



IN THE MAINSTREAM

FALL 2022

Dear Families and Friends,



By the time you receive this Newsletter, our government elections will be over, but the imperative to keep our representatives informed of our needs for better funding, increased salaries for our staff who provide services, and additional services for

many families is still essential. Over the 48 years that CMA has been developing and providing services, the life expectancy of the people we support has increased dramatically. This is thanks to improvements in both quality and access to medical care and improved lifestyle practices. But at the same time, the number of people requiring supports and services has been increasing exponentially. And in recent years, government financial support for developing and maintaining

MESSAGE FROM THE EXECUTIVE DIRECTOR

services has been capped and reduced, creating a huge need for raising private funds and developing creative new ways to support individuals and families.

At CMA, we are tremendously grateful for the dedicated donors and sponsors of our events and programs. We have individuals and families who have been contributing their time, talent, and treasure, for as long as we have been in existence. Families have integrated CMA into their family traditions, where multiple generations have gotten to know the people we support, and volunteered to help us do more. Thank you for being a part of the “CMA Family” and making us part of yours.

There are many ways you can assist CMA, and here are just a few ways our dear friends help us:

- Make a Year-end donation
- Donating “in-kind” services. Examples of this are contributing skilled labor for home improvements, or professional services such as maintaining HVAC, exterminating services, etc.
- Donating items for our Ebay store such as: books, electronic games, sports memorabilia, other collectibles
- Donating property or the use of property to CMA
- Include a gift to CMA in their will to ensure that CMA will continue going strong for many decades to come.
- Join our monthly sustaining partners program called Community Builders. For more information, see last page.

I wish you all a Healthy and Happy Holiday Season and end of 2022. And may all of your generosity come back to you in happiness and blessings to you and your family.

Warm Regards,

Eileen McDonald Egan
 EXECUTIVE DIRECTOR



PROGRAM INFORMATION

CMA DAY HABILITATION / CORE Re-Design 2022

2022 has brought some new and exciting initiatives to the CMA Day Hab. Early this summer we surveyed the program individuals and asked what it is they would like out of their program without walls. We developed the survey based on **4 COREs: Technology (CORE 1), The Arts (CORE 2), Lifestyle (CORE 3)** and **Vocational skills (CORE 4)**. Within each CORE we focus on different activities and learning opportunities for a person-centered and skills-development curriculum. This will help build confidence, advocacy, teamwork, community-building and mastery of each person's individual programmatic goals leading to greater independence.

The new CORE initiatives being planned for the fall and winter have already taken shape, including our return to Hofstra University. While many of these activities have been a part of the Day Hab program, this CORE initiative puts them in a more structured, organized and educational model for meaningful growth and development. We are excited for what the CORE Re-Design will continue to provide for our program participants in the New Year!



CORE 1: Day Hab Program Participants brainstorming PodCast curriculum at Hofstra University's Tech Lab



CORE 2: Day Hab Program Participant enjoying time in the Ukulele Club



CORE 3: Program participants created their own pies and baked goods to enhance cooking skills



CORE 4: Program participants at CMA's Soap Making Workshop at the Prep Academy

CMA WISHES TO CONGRATULATE OUR COLLEAGUE JENNIFER VAZQUEZ PHILLIPS ON BEING NAMED A FORTY UNDER 40 HONOREE BY LONG ISLAND BUSINESS NEWS



Jennifer Vazquez Phillips joined CMA in August 2010 as the Residence Manager of our Tulip Drive residence in Glen Cove. Jennifer did an outstanding job there and in June of 2018, she was promoted to Assistant Director of Residential Services, sharing her experience and skills with multiple homes and the Supportive Living program. In addition to performing her assigned responsibilities, Jen has always been very motivated to learn new skills and programs, so in 2019, Jennifer became the Director of Innovative Services and began to plan our Self Direction department. She and her Assistant Director Marret Arfsten developed all of the policies and procedures and forms, and recruited Self Direction brokers to work with. Over the past 3 years, our Self Direction department has established an excellent reputation due to the strong, caring leadership of Jennifer and her staff. In April of 2022, Jennifer was once again promoted to Senior Director of Community Services.

