

AGENCY OF THE YEAR

The Self-Advocacy Association of New York

The Arc Mid-Hudson's self-advocacy group, The Renegades, was presented with "Self-Advocacy Group of the Year" at the SANYS Virtual Statewide Conference on December 3, 2022. At the conference, The Arc Mid-Hudson also received an award for "Agency of the Year."

VETERANS DAY 2022

On November 9, 2022, Drewville individuals visited the Veterans Residence in Carmel, NY. The Veterans were presented with handmade cards and a poster made by the individuals giving thanks for their service. The Veterans invited the individuals in for a seat at the dining table where they were offered water and cookies to enjoy with their afternoon tea.



The history of the house was discussed, as it was the first residence built in the United States for Veterans and became a model home for other states to mimic. The individuals, thanked profusely for their kindness, promised to visit again.

Adaptive Equipment at MHHS

Mid-Hudson Health Specialties is currently using adaptive equipment from Adaptive Design Hudson Valley.

Currently, Gerrit is using a tray table that is unique, as it is designed to be flat when Gerrit is tilted at a 25-degree angle to prevent back pain and pressure sores. Adaptive Design Hudson Valley provided the tray table for free, as well as many prototypes to make sure that it worked well for him. As you can see by the smile on Gerrit's face below, he is very happy with his new adaptive equipment.

To learn more about this adaptive equipment, visit their Instagram page or website.

Instagram: www.instagram.com/adaptivedesignhv
Website: www.adaptivedesignhudsonvalley.com

NICOLE'S VACATION

Nicole Bliss, who has lived with The Arc Mid-Hudson for fifteen years, was finally able to take a vacation. Due to her individual needs, Nicole has never been able to take a vacation. However, over the last two years, staff at Rochester have been working with the Behavior Intervention Specialist who put a plan in action for Nicole. Nicole successfully went on her first overnight vacation to Lake George.

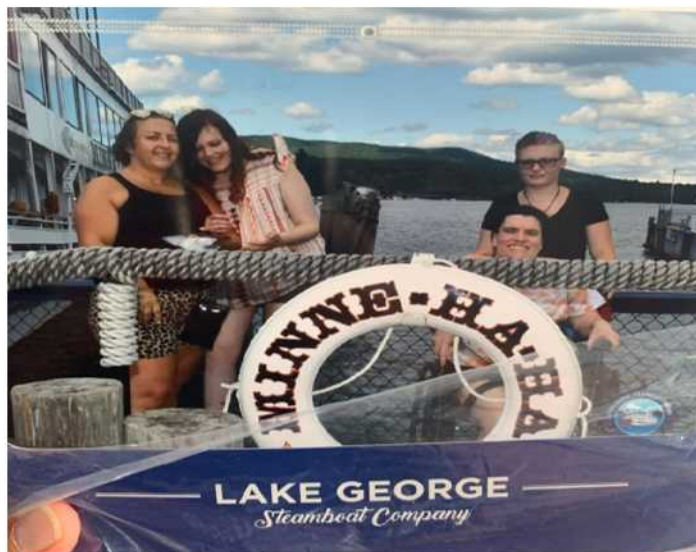


Photo: While in Lake George, Nicole and Terry Jean went shopping, dined out, and took a boat ride on the Minne-Ha-Ha.



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**Family member of person who receives support from The Arc Mid-Hudson.*



Greetings from John McHugh Executive Director of The Arc Mid-Hudson

Over the summer, the mask mandate was finally lifted for our organization. Although we are still following precautions and in some instances, continue to wear masks, there is no longer a general decree for masks to be worn at all times and in every situation. I want to say thank you to all those who followed the protocol and helped keep everyone safe.

But, as we celebrated the relief of no longer having to wear masks, it made me think about the restrictions that were placed on us during the height of the pandemic and how much we lamented the fact that we had to do those things, even though we knew it was the right thing to do at that time. Perhaps it is a similar feeling to what people with disabilities have when society places restrictions on them. It is even worse for them, however, because those restrictions are not underlined with trying to do something good for the general public.

Physical restrictions like when a bathroom or some other physical space is not compliant with the laws and guidelines that mandate accessibility for people who use wheelchairs and other medical equipment. Prejudice's against people with intellectual disabilities that make presumptions of what they can or cannot do. Whether it's about work, school, or some other social "norm," these restrictions are frustrating and demoralizing. Helping lift these restrictions that society places on people with disabilities is part of what we do as an agency, and is tied directly to our mission. I cannot help but think that the joy someone who we support feels when they are able to do something independently is not much different from the joy we felt when COVID restrictions were lifted and we could continue to live the "somewhat normal life" we were accustomed to earlier.

