travel Trainer Natalia Espinal



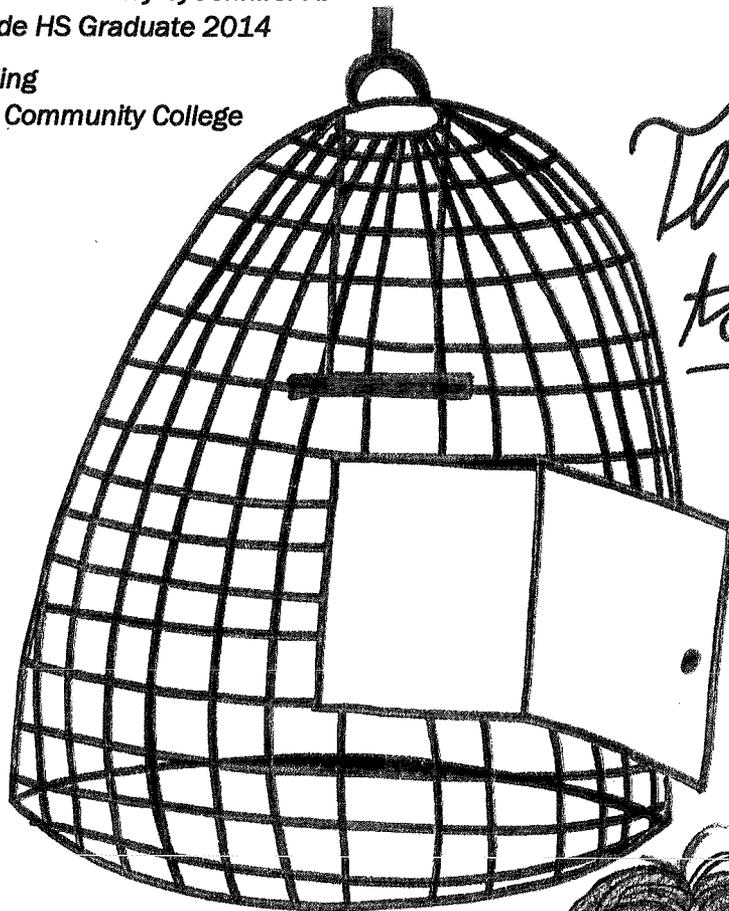
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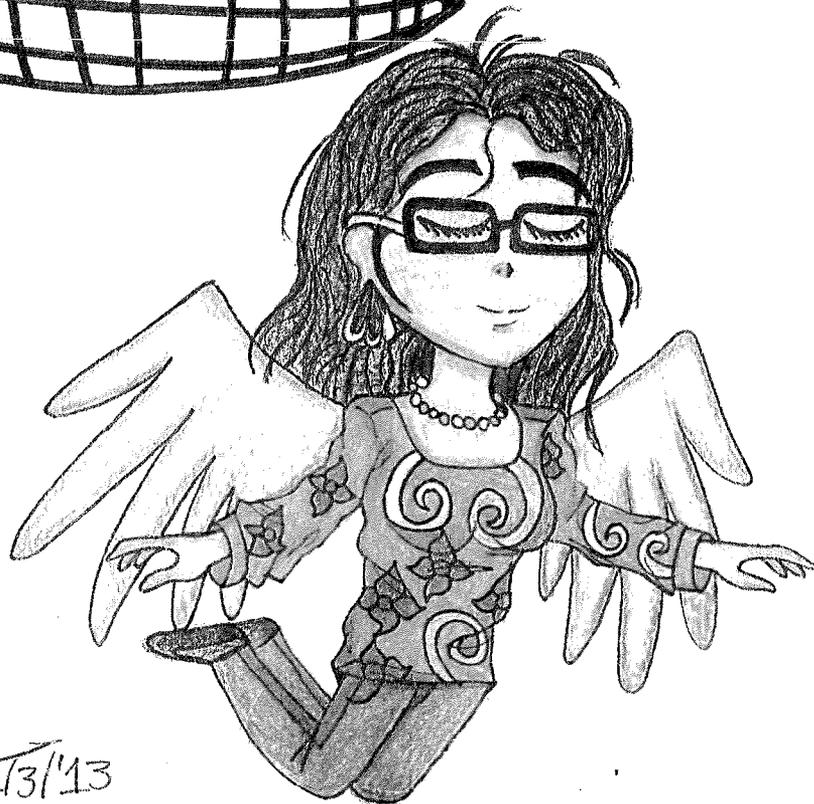
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Centerfold artwork and Story by Jennifer A.  
P 811Q @ Bayside HS Graduate 2014

