



# Our Stories

Living Full Lives Every Day



## Recognized with NYSID's William B. Joslin Outstanding Performance Award

When Rudy Johnson began working at Lifespire's Bronx Comprehensive Services Center nearly twenty years ago, he was shy and very much a loner. Over time, he slowly started making friends and becoming more self-confident and self-assertive. We are proud to announce that Rudy was recognized with NYSID's 2018 Joslin Outstanding Performer Award recipient. He was presented with a check for \$500 and a certificate for outstanding performance.

Facility Director, Barbara Flores credits Rudy for his positive work attitude and work ethic. "Rudy is a positive role model for everyone at Lifespire because he takes his responsibilities seriously and rarely misses a day at work." He states simply that, "people depend on me." Rudy is particularly skilled at sorting and packaging and works hard to meet deadlines. Over the years, he has assembled and packaged a variety of NYSID materials, such as socks, t-shirts, pants, and utensils. He continues to take pride...

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## Recognized with NYSID's William B. Joslin Outstanding Performance Award – Continued from Page 1

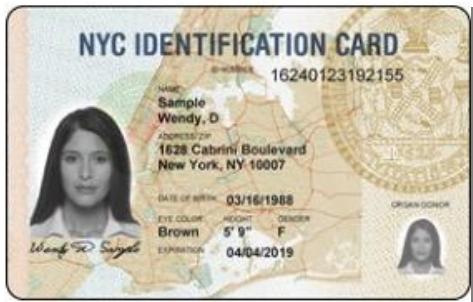
...in his work. One of Rudy's support persons, Carlos Nunez, Activities Manager describes Rudy as "a conscientious worker." According to Rudy's Counselor, Freddy Feliciano, "each day Rudy strives to become a better version of himself as an employee and a person."

When asked how Rudy feels about being recognized as a Joslin Outstanding Performer, Rudy replied, "Perfect, proud". Rudy envisions traveling independently one day soon, as he knows that this will help him to accomplish his goal of working competitively. **Congratulations Rudy!**

*Photo L to R: Carlos Nunez, Activities Manager, Rudy Johnson, Award Recipient and Barbara Flores, Facility Director*



## Community Connections: Getting and Using Your IDNYC



All New York City residents age 10 and older can get an [IDNYC](#) card. Not only can your [IDNYC](#) be presented as proof of identification, it also has many other benefits including doubling as a public library card, and providing for free one year memberships to many of the city's leading museums, zoos, concert halls, botanical gardens and...

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## CQL Capstone – Health and Wellness

The pursuit of best possible health is both personal in its understanding and subjective in its application. If you think about it in terms of your own health and the health of those around you, your sibling may have a completely different idea of a healthy lifestyle in comparison to how you view a healthy lifestyle. While your brother may broadly prioritize the prevention of significant infections or ailments, you yourself might focus on exercise regiments to stay fit and strong.

The concept of best possible health is outlined in CQL's Personal Outcome Measures® where it is stated that *Best Possible Health* is "individually defined by each person, given his or her unique characteristics." Beyond just the individualized nature of realizing someone's definition of health, the Personal Outcome Measures® lays out that "health care interventions for people are personalized and effective." Part of this value is the inherent belief that organizations should embrace the self-management of health and wellness by people receiving agency services, providing supports for people to direct and manage their own health care. According to CQL's [Basic Assurances®](#) self-management of health refers to "people receiving supports being involved in their own healthcare, including decisions about healthcare providers and the services they receive... all people receiving supports should be afforded the same choices in healthcare available to others."

## Community Connections: Getting and Using Your IDNYC Card – Continued from Page 2

...many museums including the Museum of Modern Art. Applicants must complete an application and submit it at an IDNYC Enrollment Center or an IDNYC Pop-Up Enrollment Center, which travels to neighborhoods across the City. Many types of documents are accepted, all of which are listed on the documentation page.

You must submit your application and proof of identity and residency in person at an IDNYC Enrollment Center. The IDNYC card is free for all New Yorkers who apply through December 31, 2018. After you apply for the card, it will be sent to you in the mail.

Check out the website <https://www1.nyc.gov/site/idnyc/about/about.page> and please be sure to let us know how you get on with getting and using your card!

## Lifespire Art Exhibit

Many talented artists participated in our annual Art Exhibit. We celebrate the many talents and styles of our artists and thank them for sharing their work with us. We hope that people are working toward our next exhibit which will be in the Spring 2019!



Virginia Argento, QN CSC staff & supporter and Brandon Collins, artist with the QN Creative Expression Group mixed media piece, "The Dreamers".



Now & Then by Nicole Perez, MNCSC



Eagle by Pedro Santiago



Peace on Earth by Brandon Collins, QNCSC

Thanks to each of the programs that supported our artists in their work and submissions including: Queens North CSC, Bronx CSC, Osman Place IRA, Kamish IRA, Manhattan North CSC and Manhattan South CSC.



Queens North CSC group: L-R: Mark Barrameda, Brandon Collins, Virginia Argento, Thomas Lambe, Tara Fitzgerald, Jose Rodriguez, Oonagh Christie, Carlos LaRosa

## In the Spotlight



When **Yoharmelin Reynoso** joined the Lifespire family in August of 2016, she was quiet and timid. However, music was the tool that helped Yoharmelin develop the confidence she needed in order to try new and innovative experiences. **The Dance Club** at Queens South CSC Day Habilitation program caught her attention immediately and with encouragement, she was able to take it to the next level by participating in various shows produced by the club, such as Motown, Hip Hop, R&B and the Great Gatsby Fashion Show.