Let us all be grateful for our independence and freedoms, and let's never stop fighting for the same rights and freedoms that people with disabilities deserve. We all should have an equal chance at working towards our personal goals and achieving the life that we want to have. ***Now that is something worth celebrating!***

Sincerely,

John McHugh
 Executive Director
 The Arc Mid-Hudson



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The New Arc Mid-Hudson Website!

We are excited to launch our newly redesigned website at the end of this month, and boy, did we need an upgrade! The new website is very eye-catching, easy to navigate, and is current on all of our services and departments. We also incorporated a new planned-giving and The Arc Mid-Hudson Foundation site.

Check it out!

www.ArcMH.org

BROOKSIDE & PARKSIDE SCHOOL UPDATES

BROOKSIDE SCHOOL

The Cottekill Fire Company, our local volunteer firefighters, brought a fire truck to school so that all of our students could touch it, sit in it, and learn about how the equipment is used. Everyone received a firefighter hat to take home.

We conducted an Evacuation Drill, in which we all piled into big school buses and were “evacuated” to the Rondout Valley Municipal Building down the road. We unloaded the buses, took attendance, turned around, and came back. We conduct one of these drills every year. Sometimes we walk, and sometimes we call the buses. The students did an amazing job. It was a totally out-of-the-ordinary experience, but they listened, followed directions, and were well behaved! We were very proud of them. We always have lots of fun while we learn!

We held our annual Fall Festival, which included Little Brays of Sunshine coming for a visit. They are miniature donkeys that the children could pet and brush. We also had pumpkin bowling, Halloween crafts, and fall tattoos as part of the fun.

Halloween is always a big celebration at Brookside. We paraded around the front of the building where parents were invited to watch while we “trick or treated” from classroom to classroom. The OTs, PTs, and Phys. Ed. Teacher created “scary” sensory setups in the OT room and gym that the kids seemed to love. There were lights, spiders and webs, some spooky sounds, and a few witchy items, but no tears! The kids had so much fun! Of course, the staff had fun, too.



PARKSIDE SCHOOL

Parkside Preschool had an eventful fall. Sixty percent of our students are new this year, and several returning students have progressed to new classrooms. In mid-October, we held our “Back-to-School” night. The evening was well attended by parents of students in both our Special Class and Inclusion programs. Teachers provided informative presentations, and parents enjoyed getting to know one another, as well as mingling with classroom staff, therapists, and program administrators.

The following day, families and staff gathered at Barton Orchards for a school field trip. In many instances, both parents attended and even brought along siblings. We were fortunate to have a beautiful fall day, which made the outdoor activities all the more enjoyable. Children had fun picking low-hanging apples from trees, choosing small pumpkins from the pumpkin patch, taking hayrides with their families around the orchard, and playing on the playground.

Children and parents also sat as a group at outdoor picnic tables to enjoy hot cider and cider donuts, provided by the Orchard, and brown bag lunches, prepared by their parents. The timing of the Back-to-School night and the “Family Field Trip” seemed to create a “synergy” that enhanced both events. Parents met each other at Back-to-School night, and then met each other’s children the following day while engaging in fun outdoor activities together in a beautiful natural setting.

On Halloween, Parkside held a school-wide “Trunk-or-Treat” event in the school parking lot together with Pine Grove Country Day School, with whom we share the building. Staff decorated their car trunks with age-appropriate Halloween themes, and students moved with their classroom groups from station to station, exploring the themes and gathering treats. Parkside friend and longtime supporter, Ron Salvatore, joined us for the event and presented a generous donation on behalf of the Denise Marie Salvatore Memorial Foundation. Ron’s late daughter, Denise, previously worked as a Direct Care Professional in a Putnam residence.



A SPECIAL THANK YOU TO NEARING BUTREMUK FAMILY FOUNDATION!

Parkside Preschool would like to thank the Nearing Butremuk Family Foundation for their generous donation of \$30,000. The Nearing Butremuk Family Foundation has supported Parkside Preschool’s music therapy program and technology needs for the past five years. We are very grateful for their ongoing support of our program and its mission!

FOUNDATION EVENTS

ROY A. GONYEA, JR. FALL GOLF CLASSIC

On Monday, September 12, 2022, 122 golfers teed off in The Arc Mid-Hudson's Roy A. Gonyea, Jr. Fall Golf Classic at Wiltwyck Golf Club in Kingston, NY.

