



Community Mainstreaming Associates^{INC.}

Extraordinary People Leading Ordinary Lives

Winter 2006

Life at CMA

For anyone who has ever lived in a college dormitory, you know what it's like to share a small space with someone you may - or may not - get along with. Even if you did get along with your roommate, there were probably times you just wanted a space to yourself. Dorm life was temporary and you knew you would eventually move out into a living arrangement of your choosing.

Imagine for a moment dorm living as a permanent way of life. That was the predicament that Debbie and Rebecca faced at their supported living home. Even though they enjoyed spending time together, sharing a bedroom was proving to be more and more difficult and was affecting not only their relationship with each other, but that with their housemate, Liz, as well.

Two years ago, Erica Lennon, CMA's Director of Residential Services, began working to add a bedroom on to the two-bedroom home the ladies shared. This would provide all three ladies with bedrooms of their own. Construction began last summer and in October of 2005 the renovation was completed. Debbie reported that the temporary living situation was difficult, but "was worth it to have my own space!"

A recent dinner visit at the ladies' home revealed the improvements. They proudly showed off their bedroom spaces, each decorated to reflect their individual styles and personalities. Rebecca's walls are painted a bubble gum pink while Debbie's are a pale yellow. Liz's room has photos of family and friends as well

as an extensive collection of cat memorabilia. Rebecca's room is filled with books, a laptop computer and video games. Debbie's room is an oasis of calm for her and her cat, Spice. Debbie reported that she really likes having a big window that looks out onto the backyard.

When asked how the renovation has affected them, all three ladies reported how much better it is to have their own bedrooms, a private space in their home. Arguments are less frequent and don't last as long. Debbie stated, "When I am having a hard time with someone in the house, now I just walk away and go into my room until I feel better." Liz, who had her own room before the renovation, stated, "it's nice to have the bedrooms have their own hallway instead of opening right into the living room. It's quieter now."

With all the entertaining and guests the ladies frequently have at their house, quiet would not be the first adjective that comes to mind. But it's amazing what one small renovation was able to do for these ladies. It turned their house into a home.



(clockwise from bottom) Debbie, Liz and Rebecca



CMA residents, staff and board members gather at the home of board members Bill and Joanne Quinn for their annual summer barbeque. The Quinns subsequently framed the photo to give each CMA group home and supportive apartment for the holidays.

Headlines

- Message From Executive Director 2
- Special Events 3
- Thank You! 4
- What's Happening 5



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Message From CMA's Executive Director

More Than Mainstreaming



Julie P. Samkoff, C.S.W.,
Executive Director

Periodically, I ponder my job and think about what I am trying to accomplish.

Last October I read a beautiful article in the Wall Street Journal about a young woman with Down Syndrome who was planning her wedding. She was 29 years old and the description of her life to that point seemed to be a perfect example of a young person with developmental disabilities who had been completely mainstreamed in her community. The problem was that she was very lonely. She was lonely until she met a very special guy who also has Down Syndrome.

I've heard about the loneliness a lot.

There's something to be said for having friends. It feels good to spend time with people who laugh at the same things you do, who like the same movies you do and like to spend their free time in similar ways. It's good to spend time with all sorts of people, people who have diverse interests and backgrounds, but sometimes it's good to be with people with whom you have a lot in common.

Often, when parents begin to work with us to help a son or daughter transition to one of CMA's homes, it is with trepidation. They are understandably anxious. They're most surprised when their son or daughter doesn't want to move back to the family home.

It's because the loneliness has gone away.

I'm excited about the opening of our newest house this spring because I know I will be helping some very regular people, who happen to have a disability, live very regular lives.

And **that's** my job.

Cream of the Crop

CMA is pleased to recognize the following individuals for consistently going above and beyond the responsibilities of their jobs. 2005 CMA Employees of the Month.

- January - Pat Charles • February - Michelle Lin • March - Andre Sanon
- April - Kevin Kizzie • May - Dena Pittman • June - Kyisha Bonney
- July - Sherranda Rusch • August - Alfonso Sacoto • September - Jack Wang
- October - Cynthia Williams • November - Babatounde Olaseinde
- December - Kristine Austin

Congratulations and keep up the good work - we greatly appreciate you!

*We regret to acknowledge the passing of Everett Brenner,
husband of CMA Founder Joan Brenner.
The passing of Everett was too soon for those who knew and loved him. . .
Ev was an intrinsic part of Community Mainstreaming Associates.
As such, his memory will surely live on with us.*

Save the Date

CMA's 12th Annual Golf & Tennis Tournament Sponsored by CBS Coverage Group

A longtime supporter of CMA, CBS Coverage Group came all out again this year to sponsor the 12th Annual Golf & Tennis Tournament. The event, one of our most successful fundraising activities, will take place on Monday, May 8 and Monday, May 15, 2006 at The Muttontown Club.

