



The Center for  
Family Support

JUNE 2016 ISSUE

We Care ♡ We Listen ♡ We Help



# Caring Matters

## INSIDE THIS ISSUE:

*Chairman Receives Hero Award* PG. 2

*New Residence in Brooklyn* PG.3

*CFS Celebrates Disability Awareness Month* PG.3

*Aba Moment with* PG.4

*The Center for Family Support, Inc., (CFS) is a non-for-profit human service agency that provides individualized support services and programs for individuals living with developmental disabilities, and for the families that care for them.*



## *CFS Chairman Nominated for NJBIZ Healthcare Hero Award*



LLOYD STABINER, (RIGHT)  
PRESIDENT OF THE CENTER FOR  
FAMILY SUPPORT (CFS) BOARD OF  
DIRECTORS, DISCUSSES A BOOK  
THAT VINCENT MARRERO IS  
CURRENTLY READING DURING A  
RECENT VISIT TO THE CFS  
HACKENSACK DAY PROGRAM.  
VINCENT ATTENDS THIS PROGRAM  
AND LOOKS FORWARD TO THE DAILY  
ACTIVITIES AND LEARNING  
OPPORTUNITIES THAT IT BRINGS TO  
HIM.

NJBIZ, a leading New Jersey business journal, has chosen CFS Chairman, Lloyd Stabiner, as a nominee for the prestigious Healthcare Hero Award. The award ceremony will take place on June 21 at the Palace at Somerset Park.

Said Thomas Curtin, NJBIZ Publisher, “the Healthcare Heroes awards recognizes individuals and organizations that have displayed heroic actions in the field of healthcare throughout New Jersey.”

### **About Lloyd Stabiner:**

Heroic acts take on many forms. A fire fighter who rescues a child from a burning building is a hero. A person who rescues someone from the grips of their intellectual disabilities is also a hero. It is the latter example that qualifies Lloyd Stabiner as a NJBIZ Healthcare Hero.

Lloyd joined the Board of The Center for Family Support (CFS) 36 years ago and for the past 25 years, has served as Chairman. When asked what keeps him coming back, he says, “We are making people’s lives better. Some need more help than others, but none of them could do this on their own. Someone might have a better life because of what I am able to do.”

Recently, CFS embraced the ‘person-centered’ philosophy and is granting the wishes of those with intellectual disabilities. For instance, young adults who were once housed in institutional settings now take a two-step approach to independence; first mastering a group home setting and then moving to their own apartments. In another example, a mute young man, who spent his life either sitting or lying on the floor, was first thought to have mental health issues. Once tested at CFS, he was correctly diagnosed to have visual-spatial and motor pro-

cessing deficits, causing him to develop a tremendous fear of falling, which is why he stayed on the floor. Today, that young man is walking with confidence and has many friends at the Hackensack Day Program. None of these individuals ever dreamed they would be happy and lead a more normal life. Through his leadership, Lloyd has enabled this agency to have the resources to do this great work. He is their hero.

When Lloyd visits a day program or a group home and the constituents have mastered a career skill or are making dinner, his commitment to the agency’s mission is bolstered. “The smiles were so rewarding and that is what brings me back time and time again; it’s the thought that someone was more independent and living the life they were capable of because of our efforts,” he continued.

Lloyd is quick to laud the CFS staff, crediting them with amazing stamina to work with challenged individuals every day. He calls that dedication, ‘remarkable.’ Annually, the agency serves up to 1500 individuals with intellectual disabilities, employs over 1000 professionals and in Lloyd’s tenure has grown from a \$100,000 agency to a \$50,000,000 operation. This growth is the result of Lloyd’s efforts to successfully navigate the ever-changing and often uncharted waters of the healthcare system in the area of intellectual disabilities. Having missed only one Board meeting in his 25 years as Chairman, makes Lloyd the person this agency counts on to implement new programs and ways to serve more people each year. It is because of his tremendous leadership, insight and great stamina that Lloyd was proudly nominated by CFS as the NJBIZ 2016 Healthcare Hero.





## *New Residence to Open in Brooklyn*

“An Open House is planned for Wednesday, June 15, 2016 at the newest CFS residential home, located at 59 Frost St., in Brooklyn, NY,” said Steven Vernikoff, CFS Executive Director. Festivities will begin at 11:30am and will include a ribbon-cutting ceremony, refreshments, tours and conversation with the residents. This is the twenty-fifth residential property to be opened by CFS in New York.

