January 2024 A Monthly Newsletter for Employees

The Water Cooler

Citizens Options Unlimited

A Communication from Human Resources

Video Message from the CEO	Executive Thank You	Welcome New Team Members
Welcome New BIS Team Members	The DSP Connection NADSP E-Badge Academy	NADSP E-Badge Academy Event
What's Happening @ Shoreham	What's Happening @ Citizens	What's Happening @ Red Spring Lane
What's Happening @ Plainview	Health & Wellness	January's Training Calendar
FAQ—Ask Employee Engagement	Covid-19 Information	Career Ladder with TAT
Employee Assistance Program	Silver Lion Loan Forgiveness	Empower Financial Retirement
Empower Financial Mobile	Empire BCBS Announcement	Wheatley Farms Catering & Greenhouse
Wheatley Farms Gift Shop	One Stop Gift Shop	Upcoming Events & Celebration Calendar

The NADSP E-Badge Academy
A Nation Witnessing Extraordinary Commitment

1,000th Certification Earned!!

Embracing Challenges and Achieving Goals

The dedication of our DSP's has been nothing short of remarkable. They have shown relentless determination and passion in their pursuit of excellence. Each day, they have displayed unwavering perseverance and an unparalleled work ethic that has captured the attention of the entire nation. With our major involvement in the NADSP E-Badge Academy we are excited that the ***1000th certification*** was given to our very own and very dedicated, Tiajuana Gardner.

In the heart of Oceanside Day Hab, a dedicated and talented l named DSP, Tiajuana Gardner has been making integral part of our organization. For over five years, Tiajuana has been an integral part of our agency, starting as a DSP (Direct Support Professional) per Diem. Tiajuana has recently completed the NADSP E-Badge academy and has earned the prestigious title of certified DSP Level III. Tiajuana's journey is a testament to hard work, dedication, and the unwavering support of the program's trainer, Vanessa Wright, and her assistant, Francois Saint Cyr. Let's congratulate Tiajuana on her exceptional achievements in becoming NADSP's 1000th certification.