CBS Coverage Group, established in 1947, fulfills the insurance needs of over 10,000 individuals and families and 3,000 businesses. Gerry Levy, president of CBS Coverage Group and a past president of CMA's board of directors, helped establish CMA's first golf tournament in 1995. Since that time, the outing has grown into a two-day event with a tennis tournament that has raised nearly one million dollars for the men and women with developmental disabilities at CMA.



Gerry Levy, President of CBS Coverage Group, and Julie P. Samkoff, C.S.W., Executive Director of CMA, go over plans for CMA's 12th Annual Golf & Tennis Tournament



(l to r) Larry Levine, Ray Rodriguez, Garry McDade and Stephen Peragine (not pictured) enjoy golfing at Pebble Beach after winning the 'golf experience of a lifetime'!

Win a Trip to Pebble Beach!

Like last year, golfers will have a chance to win a trip for four to Pebble Beach for \$100. Only 500 tickets will be sold so those interested are encouraged to respond right away. The prize includes airfare for four, four nights lodging at The Inn at Spanish Bay, three rounds of golf, car rental and spending money.

Participants in CMA's Golf & Tennis Tournament enjoy a memorable day and enhance and enrich the lives of the men and women who call a CMA house 'home'! For information about taking a sponsorship, placing an ad in the commemorative journal, playing in the golf or tennis tournament or buying a raffle ticket, contact Shari Prinstein at 516-683-0710 x203 or sprinstein203@aol.com.

CMA Honors Woody & Dede Frank at Annual Gala

Amidst masquerade attire, guests at CMA's Fall Gala gathered to publicly applaud the commitment and generosity of a very special couple. On November 5, Woody & Dede Frank received the John Walter Humanitarian Award at CMA's Masquerade Ball. The Franks, longtime CMA supporters, have always felt that being part of a community requires a commitment to strengthen those local organizations that help others. CMA has been fortunate to be one of the beneficiaries of the Franks' commitment.

The Annual Gala, one of CMA's most successful fundraising activities, was held at The Woodlands on the Town of Oyster Bay golf course. In addition to good food and great company, the evening featured Hanna and Joanne, two of CMA's residents, speaking about their lives at CMA with the guests.



(l to r) Michael and Lorrie Intrabartola enjoy the Masquerade Ball with their friends, Bridgette and Ken Caggiano. Michael Intrabartola is a member of CMA's board of directors.

The success of the evening can be attributed to the Planning Committee and the following sponsors: The Justin Family, The Rauch Foundation, The Quinn Family Foundation, Irving and Marcia Rosenzweig, Everett and Joan Brenner, Carl and Meredith Doerge, Family and Children's Association, Al & Pam Forte, Farrell Fritz, Forchelli Curto Schwartz Mineo Carlino & Cohn, Fusion Architecture, Dan and Cynthia Robbins, Carol and Ken Wessel.



(standing l to r) Kostas Douzinas, Magdeline Smith, Dede Frank, honoree, Pat Carpenter, event co-chair, Julie Samkoff, CMA Executive Director, Joe Carpenter, event co-chair
(sitting l to r) Nancy Douzinas, President of The Rauch Foundation, Woody Frank, honoree, Noël Conrad, mother of Dede Frank

Eric Weigel Celebrates 25 Years at CMA!

How times have changed . . . and stay the same.

It was the year 1980. Dick Kissane was a special education teacher at BOCES. He had been working closely with Joan Brenner, a BOCES board member. They were starting a new organization, Community Mainstreaming Associates, and about to open a group home in the community for men and women with developmental disabilities. Dick invited Eric Weigel, a young man he worked with, to come along. Eric was interested, willing to follow Dick wherever he went. So he interviewed with Joan. And he was hired as a part-time counselor for CMA's first group home.

Fast forward 25 years. Eric Weigel is still at CMA!

Eric has witnessed the opening of all but one of CMA's eight homes. (He took a brief hiatus, but thankfully soon returned.) He has seen residents go from dependent young adults to independent men and women. He has shared in endless experiences with just about every one of them.

In 1985, Joan persuaded Eric to become CMA's "handyperson", a trivial term for the extensive work Eric does. Along with Stew, CMA's maintenance worker, Eric handles everything from flooded basements to safety concerns. Currently CMA's Facilities Manager, Eric oversees maintenance at all our homes as well as helps open new homes and oversees the contractors.

What's his favorite part of working at CMA? "Watching the residents gain independence." Whether its helping someone become travel trained or guiding them through a difficult situation, Eric gets the most satisfaction from seeing the men and women at CMA improve themselves. "I remember helping Liz become travel trained. I would follow her on the public bus in my van, making sure everything went smoothly," shared Eric.



Eric Weigel

It was also very rewarding "to see Liz and Autumn go from living in a supervised group home to living more independently in CMA's Supportive Living Program. It was so fulfilling for them."

And some days it's just nice to enjoy the residents' company. "I still love listening to Joe talk about sports and Alex about hockey," said Eric.

And lest he forget his sidekick, "It's easy to come to work every day when I work with someone like Stew!"

Thank you, Eric, for giving us 25 years of yourself. And may we have 25 more!

Thank You!