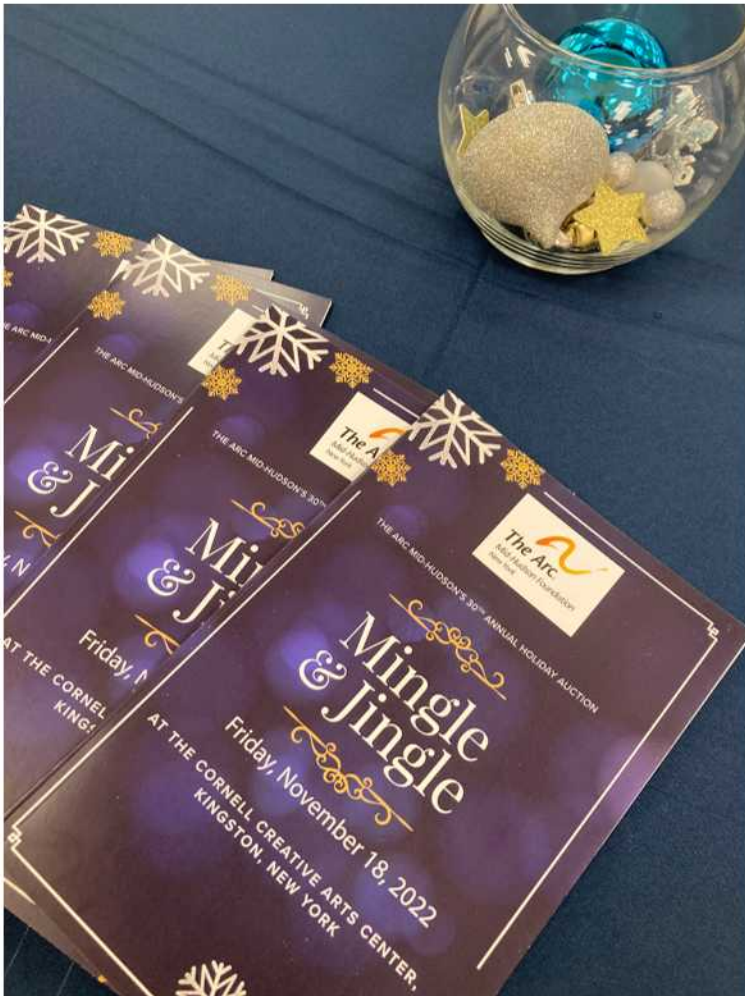


With the generous support of our Corporate Sponsors: Hudson Regional LTC Pharmacy, Rifton Equipment, NFP, Alera Group, LW Tree Service, Bob & Merriam Boening, Dutton Architecture, Doyle Security, HV Media Group, Mid-Hudson Valley Federal Credit Union, Rondout Savings Bank, Ulster Federal Credit Union, Ulster Savings; and our Event Sponsors: Facilities Maintenance Corporation, OneGroup, Wallkill Valley Federal Savings and Loan, Forvis, Adams Fairacre Farms, MyTown Marketplace, Herzog's Home Center, Moroney's Harley-Davidson, BlackBoard Bistro, Begnal Motors, Columbia Memorial Health, The Mines Press, O'Connor and Partners, PLLC, Arold Construction, and Ole Savannah Southern Table and Bar, The Arc Mid-Hudson was able to raise over \$47,000 at this year's tournament.

Golfers enjoyed a beautiful day on the course with 18 themed holes, fun games, contests, and prizes. There was also a continental breakfast, provided by various donors and sponsors, as well as a delicious BBQ lunch and dinner provided by Wiltwyck Golf Club.

30TH ANNUAL HOLIDAY AUCTION COCKTAIL PARTY "MINGLE & JINGLE"

The Arc Mid-Hudson's Mingle & Jingle Holiday Auction, held on November 18, 2022, was a great success, raising over \$47,600. Proceeds from the event will go to the Cornell Creative Arts Center in Kingston, NY.



Attendees were able to bid on over 100 auction items and enjoyed a variety of delectable small plate foods from local restaurants, as well as spirits from our open bar. Restaurants featured at the event: The Table at Wiltwyck, BlackBoard Bistro, Creekside Bar and Bistro, Frank Guido's Little Italy, Ole Savannah Southern Table and Bar, P&G's, Kakes a la Kim, Miss Gina Cooks, Woodland Pantry, and Off the Wheat Sweets and Treats.

