



The SPARK Newsletter

This month let's talk about.....A Fresh Start

Every year I see January as the start of possibility, of all that could be, of what I'd like to see, experience and achieve during the next twelve months. I'm looking at my 2021 Bucket List, excited for the chance to bring to fruition the 25+ items I listed during the month of December. I look at the list almost every day as it remains in sight throughout the year. It never ceases to amaze me that the items that are so present in my mind seem to come together before my eyes. I always put 1 or 2 items that I think are just ridiculously "impossible" and I've been surprised time and time again, when even some of those wind up being checked off! Amazing! Maybe this will be the year that I meet Barack and Michelle Obama! I wish everyone a year blessed with friends, family and most of all, good health. Happy New Year! — Mary Frank

keep it
simple.

Libby's Place (From the Desk of Executive Director, Libby Traynor)

Every year, we look at January as a symbol of a fresh start and a chance to have our "best year yet." This mindset feels more urgent than ever this year. The events of 2020 aren't going to vanish quickly. The coronavirus pandemic, in particular, will seep into 2021 — at least for part of it. This doesn't mean you can't look at the new year as a clean slate. In fact, it's important to look at the new year as a new start and shake off as many of those 2020 vibes as you can.

This year I am particularly looking forward to our country's fresh start with our newly inaugurated President, and Vice President and a vaccine that is here to combat the coronavirus. I am looking forward to an exciting year of growth and promise for AABR. Much of what I had hoped to accomplish in my first year as a new Executive Director was put on hold to focus all my energies on the dual crisis—COVID 19 and its economic impact.

Although we still have these concerns, due to the hard work of our leadership team and dedicated staff we have found strengths in overcoming these challenges. 2021 will be a fresh start to take the lessons learned throughout 2020 and make AABR a stronger, more efficient organization.

The leadership team has developed a robust and ambitious strategic plan for AABR. I look forward to sharing the plan with you. I will be hosting a Management Forum in the coming weeks to present the plan for growth and improvements AABR will be implementing this year. I look forward to sharing the 2021 vision with you all, and working together in accelerating AABR's mission.

P.S.- Please read the AABR Newsletter this month where we are highlighting several steps we are already taking to make the vision a reality!

Helpful Hints & Stuff (By Eileen Keegan, Director of Human Resources)

We made it through 2020, for this I am grateful. It was a rough year with the Pandemic, losses and tragedies in our world. It definitely has affected most of us in ways that I feel will be felt in our lifetime.

With a new year here we can only hope for a different year, hope that 2021 will be better than 2020. The new year gives a chance to reinvent ourselves. It allows us to shed the baggage of 2020 and make a fresh start. For the year 2021 I am going to be grateful for all things in my life, which in turn will help me with difficult situations. "It's the little things we do every day that help create the big things."





Water St IRA I & II's.....

HOT PIX of the MONTH

Movie: Coming to America
 Music/CD: Unpredictable (Jamie Foxx)
 Book: The Coldest Winter Ever
 Theater/Play: Mama I Want to Sing
 Restaurant: Benihana
 Fragrance: White Diamonds (Elizabeth Taylor)
 Food: Curry Chicken, Roti
 Stress Reliever: Massage,
 Soothing Jazz Music



Cocktails by Kathy

White Russian

Won Ton Wrapper Appetizers

1 (16oz) package wonton wrappers

1 -pound sausage
 1 cup shredded Monterey Jack Cheese
 1 cup shredded Cheddar Cheese
 ½ cup black olives, drained
 1 cup Ranch style salad dressing

Directions

Preheat oven to 350 degrees F (175 degrees C).

Spray a miniature muffin pan with cooking spray.

Insert wonton wrappers into the muffin pan so as to form small cups. Bake 5 minutes in the preheated oven. Allow the baked wrappers to cool. Remove from the pan. In a medium bowl, mix the sausage, Monterey Jack, Cheddar, black olives and Ranch-style dressing. Fill the baked wonton wrapper cups with the mixture. Bake the filled wonton wrappers 10 to 15 minutes, until the sausage mixture is bubbly and slightly brown. Watch closely so the wonton wrappers do not burn.

Enjoy!

INGREDIENTS

Ice
 2 oz. Kahlua
 2 oz. vodka
 2 oz. heavy cream

DIRECTIONS

Fill a rocks glass with ice.
 Pour Kahlua and vodka into glass.
 Pour heavy cream over top and serve.





It's a new day, fresh start, fresh energy, new opportunities. Get your mind right, be thankful, be positive and start your day right.

WWW.LIVELIFEHAPPY.COM

everyday
is a fresh
start

hunting louise

COVID Vaccines

LAST CALL

As you know AABR has partnered with Total Care Pharmacy to bring COVID-19 Vaccines to AABR. Vaccines will be scheduled at AABR's Main Office

& St Pascals.

Appointments will be scheduled for those AABR Employees who express interest, shortly.

If you originally declined the vaccine and now wish to receive the vaccine

Or

If you have questions about the vaccine, please contact:

Mary Frank

(718) 517-0360 (Cell)

**AABR' is looking For the
best of the best. Help us by
using our Employee
Referral Program.**

REFER-A-FRIEND

\$300



Tell a friend



Friend is Hired



**You Get Referral
Bonus***

**Contact Human Resources (718) 321-3800
or email HUMANRESOURCES@AABR.ORG**

***\$300 Bonus awarded after the referred friend has been employed for 6 months
and \$300 bonus after the referred friend has been employed for one full year**



IMPORTANT INFORMATION

For Self-Care & Emotional Support-
The Best Free Meditation Apps you can Download

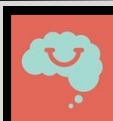


Insight Timer -#1 Free App for Sleep, Anxiety and Stress. 14 million people +

www.headspace.com/ny—Provides meditation and mindfulness resources to New Yorkers. Free guided meditations, at-home mindfulness exercises & additional resources for help w/rising stress & anxiety.



My Life: Stop, Breathe and Think—a custom designed meditation app based on your feelings, state of mind and body to come up with a specific meditation for you.



Smiling Mind
—Very short meditations to help adults and young people develop healthy coping skills,

**New York
Mental Health
Hotline**

1-844-863-9314

**Free emotional
support,
consultations and/or
referrals to a provider
8AM-10PM**

Comprehensive Counseling Center—offering Tele-Therapy in areas including depression, anxiety, grief and bereavement (718) 830-0246, (516) 594-0247. Accepts United Health Care, Medicare, etc.

GriefShare.com—free Grief & Bereavement Groups

24/7 New York State HOPEline (OASAS)
Call 1-877-8-HOPENY or text 467369 Re: Addiction

Center for Suicide Awareness—
Free emotional support for ANY difficulty/struggle
Text HOPELINE (4673-5463) to 741741

United Health Care—Call the number on the back of your Insurance Card to get in touch with professionally trained mental health experts.

Safe Horizon Hotline: 1-800-621-4673 (HOPE) or www.safehorizon.org
For victims of domestic violence, sexual assault, emergency housing, etc.

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)



Just need to talk? Overwhelmed? Stressed out?

We're here for you.

SPARK Employee Assistance Program

Caron Gelfand, LCSW, ACSW (516) 319-8618

Mary Frank, LCSW (718) 517-0360

Confidential, Short Term Counseling, Referral