Currently attending  
Queensborough Community College



*The Freedom  
to Independence*



*Jennifer A.*  
1/3/13

Please view Jennifer's special animated video "Taking Flight" at Vimeo.com.  
<http://vimeo.com/107724905>

Jennifer A

1/6/14

## The Freedom to Independence

Like a bird out of its cage, I finally set myself free. In other words, I finally devoted myself a great deal of independence. 2013, in my book, was my year filled with wonderful, inspirational success stories, travel training being one of them. I couldn't have been any happier without the help, support, and love from my family, and most importantly, the travel training staff. What a fantastic chapter of my life it was! For now, the so-called "cheese bus" is a thing of the past... water under the bridge... dust swept under the rug. And for now, I am nothing more than a happy traveler, with the "golden ticket of independence" (the MetroCard) in my hand. The journey of a thousand miles begins with a single step... and I made it through that important journey of life. Before, I was a caged bird trapped in the yellow bus, looking through glass... and now, I just spread my wings and fly. And I am just a free bird singing the praises of how well my travel trainer guided me through the right path every step of the way.

Please view Jennifer's special animated video "Taking Flight" at [Vimeo.com](http://vimeo.com/107724905).

<http://vimeo.com/107724905>

### Words from the Wise

#### **3 Students at P721R: Quentin B., Jesse Q., Sannurha V**

It is October 27, 2014 and there are three students sitting in the Travel Training Office with Ms. Florence and Ms. Jovita at P721R. Sannurha is in the Travel Training Program now but she is not sure if she wants to go back on the school bus. Jesse and Quentin are her friends. Jesse has been traveling on his own for 2 years and Quentin for about 3 ½ years. Quentin says that being travel trained is a special thing. Jesse says "I am an expert at travel training and really good at it." Sannurha feels bad because "I used to travel to school alone and forgot what to do." Jesse says "Sannurha is too old to quit travel training." Quentin told her "This is so special for you and it is something great to accomplish to travel alone."



*Jesse, Quentin and Sannurha  
P 721R*

Here are some travel training tips from all three students:

- \*Pay attention to the windows outside to see the buildings to recognize stops
- \*Sit in the front by the driver
- \*Look for the 'walking person' to cross the street
- \*Listen for announcements
- \*Only use your Metrocard for yourself

***\*Sannurha stayed in the Travel Training Program and successfully completed. In addition, she was route trained to her worksite at Sunrise Assisted Living shortly after.***

### DOT Accessible Transportation Expo Reflections

*By students from P 226M*



I saw lots of tables with interesting info. But at one table they had our picture. I was so happy when I saw our picture. I got a cool wallet and I love it. **Russell W.**

We got to see the select bus and sit down and we had fun and we took pictures sitting in the bus and asked questions to the bus driver. **Nicolas C.**

I am famous at the DOT mobility management table. Our accessibility project was fixing the curb ramp in front of our school. And we got a T-shirt. **James K.**

I would like to come back to the DOT Expo to see new things that I didn't see. I was happy to meet all of the important people for all of the transportation organizations of NYC. **Terrell M.**

### Bronx Story: So Many Routes



Eddie A. P 811x @ Bronx High School for Visual Arts

**"I thank my trainer, Ms. Mata She was very understanding and patient in showing me how to travel"**

#### Eddie A. P 811x @ BHSVA

I have learned, since my travel training began how to find a route, use ways of transportation and how to correct my direction if I get on the wrong bus or get off at the wrong stop, and how to cross safely.