"This year's Holiday Auction was a true success, both in terms of funds raised and in support from our families, friends, and businesses in our community. Local restaurants donated food, small and large businesses donated auction items, and volunteers helped run the event. The Holiday Auction could not be successful without their support and help from Bob and Nadine, who always do an amazing job promoting our event," said John McHugh, Executive Director of The Arc Mid-Hudson.

Thank you to our Corporate and Event Sponsors: Rifton Equipment, Alera Group, NFP, Bob & Merriam Boening, Doyle Security, Mid-Hudson Valley Federal Credit Union, Rondout Savings Bank, Ulster Federal Credit Union, Alera Group, Hudson Regional LTC Pharmacy, Atlantic, Riggs Distler, Sawyer Motors, Hudson Valley Federal Credit Union, Moroney's Harley-Davidson, Katy Dwyer Design, Dutton Architecture, Getler, Gomes & Sutton, LW Tree Service, and Ulster Savings Bank.

A special thank you to Bob Siracusano from Sawyer Motors and Nadine Ferraro from Upstate Original for hosting, and to all the bidders and donors who took part in making this event a success.



FOUNDATION EVENTS

Chili Cook-off February 19

Join us at Ole Savannah’s Winter Festival for our 2nd Annual Chili Cook-off! Get ready to spice things up on Sunday, February 19, 2023, at 3:00 pm. Vote for your favorite chili, prepared by some of our amazing local restaurants. Categories include traditional, spicy, vegetarian, and creative!

Chili Cook-off tickets are \$15 online or at the door.

The Winter Festival will also have “Skate for a Cause” and special guest bartenders, with all ticket sales, tips, and donations going to benefit The Arc Mid-Hudson.

Last year, Dave Amato from Ole Savannah Southern Table & Bar donated \$5,662 that was raised to the agency. We hope to have the same success this year.

For more information, please visit www.arcmh.org/events or www.olesavannah.com/events.



The Arc
Mid-Hudson
New York

2ND ANNUAL

CHILI COOK OFF

SUNDAY, February 19, 2023
3 p.m.

at
ole Savannah
SOUTHERN TABLE & BAR

\$15 DONATION

INCLUDES:
Chili samples from local restaurants
1 raffle ticket for a chance to win \$500
VOTE FOR YOUR FAVORITE CHILI!

QR Code

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BECOME A SPONSOR

When you become a sponsor with The Arc Mid-Hudson, you are making a statement and joining other executives, board members, self-advocates, staff members, families, businesses, and local establishments that are committed to helping each person we support achieve their goals and dreams and reach their fullest potential. From our littlest learners who attend our two preschools, to our residential population, our adult services, care facilities for seniors, and more, your donation helps to make our agency and programs even better.

Our sponsorship packages also enable you to interact and advertise with our network of supporters in-person, through our marketing channels, and at our events throughout the year. Sponsoring The Arc Mid-Hudson in any capacity will align your name with the crucial cause of supporting people with intellectual and developmental disabilities within our community to create an all-inclusive culture that embraces and celebrates our differences.

Are you ready to boost your reputation as a charitable, community-focused person and/or business? Or, would you like to discuss creating a custom sponsorship package that meets your needs?

Feel free to call or email Kelly Wright
Director of Regional Events
at 845-768-5122 or Kelly.Wright@ArcMH.org

The Arc
Mid-Hudson Foundation
New York

BECOME A SPONSOR

The Arc Mid-Hudson Foundation Sponsorship Program

CORPORATE & EVENT SPONSORSHIPS AVAILABLE

Your donation helps to make our care and our programs even better.

Thank you!

SPONSOR SPOTLIGHT

We would like to take a moment to thank all our 2022 sponsors! We are so grateful for your support of our agency. Together we are helping to make a difference in the lives of over 1,800 people with intellectual and developmental disabilities in Greene, Putnam, and Ulster counties.

Support the Cornell Creative Arts Center!


The Arc
 Mid-Hudson Foundation
 New York



CORNELL CREATIVE ARTS CENTER'S MISSION

To cultivate a synergy between artists and the community by working together and empowering one another to help achieve their goals and reach their true potential.



The Cornell Creative Arts Center offers programming that is focused on the inclusion of the Hudson Valley's diverse population of artists and community creatives from every background. We offer classes, workshops, gallery exhibitions and community event space for people of all ages.

Our facilities include a large open ceramic studio, a dance/movement studio, public gallery space, a painting/drawing/mixed media studio, several private artist studios/offices, a classroom for music/creative writing, and a digital arts-media studio. In addition, our facility is home to the Arts Mid-Hudson.

