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The NADSP E-Badge Academy
A Nation Witnessing Extraordinary Commitment
1,000th Certification Earned!!

AHRC Nassau was honored to have been the lucky organization to have the 1,000th E-Badge earner, Tiajuana Gardner. We hosted a fabulous brunch celebration on February 6th at the Mansion. The E-badge academy's CEO, Joseph M. Macbeth and Kerri E. Neifeld, Commissioner of NYS Office for People with Developmental Disabilities were in attendance. A number of our E-badge earners were in attendance to receive their certificates and take a photo op with all of the people that are responsible for this program. We heard a heartfelt speech, "In My Own Words", by Philip Spohrer on the importance of DSP supports in his life. We also honored our very own Tiajuana Gardner as the 1,000th E-Badge recipient. We heard remarks by Vanessa Wright, Learning and Professional Development Specialist, who oversees the E-Badge program.



Tiajuana Gardner
DSP-III, 1,000th E-Badge Earner



Stanford J. Perry—CEO
AHRC Nassau



Joseph M. Macbeth, CEO & President,
National Alliance for Direct Support



Vanessa Wright,
Learning & Professional Development Specialist



Kerri E. Neifeld—Commissioner
NYS Office for People with Developmental Disabilities



Philip Spohrer, "In My Own Words"

Message from the CEO



Dear Colleagues,

February is Black History Month!

This represents a time for all of us to reflect on the innumerable contributions of African Americans in the building of this great nation. I hope that you will join me in a month of celebration, learning, and appreciation for the richness of diversity that exists within our organizations. I am proud of the work that Dr. Sarah Gonzalez Noveiri, Diversity, Equity, and Inclusion (DEI) Officer, and her team and committees continue to produce. Their commitment to these principles makes our family of organizations a better place to learn, grow and thrive.

As we move forward into 2024, I would like to wish us all the best that this year has to offer. Thank you all for your hard work and dedication to ensure the success of 2023. We have much to be proud of:

- Our schools continue to show steady progress with (DEI) Diversity, Equity, and Inclusion
- Enrollment in our educational programs and CRPs remains high due to the provision of high quality residential and education services.
- Compass status was once again achieved and CQL status has been maintained for AHRC Nassau and Citizens.
- Wheatley Farms and Arts Center, along with the Big Tree Farms Gift Shop are fully operational.
- Our Diversity, Equity, and Inclusion Program (DEI) received a grant to expand DEI learning and education across the State of New York
- Advocacy and outreach to our elected officials is at an all-time high.
- We are seeing growth in the recruitment and retention of DSPs.

To support our exceptional DSPs, we need to come together and urge state representatives to invest in the I/DD community. I, alongside many in our community, was disappointed by Gov. Hochul's Executive Budget which allocated a 1.5% Cost-of-Living Adjustment for disability funding. Right now, it's critical that you show your support for a 3.2% Cost of Living Adjustment (COLA) and Direct Support Wage Enhancement. Together, we must raise our voices – and ensure the urgent and immediate needs of our community are heard.

Your advocacy matters. Our current programs are the result of 75 years of advocacy, commitment, and vision for a more inclusive future. This diamond anniversary year, I invite you to become better acquainted with our history and share memories with the AHRC Nassau self-advocates, family members, and staff who've made an impact on your own personal history. Throughout 2024, we look forward to highlighting these stories as we continue to advance our mission.

Thank you for being a part of our community and helping us fulfill the promise of those dedicated families and community members who came before us.

As always, your feedback and comments are welcome.

Best,

Stanfort



Executive Thank You



Thank you Dankie jufaleminderit grazia merci toda grazie tak takk tack TEŞEKKÜR EDERİM 감사합니다 ありがとう 谢谢 ДЯКУЮ շնորհակալություն

Thanks were expressed to:

- Vicky Pan, Controller for all her work on budgeting strategies with the Programs
- Dr. Hassan and the Learning and Professional Development Department for the well-received Emotional Intelligence training for the Finance Department.
- Executive Management Team for their serious approach to implementing strategies for budget control.
- Will Derr, Sylvester Naraine, and Vicky Pan for making the focus easier in approaching budget control strategies for Citizens Options Unlimited.
- Julie Cannet and the per diem QA Investigators for stepping in to handle the increased incidence investigations.
- The instrumental work of Noah Probert, Dr. Sarah Gonzalez Noveiri, Jerri Walker, Jason Persan, MJ Zayas, Shaun Weathers, Chris O'Connor, Mary McNamara, Nicole Zerillo, Rita Cruz, Nicky Faranda, Percival F. Aquino, Barry Donowitz, Gaelle Gilles and Chris Williams in AHRC's role in the MLK March held in Glen Cove on January 8th.
- Joanna Kilkenny, Gina Capobianco and Irma Moutopoulos for their work in achieving a successful Suffolk County wage audit.
- Jerry Powers, Mary Gilleran, Marta Garavito, Deanna Allen, Dian Burkett, and all their residential teams for placing their focus on transfers and admissions.
- Dr. Hassan, Jim Stock, Denise Lamb, and Lisa Larice-Nielsen on hosting another successful Employee of the Quarter event.