In addition to overseeing the Self Direction department, she also now leads our Day Habilitation, Supported Employment, and Community Habilitation services. She has many creative ideas for growing and improving our Community Services in the future, and some of them have already begun. We are so proud of Jennifer for the amazing work she does and we are very excited that the Long Island Business News has recognized her as an outstanding leader. We will celebrate with her on December 3, 2022 at the Crest Hollow Country Club. Congratulations Jennifer!



BOARD MEMBER SPOTLIGHT

DAVID DONNELLY IS CELEBRATING 25 YEARS OF DEDICATED LEADERSHIP ON CMA'S BOARD OF DIRECTORS!

He joined the Board in 1997 as a young accounting manager at Marcum LLP. He was introduced to CMA's founder, Joan Brenner, by former Board member David Kay. Joan invited Dave to come to a meeting for a "stale turkey sandwich and some interesting conversation" and he has been volunteering his time, treasure, and talent ever since! Dave and his wife Annie, are parents to three wonderful young adults named Jack, Erin, and Maura, all who have participated in CMA events. Favorite events for the family over the years include the Quinn Family barbecues and all of CMA's Galas. We can always count on the Donnellys and their friends to be the last people leaving a gala (They have even been seen carrying out equipment for the band).



Besides lending CMA his professional expertise, Dave also contributes his and Annie's unique perspectives as the parents of a young man on the Autism spectrum. They have had to advocate for the most appropriate educational services, and continue to navigate supports and services for his future as a young adult. CMA is very fortunate to have the Donnellys in our extended family. Thank-you Dave for all you do!

SUMMER FUN

CMA was excited to bring back our **FAMILY FUN DAY** on Saturday, September 17, 2022. The CMA family has grown since our last gathering in 2019! It was awesome to welcome the ladies, staff, and family members from Malverne and Merrick. CMA program participants were joined by many family members, CMA Board members, and staff. It was fantastic to see all of the new babies - up to the adult children of the CMA employees too! Even some family doggies joined in the fun! Best dressed doggies go to Pat Stuppard and family.



Hats off to the planning committee who did an amazing job with all aspects of the day. Special thanks go to the committee members: Andrea Lawrence, Heather Aylward, Dena Pittman, Shemeka Davis-Burrell, Soraya Garvin, Denise Walsh, Henny Calle, Maritza Morency, and Nadege Desormeau, and our new Assistant Director Issa Bangay. Thank you to Eric Weigel and Don Williams for their hard work in getting everything set up, cleaned up, and helping with all the details!

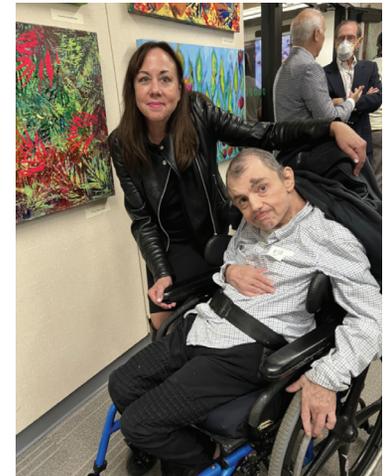


CMA ART EXPERIENCE

A Remarkable Neurodiverse Art Experience in Our Community

This year the organization embarked on an innovative creative experience with the residents of 15 group homes. The residents in each of their homes worked on a large collaborative painting with staff at their home and CMA Art Instructors. The results are remarkable, and each group worked together to make bold and inspiring pieces of art. This includes homes with fairly independent residents as well as homes with residents who need a lot of support due to their severe physical and cognitive disabilities.

The art show has been so well received and is now on tour for one year.



CMA AT THE BALLPARKS



NEW YORK FANS ARE THE BEST FANS

and the residents that live in CMA homes are no exception! This summer many residents attended their first subway series game at Yankee Stadium. The crowds' enthusiasm for each team was matched by staff and residents and everyone who attended can't wait to do it again next year.



Sunday, November 6th, the NY Jets played the NY Bills at the MetLife Arena. Once again, CMA residents came with their team pride and joined in the cheering and the jeering of the opposing team. The best part of the day? Tailgating with the exceptional BBQing from Residence Manager, Evens Saint-Rival.

Supporting each resident to be active in their communities and enjoy these memorable moments is just one way we fulfill our mission every day.

