

# Spotlight

Newsletter  
June 2020  
Issue 5



Yedei Chesed would like to take the opportunity to express our sincerest gratitude, appreciation and thanks to our selfless and dedicated Direct Support Professionals who have extended themselves and surpassed all expectations during these trying times.



*To all DSP's:*



is for your dedication, devotion and determination. You are ready to sacrifice your own safety and well-being and display courageous and genuine caring to those that need you most during this pandemic. To be "essential" is to not always have the option of staying home. We stand in admiration of your flexibility and willingness to work even when the world around you is coming to a standstill. You willingly assume new responsibilities and innovate creative means of engaging and assisting the people you support while taking the appropriate protective precautions. Thank you for spreading light and hope during these times of uncertainty and fear.



is for your selflessness, sensitivity and skill. You make decisions that are not only practical and intuitive, but particularly customized to reflect the circumstances of the person that you are supporting. You demonstrate exceptional care and concern, patiently helping others cope with difficult circumstances. Your kindness and compassion are extraordinary, and we want you to know that it doesn't go unnoticed. Your expertise and proficiency are evident in the quality care that you provide on a constant basis.



is for your passion, purpose and perception. You devote limitless time and energy to the people you support with enthusiasm and zeal. You are a true advocate, who gains nothing outwardly other than fulfilling a passion to protect and empower other people. Without any personal aggrandizement, you are the voice of the voiceless, identifying their needs and employing every possible means of filling those needs. Your confidence in the abilities of the people you support is what gives them the courage to overcome their various challenges.

*Be proud of the work you do and of the difference you make.*



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# FSS

Family  
Supports  
Services

The FSS and Family Liaison Departments stepped up to the plate, organizing special deliveries and fantastic programs during the difficult weeks of quarantine.



Over 120 ladies joined us before Shavuot for a live baking demo with Miriam Pascal! Ingredients were sent beforehand to each family, to ensure that everyone would be able to participate in this exciting event. Miriam Pascal is the founder of

OvertimeCook.com, one of the world's leading destinations for kosher recipes, and author of the "Something Sweet" cookbook of dessert recipes. Miriam showed the women how to make delectable and impressive desserts using basic ingredients and easy-to-follow recipes.

Families also received all the supplies needed to make beautiful Shavuot centerpieces to grace the Yom Tov table. This was followed by an exciting Zoom session with Mrs. Ronit Hakakian, who demonstrated how to create the centerpieces. The elegant vase with flowers and marbles added that perfect touch to the Yom Tov atmosphere.



On Monday, June 22, the ladies were treated to a beautiful Rosh Chodesh event. The event, which took place outdoors, was graciously hosted by Mrs. Shani Chaitovsky. A delightful buffet was specially prepared by Glauber's catering.

Mrs. Shevy Weinberger demonstrated mindfulness techniques, something we can all benefit from during stressful times! To top it all off, Mrs. Faigy Wasserman was invited to entertain with a spectacular "Drumming in Motion" activity. This was a great opportunity for women to get out and enjoy a much-needed break after three months of being full-time mommies!

The men's Chevra got together for a sensational outdoor BBQ at the home of Mr. Chaim Goldstein on Thursday, June 12. The program included live music, great food, and a thrilling comedian show. Thank you to Mr. Goldstein for hosting this wonderful event!



Beautiful flowers  
were delivered  
to families  
לכבוד שבועות



## Respite

### Magic Moments

### HOP ABOARD THE TRAIN TO THE RESPITE PROGRAM

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PHONE  
845-425-0887 EXT.273



Magic Moments Respite programs are a division of Yedei Chesed which are funded by OPWDD

# Residential



The Grandview group home will be transforming into the most exciting Camp Candyland this summer, where no place is better than our Home Sweet Home! A fantastic group of dedicated and responsible counselors will be staying at the Grandview residence for the eight-week program. Each counselor is assigned to one camper. The one-to-one arrangement allows the campers to bond with their counselors, forming beautiful relationships. The highly individualized program is geared towards refining gross and fine motor skills, as well as improving cognitive, social and emotional development.

