

THE AABR ADVANCE



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SUMMER | 2019

IN THE SPOTLIGHT: MICHAEL ROCK

Open AABR's new and improved Website and click on the News & Events drop down. There you will find an exceptional blog with posts that are both informative and well researched. The blog titled Rock Steady with Michael Rock is provocative, engaging and refreshingly informative. Mr. Rock is a New York based Reporter and Self Advocate with Autism who is a graduate of Brandeis University. Thus far he has covered a myriad of topics including The Perks and Perils of Dating and Sexuality with a Disability, The Limits and Future of Mass Transit for Those with Disabilities, Driving with a Disability, Dining on the Spectrum, Inclusion in Religious Spaces and The Importance of Media Representation in Disability Advocacy. Mr. Rock enlightens and educates his audience with fresh perspectives on relevant subjects that are applicable to our work supporting people with disabilities. Mr. Rock discusses the latest Apps, cites the most current research and provides a springboard for further thought and action.



Head directly to the blog:
aabr.org/category/rock-steady-blog

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AABR, Inc. is a Queens-based 501 C3 non-profit organization and is one of the largest service providers for individuals with developmental disabilities in the New York region.



AABR'S BOWLING LEAGUE *Strikes Up Serious Competition!*

In 2018, Associate Director of Residences, Tania Moreta and her management team got together to develop an AABR bowling league. What started out as a smaller endeavor began to grow in members as well as frequency. In the true spirit of working together, a staff person and an AABR member came together as Co-Captains for each team.

Together the people we support learn about sportsmanship, positive support and leadership as they work with established staff and management. What began as several residences getting together for fun and camaraderie developed into a full-fledged AABR Bowling League! Now people from 10 residential homes compete at The Whitestone Bowling Lanes for a chance to win the championship. The League has grown in number to 40 people. Each Individual experiences the outing differently, some to win, some for the workout, others for friendship and fun on three Wednesday nights each month. Any way we look at it, everyone is taking part in the winner's lane!

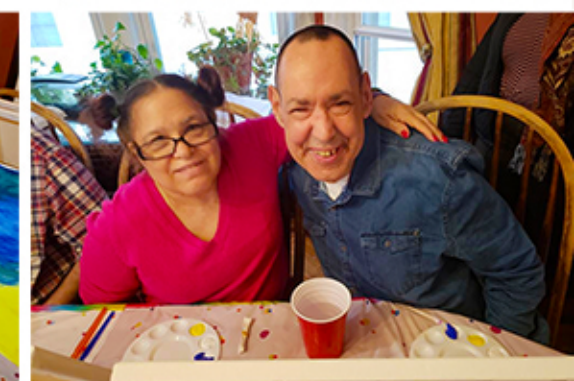


AABR MAKES THE TRANSITION FROM ICF'S TO IRA'S

In a collected effort, AABR has petitioned The Office of People with Developmental Disabilities (OPWDD) to transition from operating Intermediate Care Facilities (ICF's) to help foster greater levels of independence and community connection in Individualized Residential Alternatives (IRA's) for the people we support. Person centered planning is at the heart of this transition as we look to further to incorporate each person's individual choices, interests and needs in a positive, productive atmosphere. Planning from a person centered approach means that we look to listen and get to know each Individual. Steps are taken to provide exposure to the arts, music, community memberships and events so that those we support are able to make educated choices from a myriad of options based on their skills, preferences and interests. AABR is looking forward to this next phase of working even more closely with people in our mission, "that each life may have meaning."

SIP AND PAINT NIGHT

The Jane Carnacchio Residence was a-buzz with activity as they held their 1st ever Sip and Paint Night! The residence was set up as an art studio. Long tables, personal easels, canvas boards, smocks, paints and a variety of paint brushes were at each person's station. As they created their masterpieces, they sipped apple cider and listened to "the oldies" of the 50's, 60's and 70's. The people of the Carnacchio Residence hosted the night and invited their friends from the George Shebitz IRA, Parkway Ladies Community Residence, Bladt and Glesner Jones Residence until over 25 Individuals filled the home to take part in the painting extravaganza. For over 2 hours the painting continued before they sat down to enjoy dinner together. After the table was cleared and the food was put away, the festivities continued as Paint Night morphed into a dance party. No one wanted the night to end! Someone was heard to ask, "When's the next Paint Night? Let's do this again!"



ADVANCE - AABR'S MENTORSHIP PROGRAM

This year took off with a shot as AABR initiated ADVANCE, our new mentorship program designed to further develop our emerging leaders. Practicums included "How To" presentations by exemplary agency managers and Directors, as well as outside presenters who are leaders in the field. This semester ADVANCE Candidates had the pleasure of experiencing a presentation on Sustainable Leadership by the esteemed and former Superintendent of Schools, Dr. Patricia McLeod. Candidates were provided with an informative and spirited presentation. ADVANCE

candidates were asked to examine their leadership intent and explore the positive behaviors of successful leaders. ADVANCE Candidates were additionally presented with the preparedness required for effective leadership, from the benefits of good health and stress management to visionary attributes and relational leading. Long-time AABR Directors, Mary Frank, LCSW and Carline Brown, MSW, head up this initiative as both are interested in assisting management referred candidates to ADVANCE to the next level in their careers.



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