*Much gratitude goes to the following foundations, businesses and individual friends for their support. * Their generosity is greatly appreciated!*

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In Honor of Dan Wolinsky
Ms. Cele Brody

We can always use your help. By sending your donation to CMA in the enclosed envelope, you will be helping CMA provide the best possible services to meet the ever-changing needs of men and women with developmental disabilities.

*gifts received July 1, 2005 – December 31, 2005

What's Happening

Maple Hot Chocolate and Toffee Crunch Scones

Sound good? It's only the beginning. By the end of the year, these and more delicious treats will be available at CMA's Sweet Comfort Bakery & Café in Port Washington. The community-based business is being developed to provide productive and satisfying work for men and women with developmental disabilities. The employment opportunities created will provide the individuals opportunities to earn a competitive wage and become more independent adults. They will bring these men and women the chance to fully participate in the community – and to live ordinary lives!

To make a donation for the purchase of equipment and furnishings for Sweet Comfort Bakery & Café, you may use the enclosed envelope or contact Shari Prinstein at 516-683-0710 x203 or sprinstein203@aol.com.

To join CMA's Business Advisory Council guiding the development of Sweet Comfort Bakery & Café, please contact Melissa Raphael at 516-683-0710 x208 or mraphael208@optonline.net.

Much thanks goes to the following individuals and foundations for generously supporting the development of *Sweet Comfort Bakery & Café* in 2005.

*Geoffrey & Patricia Bartholomew
Glosman Foundation Trust
Manhasset Community Fund
NY Mercantile Exchange Charitable Foundation*

*The Quinn Family Foundation
Saltzman Foundation
Dan & Ruth Wolinsky*



Thomas P. O'Malley of Manhasset Community Fund tours one of CMA's homes with CMA Executive Director Julie P. Samkoff. The Manhasset Community Fund's Greentree "Good Neighbor" Foundation awarded CMA a \$5,000 grant for the development of Sweet Comfort Bakery & Café.



Daniel Leader, Bakery Consultant (2nd from right), meets with (l to r) Julie P. Samkoff, CMA's Executive Director, Melissa K. Raphael, CMA's Director of Enterprise & Job Development and Bill Quinn, CMA's President to discuss plans for Sweet Comfort Bakery & Café.

Spring's Around the Corner

This coming June, Dan, Danny, Jason, Sean and Thomas will be settling in to their bedrooms and getting to know their new housemates. That's when they will be moving into their new home, CMA's ninth, in Westbury. The young men have already visited the home and have met each other at CMA-hosted gatherings. They're very excited and can't wait until spring. We can't wait either and look forward to welcoming the new members of CMA's family!

Much thanks goes to The Natalie Bailey & Herbert J. Kirshner Foundation for their generous support to furnish CMA's newest home.

To donate furnishings for our new group home opening this spring, please contact Shari Prinstein at 516-683-0710 x203 or sprinstein203@aol.com.

9th Annual Family Tea

Thanks to King Kullen, more than 100 CMA residents, board members, staff and family members feasted on delicious treats at CMA's 9th Annual Family Tea. Held on Sunday, September 11, 2005, at CMA's home in Kings Point, the gathering gave guests a chance to get to know each other while they celebrated the success of the agency. Thank you, King Kullen, for sponsoring the refreshments!

Holiday Happenings

Champions for Charity

For the second year in a row, CMA participated in Americana Manhasset's Champions for Charity Holiday Shopping Benefit. The only difference this year was that shoppers TRIPLED their support for CMA! Thank you, shoppers, for helping make the event such a success!

Angel Tree

The Congregational Church of Manhasset once again invited CMA to participate in their Angel Tree program. by purchasing gifts and presenting them to CMA residents, parishioners helped make the holiday season a special one for CMA!



CMA residents and their families celebrated the holidays at one of CMA's homes in Port Washington.

If you do not wish to receive CMA mailings in the future, please check this box and mail this page back to CMA or fax it to 516-683-0711.

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Contributions to CMA's Newsletter are welcome and appreciated. Please send your ideas, stories and photos for upcoming issues to:

Editor: Shari Prinstein,
Director of Development



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CMA's 2006 Calendar of Events

May 7	The Pearl Helen Levy Home Dedication
May 8 & 15	12th Annual Golf & Tennis Tournament
June 6 - 8	Board of Directors Dine-A-Round
July	Young Leadership Council's Premiere Comedy Night
September	Annual Family Tea
October	Annual Fall Gala
December	Americana Manhasset Champions for Charity Holiday Shopping Benefit

Please save the dates!

If you would like to support our efforts, following are ways YOU can become involved:

- join the Fundraising, Golf & Tennis or Fall Gala Committee
- become a member of the Young Leadership Council
- donate tickets to concerts, shows, movies and sporting events for our residents to enjoy
- explore how a tax-advantaged gift to CMA could benefit you and your family while helping support the long-term fiscal health of CMA

For all these opportunities and more, please contact Shari Prinstein at 516-683-0710 x203 or sprinstein203@aol.com