I needed to choose a route to get to school on time and safely. There were so many routes. I tried some and found one that I liked.

I later learned how to safely cross the road.

There are buses, trains and other public transportation

I use both bus and trains to get to school. I also learned what to do when you take the wrong bus or train and/or get off the wrong stop. I thank my trainer, Ms. Mata. She was very understanding and patient in showing me how to travel.

#### What did you learn in travel training?

How to get to places safely.

#### Was it important?

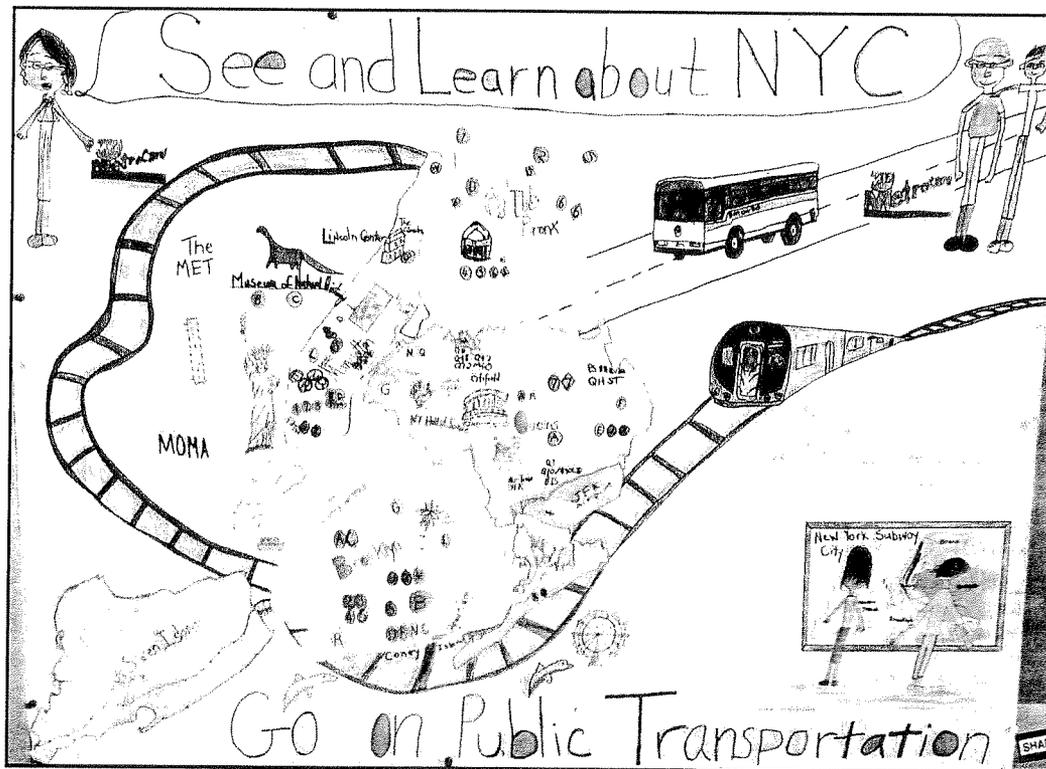
Yes, because it is important to get there unharmed.

#### What did you want to learn about traveling?

Routes needed to get there and routes of safe traveling.

#### How does traveling change my life?

By helping me see the world and enjoy the outside world.



Poster created by students at P 811Q @ Queens High School for Teaching.