The children's regular therapy sessions will be incorporated into the schedule. In addition, they will benefit from exercise and massage therapy routines, which provide relaxation and promote healthy play. The campers will also enjoy sensory activities, trips, and delicious meals. Many incredible programs are planned, including a mock wedding, talent show, and a carnival!

Looking forward to a fantastic summer!



# HCBS



Home and Community-Based Services (HCBS) refers to the federal programs that enable participants to thrive in their own homes and communities, reducing the need for placement in out-of-home arrangements. Until recently, HCBS programs were limited in their scope. This created a gap where people were not able to access the services they needed, due to inflexible protocols.

In 2019, New York State combined several waivers to form a new Children's Waiver. This opened new doors for people who are unable to get OPWDD services through the standard HCBS waiver. The Children's waiver is designed to support children and youth as they work toward their goals and achievements.

Unlike the standard HCBS Waiver, which requires a diagnosis that indicates a developmental disability, the Children's Waiver is open to more categories. For example, people who are medically fragile, or suffer from emotional, mental or social disorders are now able to get services through this Waiver.

Once enrolled in the waiver, a person is eligible for all traditional services, including Com-Hab, Respite, Day-Hab, PreVoc and FSS. The services are personalized to address the needs of each participant and are constantly changing to ensure individualized care. This facilitates greater flexibility in getting the services that are needed. People enrolled in the Children's Waiver will also receive care management.

If you are interested in finding out more about the Children's Waiver, please contact Mr. Chaim Solomon at [chaims@yedei.org](mailto:chaims@yedei.org), or 845.425.0887 ext. 248.





## WHAT IS CQL?

The Council of Quality and Leadership, otherwise known as CQL, is an organization that ensures that the quality of services are paramount in programs for people with disabilities. For over 45 years, CQL has been working with public and private organizations to develop standards and indicators of quality services.

Since its establishment in 1992, Yedei Chesed has been dedicated to its vision of providing outstanding services to the people we support. As part of this vision, Yedei Chesed continues to improve the quality of our services on a steady basis and is constantly striving to develop new programs and ideas to meet the needs of the community. After much research, it was decided to bring in outside experts to assist with the development of these programs.

How does accreditation help? CQL's Quality Enhancement Specialists have diverse areas of expertise and work with hundreds of organizations across the globe. Accreditation equips the agency with valuable information, insight, guidance and support. When organizations rely on their own internal review of operations, they may unintentionally allow the investment they have in their organization to influence their decisions. Yedei Chesed is proud to be accredited by the Council of Quality and Leadership. The accreditation will reinforce our agency's mission and vision and will ensure the ongoing and consistent improvement of quality services.



## ASK THE THERAPIST

**Q: My kids have been home almost 24/7 for over three months. Now that things are starting to open up, including daycamps, how can I help them get back on track to a normal schedule and adjust to being among peers again?**

While many of us are looking forward to getting back to a more regular schedule, there are also a number of concerns that come up. Getting up on time in the morning is one challenge, especially for kids who have been enjoying the opportunity to stay up late. When practical, it can be helpful to introduce a "summer bedtime schedule." While understanding that it may be different than during the school year due to long hours of daylight, making it slightly earlier (depending on your child/children's nature) each night can help the adjustment of adapting to a reasonable time to get to bed.

Another challenge that comes up for some kids is the re-integration into their peer group. While some children will adapt seamlessly, others may feel anxious or agitated, especially if they got used to doing things their own way. Know that any of these, or other, reactions are normal. It can be helpful to prepare the more anxious child, starting by asking what they are concerned about. Some rule-bound children may have seen other kids disregard social distancing rules and that is uncomfortable for them. Some may feel like they won't know what to talk about with friends. Reflect what they are sharing, validate their feelings, and once they feel heard, then ask if they would like you to share suggestions. Emphasize that you are always there for them to discuss anything that is bothering them.

BE"H with a little preparation, our kids will readjust and thrive in the new regular routine and social settings!

*--Natana Grosberg, MS LMHC, NCC*



**New! Question and Answer column with our expert therapists. Do you have any questions? Have them answered here! Please email any questions or comments to [spotlight@yedei.org](mailto:spotlight@yedei.org).**