

National Nutrition Month



National Nutrition Month is celebrated every year in March, sponsored by the Academy of Nutrition and Dietetics to promote health through healthy eating and lifestyles. The 2016 theme for National Nutrition Month was “Savor the Flavor of Eating Right.” Studies continue to indicate that most Americans do not eat as many fruits and vegetables as they need to promote a healthy immune response, weight control, and optimal digestive function.

Spaulding residences, apartments, and respite houses celebrated by sampling new fresh fruit and vegetable snacks with registered dietitian Karen Ertel. Each location sampled at least two fruit and two vegetable snacks. These included mangoes, kiwi, papaya, jicama, rainbow carrots, daikon radishes, and some light chips made from peas, rice, and cornmeal.

Kudos to all the brave folks who were willing to try something new! Not everyone loved all of the samples, but some people discovered new favorites. Thanks also to managers and staff members at each location, who helped make the samplings a success.



Spring 2016



Thank you!

Thank you to everyone who took part in a volunteer clean up on Bridge Street East Syracuse.

Spaulding Support Services coordinated with Town of Dewitt and OCRRA. Town of Dewitt supplied the garbage bags and pick up of collected trash. There was plenty of trash. Spaulding may continue its efforts in the early Fall when the Town of Dewitt is planning a Fall clean up. Please consider joining us.



Spring Gala

A luncheon for people we serve and their families is taking place at the Double Tree on May 22nd and is made possible by a donation in honor of Athens Copanas (affectionately known as Mrs. C), a mother of someone we serve who has passed on. We would like to thank everyone involved in the planning and to our guests. A special thanks to Ros Scarantino, Lisa St. Denny and Leslie Perkins for their work rehearsing “What a Wonderful World” in sign language which will be performed at the luncheon.



Springing into something new



Last Spring, if you were to see Jonathan you would have met a pleasant 58 year old man, very busy taking care of his health, tending to his wife and socializing with friends. Jonathan's day to day routine involved going to his adult day program and returning home, and in-between he was keeping doctor appointments for his diabetes and health. His days were full. At program he liked playing bingo, and making arts and crafts, plus, his diabetes could be monitored daily and he could spend time with friends. Sometimes the staff gave him special assignments to help out. Jonathan enjoyed all these activities, but he had other broader interests. There were some things that Jonathan really wanted that were difficult if not impossible for him to achieve. He wanted more spending money and he also wanted to learn to cook healthier meals for his wife and himself. These were challenges for Jonathan because he was on a tightly fixed budget and really liked fried chicken!



Jonathan spoke of getting a job so he could make some money. But at his age, and with his health issues demanding much of his time, how could that be possible? He wanted to learn to cook, but he couldn't read, and was set in his ways, so that seemed impossible too. But Jonathan didn't really care about the impossibility of his wishes, he knew he wanted to give some new things a try, ...and he could be quite persuasive! With the assistance of his Medicaid Service Coordinator (MSC), Jonathan went to ARC of Onondaga Employment Options to develop a resume' and look for a job. He also hooked up with Liberty Resources to start Community Habilitation services to improve his nutrition and fitness. In a year's time Jonathan accomplished both those things. He got a job and lost 10lbs!!



Now, you can spot Jonathan cleaning cars for his new employer, Americar. He starts his day by singing to the ladies in the office, and they tell him that makes their day. He still goes to the day program a few days a week which is where we caught

up with him for this interview. Jackie (his program social worker) said the people at the adult day program are really proud of him for his success. Jonathan says, "I love it!" He says he loves his job and he's saving money for a new tablet to listen to music. He also says his Com Hab worker "is a real nice lady". She takes him to the gym every week to use the tread mill and stairs, and helps him cook healthy meals. All of it came together despite seeming impossible. We asked Jonathan what his goals are for this Spring?? "Just keep working!!".

I can take care of my own money!!



We're all adults here and of course that means we can take care of everything, including our own money!!!

...It's pay day buster!



On the other hand, in some cases you may need a little bit of help in managing your own finances. You may have trouble keeping track of your bills, you may get into trouble with credit companies or even worse, you could jeopardize your own home by not paying rent....then you have BIG TROUBLE!

