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*Serving Children and Adults with Intellectual and Other Developmental Disabilities for over 70 Years*

September 4, 2020

Dear Individuals, Families, and AHRC Suffolk Team Members:

**PAUL TORRES**  
Executive Director

**CHRISTOPHER VEROS**  
Director of Finance

**OFFICERS**

**JOHN SMITH**  
President

**JOSEPH ZIFCHOCK**  
Treasurer

**JOSEPH CASSARINI**  
Secretary

**DIRECTORS**

Deborah Pflieger

Our adult day programs continue to grow and evolve. Our staff have been incredibly imaginative and resourceful when creating engaging, educational and fun activities for the individuals attending day services on-site, as well as for those connecting with us from many other locations via Zoom. We safely welcome even more individuals who would like to resume participation, in whatever way best suits them. Here is just a small list of the fun learning opportunities offered recently:

Some attending in-person/on-site programs have:

- learned about animals including penguins, chickens and dogs, with site visits from some special pets. They also discussed caring for animals and the importance of animal rescues
- made pesto from basil grown in their very-own garden
- finished up their solar system project, learning about all 8 planets in addition to the sun and the moon
- learned about the history of American Band Stand and the many different dances

Those attending our MY Choice Virtual Day Hab:

- participated in sessions during the day which included: yoga stretching, educational exercise about farm animals, music and concert segments, Physical Therapy exercise and so much more
- enjoyed Free Chat sessions with their peers who were also on Zoom, which is a nice way to catch up with friends and even meet new friends
- learned about fire safety from the Chief of the Hauppauge Fire Department, who gave a virtual tour of the firehouse and answered questions from individuals on Zoom. We are always looking for new virtual guest hosts to share their knowledge and skills!

Please remember-- participation in our virtual and on-site adult day programs provides important education and life skills, while also ensuring that those programs can continue to be available to those who rely on them. If you or your loved one has not yet returned to adult day services (virtually or on-site), please reach out to your day program staff. They will walk you through the options available and provide you with any training or assistance you may need. We can also describe to you the extensive safety measures we are following daily that can be found posted on our **WEBSITE**.

To continue to best protect individuals and staff who have returned to on-site programs, we have ordered air purifiers for every classroom without windows. Additionally, we are upgrading the HVAC filters we use to *MERV 13* in every unit that can accommodate them, *MERV 13* filters are highly-rated catch-all filters that remove a higher percentage of smaller particulates. We are continually evaluating ways to best keep individuals and staff safe and healthy.

While I share the advancements of our adult day programs, I am pleased to share the recent promotion of Rachel Genitempo to Director of Adult Day Services. Rachel has been with the agency for over 13 years and most recently, as a Program Director, working closely with former Director, Karen Chanda. We thank Karen for her tireless commitment to the individuals and families she has served for over 30 years, and we wish her the best in her retirement. Rachel will now be the driving force in advancing the excellence and safety of Adult Day Services at AHRC Suffolk.

Stay well, stay safe and thank you for all you do,

Paul H. Torres  
Executive Director



**Are you a member of AHRC Suffolk?** An active, strong membership provides our chapter with a louder voice to our elected officials when advocating for policies and services that directly impact and benefit individuals with intellectual and developmental disabilities. Become a member **HERE**.

Your gift to our **COVID-19 Relief Fund** helps us purchase personal protective equipment, provide expanded medical and mental health services, increase our technology, and so much more. To donate, visit [www.ahrcsuffolk.org/covidrelief](http://www.ahrcsuffolk.org/covidrelief) (donations, marked **COVID-19 Relief Fund**, can also be mailed to the address at the top of this page)