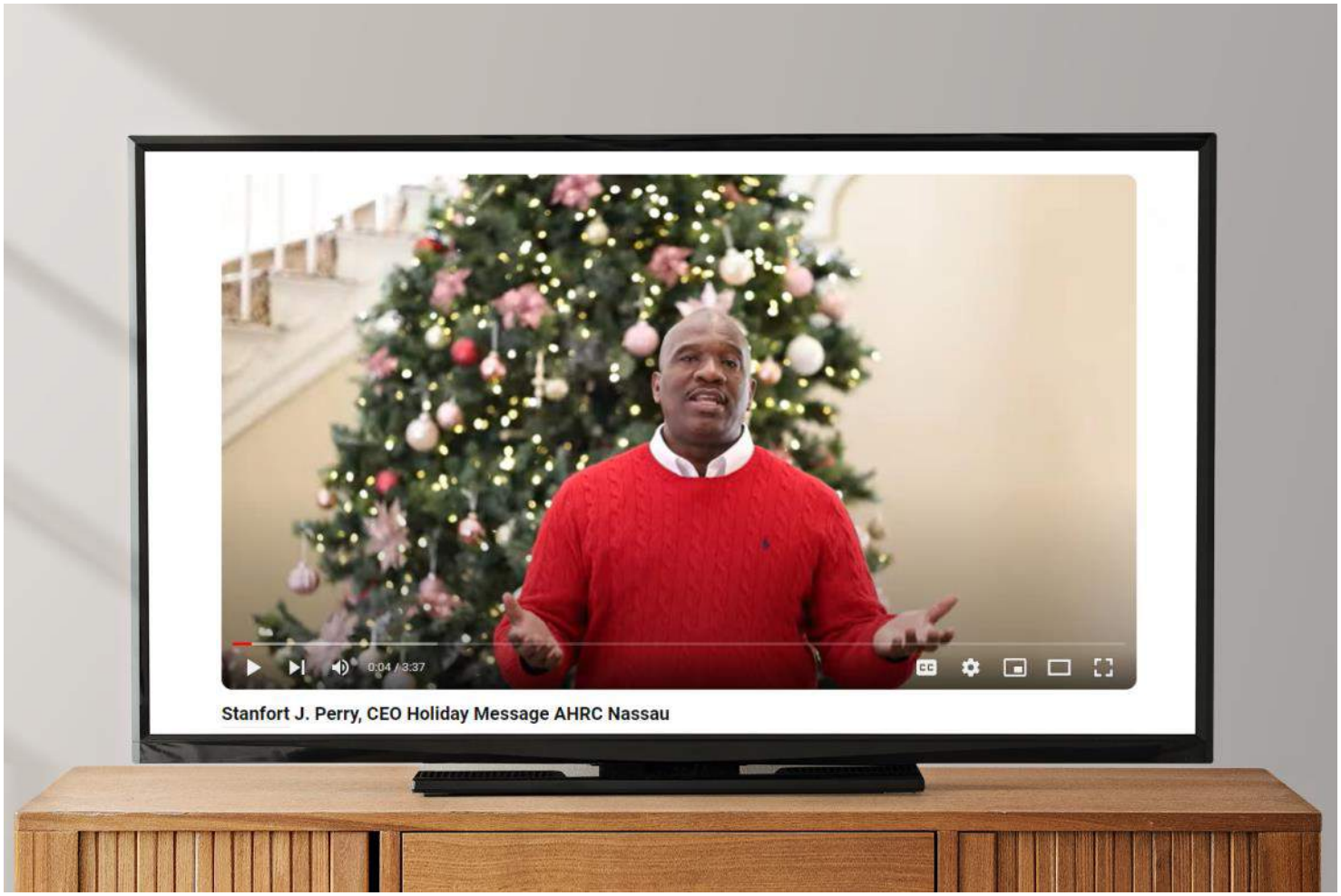
With the agency's consistent support, achieving success becomes a realistic and attainable goal. Tiajuana's success story is a testament to the agency's commitment to helping our dedicated DSPs like you to prosper. Take inspiration from her journey and let it serve as a reminder that with determination and the right support, anything is possible!

For more information on how you can be apart of this exciting program please contact: Vanessa Wright at vwright@ahrc.org

Tiajuana Gardner, DSP III from Oceanside Day Hab

Message from the CEO

A video message from Stanfort Perry.



Press Play to see message.

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Executive Thank You

Thank you Dankie jufaleminderit grazia merci toda grazie tak takk tack TEŞEKKÜR EDERIM 감사합니다 ありがとう 谢谢 ДЯКУЮ շնորհակալություն

obrigado Hvala vam Salamat mèsi धन्यवाद از نامه شما متشکرمDziękuję ਤੁਹਾਡਾ ਧੰਨਵਾਦ mulțumesc Спасибо Tapadh leat Хвала вам Asante Cảm ơn e dupe

Thanks were expressed to:

- Seon Bailey, Assistant to the CEO, for organizing the Dansant.
- Elaine Sanderson, Gift Shop Manager, for hosting pop-up sales of the Big Tree Gift Shop at the Annual Membership Meeting and the Dansant.
- Elaine Sanderson, Gift Shop Manager, Pam Curtiss, Assistant Director for Social Enterprise, and Kristen Talbot, Greenhouse Manager, for coordinating the Big Tree Gift Shop Tree Lighting.
- Jim Van-Epps, Director Facilities Management, in securing a payment plan for the balance on the Soffit repairs at the Mansion.
- Amima Ahmad, HR General for Camp Loyaltown, and Sally Burgess, Vice President of Operations for Citizens for leading the Communication plan for the Shoreham team during the DOH audit visit.
- Chris O'Connor, Chief Operations Officer, and his team on a successful DOH audit in Shoreham.

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Welcome New Team Members

Pictures from our weekly New Hire Orientation

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Welcome to the Citizens Psychology Dept.