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Welcome New Team Members

Pictures from our weekly New Hire Orientation



The DSP Connection

The everything DSP connection with DSP only programs, advice and special events



NATIONAL ALLIANCE FOR DIRECT SUPPORT PROFESSIONALS

Would you like to take your career further? The NADSP E-Badge Academy offers DSPs the opportunity to earn this nationally recognized credential through the completion of 3 rigorous levels of certification.

As a participant in this special program, you are eligible for a total of \$2,250 in bonus payments offered in three installments as you progress:

DSP LEVEL 1 CERTIFICATION - \$500

DSP LEVEL 2 CERTIFICATION - \$750

DSP LEVEL 3 CERTIFICATION - \$1,000



You will complete all coursework online through the E-Badge Academy during your regularly scheduled work hours for up to 2 ½ hours per week



FOR MORE INFORMATION CONTACT

Vanessa Wright
Learning and Professional Development Specialist
516-293-1111 Ext. 5366
VWright@ahrc.org

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MILESTONE OF EXCELLENCE BRUNCH



MILESTONE OF EXCELLENCE BRUNCH



MILESTONE OF EXCELLENCE BRUNCH



MILESTONE OF EXCELLENCE BRUNCH



Souper Bowl Competition



Lynne Brewer had another successful Souper Bowl event.

The Souper Bowl was created to assist food insecurity amongst Long Island. All donations will be given to Long Island Harvest to disperse among food pantries all over Long Island. A coach created the team and then drafted 5 players. This was a month venture for all teams. There were nine teams involved and the competition was tough. In total we gathered 5132 cans of soup and ramen noodle soups. The top team was The Loud Ladies, Coach Lynne Brewer with 1584 donations, Second Place was The Noodle Knights, Coach Gregory Pandaliano with 1359 soups and Third Place The Matzoh Ballers, Coach Bridget Cariello with 1337 soups. These top teams will have a "SOUPER BOWL" party to celebrate their efforts.

Now the Big news is we defeated Life's WORC!!!!!!!!!!!!!!!!!!!!!! 5132 to 533



LOUD Ladies: Day Program Team: (L to R) Jim Lipschitz, Lynne Brewer, Melissa Jones, Noel Alessio. *Not Pictured:* Tina Rodriguez, Delia-Transportation, & Oleysa-Transportation

- Souper Squad**
Livingston St
 Barbara Cipriano Hess
 Maia Cadle
 Stephanie Oriental
 Cameron Saunders
 Anna Jammy
 Livingston St Ladies

- Hot and Sour Soupers**
Brookville
 Seon Bailey & Marleen Brown
 Stanfort Perry
 Chris O' Connor
 Barry Donowitz
 Willard Derr
 Sylvester Naraine



Noodle Knights : HR Team: (L to R) Alyssa Abdul, Gio Dainotto, Jimmy Rivera Salcedo, Greg Pandaliano (Team Lead), Andrew Mott, Dr. Hassan. *Not Pictured:* Joy Ramer & Gordon Archibald

- Souperkalafrajalisticexpialidocious**
Citizens
 Vicki Hawley
 Paul MacMillan
 Michele LaSpina
 Monae Kennedy
 Maura Boden
 Chantal Joseph



The Matzoh Ballers: Day Program Team: (L to R) Jerri Walker & Bridget Cariello (Team Leads), Samantha Rodonis, Kate Zimmerman. *Not Pictured:* Susan Orange-Gill & Lorien Longo

- Soup Queens**
Training
 Leigh Fanuzzi
 Ruby Ditele
 Alexis Bethea
 Natalie Dana
 Nancy Goldfarb
 Vanessa Wright



What's Happening @ Shoreham

I Have a Dream Project meets Scooby-Doo in Shoreham

As part of our "I Have a Dream Project" in honor of Martin Luther King Jr. we had the people supported write their dreams on a rainbow with a cloud what their dream is. Charlie's dream was to meet Scooby-Doo, so we made it happen with the help of Mandi Morrone from our Talent Acquisition Team. Charlie and his housemates were so excited to meet Scooby and it was a huge success!



