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Serving Children and Adults with Intellectual and Other Developmental Disabilities for over 70 Years

November 20, 2020

PAUL H. TORRES
 Chief Executive Officer

Dear Individuals, Families, and AHRC Suffolk Team Members:

JOHN MCGUIGAN
 Chief Operating Officer

CHRISTOPHER VEROS
 Chief Financial Officer

The Centers for Disease Control and Prevention (CDC) released guidance this week stating **“the safest way to celebrate Thanksgiving this year is to celebrate with people in your household. Gatherings with family and friends who do not live with you can increase the chances of getting or spreading COVID-19 or the flu.”** This echoes regulations Governor Cuomo put into effect last week limiting gathering sizes in New York State to 10 people or less from within your household.

OFFICERS

JOHN SMITH
 President

JOSEPH ZIFCHOCK
 Treasurer

JOSEPH CASSARINI
 Secretary

The CDC also addressed traveling for the holidays, stating **“travel may increase your chance of getting and spreading COVID-19. Postponing travel and staying home is the best way to protect yourself and others this year.”**

DIRECTORS

Deborah Pflieger

Areas of Long Island are having COVID-19 spikes and are on the verge of becoming cluster zones. Riverhead is one of those towns, with an ongoing positive rate of 4%. According to News12, “if the area remains at 4% or rises to 5% or higher in the coming days, it will become a red zone micro-cluster. That means nonessential businesses will close, schools will halt in-person learning and mass gatherings will be prohibited.” We must all do our part in preventing this virus from infiltrating our homes and communities. We must fight to keep our programs open to benefit and serve the individuals who rely on them.

I know it will be struggle for many to concede to these newest regulations and guidance, particularly on Thanksgiving. We all feel that frustration and sadness of not being able to celebrate with those we love, especially if this pandemic has already kept you apart from loved ones. **I ask you to, instead of focusing on what you’re missing, think about what you are protecting...you are shielding those you love, so that hopefully sometime soon, our world will heal and we can see our loved ones and celebrate all that we have overcome.**

- Protect yourself, protect others.
- Look out for each other.
- Wear a mask (over both your mouth AND nose)
- Wash your hands
- Keep your distance
- **#InItTogether**

Stay well, stay safe and thank you for all you do,

Paul H. Torres
 Chief Executive Officer



Please help us celebrate our essential staff on December 9th at our virtual Candlelight Ball: Highlight Our Heroes. Visit our website, www.ahrCSuffolk.org/60th-annual-candlelight-ball, for more information.

For \$100, you can shout-out important staff and loved ones in our virtual journal!

Join the AHRC Suffolk Team! Visit www.ahrCSuffolk.org/careers to see our current openings at various locations. Apply today!