



*Residents working on Day Hab projects in their homes*



*Mildred enjoying services in her home*

*Thank you to our Day Habilitation programs for their input into this week's story.*

The COVID-19 pandemic has forced everyone to make adjustments to a new normal and that includes AHRC Suffolk's Day Habilitation program. Since the onset of the quarantine, our Day Hab staff have been truly impressive in their creativity and their dedication to keeping things as normal as possible for individuals and families.

Our Bohemia Day Hab supplies activities for 19 residences that include lessons, worksheets and videos, all of which can be used as resource tools. Denise G., Assistant Program Administrator, and Linda L., Lead Integration Specialist, are in constant communication with each residence and make sure to provide any supplies needed for projects or activities. They are also working non-stop, along with support staff, to think of creative ideas to keep individuals engaged and active while they remain at home. Ideas include virtual horse derby races, a golf tournament, talent shows, virtual dance parties where everyone can make their own costumes and more. The process is made easier through brainstorming with imaginative and inventive staff at each residence. Bohemia staff members Artie, Charlotte, Patrice, Yvonne, David, Chris, Jennifer, Eileen and Joyce help shop for the items needed for the projects and deliver the items to the homes. They continually step up and do whatever is needed to make everything run as seamlessly as possible.

At the homes, Direct Support Professionals who were working at our various Day Hab locations now work within the residences, making sure to teach lessons as well as work on projects and practice COVID-19 safety measures, including hand washing and proper mask wearing. Staff also provides support for any individuals who may be struggling with the pandemic and adjusting to this new normal.

Other Direct Support Professionals have been visiting individuals who live at home with family and again providing various tools for activities and learning fun. Jamie B., who usually attends our Pre-Voc program at our Westhampton Beach location, has been receiving services at home. Jamie lives with her parents and two sisters. While home, Jamie has been enjoying relaxing on her deck with her iPad, jumping on her trampoline, playing basketball, taking care of her pets, listening to music, watching TV and swimming in her pool. Jamie keeps very busy at home but also really enjoys the support she receives from Cindy, her instructor at Westhampton Beach, who comes to see her every day. Mildred P., who usually attends our Knickerbocker Day Hab program, has also been receiving services at home. When Mildred was no longer able to attend her program and see her friends, it was very hard for her to understand why she couldn't leave the house. One day, Irena, who is Mildred's instructor at Knickerbocker, knocked on the door. Mildred was confused and a little shy at first but once Irena unpacked some supplies she had for activities, that quickly changed. Mildred, who loves wearing and making bracelets, smiled when she saw a container of beads. She truly enjoyed exploring with the arts and crafts, and worked on her fine motor skills as well.

Mildred's sister, Zulma, has been so happy to continue to have Day Hab services at home for Mildred. *"During this unprecedented time, AHRC Suffolk has supported my family in such a way that it brought normalcy to my sister Mildred's life. It began with weekly calls from Victoria (Program Coordinator) where she checked on Mildred to see if she was healthy and well. I then opened up to her about receiving support in the home. Victoria immediately stated she will work on finding support for my sister while Day Habilitation is closed. The following week our family was notified that Irena (Mildred's Instructor) would be willing to render Day Hab services to Millie. This immediate service brought a sense of relief to my elderly mother who cares for Mildred throughout the day. The current stressors brought on to families during the COVID-19 are unimaginable; however, AHRC Suffolk alleviated some of that stress from our family. The care being rendered to our sister is simply amazing. My sister is able to see her instructor and have that familiar face present brings joy to Mildred. My mother is able to go out and take walks and know that Mildred is in good hands. We are thankful for AHRC."*