You wouldn't be alone. There are lots of people who have similar trouble. The Social Security Administration allows you to use a Representative Payee who can help you. In some cases the Social Security Administration may decide that you MUST have a Representative Payee. A Representative Payee is responsible for making sure your needs are met and your bills are paid. It can be a safety net and fewer headaches to have someone help you take care of your bills.

A Representative Payee can be a trusted family member or friend. Another alternative is to use the services of an agency that does it for a small monthly fee. In Onondaga County there is an agency called **CNY Services** that provides financial management for approximately \$40 per month. CNY Services helps individuals by "crafting personalized financial plans unique to each individual, ensuring financial obligations are met while budgeting for personal spending and coping with a range of financial issues". If you would like more information you can go to their website at www.cnyservices.org.



Spring Shopping!

Spring allowance for the individuals we serve is right around the corner which means SHOPPING!! There are hundreds of stores all of which cater to different lifestyles, income levels and personalities. The question we ask every year is “How can we stretch this money to get the best “Bang for our Buck”?” Here is a list of a few stores that may help make this year’s shopping experience go a little smoother.

The first stop to try is the local Second Hand shop or Consignment shop. Here is why. Thrift shops rely on donations which means you may find a nice “score” once in a while. However, consignment shops are dedicated to better quality merchandise. Some local Consignment shops are the Golden Hanger, Clothes Mentor and Plato’s Closet. Be mindful that these stores cater to women only. Another great place is Burlington Coat Factory. This store offers a variety of items for both men and women. Marshalls and TJ MAXX are also great stores to shop. I suggest going straight to the clearance section and shopping there. Here is why. These stores are getting shipments in daily therefore they are discounting items on a weekly basis, so make sure to check in weekly if you don’t find anything at first glance. My last “go-to” store suggestion is Vanity Fair Outlet at Destiny Mall. This store is jam-packed with deals and clothing at a fraction of the cost. **TIP:** Make sure you check online for coupons. On occasion they run specials in addition to the sales in the stores and this could definitely save some extra money!!

For many of us shopping can be an afternoon of fun or a burden we just need to deal with. Either way you view it, it is a necessity that needs to be done. Hopefully with a little help and lots of patience we can all get through this process together and make it out ALIVE!!
Happy Shopping!!

Kristin Gentile, Community Habilitation Program Supervisor



Mother’s Day Poems

M-O-T-H-E-R

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be,
Put them all together, they spell
"MOTHER,"

A word that means the world to me.

Howard Johnson (c. 1915)



*I will try my best
in every way
To be extra sweet
on Mother's Day.
But if you become
upset with me,
Please relax and
have a cup of tea!*



JELLO from the “Chef’s Kitchen”

- 1 Large Pkg Raspberry Jello
- 1 Tub Cool Whip
- 1 Can Crushed Pineapple
- 1 Can Raspberry Pie Filling
- 2 Cups Boiling Water



- Mix Jello in 2 cups boiling water
- Mix in pineapple with juice and pie filling
- Put in 9” x 13” dish
- Refrigerate
- Top with Cool Whip before serving

Note: you can use lite or sugar free, you can use different flavors of pie filling and jello.

ENJOY!

Congratulations on a job well-done



We would like to extend our heartfelt gratitude and best wishes for our agency nurse, Karen Waelder upon her retirement. For the past twelve years Karen has shared her exceptional teaching style, knowledge and compassion to our staff and the individuals we serve. She was our happy pill.

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Email

To: Cris Kenndy, HR

From: Ed Stabler, IT

Hi Cris,

I believe you are interviewing people to replace Karen, our nurse, when she retires. Kind of a joke, isn't it? We all know Karen can't be replaced. The new person will bring her own spirit, skill and personality to Spaulding. This is a good thing, but I have some suggestions for the job description.

1. Always in a good mood.
2. Expert designer and printer of new, useful forms.
3. Very speedy walker along the halls.
4. Provides surprise treats in the kitchen from time to time.
5. Leaves people wonderful notes, like this one: "I saw snowdrops yesterday"
6. Able to keep balance while sitting on a big round ball, while typing into computer and talking on the telephone.

