



# The SPARK Newsletter

## *This month let's talk about.....Renewal*

“Renewal: the replacing or repairing of something that is worn out, run down or broken.” How many times during 2020, or even this year have we experienced feeling worn out, run down or even momentarily broken? We haven’t even begun to process the loss, the grief, the changes associated with the Pandemic that has gone on for the past 13 months. We’ve been so caught up in “keeping it moving” that often what might help us heal or rest doesn’t even seem possible...who has the time? As signs of Spring begin to bloom, we may want to take a moment to focus on allowing ourselves a rebirth of sorts. Driving home with the cell phone off and the music on, taking a walk or a bath to simply think, meditating or praying, deep breathing for one minute (even if you need to go into the bathroom to do it!) What have you done to restore your mind? Do you have racing thoughts? How can you slow them down? What have you done to restore your health? Are you preparing nutritious meals, attending to annual medical appointments or getting vaccinated? What have you done to restore your heart? Are you spending time with loved ones, and pets if you have them? Do you remember who brings you the most joy and makes you laugh? When is the last time you spent quiet time in nature, on a beach, in a park or even care for a plant at home? Maybe this Spring, allow yourself to be restored. It’s time. Be well.— Mary Frank

keep it  
simple.

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

Dear Staff,

All around us Spring is blooming! There is no better reminder of that than the daffodil. Their cheery yellow heads that dot our cityscape are a happy harbinger of Spring and punctuate the fact that the long cold days of winter are behind us. What a remarkable visual reminder of rejuvenation and renewal. It makes me want to grab my sneakers and get outside.

Along with the daffodils, my hope blooms as we move forward in this pandemic. With the vaccine being distributed and more and more of us being protected from COVID, AABR will find renewal and rebirth as well. Since April is ‘National Poetry Month’, I offer you a poem about Spring, renewal and the cheery daffodil! I look forward to this season of renewal for AABR!

Sincerely,

Libby Traynor, LCSW  
Executive Director



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

Spring is a time for new beginnings. For me, it’s a time to shake of the cold weather and gray days. As the flowers bloom and the weather gets warmer, I’m ready to get outside and begin enjoying life to the fullest. I look forward to warmer temperatures, the sun, longer days, long walks, warm nights, sitting outside, trees blooming, seeing my neighbors. Don’t let this spring pass you by without making a commitment to yourself. Start with something simple, focus and believe in yourself that you can do it. Remember that spring is in the air and before you know it, it will be summertime!



(Libby's Place Continued)

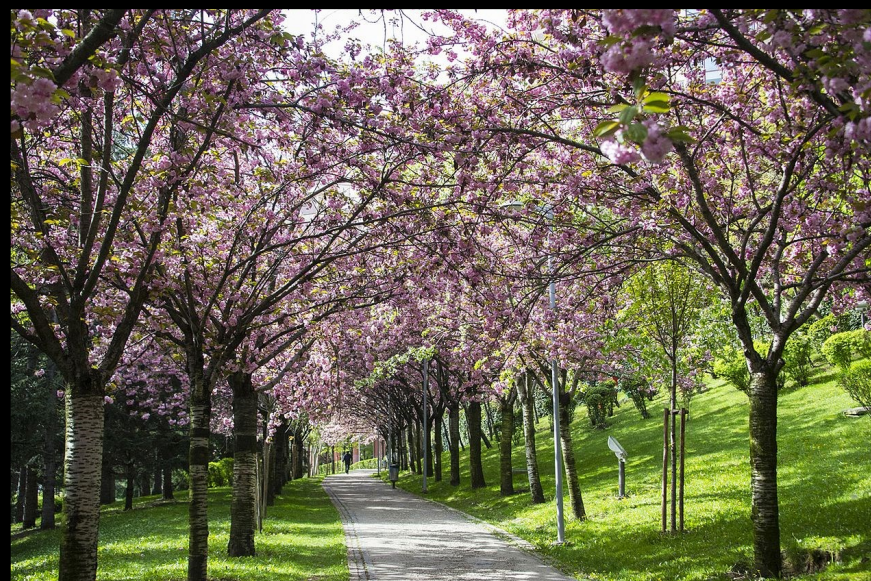
The grass is green across the hill,  
But yellow blooms the daffodil.  
It's sunshine on a little stalk,  
A friendly flower, I bet they talk...