On display at the QHST Travel Training Office

## I Learned A Lot of Things

**By Christopher G. P752Q**

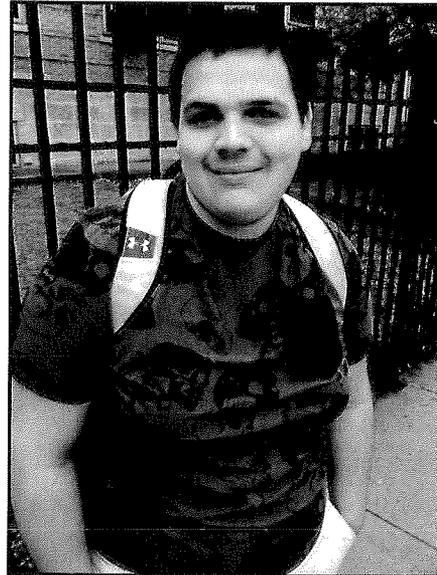
On Thursday September 13, 2012 at the Main Site I started travel training and I was very excited about it. During travel training I learned a lot of things from my travel trainer. My travel trainer taught me a lot of things like pretending getting lost, crossing the street by the curb, crossing on the walk signal and not talking to strangers.

I love travel training a lot because I get to go to school on time and get home on time, which is 4:00.

When I was observed by an unknown woman she followed me from my house to the Main Site and from the Main Site to home. The day after my travel training test I finally graduated on Monday October 1st, 2012.

I took the public bus from my house to the Main Site and from school to home by myself.

The feeling about travel training was exciting because I could travel to school and home by myself.



**Christopher G. P. 752Q**

## Travel Advice: When you Miss a Stop

**Jordan S. P 721Q @  
Queens College Inclu-  
sion**

My favorite part of travel training is taking the M or R train to Woodhaven and back to 46th Street.

I learned that when you miss a stop on the city bus

you ask the driver. He will tell you another way to get where you need to go.

When you go to the wrong train and the wrong stop you can ask the conductor which train you need to go and he will tell you.

You have to look 2 sides of the street before crossing.



**Elias C. P 373K**

I feel good about travel training. I pay attention to the light when it says stop or walk. I watch the cars and I look both ways at the same time.

I would like to visit the Fulton Mall.

On the A train I missed the stop at Nostrand Avenue and then I got off Grant Avenue. I took out my ID to show the MTA employee and asked "Where is Nostrand Avenue?"

Whenever I miss my stop I need to ask the MTA employee.



### “Spread Her Wings And Fly”

I am the parent of a 20 year old on the Autism spectrum. My daughter recently entered into the independent Travel Training Program under the supervision of Ms. Walker. Although I had many concerns before my daughter entered the program I was encouraged by her teacher that she was ready. Her travel trainer, Ms. Walker, was personable and encouraging from day one. She explained in detail what she would be doing with my daughter. She arrived every morning on time and always with a smile on her face and never left my house without a reassuring and encouraging word. She took her time with my daughter and pushed her to engage in conversation as they reviewed their goals for the day. I saw my daughter, who is usually withdrawn, looking forward to Ms. Walker's arrival in the mornings. As I observed her through my window as she left in the mornings I noticed how her walk was changing. She was walking more assertive. Her shoulders were now pushed back, her head positioned up and high as though she was conquering the world. My daughter is being taught to be independent, something that I as a parent of a special needs child have not been able to teach her to be. My fears of letting go over-powered the reality of my teaching her to become her own person, able to travel on her own. I can't thank Ms. Walker enough for what she has done for my daughter. She has given her the gift of independence along with building her self-esteem, all the while assuring me and helping me to see the bigger picture. Ms. Walker has been extremely patient and encouraging with my daughter and has greatly helped me to let go and allow my precious young adult to spread her wings and fly!

I can't thank this program enough for what they have done. I encourage any parent that is indecisive about travel training to give it a shot. You have nothing to lose and everything to gain. The program is focused on the young adult's safety above anything else and they will not release them to travel on their own until they are completely sure they are able to. The best part of the program are the different levels of training: phase one, the trainer comes to your house, phase two, the young adult believes they are traveling alone when in fact there is someone from the program following them to ensure that they are doing everything they have been taught, third and last phase, independent travel on their own! You should see the smile on my daughter's face. She often compares herself to her brothers and can become frustrated when she is not able to do something they do. Independent travel is a dream come true for her and I owe it all to this wonderful program that not only teaches our young adults, but also takes the time to erase our concerns as parents who want the best for our children but sometimes are too afraid to give them what they need. Thank you Ms. Walker! I am forever grateful.