Citizen's Psychology Department

Would Like to Welcome 3 New

BIS's (Behavior Intervention Specialist)

For Shoreham ICF

Please Welcome

Marissa Friia

and

Antoinette Sgroi

For IRA

Please Welcome

Mical-Ryan Boyd

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The DSP Connection

The everything DSP connection with DSP only programs, advice and special events

NATIONAL ALLIANCE FOR DIRECT SUPORT PROFESSIONALS

Would you like to take your career further? The NADSP E-Badge Academy offers DSPs the opportunity to earn this nationally recognized credential through the completion of 3 rigorous levels of certification.

As a participant in this special program, you are eligible for a total of $2,250 in bonus payments offered in three installments as you progress:

DSP LEVEL 1 CERTIFICATION - $500
DSP LEVEL 2 CERTIFICATION - $750
DSP LEVEL 3 CERTIFICATION - $1,000

You will complete all coursework online through the E-Badge Academy during your regularly scheduled work hours for up to 2 ½ hours per week

FOR MORE INFORMATION CONTACT

Vanessa Wright
Learning and Professional Development Specialist
516-293-1111 Ext. 5366
VWright@ahrc.org

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The DSP Connection

Join the NADSP E-Badge Academy!!

The NADSP E-Badge Academy

There are weekly NADSP E-Badge information events held on Wednesdays in various locations please look for email and text blasts announcing the locations and times.

Vanessa Wright held another very successful E-Badge information event in Plainview. The theme of the event was Snack & Chat where she served snacks and drinks.

SNACK & CHAT

To find out more about this exciting program email, Vanessa Wright at vwright@ahrc.org

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What's Happening @ Shoreham

Deck the halls in Shoreham

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What's Happening @ Citizens

Good times at the Winter Wonderland dance.

Holiday Dance

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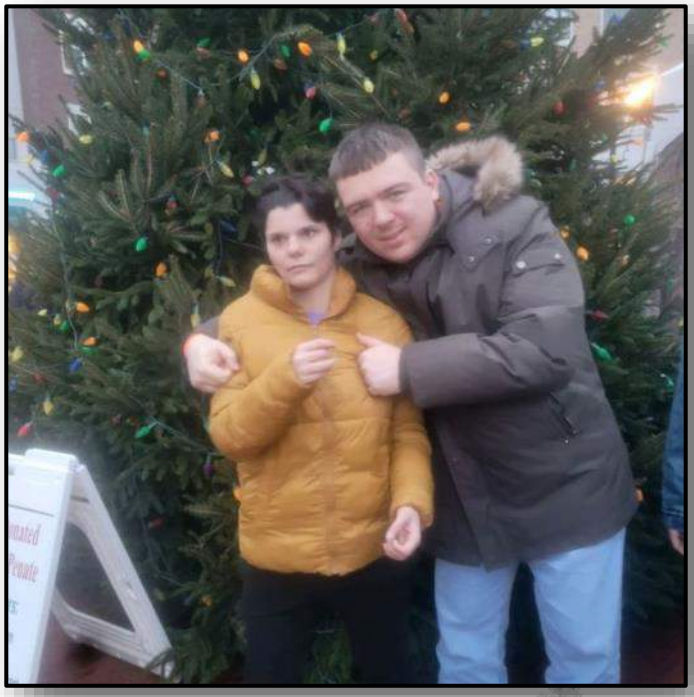
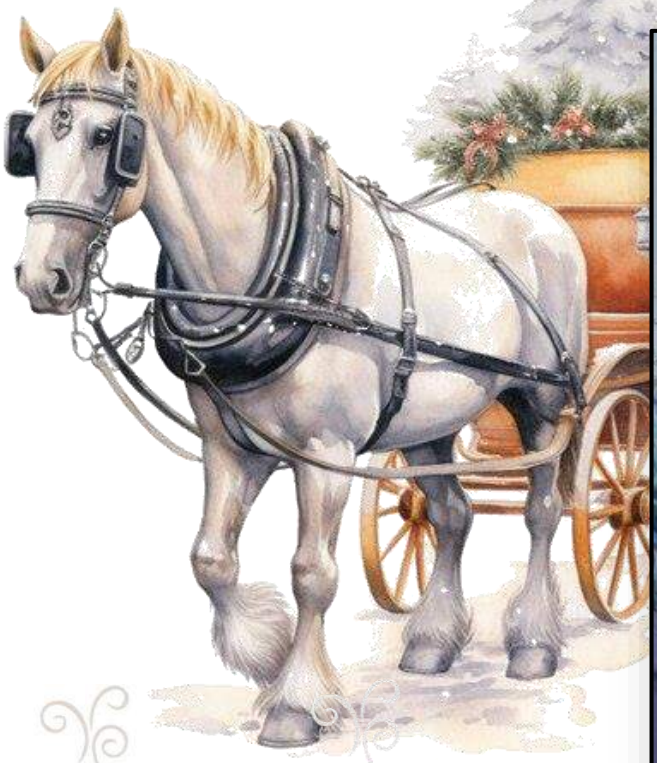
What's Happening @ Red Spring Lane