Ed

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Welcome New Employees!!



Tiffany Griffin – Sub at Joslyn Court (rehire)
... welcome back!

Kanesha Marshall – Part-Time, Direct Support Professional (DSP) at the Guest House / Crystal House

Torease Williams – Full-Time, DSP at Spaulding

Ibrahim Muya – Part-Time DSP in Community Hab

Monique Avent – Sub at Genesee

Brianne Kirkland – Part-Time DSP at Lancaster (rehire)... welcome back!

Taressa Smith – Sub at Genesee

Bridget Jones – Full-Time DSP at Spaulding / Community Hab

Tamara Terry-Simpson – Part-Time DSP at the Guest House

Hazel Hamilton – Full-Time DSP at Genesee

Mary Fallon – Part-Time DSP at Genesee

Jeffery Henderson – Part-Time DSP in Community Hab

Elzena Washington – Part-Time DSP at Genesee

Sara Juhaz – Part-Time DSP in Community Hab

Promotions!!



Kelly Mantor was promoted to the Assistant Program Supervisor at Spaulding



Work Anniversaries from January to June

5 years

Rebecca Heard – Assistant Program Supervisor at Joslyn Court

Deborah Williams – DSP at Joslyn Court

10 years

Mike Singletary – DSP at Lancaster / Spaulding

15 years

Mary Harvell – DSP at Valentine

20 years

Cris Kennedy – Human Resources



Ask Wilhelmina

Submit your questions and Wilhelmina will provide information to selected questions in this column.

Dear Wilhelmina,

My husband and I are getting on in years and we have saved up a modest sum of money that we would like to leave for our son who has a developmental disability, we were also considering the possibility of leaving our son Ryan our home, but a friend told me that if we give the money directly to Ryan then he may lose his social security benefits? Do you have any advice on how we can leave him this money? We were thinking that it could assist him with the extras that he cannot afford when we are no longer here.



Signed: A small nest egg for Ryan

Dear “nest egg”, yes, your friend is right that there is typically a \$2,000 assets limit on social security, so something you may want to consider getting for Ryan is a trust.

Trusts allow you to transfer ownership of property or money to a person who is designated to manage and distribute the assets according to your instructions, for the benefit of another unable to handle their affairs.

The person who establishes the trust is called the “grantor.” The person who manages the trust is known as the “trustee,” and the people who eventually receive money or other assets from a trust are called “beneficiaries.”

There are many varieties of trusts, but all fall under two basic flavors: revocable and irrevocable. Revocable means changeable, irrevocable means it's beyond your control—it's not changeable. Within each category are various types of trusts. Let's have a look at irrevocable trusts.

Assets that are in your control at the time of death generally are subject to federal estate taxes. Those not in your control, such as in an irrevocable trust, are not subject to federal tax because they're not considered as part of your property.

Irrevocable trusts, as the name implies, can't be amended or destroyed. Once the trust is set up, it remains in place, giving the grantor no opportunity to change his mind.

Irrevocable trusts are used primarily to reduce estate taxes, though they are also used to protect property for minor heirs. Irrevocable trusts also can be set up to provide income for a beneficiary, and then to divert the income to another place when the beneficiary dies.

Property that is turned over to an irrevocable trust, if set up properly, is no longer considered part of the estate of the person who turned it over. It still may be subject to other taxes, such as gift or capital gains, but those traditionally have been far lower than estate taxes.

Consult a financial planner or lawyer who specializes in estate planning for more information.

Best Wishes,

Wilhelmina



Coming down the Pike

Passing it along...

Savings Plans for People with Disabilities

By Eileen Ambrose

In 2015, states will begin offering an investment account for people with disabilities, similar to the popular 529 college savings plans.

Achieving a Better Life Experience (ABLE) account—sometimes called 529As—will allow those with disabilities and their families to invest money and withdraw it later, tax-free, for expenses such as housing, education, transportation, health care and employment training. A key component: having the money won't disqualify the beneficiary from valuable federal benefits, such as Medicaid.