*Warm Regards, Millie Mercado Parent of Bianca S. P 721K @ Shorefront Nursing Home*

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## A Travel Trainer Near You!

There is a Travel Training Office in every borough in New York City. We accept referrals from community high schools and District 75 schools. Information about student eligibility and the Travel Training Referral Process and Forms are on the Office of Travel Training website at

<http://schools.nyc.gov/Offices/District75/Departments/TravelTraining/default.htm>

Below is a list of our offices with their address, telephone number and name of each Travel Training Teacher. We welcome your questions, comments, and/or requests for information about the program, including bus demonstrations, trips to Safety City, parent and professional development workshops.

The Bronx	Brooklyn	Queens	Manhattan	Staten Island
<p><b>Gus Chaviano</b> <b>PS 721X</b> 2697 Westchester Ave Bronx, NY 10461 (718) 822-2881 ext. 2010</p> <p><b>Steve Gallo</b> <b>PS 754X</b> 470 Jackson Ave Bronx, NY 10455 (718) 993-5581 ext. 1420</p>	<p><b>Phillipe Jean Louis</b> <b>PS 373K</b> 185 Ellery Street Brooklyn, NY 11206 (718) 782-6800</p> <p><b>Michael Lee</b> <b>P 811K</b> 2525 Haring Street Brooklyn, NY 11235 (718) 769-6984 ext. 122</p> <p><b>Joan Ross</b> <b>PS 721K</b> 64 Ave X Brooklyn, NY 11223 (718) 266-0085</p>	<p><b>David Abrahams</b> <b>PS 752Q</b> 142-10 Linden Blvd. Jamaica, NY 11436 (718) 659-6849</p> <p><b>Gus Chaviano</b> <b>PS 721Q</b> 57-12 94 Street Elmhurst, NY 11373 (718) 760-2931 ext. 1055</p>	<p><b>Gerard Grillo</b> <b>PS 751M</b> 113 E. 4 Street New York, NY 10003 (212) 477-2454</p> <p><b>Florence Shomer</b> <b>PS 721M</b> 250 W. Houston Street New York, NY 10013 (212) 924-8825</p>	<p><b>Florence Shomer</b> <b>PS 721R</b> 155 Tomkins Street Staten Island, NY 10301 (718) 273-8622 ext. 2242</p> <p><b>High Schools &amp; Queens</b> <b>Steve Garcia</b> <b>Queens High School for Teaching</b> 74-20 Commonwealth Blvd. Bellrose, NY 11426 (718) 736-7100 ext. 1361</p>

**New York City Department Of Education**

**District 75**

**Chancellor Carmen Farina**



**District 75 Citywide Programs**

**Superintendent**

**Gary Hecht**

**Deputy Superintendent**

**Barbara Joseph**

**Director**

**Office of Travel Training**

**Margaret M. Groce**





**CATHOLIC GUARDIAN SERVICES**

Providing Help, Creating Hope, Preserving Dignity.

1990 Westchester Avenue  
Bronx, New York 10462  
T: 718.828.0300  
F: 718.430.9705  
[www.catholicguardian.org](http://www.catholicguardian.org)

## **Announcing the Opening of the Community Resource and Transition Center (CRTC)**

Since 1978, Catholic Guardian Services (CGS) has provided supports **and** services to Individuals with Intellectual/Developmental Disabilities (I/DD) through its Developmental Disability Services Program (DDSP). Today, the program serves a total of 201 **young** people, adults, and senior citizens with I/DD in New York City and in Suffolk County, Long Island.