The crew enjoyed the tree lighting ceremony in Glen Cove, with hot chocolate and carriage rides





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What's Happening @ Plainview

Celebrating at our Residential holiday party

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Health & Wellness

Staying Healthy

Earn while you stay fit with...

IncentFit

IncentFit is a platform to help you improve and maintain your health. Earn $$ while your burn calories.

Rewards

Earn 8 points to get $50 total added to your paycheck. Earn 12 points to get $100 total added to your paycheck. Earn 15 points to get $175 total added to your paycheck.

Challenges

Challenges are competitions between you and your fellow employees. Challenges will show you a leaderboard that updates as each person (or team) completes healthy activities. Each challenge has its own rules that will be explained to you when you're invited to a challenge

For more information click IncentFit logo. For help signing up or questions regarding the program please contact Brandon Lyons, blyons@ahrc.org.

Nikki's Namaste

by Nikki Katz,
Yoga Instructor

Grounding Yoga for the New Year

Warrior-II-(Virabhadrasana-II)

This pose is grounding – holding the connections of the past, the presence of today, and awareness and determination of the future.

- ◊ Balancing your weight in the middle will ground you in the present
- ◊ Your back leg and back arm provide a firm anchor reflecting on the past.
- ◊ Your strongly bent front leg and outstretched front hand guides you to move forward with confidence.
- ◊ In Warrior II you get to harness the lessons of the past, with the awareness to move with strong focus into the future.

NATIONAL EAP People • Partners • Productivity

Life Happens.
We Understand.
You Are Not Alone.

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

National EAP provides online access to a wide range of resources regarding the work and life topics of interest to you and your family. Just log on with your company's username and password ***(Username: AHRC, Password: AHRC)***, and navigate through articles, links, interactive content, self searches, self assessments, and more.

Please click the link below or call 1-800-624-2593.

Click Here

eM Life

Big things start with small beginnings

eM Life offers interactive, live and on-demand mindfulness programs led by expert mindfulness teachers for everyday life. It helps you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

Click the link below to enroll and take your first step into your wonderful journey of mindfulness.

Click Here to Enroll

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Learning & Professional Development

January's Training Schedules

AMAP:

- 1/9-1/11 8a-3:30p
- 1/16-1/18 same time as above
- 1/23-1/25 same time as above
- 1/30-2/1 same time as above

CPR:

- 1/5 9a-11a New Hires (NH)
- 1/9 8:30a-11:30a Existing Staff (ES)
- 1/11 9a-11a –NH
- 1/12 10a-1p - ES
- 1/19 9a-11a –NH
- 1/23 8:30a-11:30a ES
- 1/25 9a-11a –NH
- 1/26 10a-1p - ES