STAFF SPOTLIGHT

NICOLE FACEY | A dedicated and enthusiastic leader in the residential department.

Nicole has worked for two and a half years for CMA. She started as a Direct Support Professional and because of her passion as an advocate as well as her excellent leadership skills, she was quickly promoted to a Residence Manager. Nicole oversees the Supported Living Program located in Port Washington. This program supports ten people living in small homes and apartments in the community.

Nicole studied Radiology Technology in college. She is also a very talented artist and most recently brought her creative abilities to CMA as part of the CMA Art Experience.

Working alongside Michelle Stack, CMA Director of Development and Communications, Nicole supported the residents at each group home to collaborate on paintings. Nicole states, "This was a very rewarding endeavor and I enjoyed working with the residents at all of our homes." Nicole enjoyed this opportunity so much that she will be continuing to teach art classes at the residences monthly.

Residence managers like Nicole balance many responsibilities. On any given day she can be found working with her direct support staff to assist a resident with managing their money and paying bills, planning a trip to the supermarket, navigating challenging relationships, following up on a new medication or a medical appointment, or learning a new bus or train route. "Nicole is truly valued by the people in the supported living program. Whenever I speak to one of the residents they tell me how helpful, patient, and kind she is when they need her assistance." Heather Aylward, Senior Director of Residential Services.

Nicole stated, "CMA is very unique. The agency believes in a very person-centered approach to supports and the residents are always encouraged to engage in new activities and experiences."



COMEDY NIGHT

CMA's 17th Annual Comedy Night

CMA enjoyed a great night of Comedy thanks to our beloved M.C. Ray Ellin and wonderful committee; Matt Engel, Erica Lee Benedetto, James Slattery and Jo Ann Caracappa.

We were happy to honor Richard Guarino for his steadfast support of CMA over the years. The event was very successful, bringing in 65% over the record raised in 2021.



JO ANN CARACAPPA, JIM SLATTERY, RAY ELLIN,
MICHELLE STACK, ERICA LEE BENEDETTO, MATT ENGEL



LORI CENCI AND
MARIA MASSEI ROSATO



JEFF AND BONNIE FACHLER



MATT AND ILANA ENGEL

KERRI SABELLA, JOHNATHAN LERNER,
EILEEN EGAN, JEREL SABELLA



GIANMARO SORESI, MIKE FEENEY,
RAY ELLIN, TOM COTTER



ROBERT AND MARCIA PEARE



JOSEPH CARACAPPA, JOE DIMAGGIO, MARIE DIMAGGIO



LAUREN AND RICHARD GUARINO

COMMUNITY BUILDERS

NEW COMMUNITY BUILDERS PROGRAM



CMA is excited to announce our new Community Builders Program. Choose from the following options to make a monthly gift to CMA. FOR A PLEDGE OF \$25 OR MORE, YOU'LL RECEIVE A HIGH QUALITY T-SHIRT to showcase your support for the community

-
- INVESTORS \$5** 12 MONTHS WILL PURCHASE A WINTER COAT OR RECREATIONAL SUPPLY
-
- ARCHITECTS \$10** CABLE COST FOR ONE HOME, FEES FOR COMMUNITY ACTIVITIES
-
- ENGINEERS \$15** RECREATION ACTIVITY IN THE COMMUNITY, STAFF APPRECIATION
-
- FRAMERS \$25** COVERS A LANDLINE IN A RESIDENCE, A BIRTHDAY CELEBRATION
-
- BUILDERS \$50** SERVICE FOR GENERATORS, UPGRADE ENERGY EFFICIENCY
-
- DEVELOPERS \$100** REPLACE AN APPLIANCE, MUSIC THERAPY
-

MAKE YOUR PLEDGE NOW



GIVE YOUR OLD STUFF NEW LIFE!

Donate Books, Vintage Video Games, Sports Memorabilia, Old Phones & Laptops.

Please support CMA and their e-commerce educational training program.

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Contact ABE KING at aking@communitymainstreaming.org



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SAVE THE DATES

SUNDAY, DECEMBER 4, 2022
PICKLEBALL FOR A PURPOSE

FRIDAY, FEBRUARY 10, 2023
WINE AND CHOCOLATE

MONDAY, MAY 8, 2023
29th ANNUAL GOLF AND TENNIS OUTING

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