What's Happening @ The Rainbows

Former resident of the Rainbows Dale Coolbaugh welcomed his beloved niece, Kaylee, with open arms, radiating warmth and affection as he held her close. Their bond was palpable as Dale whispered reassuring words, "Uncle Dale is here, you are okay, and I love you," encapsulating the essence of family love and support. But the joy didn't end there. Dale's heart melted further as he spent cherished moments with his four-year-old cousin and great nephew, creating memories filled with laughter and love.



Family
is everything



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What's Happening on Valentine's Day

Celebrating the love of friendships at the Valentine's Day Dance.



CITIZENS OPTIONS
UNLIMITED
CELEBRATES:

BLACK HISTORY MONTH

FEBRUARY 2024

PRESENTED BY BRITTNEY ROBERTSON & CITIZENS DEI COMMITTEE

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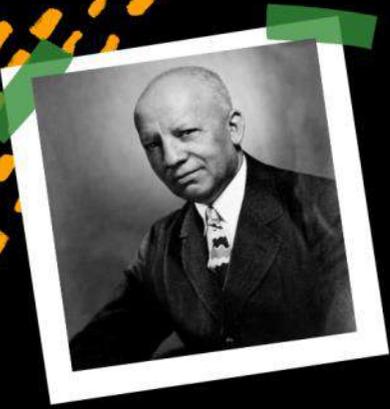


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BLACK HISTORY MONTH

Origins

IT'S NEARLY A CENTURY SINCE **DR. CARTER G. WOODSON** INITIATED THE CELEBRATION OF NEGRO HISTORY WEEK IN 1926, COINCIDING WITH THE BIRTHDAYS OF FREDERICK DOUGLASS AND 16TH PRESIDENT, ABRAHAM LINCOLN, TO SHED LIGHT ON THE SUPPRESSED AND NEGLECTED BLACK HISTORY IN AMERICA. WOODSON'S DEDICATION TO SCHOLARSHIP AND HISTORICAL RESEARCH LAID THE GROUNDWORK FOR WHAT WE KNOW TODAY AS BLACK HISTORY MONTH. WE ARE TAKING THIS OPPORTUNITY TO PRESERVE DR. WOODSON'S LEGACY AND HIGHLIGHT CONTRIBUTIONS OF BLACK EXCELLENCE.



DR. CARTER G. WOODSON (DECEMBER 19, 1875 – APRIL 3, 1950) BORN TO FORMERLY ENSLAVED PARENTS IN NEW CANTON, VIRGINIA DURING THE ERA OF RECONSTRUCTION (1865-1877), DR. WOODSON SPENT HIS EARLY YEARS WORKING IN A COAL MINE. AN INNATE SCHOLAR, DR. WOODSON THRIVED ACADEMICALLY, IN SPITE BEING MET WITH LIMITED OPPORTUNITIES. HE EVENTUALLY BECAME THE SECOND AFRICAN AMERICAN TO RECEIVE A PHD FROM HARVARD UNIVERSITY. DR. WOODSON UNDERSTOOD THAT STUDYING AND RECLAIMING BLACK HISTORICAL NARRATIVES WAS CRITICAL TO UPLIFT BLACK CONSCIOUSNESS IN AMERICA AND ABROAD AFTER CENTURIES OF PERSISTENT ANTI-BLACK OPPRESSION.

“WHEN YOU CONTROL A MAN'S THINKING YOU DO NOT HAVE TO WORRY ABOUT HIS ACTIONS. YOU DO NOT HAVE TO TELL HIM NOT TO STAND HERE OR GO YONDER. HE WILL FIND HIS “PROPER PLACE” AND WILL STAY IN IT. YOU DO NOT NEED TO SEND HIM TO THE BACK DOOR. HE WILL GO WITHOUT BEING TOLD. IN FACT, IF THERE IS NO BACK DOOR, HE WILL CUT ONE FOR HIS SPECIAL BENEFIT.”
— CARTER G. WOODSON, “THE MIS-EDUCATION OF THE NEGRO”



KEY HISTORICAL EVENTS



CONGRESS BANS THE IMPORTATION OF SLAVES
JANUARY 1, 1808

CONGRESS ENACTS LEGISLATION MAKING THE IMPORTATION AND TRADING OF ENSLAVED AFRICANS BETWEEN NATIONS ILLEGAL. SLAVE SHIPS CAUGHT ATTEMPTING TO SUBVERT THE NEW LAW WERE SEIZED AND THEIR CARGO WAS CONFISCATED. HOWEVER, SLAVE TRADING WITHIN THE STATES REMAINED LEGAL.