We are pleased to announce the opening of our new **Community Resource and Transition Center (CRTC)**. The center's purpose is to educate people with I/DD and their families about the full array of supports and services that are available under the Home and Community Based Services (HCBS) Waiver and to help individuals access these **services**. We will help individuals and families navigate supports and services to meet their **needs** and desires from start to finish, with the goal of achieving greater independence in the **most** integrated community-based settings.

### **Please contact us if:**

- You or your family member with I/DD is new to receiving services funded **by** OPWDD.
- You or your loved one is interested in new or additional supports and **services**.

We will work with your Medicaid Service Coordinator (MSC) or help you to **obtain** one and assist you to navigate the road to receiving the services you want.

**For more information, please contact CRTC.**

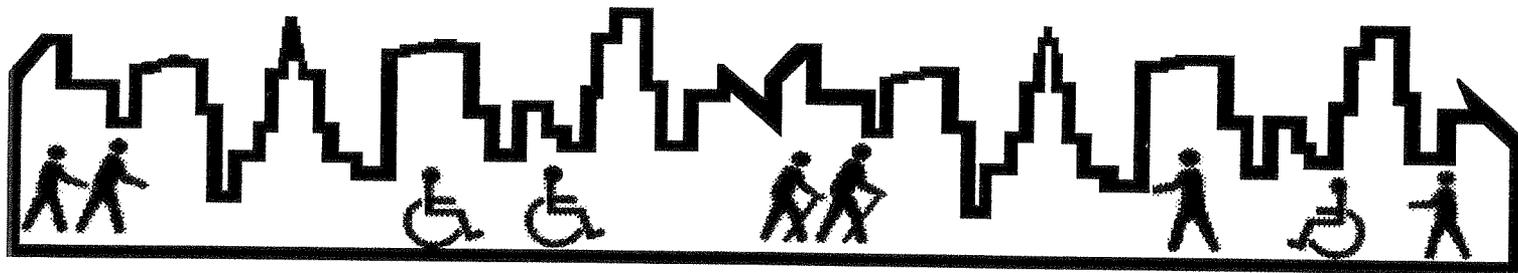
**Tel: 718-828-0300, ext: 267**

**Email: [CRTC@catholicguardian.org](mailto:CRTC@catholicguardian.org)**

Xie Dillon-Vassell, MSW  
CRTC Director

*\*CRTC is supported by the New York State Balancing Incentive Program (BIP) Transformation fund from the Office for People with Developmental Disabilities (OPWDD) and the Center for Medicare and Medicaid Services (CMS).*

# The Manhattan Family Support Services Advisory Council



**For family members of people with developmental disabilities and self-advocates with developmental disabilities!**

Join with other family members and individuals from all neighborhoods in Manhattan to build a better life for people with developmental disabilities and their families. **Developmental disabilities** include intellectual disabilities, autism, cerebral palsy, epilepsy, and neurological impairments.

## **Come and Be Empowered:**

- Learn about the many services that can help your family
- Help us advise the state and city about needed services
- Meet other family members and people with disabilities
- Advocate with us for more and better services

Spanish or Cantonese interpretation provided if requested by May 22, 2015. Contact Margaret at 212-799-2042 or [margaret.puddington@gmail.com](mailto:margaret.puddington@gmail.com) to request interpretation.

## **New Ideas about Guardianship**

Ideas about guardianship are changing radically! Learn from **Stuart Flaum**, parent and Managing Director, Special Needs Family Planning, what's new, what's helpful, what's not. Stuart will illustrate concepts in both guardianship and financial planning through stories about families he has counseled. Even if you already have guardianship, Stuart's presentation will give you practical information and important ideas that can make a tremendous difference in your child's future!

