



*Zoom time with Sabrina W. & Justin T.*

AHRC Suffolk's MY Choice Virtual Day Hab is growing by the day with currently 40 individuals participating. The Zoom classes run by Charlotte S., Patrice T., Maureen F. and Chrissy C. are such a huge benefit and support to families, and they are thrilled with the connection MY Choice Virtual Day Hab allows their loved ones.

Justin T. attends our Bohemia Day Hab program. Justin has been with AHRC since he has been 21 years old. With the onset of the pandemic Justin and his family were at a loss as to how to continue Justin's routine. Justin's mother is extremely thankful for AHRC's MY Choice Virtual Day Hab, which filled a huge void for Justin. It has really given Justin back his daily routine; he wakes up at a scheduled time each day, gets ready and even puts his keys in his pocket. He sits down at his Chromebook and signs on to learn. Justin's mother was slightly apprehensive with navigating Zoom and virtual programming at first, but she and Justin worked together and now navigate through it effortlessly. Justin's mother is elated with the job AHRC has done to support virtual day programming and loves all of the games, music and relaxation techniques being offered in addition to the "Can We Talk" sessions and "Cooking with Rob" among others. *"Justin gets up and goes on just as he would had he been going out the door for program. At the end of the day, he signs off and then does his daily chores of vacuuming, just as he used to do when he would come home from program. [Remote learning] has really been a godsend,"* said his mother.

Sabrina W. has been with AHRC Suffolk for more than 25 years. Sabrina lives in one of AHRC's residences & enjoyed working at the Bohemia Work Activities Center. When programs closed and the pandemic first spiked, Sabrina returned to her parent's home. During this time, Sabrina was not receiving in-person Day Hab services at her residence so she stayed connected while at her parent's home through our MY Choice Virtual Day Hab. It has been wonderful to see how much Sabrina has enjoyed being a part of the My Choice program. Sabrina usually is so enthralled with her My Choice sessions that she is literally on her feet because she is so eager to participate. She loves interacting with the moderators and her peers, playing games, and exercising and learning from the various instructors. True to her outgoing nature, Sabrina enjoys participating in the group discussions during the virtual sessions and makes each session more colorful and dynamic. Her parents are so impressed with the staff and the sessions. *"Sabrina is completely engaged & in fact stands for the entire 4 hours as it's easier on her back. She doesn't want to miss a minute! Both my wife Margot and I are so impressed with the staff who run the classes and wanted to let you know what a great job they're doing. We hope you've had an opportunity to see them in action,"* said her father. Sabrina recently returned to her AHRC Suffolk residence and her Zoom sessions have made the transition seamless!