PRESIDENT ABRAHAM LINCOLN ISSUES THE EMANCIPATION PROCLAMATION
JANUARY 1, 1863

THREE YEARS INTO THE RELENTLESS CIVIL WAR, PRESIDENT LINCOLN'S EMANCIPATION PROCLAMATION FREED ENSLAVED AFRICANS IN 'REBEL STATES' THUS LEAVING SLAVERY INTACT WITHIN THE BORDER STATES. SLAVERY WAS OFFICIALLY ABOLISHED IN THE STATES TWO YEARS LATER AFTER THE RATIFYING OF THE 13TH AMENDMENT.



THE CIVIL RIGHTS ACT OF 1964
JULY 2, 1964

INITIALLY PROPOSED BY PRESIDENT JOHN F. KENNEDY IN JUNE OF 1963, MONTHS BEFORE HIS ASSASSINATION, BUT WAS MET WITH POLITICAL OBSTRUCTION. THE BILL WAS PUSHED A YEAR LATER IN 1964 BY PRESIDENT LYNDON B. JOHNSON.



PRESIDENT GERALD FORD RECOGNIZES BLACK HISTORY MONTH
YEAR 1976

THE RISE IN WIDESPREAD BLACK PRIDE AND SOCIOPOLITICAL CONSCIOUSNESS LED TO THE EXPANSION OF NEGRO HISTORY WEEK INTO BLACK HISTORY MONTH WHICH 38TH PRESIDENT GERALD FORD FORMALLY RECOGNIZED IN 1976.





CITIZENS OPTIONS UNLIMITED FEATURES:

LOIS CURTIS (JUNE 14, 1967 – NOVEMBER 3, 2002)

A BLACK ARTIST AND ACTIVIST WITH INTELLECTUAL DEVELOPMENTAL DISABILITIES AND SCHIZOPHRENIA. MOST OF HER EARLY LIFE WAS SPENT IN INSTITUTIONS DESPITE HER CARE TEAM INSISTING THAT SHE WAS CAPABLE OF LIVING WITHIN HER COMMUNITY. THIS LED TO HER BECOMING A PLAINTIFF IN THE 1999 LANDMARK SUPREME COURT CASE **OLMSTEAD VS. L.C.** WHICH FOUND THAT **THE UNJUSTIFIED SEGREGATION OF PEOPLE WITH DISABILITIES IS A FORM OF UNLAWFUL DISCRIMINATION UNDER THE AMERICANS WITH DISABILITIES ACT (ADA).**



WHAT BLACK HISTORY MONTH MEANS TO ME

BY TAMARA MORALES



TAMARA MORALES, POET AND VOLUNTEER AT PLAINVIEW. A RESIDENT OF THE BAYSHORE RESIDENCE, TAMARA IS AN INDEPENDANT, VIVACIOUS YOUNG WOMAN WHO LOVES TO JOURNAL, SWIM, SOCIALIZE WITH HER PEERS, AND LISTEN TO MUSIC.

BLACK IS BEAUTIFUL, BLACK IS EXCELLENT.

BLACK IS PAIN, BLACK IS JOY, BLACK IS EVIDENT.

BLACK IS MUCH DEEPER THAN JUST AFRICAN AMERICAN.

BLACK IS GROWING UP AROUND THE BARBERSHOP.

BLACK IS STEPPING UP FOR YOUR MOTHER BECAUSE YOUR FATHER IS GONE.

BLACK IS BEING FORCED TO LEAVE THE PLACE YOU LOVE BECAUSE THERE'S HATE IN IT.

BLACK IS STRUGGLING TO FIND YOUR HISTORY AND TRACE YOUR ROOTS.

BLACK IS BEING STRONG INSIDE WHILE FACING DEFEAT.

BLACK IS BEING GUILTY UNTIL PROVEN INNOCENT,

BUT BLACK IS ALL I KNOW—THERE AIN'T A THING THAT I WOULD CHANGE ABOUT IT.



UNTITLED WORK BY LOIS CURTIS

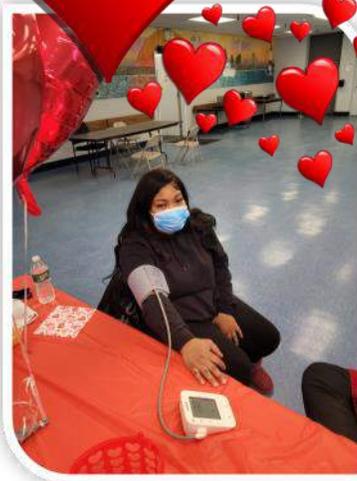


Health & Wellness Event



All locations participated in the Wear Red 2024 event. Everyone's blood pressure was beautiful just like their smiles.

Freeport



WEAR RED DAY



Brookville



Plainview



Health & Wellness



If you are feeling any of these symptom please stay home and call the Covid Hotline.