At Cornell Creative Arts Center, every person is supported, encouraged, empowered, and accepted into an environment where they are provided with rich opportunities to learn and grow their artistic talents. People who enroll in classes offered by Cornell Creative Arts Center will participate in a program that provides affordable and comprehensive access to the arts.

Your support is critical to the continuation of these wonderful community services. Please consider a year-end gift today, of any amount, to The Arc Mid-Hudson's Annual Appeal. Your gift can be mailed in the enclosed envelope, or visit ArcMH.org to donate online.

Thank you for your unwavering commitment to The Arc Mid-Hudson.



SPECIAL ACKNOWLEDGMENTS

Meet Potters Table

In 2011, New York State withdrew support and discontinued funding for work centers that employed people with disabilities. After reviewing many different employment sectors, The Arc Mid-Hudson decided to create an artisan food production work center within Cornell Creative Business Center. The Arc Mid-Hudson carefully chose specific start-up businesses from all over the United States that have proven to show profit in their product, share our vision, and are excited to be a part of this unique relationship. These companies have invested in Ulster & Greene Counties in hopes of growing their business, increasing economic development, and promoting overall good health in the community.

We would like to highlight one of our businesses: **Potters Table**.

Established in 2017, Potters Table Bakery creates hand-rolled rustic flatbreads, wafers, and crisps that highlight the bounty of the Catskills.

Potters Table began when friends who love to cook and eat, as well as make art and pottery, came together to enjoy delicious food, crafts, and friendship. Their hand-rolled flatbreads are a perfect addition to your gathering. Potters Table baked goods are featured in local stores and farmer's markets throughout the Hudson Valley.

In addition, Marta Edmunds, owner and baker, received The Arc Mid-Hudson's Employer of the Year Award, as she believes in an all-inclusive workspace. She continues to support people with intellectual and developmental disabilities as well as all qualified applicants.



Mid-Hudson Health Specialties

Congratulations to Dr. Nancy Dib! Dr. Dib, The Arc Mid-Hudson's Chief Clinical Officer, has been serving on the Board of the New York State Association for Behavior Analysis (NYSABA) since 2016. NYSABA is the state chapter of the Association for Behavior Analysis International (ABAI), an international organization devoted to the study of the experimental analysis of behavior, and an affiliate of the Association for Professional Behavior Analysts (APBA), an organization committed to promoting and advancing the science-based practice of applied behavior analysis.

NYSABA's mission is to promote and protect the integrity of the science and professional practice of behavior analysis within the State of New York. Dr. Dib has served on the Board as Rep at Large, Education Committee Chair, and President-Elect.

She will begin her two-year term as Board President this coming January 2023. In this role, one of Dr. Dib's goals is to work with the Public Policy Committee on advocating for regulatory changes, including OPWDD regulations, to include Licensed Behavior Analysts as approved service providers in our clinics and to function independently under their licenses when working as a Behavior Intervention Specialist.



*Dr. Nancy Dib
The Arc Mid-Hudson's Chief Clinical Officer*

Staff Appreciation Awards

The Arc Mid-Hudson is pleased to announce our Staff Appreciation 2022! The month kicked off with a special greeting from Executive Director John McHugh. Thirty staff members who have achieved milestone years, ranging from 25 to 45 years, were recognized during the month of December with lunch and presented with an award statue. These handcrafted monster statues are made by a local artist with a disability, and this tradition has been ongoing for The Arc Mid-Hudson for many years. We are so grateful and appreciative of our dedicated staff and are proud of their contributions and achievements over the years. Thank you for making a difference every day to support the mission of The Arc Mid-Hudson!

Congratulations to Addlene Rhodes for her 25 years of service and dedication!



Here's your new edition of

insight

Follow Us on Social Media!



Like us on **Facebook** (ArcMidHudson) and follow us on **Instagram** (ArcMH) & **Twitter** (TheArcMH) to stay up-to-date with our latest news, view photos, and hear about upcoming events.



(TheArcMH) to stay up-to-date with our latest news, view photos, and hear about upcoming events.



You can also share your stories and give us feedback. Visit us often – there's always something happening!

Specially created for:

What is your ability?

The Arc Mid-Hudson is excited to support many people who have amazing abilities!



Meet Richard Rodriguez!

Richard: "My ability is I am good at organizing things." Richard is highly regimented and has great familiarity with completing routine tasks.



Meet Rafael Rodriguez!

Rafael: "My ability is my I am social". Rafael is a leader amongst his peers and his energy and optimism is an asset to all around him.