SCIP Full

- 1/18-1/19 9:30a-4:30p
- 1/25-1/26 9a-4p

SCIP Recert

- 1/16 9:30a-4:30p

Defensive Driving

- 1/24 - 9a-4p
- 1/31 - 9a-4p

Diabetes Training

- 1/2 - 8:30a-12:30a

Tube Feeding Training

- 1/3 - 8:30a-12:30a

Colostomy Training

- 1/4 – 8:30a-11:30a

FAQ

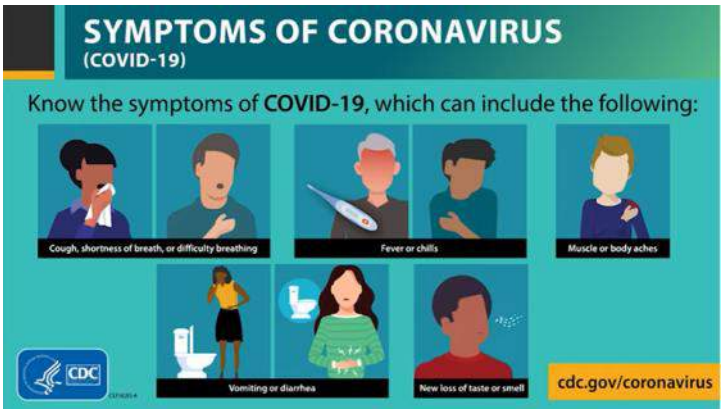
Ask Employee Engagement

We would love to hear from you! Submit any questions you would like to ask Employee Engagement and each month we will post it and answer your questions.

Send your questions to: EmployeeEngagement@ahrc.org

COVID-19 CORONAVIRUS

If you are feeling any of these symptom please stay home and call the Covid Hotline.



COVID-19 Hotline: 516-686-4486

Get Four Free At-Home COVID-19 Tests this Fall on COVIDTests.gov

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

Order Free At-Home Tests

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Career Ladder with TAT

Internal Job Openings

Asst. House Manager - Citizens
Job Req # 2023-6672
Position Type: Full-Time
Schedule: Sun. through Thurs. 3:00 pm-11:00 pm
Hourly Rate: $18—$19 per hour

Job Profile:
Supervises and works directly with direct support professionals in the delivery of care to the residents by goal implementation and monitoring. Provides feedback to staff in order to have a proper quality of care for residents. Assists House Manager in providing care for residents by assuring clothing needs are met, personal and recreational supplies are maintained, and personal safety is assured by close supervision of residents, in order to maintain a proper quality of life for residents.
Click for more information & to Apply

Assistant Manager AHRC CLS
Job Req # 2023-6852
Position Type: Full-Time
Schedule: Monday–Thursday 3pm-11pm, Sunday 7am-3pm
Location: Stewart Avenue, Westbury
Hourly Rate: $17-$18 per hour

Job Profile:
Works closely with Manager to ensure ongoing support is provided to individuals by fostering an environment that assists individuals in becoming active participants in every aspect of their lives (i.e., self-care routines, health, safety, household chores, socialization, and overall, well-being) and ensuring that a high quality of life is maintained.
Click for more information & to Apply

Assistant Site Manager— Day Hab
Job Req # 2023-6768
Position Type: Full-Time
Schedule: Monday-Friday 7:30am-3:30pm
Location: Bellmore
Hourly Rate: $17-$18 per hour

Job Profile:
Primary duties and responsibilities include but not limited to: Works with Site Manager to ensure meaningful community related opportunities for the volunteers as well as ensure all required documentation is appropriately completed and maintained. Transports volunteers to and from program site as well as to volunteer job opportunity locations or other community outreach based activities
Click for more information & to Apply

Teacher Aide
Job Req #2023-6451
Schedule: Monday-Friday 8:00am-3:30pm
Program: BCCS
Location: Woodbury
Hourly Rate: $17.50 per hour

Job Profile:

Assist the assigned teacher in all areas of the daily classroom routine. Assist the children as requested by the teacher; maintain the health and safety of the classroom environment by performing assigned tasks. You may be required to attend evening meetings. Prepare classroom materials as requested by the teacher. Classroom assignment is subject to change based on program needs.
Click for more information & to Apply

