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

August 28, 2020

PAUL TORRES
Executive Director

Dear Individuals, Families, and AHRC Suffolk Team Members:

OFFICERS

JOHN SMITH
President

JOSEPH ZIFCHOCK
Treasurer

JOSEPH CASSARINI
Secretary

DIRECTORS

Deborah Pflieger

Did you know that we can accommodate individuals on-site or virtually, providing important services in a way that is beneficial and safe to all? Did you know that not only do we have procedures and protocols in place to help keep individuals and staff safe, but we also have many programs and activities to keep each person engaged and stimulated, no matter their location? Did you know that participation in virtual or on-site programs not only provides valuable knowledge and important skills, it also helps ensure that such programs will continue to be available for all who rely on them?

Since we were permitted to reopen on-site day programs on July 22, we have welcomed back about 140 individuals to our Bohemia/Annex, Shoreham Day Hab, Knickerbocker/Lakeland and Westhampton Beach locations. Individuals and staff have remained safe because they have remained vigilant with daily health checks, handwashing, social distancing and the proper wearing of masks and other personal protective equipment (PPE). Individuals have been benefitting from in-person interaction with their peers and staff, as well as face-to-face instruction and services. Our in-person attendance grows each week, and as part of the recently approved Appendix K Waiver, there is flexibility with hours and transportation options available.

Many people remain cautious about having their loved one return to on-site programs. For those who may not yet be comfortable with an in-person return, we have a growing opportunity in our **MY Choice Virtual Day Hab**. This constantly-evolving program allows individuals to remotely log in to attend programs, interacting with their peers and staff. This provides a structure and routine that so many of us long for and serves as a scheduled part of the day where learning and socializing are the emphasis. Individuals can log in from the comfort of their homes for as much as two two-hour sessions each day or as little as one hour a day, popping on/off as needed. Staff members are happy to walk individuals and families through the simple process of logging in remotely to a structured daily program and can even make home visits to provide remote training. If you don't have an internet-compatible device and you want to participate, we may be able to lend you equipment to use to Zoom with us!

As our agency works to rebound from so many uncertainties these last 5 ½ months, we emphasize the importance of individuals returning to their day programs, in whatever way works best for them and their families. The return to structure, social interactions, meaningful peer interactions and learning is vitally important. Returning in-person or virtually will help sustain the agency and allow AHRC Suffolk to remain the premier provider that you can continually rely on, even after we are past the challenges of COVID-19. We are able to continue providing top-notch programs because of your participation in them. Please, if you or your loved one have not yet returned in-person or virtually, reach out to your day program staff. These knowledgeable staff members will review all options with you and help determine a plan to best serve you or your loved one. Just as you have always been able to rely upon us, we continue to rely on you too!
 #InItTogether

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 (donations, marked **COVID-19 Relief Fund**, can also be mailed to the address at the top of this page)