Life Happens.
We Understand.
You Are Not Alone.

SYMPTOMS OF CORONAVIRUS (COVID-19)

Know the symptoms of COVID-19, which can include the following:

COVID-19 ©2020 CDC [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

National EAP provides online access to a wide range of resources regarding the work and life topics of interest to you and your family. Just log on with your company's username and password (**Username: AHRC, Password: AHRC**), and navigate through articles, links, interactive content, self searches, self assessments, and more.

Please click the link below or call 1-800-624-2593.

COVID-19 Hotline: 516-686-4486
Get Four Free At-Home COVID-19 Tests this Fall on [COVIDTests.gov](https://www.COVIDTests.gov)

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

[Order Free At-Home Tests](#)

[Click Here](#)



Big things start with small beginnings

eM Life offers interactive, live and on-demand mindfulness programs led by expert mindfulness teachers for everyday life. It helps you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

Click the link below to enroll and take your first step into your wonderful journey of mindfulness.

[Click Here to Enroll](#)



by Nikki Katz,
Yoga Instructor

CHAIR POSE (Utkatasana)

Energize the entire body with this pose and strengthen legs!

- ◇ Stand with feet under hips arms straight ahead
- ◇ Exhale and slowly lower into a squat position as if you were sitting on a chair, bringing arms up alongside ears
- ◇ Feet are hip width apart, knees over ankles, weight into the heels of the feet toes are light
- ◇ Hold for a slow count of ten



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Learning & Professional Development

Upcoming Training Schedules

Subject	Date	Time	Location
AMAP	2/20/2024-2/22/2024	8am-3:30pm	Plainview
AMAP	3/5-3/7	8am- 3:30pm	Plainview
AMAP	3/12-3/14	8am- 3:30pm	Plainview
AMAP	3/26-3/28	8am- 3:30pm	Plainview
Diabetes	3/19/2024	8:30am-12:30pm	Plainview
Tube feeding	3/20/2024	8:30am-12:30pm	Plainview
CPR	3/1/2024	10am-1pm	Plainview
CPR	3/5/2024	8:30am-11:30am	Plainview
CPR	3/8/2024	10am-1pm	Plainview
CPR	3/15/2024	10am-1pm	Plainview
CPR	3/16/2024	9:30am12:30pm	Plainview
CPR	3/19/2024	4p-7pm	Plainview
CPR	3/29/2024	9 am-12pm	Plainview
New Hire CPR	2/29/2024	9 am-12pm	Plainview
New Hire CPR	3/7/2024	9 am-12pm	Plainview
New Hire CPR	3/14/2024	9 am-12pm	Plainview
New Hire CPR	3/21/2024	9 am-12pm	Plainview
New Hire CPR	3/28/2024	9 am-12pm	Plainview
New Hire Orientation	2/26/2024	8:30am-5:30pm	Plainview
SCIP Full	3/7/2024-3/8/24	9am- 5pm	Plainview
SCIP Full	3/14/2024-3/15/24	9am- 5pm	Plainview
SCIP Recert	2/27/2024	3pm-10pm	Plainview
SCIP Recert	3/5/2024	9am-4pm	Plainview
SCIP Recert	3/12/2024	9:30am-4:30pm	Plainview
SCIP Recert	3/14/2024	9am-4pm	Freeport
SCIP Recert	3/16/2024	9am-4pm	Plainview
SCIP Recert	3/26/2024	9am-4pm	Plainview
SCIP Recert	3/27/2024	3pm-10pm	Plainview
Defensive Driving	3/6/2024	9am-4pm	Plainview
Defensive Driving	3/20/2024	9am-4pm	Plainview

Never Miss Mandatory Training With Relias Text Alerts

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[Click Here for Instructions](#)

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Career Ladder with TAT



Internal Job Openings



HM Citizens Shoreham ICF

Job Req # 2024-7127

Position Type: Full-Time

Schedule: Tues. - Sat. 12:00 pm-8:00 pm Flex

Pay Rate: \$70,000 per year

Job Profile:

Responsible for the direct management of a residence in the Citizens Company.

[Click for more information & to Apply](#)



Job Coach

Job Req # 2024-7110

Position Type: Full-Time

Schedule: 40 hrs/week, Flex

Location: Freeport

Hourly Rate: \$17—\$19 per hour

Job Profile:

Provides supports to the people we serve in community and facility based employment activities.