Of little kids, too long inside  
They burst outdoors to play and hide.  
Tracking mud and bringing bugs.  
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,  
They skin their knees while riding bikes.  
They rip and roar, they're running wild!  
What fun it is to be a child.

It grows warmer every day.  
Shoo the children out to play!  
Pick the flowers, play in mud.  
Too much rain, here comes a flood!

My snowy, winter days are gone.  
I mourn them, but I hear a song  
Of birds in trees; wind chimes ring.  
I guess it might as well be spring!





# If you've lost a family member to COVID, help is on the way....

**Starting Monday, April 12, those who lost loved ones to COVID-19 will be able to apply for retroactive reimbursements for burial costs.**

Applicants can receive up to \$9,000 per burial.

The deceased's documentation status is not considered, but the applicants must be U.S. citizens, legal residents, asylees, refugees, or non-citizen nationals.

**To apply, you must call 844-684-6333.** The call center will be open from 7am to 7pm ET, starting April 12.

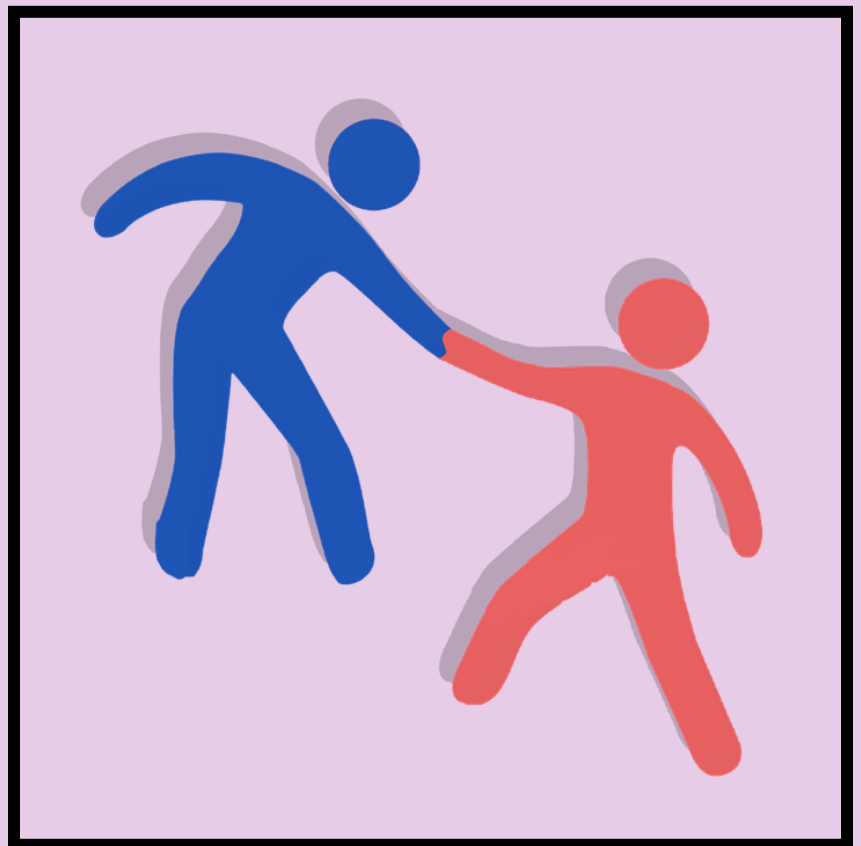
Before you call, please collect relevant documentation. The applicant (s) must provide:

- a copy of the death certificate. The death certificate must indicate the death "may have been caused by" or "was likely a result of" COVID-19 or COVID-19-like symptoms. Similar phrases that indicate a high likelihood of COVID-19 are also considered sufficient.
- proof of funeral expenses incurred. Documentation (receipts, funeral home contract, etc.) must include the applicant's name as the responsible person for the expense, the deceased individual's name, the amount of funeral expenses, and that funeral expenses were incurred after January 20, 2020

Please note, FEMA will only award COVID-19 funeral assistance for a deceased individual on a single application. If multiple individuals contribute toward funeral expenses, they should register under a single application as applicant and co-applicant.

For examples of eligible funeral expenses, and for more information, visit:

FEMA's COVID-19  
Funeral Assistance Web Page.