School Registered Nurse
Job Req #2023-6374
Schedule: Monday-Friday 8:30am-4:00pm
Program: BCCS
Location: Brookville
Pay Rate: $70,000—$85,000 per year

Job Profile:
Fulfill all school nurse functions as needed in a special education environment appropriately and professionally

Click for more information & to Apply

Dentist
Job Req # 2023-5669
Position Type: Full-Time
Schedule: Monday-Friday 9am-5pm
Pay Rate: $163,800—$172,900 per year

Job Profile:
Diagnose and treat diseases and injuries of teeth and gums, and related oral structures; In depth oral health exams including evaluations, x-rays, cleanings, preventive care, fillings, extractions, dentures, crowns and more. Participates in health care facility committees as necessary; Teach oral health education, including preventative care and nutrition to patients and caregivers Community outreach and other duties as assigned
Click for more information & to Apply

Click on any of the company's logo's to go to their Career's Page

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Employee Assistance Program

LIFE HAPPENS.
WE UNDERSTAND.
YOU ARE NOT ALONE.

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

YOUR EMPLOYEE ASSISTANCE PROGRAM

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

- Mental health and wellbeing
- Child care, elder care, and family support
- Work and career growth
- Grief and addiction
- Legal and financial needs
- Pre-qualified referrals to providers, specialists, and resources

NATIONAL EAP

Need Help?
TOLL-FREE: 1-800-624-2593
Just call or log on to get started

U: AHRC
PW: AHRC

www.nationaleap.com

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Silver Lion—Loan Forgiveness

SILVER LION
STUDENT LOAN ADVISORS

Lower your Loan Payments & Qualify for Loan Forgiveness!

About Us.

Silver Lion Student Loan Advisors helps individuals with Federal Student Loan Debt. We offer **Free** Loan Reviews and Analysis to determine if borrowers *and* their loans are eligible for an Income Driven Repayment Programs and/or Loan Forgiveness. Silver Lion also offers **For-Fee** services to complete and process Loan Consolidation, IDR Enrollment, Loan Forgiveness, PSLF, Default & Garnishment Relief, and more.

What We Do.

- Conduct Free loan reviews for Federal Student Loans,
- Determine the best program that suits borrowers' goals,
- Confirm eligibility,
- Provide Program payment projection and loan forgiveness opportunities,
- Not in Good Standing? We'll help get loans there,
- Handle all of the enrollment and administration, and
- Help to re-certify annually.

How We Can Help

Our Advisors are available to answer questions, review loans and, most importantly, help borrowers take advantage of historic & new Federal Student loan programs.

Call Us: 855.254.1886

Scan Code to Watch Explainer Video

STUDENT LOAN RELIEF WEBINARS

SCAN TO REGISTER

SCHEDULE A FREE ONE-ON-ONE LOAN REVIEW

SCAN TO SIGN-UP

SILVER LION
STUDENT LOAN ADVISORS

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It's a new year and the IRS has established new contribution limits!

You can now contribute $23,000 into your 403(b) account.

The catch-up contribution limit remains $7,500.

We encourage our employees to consider this opportunity to start preparing for retirement.

EMPOWER
What's Next

Make an impact on your savings

Here are some simple things you can do to help you start saving for your future again

It's important to have control over creating the future you imagine. And saving for retirement is one way to improve your financial wellness. Even when times are tough, there are things you can do that can make a big difference in your ability to keep saving.

- Inquire about lower interest rates on credit cards.
- Reevaluate your subscriptions (e.g., streaming services).
- Reduce your insurance premiums (e.g., car and home).
- Trim your entertainment expenses.
- Find ways to lower utility bills.
- Prepare and eat meals at home.

The Empower Dashboard™ can help you stay financially fit so you can save more

- Track your spending habits.
- Create a budget.
- Link accounts to see your full financial picture.
- Easily manage your finances.

FOR ILLUSTRATIVE PURPOSES ONLY.