Yoharmelin has always shared her passion and dream to help others and to work with children. While participating in different clubs and community inclusion, she received the reassurance she needed to pursue her dreams. With the support of her team, she decided to pursue employment and is taking her first steps by beginning Pathway to Employment. She is working on additional skills necessary to obtain a job working with children. We believe in her determination and will continue to provide the support she needs to achieve her goals and dreams.

## Live Theatre Productions at Queens South CSC

Lifespire's Queens South CSC recently took a nostalgic trip to the roaring 1920s, transforming the site into The Great Gatsby Ballroom. The gentlemen gathered their suits, hats and canes and the ladies gathered their flapper dresses, pearls and cigarette holders. As they modeled and danced for the packed house, they brought the Great Gatsby Era to life with a magical touch. Moreover, their performance showed their increased self-confidence over the past 3 months. Their effort in learning the routines and looking their best was well projected on the runway and on the dance floor.

A special thank you to Michael Fillyaw (person supported) for sharing this idea with everyone at Queens South CSC. Your confidence and enthusiasm inspired 50 people to bring your ideas to life!

Thank you also to AJ (Direct Support Professional) and the entire Queens South team for continuing to promote independence and encouragement to people we support by believing in their dreams.

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Rosemarie, Shawna-Kay, Janet, Christina, Yoharmelin, Jewell, Mary, Kathy and Karen



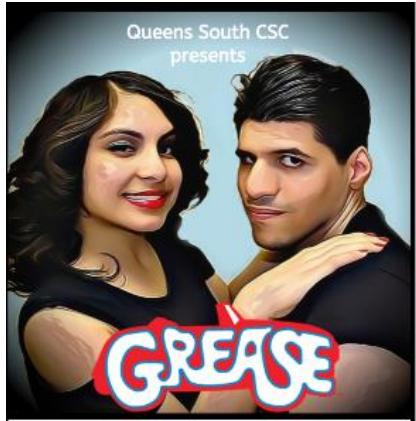
AJ, Jason, Eduardo, Lennox, Michael, Forbes, Glen, Andre, Eric, Charles, Austin, Willie and Sentle. Front: Lennox, Herbert and Alejandro.



### The CQL Difference:

- ~Change Inspires Us
- ~Data Drives Us
- ~People Define Us

## Life Productions at Queens South CSC – Continued from Page 5



Posterized Photo of  
Yoharmelin & Eddie starring as  
Sandy and Danny!



Pink Ladies, T-Birds, Sandy and Danny



Pink Ladies: L-R: Rosemarie, Karen, Laura, Phyllis, Janet



Iris, Nadira, Carl, Morna, Melissa, Carolyn, Leyla, Arlene, Jenner, Olive, Bibi,  
Lillian, Frances, Andrice, Sewmattie and Michele

## Lifespire Participates in Disability Pride NYC Parade

The mission of **Disability Pride NYC** is to promote inclusion, awareness, and visibility of people with disabilities, and to redefine public perception of disability. Their goal is to establish an annual Disability Pride parade in New York City and to support people with disabilities in whatever way we can.

The Disability Pride Parade was a huge success. Although there were very few observers along the parade route, thousands attended and marched. Lifespire was well represented by about 40 people – we carried our banner and balloons and wore our individually designed t-shirts and Lifespire baseball caps.



We were a popular group due to our enthusiasm and our beautiful personalized t-shirts. The official and unofficial photographers photographed us often. You Go **Lifespire!!**



**"I AM**  
**Different,**  
**not LESS."** ~Temple Grandin

# DSPs Demonstrate Confidence in the Face of an Emergency



Rose St. Jean

Rose St. Jean and Danielle Pisano are both excellent DSP employees at Chelsea IRA. They are very dedicated to the people we support and have forged a strong rapport with the individuals.

On the evening of 8/2/18 both Rose and Danielle had a chance to show off their first responder skills.

The shift started as usual. However, at approximately 9:30 pm the fire alarms of the residence suddenly went off, as excessive smoke was noted in the basement. Both staff quickly and calmly evacuated everyone to safety. FDNY were notified and resolved the issues regarding the smoke.

While the situation regarding the excessive smoke was quickly resolved, helping everyone who lives at the Chelsea IRA took more effort, as they remained anxious about the possibility of having to suddenly evacuate their home again. At that time Rose and Danielle reassured everyone that they were safe! **Well Done Rose and Danielle!!**



Danielle Pisano



## Community Resources

I love New York. We live in such an amazing city, with many rich and diverse neighborhoods and communities. I recently discovered a completely new resource – the NYC Ferry. My friend Kelly & I were taking a trip leaving from JFK, she lives in the Rockaways but getting there from Manhattan by subway is quite a trek. She suggested that I try the ferry – from Wall Street to Rockaway - it is a wonderful trip! Brooklyn and Manhattan from the NYC Harbor is a site familiar to many New Yorkers in particular anybody who has made it to Staten Island (they have had their ferry for a long time & it's free!). The NYC Ferry Rockaway Route was special as it continued under the Verrazano Narrows Bridge and into the lower bay where we turned left along the Brooklyn Coast, with Coney Island lights twinkling not too far ashore. We went on under the Marine Parkway - Gil Hodges Memorial Bridge and landed at Beach Channel Drive @ 108<sup>th</sup> Street. I look forward to hearing from you about any trips you take!

*Onagh Christie, VP for Quality Management*



As you can see from the photo on your left, there was also a wonderful sunset that evening.

NYC Ferry now operates in 4 NYC boroughs. Check out the routes & schedules for all 6 lines at <https://www.ferry.nyc/>