[Click for more information & to Apply](#)

Employment Training Specialist

Job Req # 2024-7152

Position Type: Full-Time

Schedule: Daytime Hours

Location: Freeport

Hourly Rate: \$20.55-\$22.55 per hour

Job Profile:

Provide services and support to individuals enrolled in community-based Supported Employment Services to ensure the successful continuance of workers placed in competitive employment. Assist referred candidates in achieving their vocational and employment related goals utilizing evaluation, assessment, and job placement and training techniques

[Click for more information & to Apply](#)



Teacher Aide

Job Req #2024-7022

Schedule: Monday-Friday 8:00am-3:30pm

Program: BCCS

Location: Woodbury

Hourly Rate: \$17.50 per hour

Job Profile:

Assist the assigned teacher in all areas of the daily classroom routine. Assist the children as requested by the teacher; maintain the health and safety of the classroom environment by performing assigned tasks. You may be required to attend evening meetings. Prepare classroom materials as requested by the teacher. Classroom assignment is subject to change based on program needs.

[Click for more information & to Apply](#)

Licensed Practical Nurse

Job Req #2024-6982

Schedule: Monday-Friday 8:00am-3:30pm

Program: BCCS

Location: Woodbury

Pay Rate: \$55,000 per year

Job Profile:

Fulfill all Licensed Practice Nurse (LPN) functions as needed in a special education environment in an appropriate and professional manner.

[Click for more information & to Apply](#)



Dentist

Job Req # 2023-5669

Position Type: Full-Time

Schedule: Monday-Friday 9am-5pm

Pay Rate: \$163,800—\$172,900 per year

Job Profile:

Diagnose and treat diseases and injuries of teeth and gums, and related oral structures; In depth oral health exams including evaluations, x-rays, cleanings, preventive care, fillings, extractions, dentures, crowns and more. Participates in health care facility committees as necessary; Teach oral health education, including preventative care and nutrition to patients and caregivers Community outreach and other duties as assigned

[Click for more information & to Apply](#)

[Click on any of the company's logo's to go to their Career's Page](#)

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Employee Assistance Program



**LIFE HAPPENS.
WE UNDERSTAND.
YOU ARE NOT ALONE.**

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

YOUR EMPLOYEE ASSISTANCE PROGRAM

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

- ✔ Mental health and wellbeing
- ✔ Child care, elder care, and family support
- ✔ Work and career growth
- ✔ Grief and addiction
- ✔ Legal and financial needs
- ✔ Pre-qualified referrals to providers, specialists, and resources



U: AHRC
PW: AHRC

www.nationaleap.com

Need Help?
TOLL-FREE: 1-800-624-2593
Just call or log on to get started

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Tuition Reimbursement—Summer Semester

Tell your friends about this amazing opportunity.



We Believe in You & Want to Invest in Your Future.

Get the education you deserve: higher education is within your reach.

Your Future Goals Are Only A Click Away.

**To find out more about this amazing program
please click the buttons below.**

Summer Semester Deadline: 5/31/24

**We rely on word-of-mouth; please forward this amazing opportunity
to anyone in our agency who could benefit from this program.
We appreciate your support!**

*Please click the links below for our policy and application.
You can also find this information on Ulti-Pro under the News & information section.*

Policy

Application

Email Your Questions

For more information please email us at: TUITION@AHRC.ORG

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It's a new year and the IRS has established new contribution limits!

You can now contribute \$23,000 into your 403(b) account.

The catch-up contribution limit remains \$7,500.

We encourage our employees to consider this opportunity to start preparing for retirement.



Make an impact on your savings

Here are some simple things you can do to help you start saving for your future again