› Log in and use the online resources to see the impact small changes can have on your savings
www.empowermyretirement.com

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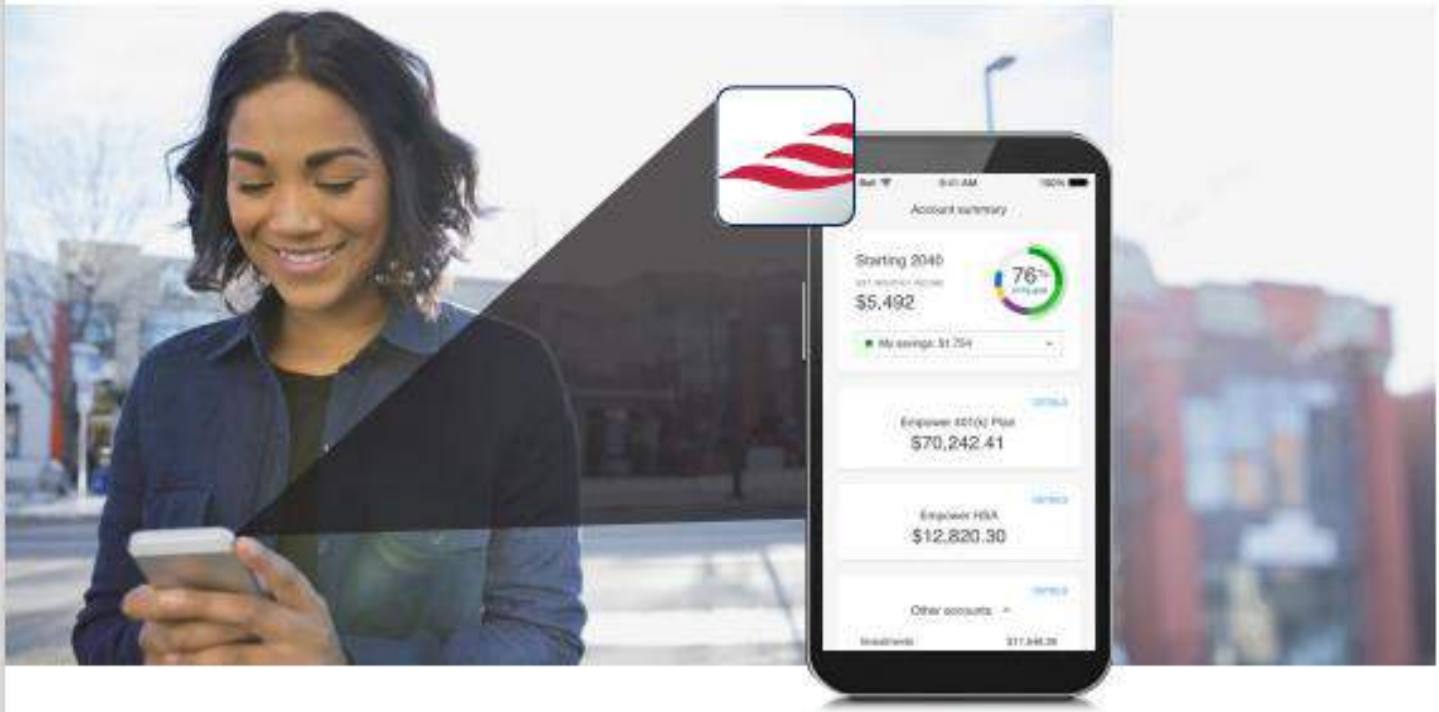
EMPOWER



FOR ILLUSTRATIVE PURPOSES ONLY

Your plan is accessible when you're on the go

The Empower mobile experience puts your retirement plan at your fingertips. Use it to access and manage your 403(b) plan account when you're on the go — right from your mobile device.

Prefer to begin your journey now online?

- Log on to **empowermyretirement.com**
- Select *Register*.
- Choose the *I do not have a PIN* tab.
- Follow the prompts to create your username and password.