## Shrimp on Seasoned Crackers with Pepper Jelly and Cream Cheese

### Ingredients

#### Seasoned Crackers

1 sleeve saltine crackers (about 35)

¼ cup olive oil

1 teaspoon onion powder

1 teaspoon crushed red pepper

½ teaspoon garlic powder

¼ teaspoon cayenne pepper

¼ teaspoon black pepper

#### Shrimp

24 jumbo peeled, deveined raw shrimp (about 1 lb.)

1 teaspoon kosher salt

1 teaspoon black pepper

1 tablespoon olive oil

2 tablespoons chopped fresh flat leaf parsley (plus more for garnish)

2 tablespoons fresh lemon juice (from one lemon)

1 tablespoon chopped fresh chives (plus more for garnish)

1 tablespoon chopped fresh dill (plus more for garnish)

#### Added Ingredients

½ cup cream cheese (at room temperature)

¼ cup red pepper jelly (at room temperature)

#### Directions

Prepare the Seasoned Crackers: Stack crackers upright (as they are packaged in the sleeve) in an airtight container in a single layer. Whisk remaining 6 ingredients in a bowl; pour mixture evenly over all crackers. Put lid on container; let stand 10 minutes. Flip container; let stand 10 minutes. Repeat until oil and seasoning have soaked into crackers, about an additional 10 minutes.

Prepare the Shrimp: Stir together shrimp, salt, and pepper in a bowl until evenly coated. Heat oil in a large nonstick skillet over medium-high. Arrange shrimp in 1 layer inside skillet. Cook until shrimp just turn pink and firm, 2 to 3 minutes per side. Transfer to a large bowl; cool slightly, about 5 minutes. Add parsley, lemon juice, chives, and dill; stir together until shrimp are evenly coated.

Arrange 24 seasoned crackers on a platter. (Reserve remaining crackers for another use.) Spread 1 teaspoon cream cheese on each cracker. Top each cracker with 1 shrimp, and spoon ½ teaspoon pepper jelly onto each shrimp.

Garnish with additional herbs. Serve immediately.



**Carnacchio IRA's.....**

**HOT PIX of the MONTH**

Movie: What Happened to Monday

Music/CD: I Just Called to Say I Love You  
(Stevie Wonder)

Book: The Midnight Library

Theater/Play: Once on This Island

Restaurant: Arcadia Bar in NYC

Fragrance: Bleu De Chanel

Food: Alfredo Pasta with Shrimp

Stress Reliever: Music therapy

## Cocktails by Kathy

### Cherry Blossom

#### Ingredients

1.25 oz 1800 Silver Tequila (or to taste)

1 oz lime juice

1 oz grapefruit juice

.25 oz grenadine

Grapefruit slice or maraschino cherry  
for garnish

Salt as needed

#### Instructions

Pour all ingredients into shaker and shake well.

Strain into a salt rimmed martini glass or serve over ice.

Garnish with a grapefruit slice or cherry.



**Important Numbers:**  
**Empire Blue Cross/ Blue Shield**  
**24 Hour Nurse Line**  
**1-866-784-2643**

**Member Services 1-844-235-4455**  
**Provider Services 1-800-676-2583**

**GET AN EXCELSIOR**  
**PASS!**

***NEW YORK STATE IS  
OFFERING A FREE  
PASS TO STORE YOUR  
VACCINE ON YOUR  
PHONE IN DIGITAL  
FORM***

**1) GO TO YOUR**  
**APP STORE**

**2) DOWNLOAD:**  
**NY WALLET**

**3) CLICK ON:**  
**GET MY PASS**

**4) ENTER:**  
**YOUR DOB,**  
**DATE & LOCATION**  
**OF YOUR**  
**2ND VACCINE**  
**(Or J&J Shot Date)**

**AND YOU HAVE**  
**YOUR PASS!**

## **COVID Vaccines**

***We're going to have  
another Vaccine Event!***

As you know AABR has  
partnered with Total Care  
Pharmacy to bring  
COVID-19 Vaccines to  
AABR.

Vaccines will be  
scheduled at AABR's  
St Pascals

If you would like to  
receive the vaccine  
Or

If you have questions  
about the vaccine,  
please contact:

Mary Frank  
(718) 517-0360 (Cell)  
Call or Text

**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](mailto: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**





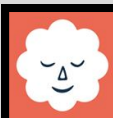
## IMPORTANT INFORMATION

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

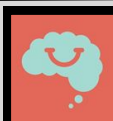


Insight Timer -#1 Free App for Sleep, Anxiety and Stress. 14 million people +

[www.headspace.com/ny](http://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](http://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**