A year ago, the federal government gave the green light to ABLE accounts, and since then more than 30 states have passed legislation to establish them. Pennsylvania, Ohio, Florida, Virginia, and Nebraska



Direct from OPWDD:

Frequently asked Questions about Self-Direction

Is Self-Direction Right For Me?

If you are eligible for OPWDD services and enrolled in the Home and Community Based Services (HCBS) Waiver, you can choose Self-Direction.

Self-Direction may be right for you if:

- You want more flexibility with your services and schedule,
- You are ready to make decisions about your services on your own or with help, and
- You want to take more responsibility for managing your services.

Before you get started, take time to think about what kinds of support you need at home, in your community and in your daily life.

What is a Support Broker?

If you want to control how the funds in your budget are spent, you can hire a Support Broker to help you. Your Broker will build a Self-Directed budget WITH YOU based on the services and supports you need.

Your Broker can also help you develop a plan to work towards outcomes you want to achieve in life.

How Does Self-Direction Work?

Self-Direction starts with a planning process to help you figure out what supports are most important to you.

You can choose to Self-Direct some or all of the services that help you:

- Live in the home and community of your choice,
- Work, volunteer and do activities you enjoy,
- Have relationships with family and friends, and
- Be healthy.

Your Medicaid Service Coordinator (MSC) and Regional Self-Direction Liaison can help you learn about what service options exist for you.

Who Will Help Me Get Started?

If you choose to Self-Direct, you will work with a team of people who will help you select your services and put together a budget. This team, or Circle of Support, is a group of people chosen by you.

are among those expected to launch ABLE accounts in 2015. People with disabilities generally become ineligible for federal benefits if they have more than \$2,000 in personal savings. They often live in chronic poverty to make sure they don't jeopardize their benefits, says Christopher Rodriguez with the National Disability Institute.

An ABLE account will allow tax-free withdrawals for a wide range of qualified expenses. If the money is used for other purposes, though, the earnings will be taxed as regular income and assessed a 10% penalty.

ABLE accounts will have other restrictions. The beneficiary's disability must have begun before age 26, and combined yearly contributions from the beneficiary and others cannot exceed the annual gift tax exclusion, now at \$14,000. After the beneficiary dies, states can claim any money remaining in the account to recover expenses paid by Medicaid. ABLE account features such as contribution limits will vary across the country.

Also, for now, people can't transfer money from a 529 college fund into an ABLE account. Still many praised the new accounts, "for families it's a game changer" says Sara Hart Weir, president of the National Down Syndrome Society.

Legislation to establish the New York State ABLE (Achieving A Better Life Experience) Act passed the New York State Senate and Assembly June 18, 2015 and was signed by Gov. Cuomo on December 15, 2015. Step one is now complete; a bill is on the 2016 calendar of the state senate to address needed changes to the IRS code, Tax law and Mental Hygiene Law to proceed forward.

For more information on ABLE accounts, go to realeconomicimpact.org

Your Circle of Support could include family and close friends, your MSC, a Support Broker, and staff who know you well.

To learn more about Self-Direction, talk to your MSC and Regional Self-Direction Liaison. You can learn more and find your Self-Direction Liaison on OPWDD's Self-Direction website at www.opwdd.ny.gov/selfdirection.



Upcoming Events

Save the Date



June 25, 2016

**Rogues' Roost Golf & Country Club
Bridgeport New York**



FAMILY PICNIC

Spaulding will be having its Annual Family Picnic on **Wednesday, July 20th**. Keep an eye out for details. We hope to see you!



If you know someone who enjoys helping others and has time to spare please ask them to contact Cris Kennedy, HR, at Spaulding Support Services. We have open positions throughout the agency both part-time and full-time. Spaulding Support Services offers competitive time off and health benefits.

Cris Kennedy – HR
315-478-6210 x108
ckennedy@spauldingsupport.org

Spaulding Wordsearch

BY: MAKENNA SMITH

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Spaulding Support Services Newsletter

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