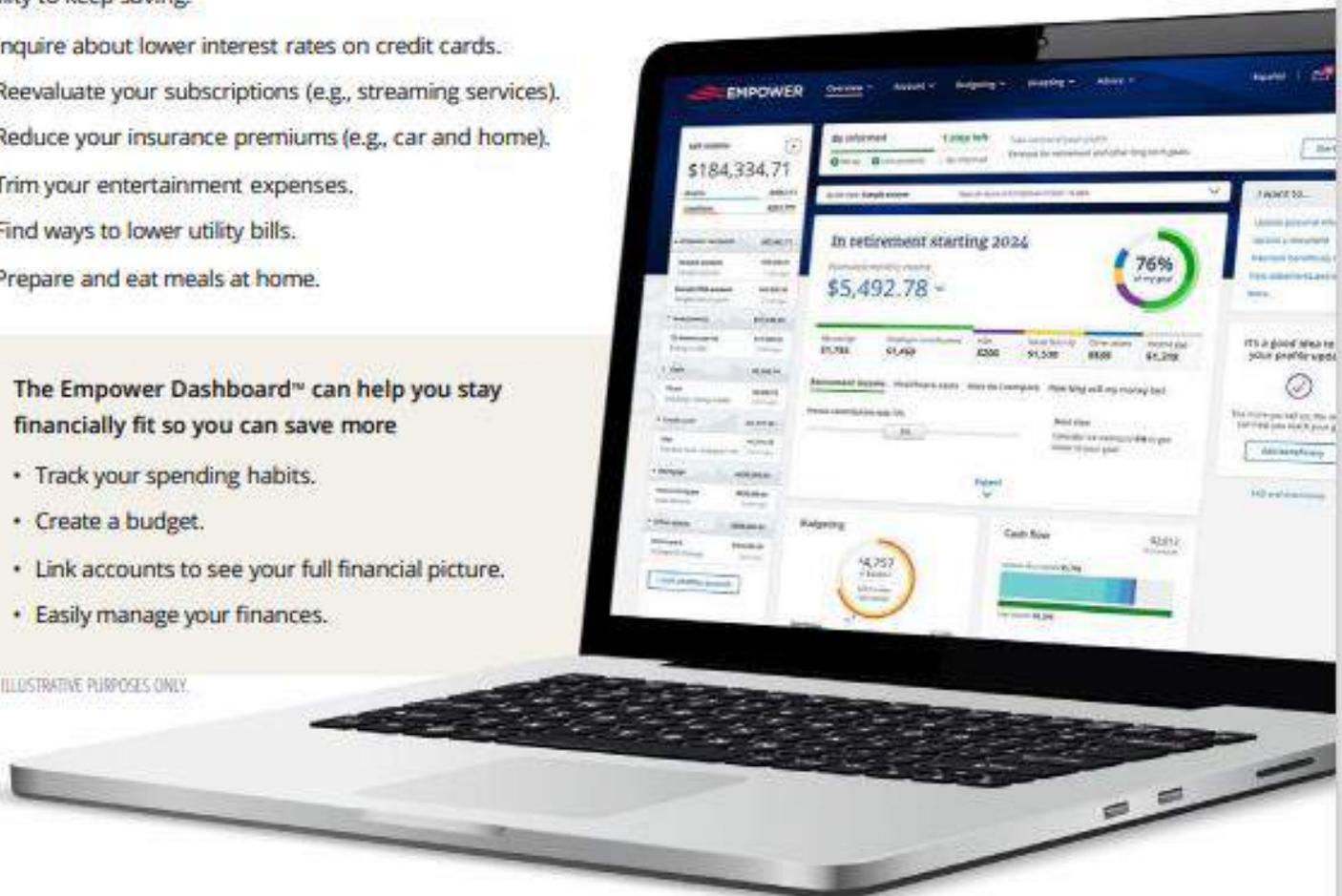
It's important to have control over creating the future you imagine. And saving for retirement is one way to improve your financial wellness. Even when times are tough, there are things you can do that can make a big difference in your ability to keep saving.

- Inquire about lower interest rates on credit cards.
- Reevaluate your subscriptions (e.g., streaming services).
- Reduce your insurance premiums (e.g., car and home).
- Trim your entertainment expenses.
- Find ways to lower utility bills.
- Prepare and eat meals at home.

The Empower Dashboard™ can help you stay financially fit so you can save more

- Track your spending habits.
- Create a budget.
- Link accounts to see your full financial picture.
- Easily manage your finances.

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Log in and use the online resources to see the impact small changes can have on your savings
www.empowermyretirement.com