***Monday, June 1, 2015***

**EVENING MEETING: 5:30-7:30 PM**

**RESOURCES FOR CHILDREN WITH SPECIAL NEEDS**

**116 EAST 16<sup>TH</sup> STREET (BETWEEN PARK AVE. SOUTH AND IRVING PLACE), 5<sup>TH</sup> FLOOR**

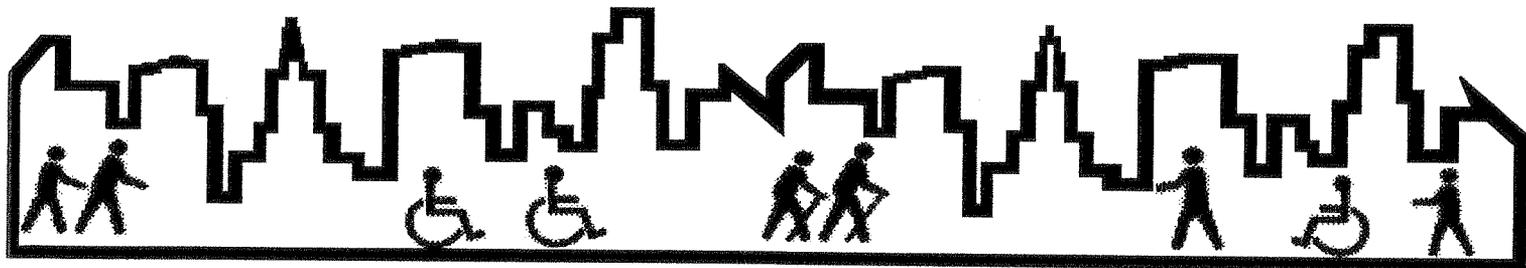
**NEW YORK, N.Y. 10003**

Subway: 4, 5, 6, N, Q, R, L to 14<sup>th</sup> St./Union Square; A, C, E, F, M, 1, 2, 3 to 14<sup>th</sup> St. And walk East or take a crosstown bus on 14<sup>th</sup> St. To Park Ave. South. These buses go to 14<sup>th</sup> St. near Union Square: 1, 2, 3, 5, 6, 7, 9, 14A, 14D, 101, 102, 103.

**LIGHT SUPPER WILL BE PROVIDED**

For further information, contact Margaret Puddington, chair, 212-799-2042, [Margaret.puddington@gmail.com](mailto:Margaret.puddington@gmail.com).

## The Manhattan Family Support Services Advisory Council



**Padres de niños con discapacidades de desarrollo: Bienvenidos a la próxima reunión. Si necesita intérprete durante la reunión es necesario avisarle a Margaret al 212-799-2042 antes de 22 de mayo del 2015.**

Reunase con otras familias y individuos de todos los vecindarios de Manhattan para construir una vida mejor para las personas con discapacidades de desarrollo y sus familiares. **Discapacidades de desarrollo** incluyen: discapacidad intelectual, autismo, parálisis cerebral, epilepsia, incapacidades del aprendizaje, e impedimento neurológico.

### **VENGA Y SIENTASE PODEROSA:**

- Aprenda sobre muchos servicios que le pueden ayudar a su familia.
- Ayúdenos a aconsejar al estado y la ciudad sobre los servicios necesarios.
- Forme una red de comunicación con otras familias y individuos.
- Abogar con nosotros para más y mejores servicios.

### **Nuevas Ideas Sobre la Guarda Legal**

¡Las ideas sobre la guarda legal están cambiando! Aprende de ellas con **Stuart Flaum**, padre y Director Ejecutivo del Planeamiento Familiar de Necesidades Especiales, lo que es nuevo, lo que ayuda, lo que no. Stuart ilustrará conceptos en ambos guarda legal y planeamiento financiero a través de historias acerca de las familias que ha aconsejado. Aunque tengas guarda legal, la presentación de Stuart te dará información práctica e importantes ideas que pueden hacer una tremenda diferencia en el futuro de tu hijo!

