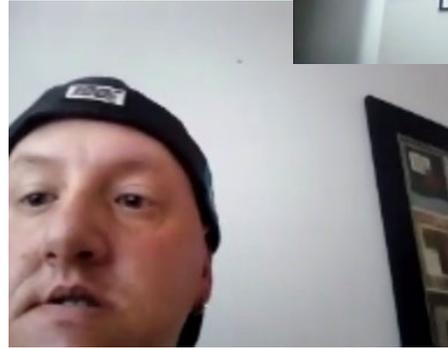




*Frankie M. exercising and enjoying his time during MY Choice Day Hab*



*Michael B. (in hat) and John B. chatting during their MY Choice Day Hab Zoom session*



*Thank you to our amazing staff and individuals who contributed to this week's story.*

As everyone finds new ways to navigate through the pandemic, AHRC's Day Hab program has done the same. Through MY Choice Virtual Day Hab, individuals who choose not to attend program in person can still receive services and enjoy activities along with socializing and connecting with their friends!

At first, many parents were nervous about navigating through the set-up of virtual services but with the help of our amazing Day Hab staff, the process has been relatively easy and very successful. AHRC staff David S., Chris W. and Sean R. along with John S., Daniela M. and Camie B. have gone above and beyond to ensure all families get the supplies and assistance needed to make virtual Day Hab an enjoyable experience. John, Daniela and Camie first reached out to each family to determine if those who chose to stay home had devices, and if not, David, Chris or Sean delivered an agency device to them and set it up for their use. Camie then made sure to check in and assist with any log-in or password issues, taking time to go over any questions any family members or individuals had.

Michael B. and John B., brothers who usually attend day programs at our Bohemia and Annex locations and have chosen to stay home, have truly enjoyed MY Choice Virtual Day Hab. They look forward to logging on every day and sometimes don't even want to log off! They both especially love the socialization it allows. Frank said, "I like it because I can talk to my girlfriend. I have not seen her in months." Michael also noted how much he really enjoys it, "I like it. We can talk and I see some friends." Michael and John's mother is very happy with MY Choice Day Hab and is glad to have a way for her sons to stay active and involved. "It's a great thing. This keeps the boys busy."

Frank M., who usually attends our Knickerbocker Day Habilitation program, is also enjoying MY Choice Virtual Day Hab from the comfort of his home. Frankie and his family have felt more comfortable with remaining at home during the pandemic and AHRC's MY Choice Virtual Day Hab program has been a perfect fit.

Frankie seems to really be loving virtual Day Hab. With the assistance of his longtime aide Kevin, Frankie has enjoyed all the activities he has done so far and loves seeing different people. He especially loves seeing people from his program - both old and new friends. One of Frankie's favorite things is being able to use his walker at home while exercising with others virtually. Other favorites are the Chef Rob activities and listening to "Music with Mike."

With the help of AHRC Suffolk's incredible staff, individuals who cannot be in program in-person still have the opportunity to stay connected and enjoy the activities and services they come to love! If you or your loved one receive services from AHRC Suffolk, contact your Day Hab location for more information on in-person and virtual program options.