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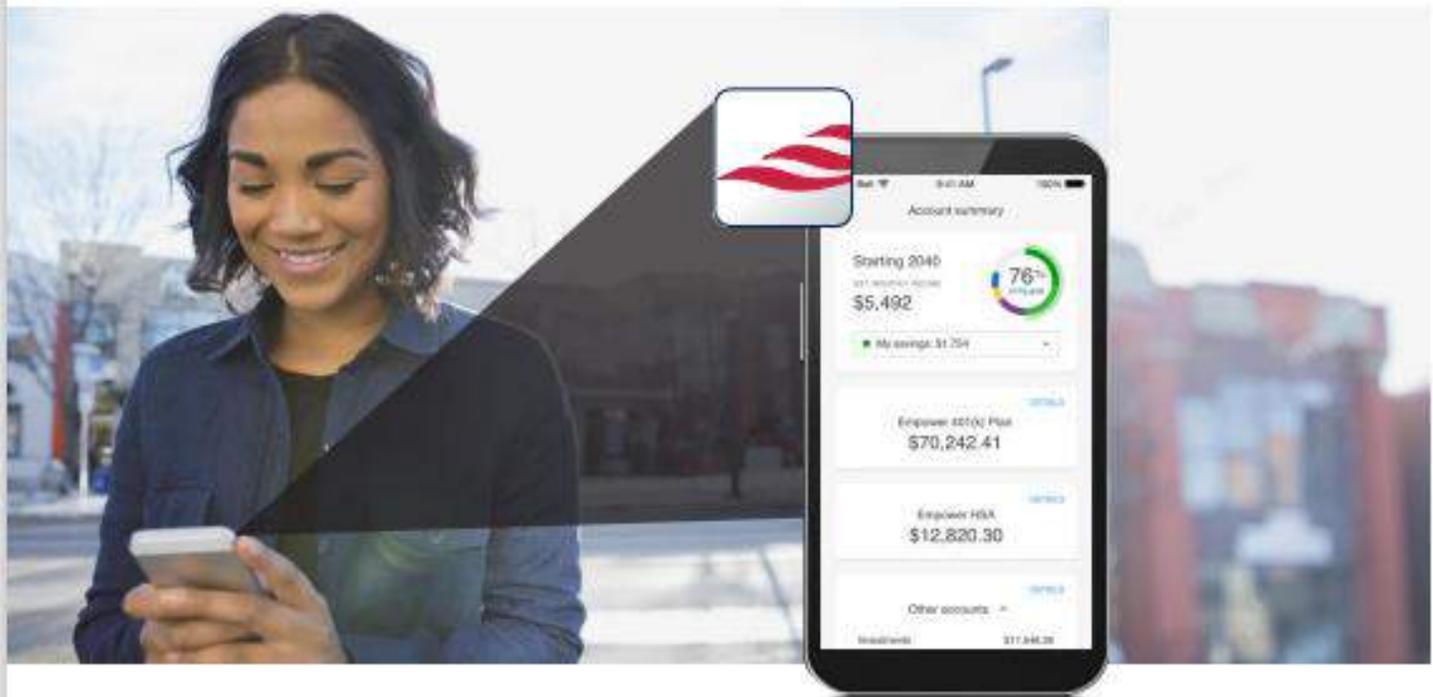
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The Empower mobile experience puts your retirement plan at your fingertips. Use it to access and manage your 403(b) plan account when you're on the go — right from your mobile device.

Prefer to begin your journey now online?

- Log on to empowermyretirement.com
- Select *Register*.
- Choose the *I do not have a PIN* tab.
- Follow the prompts to create your username and password.

If we don't have your email or phone number on file from your employer, or if you have another account with Empower (with a former employer, for example), you will need to call to access your new plan account.*

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Wheatley Farms™

Catering & Greenhouse

Visit Us Online for Catering & Greenhouse Needs

Welcome! Wheatley Farms has been serving Nassau County for over 20 years. We are known for a diverse American & International style menu created with old-world recipes and locally sourced plants, flowers, and vegetables grown at The Wheatley Farms Greenhouse. We are offering an extensive selection of plants and hanging baskets.

We offer free, same-day delivery Monday through Friday to our Brookville, Plainview, and Freeport offices, Advantage Care, and the BCCS schools!

Place your BREAKFAST order by 1:00 pm for next-day delivery beginning at 9:00 am.
Place your LUNCH order by 10:30 am for 1 pm delivery.
Place your Take Home DINNER order by 10:30 am for 4:00 pm delivery!

SPECIAL REQUESTS

We accept special orders! If you have a special request or need service outside of our listed hours, please email us at catering@wheatleyfarmsli.com for any questions about your order. Thank you!.



Wheatley Farms™

Catering & Greenhouse



Click Our Logo to visit us online and
to place your orders.

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Visit Us Online to Purchase With Purpose

Our Mission

Wheatley Farms makes giving and receiving gifts even more meaningful!

From the people who buy our products to the people who produce them, everyone at Wheatley Farms is part of something truly special.

For the last two decades, Wheatley Farms has promoted a more inclusive community with a deep commitment to this social responsibility. Our mission is simple—to create employment opportunities for people with intellectual and developmental disabilities in their communities.

When you purchase from Wheatley Farms, you get much more than high-quality products, you get the satisfaction of being a force for good in our community.

Thank you for purchasing with purpose to create opportunity and meaning for all!



Greenhouse



Gift Shop



Seasonal Gifts

Click any of the images to visit us online to make a purchase that you can feel good about.

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Visit our online store at:

<https://one-stop-gift-shop.square.site/s/shop>

The Story Behind Our Shop

The **One Stop Gift Shop** values giving as a way to spread kindness worldwide. That starts with how we're run. The One Stop Gift Shop offers people with intellectual and other developmental disabilities supports by AHRC Day Services an opportunity to participate fully in the running of the gift shop. People supported are creating and crafting handmade items, answering the phone, taking online orders, packaging and delivering merchandise, and keeping inventory tracking.



At Checkout Use
Code "ahrcn"
15% off



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Upcoming Events & Celebrations

FEBRUARY & MARCH

