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

October 23, 2020

PAUL TORRES
Executive Director

Dear Individuals, Families, and AHRC Suffolk Team Members:

CHRISTOPHER VEROS
Director of Finance

Thank you for being the quintessence of what makes AHRC Suffolk the phenomenal family that we are today. Your continued dedication, effort and fortitude throughout this challenging time reminds me of an inspiring quote that I find quite fitting and relatable to us all.

OFFICERS

JOHN SMITH
President

Our Deepest Fear
By Marianne Williamson

JOSEPH ZIFCHOCK
Treasurer

Our deepest fear is not that we are inadequate.
 Our deepest fear is that we are powerful beyond measure.
 It is our light, not our darkness
 That most frightens us.

JOSEPH CASSARINI
Secretary

DIRECTORS

Deborah Pflieger

We ask ourselves
 Who am I to be brilliant, gorgeous, talented, fabulous?
 Actually, who are you *not* to be?
You are the manifestation of the best YOU you want to be.

Your playing small
 Does not serve the world.
 There's nothing enlightened about shrinking
 So that other people won't feel insecure around you.

We are all meant to shine,
 As children do.
 We were born to make manifest
The glory of the best within us.

It's not just in some of us;
 It's in everyone.

And as we let our own light shine,
 We unconsciously give other people permission to do the same.
 As we're liberated from our own fear,
 Our presence automatically liberates others.

I ask each of you—continue to shine bright. Help others whose light is flickering. Many lights shining together casts the most radiant glow. There is power in stepping up to help others and lending a hand, and that ability lies in all of us. We continue to be reminded that we as a team are powerful beyond measure. #InItTogether

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

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

Paul H. Torres
Executive Director



Join the AHRC Suffolk Team! Visit <https://www.ahrcsuffolk.org/careers> to see our current openings at various locations. Apply today!