**LUNES, 1 DE JUNIO DEL 2015**

**5:30-7:30 PM**

**RESOURCES FOR CHILDREN WITH SPECIAL NEEDS**

**116 EAST 16<sup>TH</sup> STREET (BETWEEN PARK AVE. SOUTH AND IRVING PLACE), 5<sup>TH</sup> FLOOR  
NEW YORK, N.Y. 10003**

Subway: 4, 5, 6, N, Q, R, L hasta 14<sup>th</sup> St./Union Square. A, C, E, F, M, 1, 2, 3 hasta 14<sup>th</sup> Street; camine hacia el este o tome el autobús crosstown hacia Park Ave. South. Autobus: : #1, 2, 3, 5, 6, 7, 9, 14A, 14D, 101, 102, 103 hasta 14<sup>th</sup> St. cerca de Union Square.

**SE SERVIRÁ UNA CENA LIGERA**

Para más información llame a Margaret Puddington, 212-799-2042.

MANHATTAN DD COUNCIL  
May 14, 2015

Name	Affiliation	Address	Phone	E-mail
Margaret Puddington	Parent	562 West End Ave NY 10024	212 799-2042	margaret.puddington@gmail.com
Jessie Backe	AHRC NYC	83 MAIDEN LANE NEW YORK, NY 10038	212-780-2348	jessie.backe@ahrcnyc.org
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Michael Haas	Parent	145 West End Ave New York, NY 10023	(646) 258 4913	mike066@rcn.com
Carmen White	Hawthorne Foundation Inc.	5 Bradhurst Ave. Hawthorne, NY 10933	(914) 372-7173 Ext. 9006	cwhite@hfnadmo.org
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Linda Scipio	Program Supervisor	1128 Eastern Parkway Brooklyn NY 11233	347 559-2775	Linda.Scipio@Elmly's special services.org
Regina Taylor-Tuck	Msc Supervisor	350 Fifth Ave Suite 5230 NY NY 10118	212-227 9110	Regina.Tuck@Comaf.org
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Yolanda Dillard	ACS	150 Williams St NY NY 10038	(212) 442-2081	Yolanda.dillard@acs.nyc.gov
Kim Medden	Parent and Advocates	151 W 30th St NY NY 10001	212 822 9522	kmedden@21cny.org
Damien BROWN	Life Spire	1 Whickhall Street 9th floor	212-741-0100	dbrown@lifespire.org
David Ford	Arch CARE	1432 5th Ave NYC 10035	347 552 2232	dford@ArchCARE.ORG
Lynn Decker	NYC FAIR	263 Greenwich St #2C NYC 10013	917 575 5166	lynn_decker@me.com

me.com

**MANHATTAN DD COUNCIL**  
**May 14, 2015**

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Elizabeth Cambra	OPWDD	25 Beaver St. N.Y.	718-217- 5854	Elizabeth.Cambra@ opwdd.ny.gov
Caroline Dunn	YAI	460 W 31 <sup>st</sup> St	212 273 6296	<del>caroline@dunn</del>
Ralph Sperandio	Lifespire	159 East 125 <sup>th</sup> St NY NY 10035	212 ext 360-5600 211	rsperandio@lifespire.org
Pamela-Leslie Singh	Embrace Flux Parent	1330 Fifth Ave #5N NY NY 10026	917-304 5370	plhuxny@aol.com
Susan A. Steinhardt	Embrace diverse Bisability	1 Plaza St. w. #2A Brooklyn NY 11217	718-986 9149	susan.steinhardt.lmsw@yahoo.com
Susan W. Williams	MMPO	160 East 65 New York, NY 10017	212-570- 6860	manhattanmothers @aol.com
Xie Dillon-Vassell	GGs	1011 1st Ave, 10 <sup>th</sup> Fl. 1990 Westchester Ave	347- 504-2074	XDillon-Vassell@ catholicguardian.org
James Carnelia	ADHCare ETC	1249 E. 4 <sup>th</sup> Ave. NYC 10029	212- 360-3989	jcarnelia@ adhcare.org
Lois Poverster	PARENTS RCSW	116 E. 16 <sup>th</sup> St 5 <sup>th</sup> Fl NY, NY 10003	212 677.4650x29	lpoverster @resourcesny.org