If we don't have your email or phone number on file from your employer, or if you have another account with Empower (with a former employer, for example), you will need to call to access your new plan account.*

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Empire BlueCross BlueShield
An Anthem Company

IMPORTANT HEALTH INSURANCE NEWS

We are very excited to share the news that on January 1, 2024, the Empire BlueCross BlueShield (Empire) name will become Anthem Blue Cross and Blue Shield (Anthem).

This will not impact your coverage, access to care, or level of support.

You'll still be able to:

- **Use the wide range of doctors and hospitals that you do today.**
- **Access your same benefits.**
- **Share or download your ID card through empireblue.com <or the Sydney Health app>**

Frequently asked questions (FAQ)

Want to know more about Anthem? From Anthem's backstory, to what the new name means for Empire members, explore some of our frequently asked questions.

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Wheatley Farms™
Catering & Greenhouse

Visit Us Online for Catering & Greenhouse Needs

Welcome! Wheatley Farms has been serving Nassau County for over 20 years. We are known for a diverse American & International style menu created with old-world recipes and locally sourced plants, flowers, and vegetables grown at The Wheatley Farms Greenhouse. We are offering an extensive selection of plants and hanging baskets.

We offer free, same-day delivery Monday through Friday to our Brookville, Plainview, and Freeport offices, Advantage Care, and the BCCS schools!

Place your BREAKFAST order by 1:00 pm for next-day delivery beginning at 9:00 am.
Place your LUNCH order by 10:30 am for 1 pm delivery.
Place your Take Home DINNER order by 10:30 am for 4:00 pm delivery!

SPECIAL REQUESTS
We accept special orders! If you have a special request or need service outside of our listed hours, please email us at catering@wheatleyfarmsli.com for any questions about your order. Thank you!.

Wheatley Farms™
Catering & Greenhouse

Click Our Logo to visit us online and to place your orders.

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Visit Us Online to Purchase With Purpose

Our Mission

Wheatley Farms makes giving and receiving gifts even more meaningful!

From the people who buy our products to the people who produce them, everyone at Wheatley Farms is part of something truly special.

For the last two decades, Wheatley Farms has promoted a more inclusive community with a deep commitment to this social responsibility.

Our mission is simple—to create employment opportunities for people with intellectual and developmental disabilities in their communities.

Holiday Plants

Giftshop

Christmas Wreaths

Click any of the images to visit us online
to make a purchase that you can feel good about.

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ONE STOP Gift Shop

BUILDING A STRONGER COMMUNITY THROUGH GIVING

Visit our online store at:

https://one-stop-gift-shop.square.site/s/shop

The Story Behind Our Shop

The **One Stop Gift Shop** values giving as a way to spread kindness worldwide. That starts with how we're run. The One Stop Gift Shop offers people with intellectual and other developmental disabilities supports by AHRC Day Services an opportunity to participate fully in the running of the gift shop. People supported are creating and crafting handmade items, answering the phone, taking online orders, packaging and delivering merchandise, and keeping inventory tracking.

At Checkout Use Code "ahrcn"

15% off

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Upcoming Events & Celebrations

JANUARY

1ST
NEW YEAR'S DAY

2ND
WORLD INTROVERT DAY

4TH
WORLD BRAILLE DAY

6TH
NAT'L CUDDLE UP DAY
SHORTBREAD DAY

7TH
NAT'L BOBBLEHEAD DAY

8TH
NAT'L BUBBLE BATH DAY
ARGYLE DAY

9TH
NAT'L LAW ENFORCEMENT APPRECIATION DAY

10TH
NAT'L CLEAN OFF YOUR DESK DAY

12TH
NAT'L HOT TEA DAY
PHARMACIST DAY

13TH
MAKE YOUR DREAMS COME TRUE DAY

14TH
NAT'L DRESS UP YOUR PET DAY

15TH
NAT'L BAGEL DAY
HAT DAY

16TH
MLK JR. DAY

19TH
NAT'L POPCORN DAY

28TH
FUN AT WORK DAY

31ST
NAT'L HOT CHOCOLATE DAY

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