The event will be hosted by CFS and Dunn Development Corp. a socially conscious, award-winning real estate developer with expertise in affordable and

supportive housing. Dunn’s mission, to build the highest quality housing for low to middle income New Yorkers, including those with disabilities and other special needs, is helping CFS service recipients live the lives they envision for themselves. Dunn works in partnership with non-profit organizations like CFS and brings substantial capabilities to these collaborations while accommodating unique goals and priorities.



**59 FROST ST., IN  
BROOKLYN, NY**

“PICTURED (BELOW) ARE MEMBERS OF THE NEW JERSEY SELF-ADVOCATES GROUP, WORKING ON A QUILTING PROJECT DURING THEIR REGULAR MONTHLY MEETING. EACH SELF-ADVOCATE CHOSE A SQUARE OF MATERIAL AND USED A COMBINATION OF PAINTS, AND OTHER CRAFT ITEMS, TO CREATE A UNIQUE PIECE OF ART THAT DESCRIBES THEIR LIFE GOALS AND DREAMS. THE QUILT WILL BE SEWN TOGETHER BY CFS ART THERAPIST, CHRISTINA MASUR, AND WILL BE DISPLAYED DURING THE CFS ART SHOW, SCHEDULED FOR THIS SEPTEMBER AT THE CALDWELL PUBLIC LIBRARY.

## *CFS HOSTS WORKSHOP COMMEMORATES DEVELOPMENTAL DISABILITIES AWARENESS MONTH*

With springtime, thoughts often go to renewal and inspiration. Community service recipients of The Center for Family Support, had the opportunity recently to personally illustrate their inspiration at a CFS-sponsored story board workshop.

The March event, a first of its kind for the organization, was planned to coincide with the nationally designated Developmental Disabilities Awareness month. The idea for the work-

shop came from Linda Schellenberg, Director of Community Services, who envisioned CFS’s young adult community service recipients sharing their personal stories and visions through the story board project.

The workshop began with a series of empowering questions, compiled by CFS Innovative Planning Specialist Debra Powers, that gave each of the 11 service recipient participants the opportunity to reflect on his or her own goals, accomplishments and future desires.

The workshop’s goal was to have each participant create a story board, a collage-like piece of personally created art, to illustrate important areas of the creator’s life. This was accomplished by utilizing assorted creative supplies including magazines, fabrics, pictures, paints and craft supplies. Direct support professionals from CFS worked one-on-one with the participants to affix words, pictures and phrases to pieces of heavy-gauge paper





## *Aha Moments....Reflections On When A Job Becomes Your Career*



**GAVIN GEAR, ASSISTANT DIRECTOR OF DAY PROGRAMS, CHATS WITH CFS SERVICE RECIPIENT, DONNA CHEWNING, DURING AN ART CLASS AT CFS'S HACKENSACK DAY PROGRAM.**

Gavin Gear, the Assistant Director of Day Program Services for The Center for Family Support recently shared his reflections on his profession and how he came to choose this as his life's work.

Gavin explained his dramatic experience that altered his profession as follows:

"My mother is a nurse at a facility for adults with developmental disabilities and at the age of 17, she encouraged me to take a summer job there. I was there a few weeks when I was introduced to the power of companionship. While providing direct care, I was going from person to person trying to provide individual attention to everyone in my group. I came to work with a young lady with whom I already knew most of the staff didn't spend a great deal of time. After working with her for about 10 minutes, I let her know that I needed to go work with

someone else. She reached out to take my hand and wouldn't let me leave. This was unusual for her, as she typically never made deliberate physical contact with anyone. After a few attempts to go work with someone else, she took my hands and got up out of her wheelchair and started to walk with me. To my surprise, our physical therapist came running across the room telling me not to stop doing what I was doing because this young lady had "never walked before." The fact of the matter is not that she couldn't walk; it's that no one had taken the time to try. At that moment I was hooked. I realized that all I had to do to be successful in this field was to treat people with kindness, make them feel unique, special and welcomed. It changed my life and I changed my major to special education and I have never looked back," he explained.

Gavin continued, "not everyone is so lucky to have experienced their 'aha moment' at the age of 17, or perhaps they have had this happen to them, but they have not identified it as such. I was fortunate in that my 'aha moment' came at a young age. As such, I was able to engage in research, direct my education and devote my time and energy to do

exactly what

I wanted to do – help those with intellectual disabilities (especially adults) live the lives they chose to live. *I strive to make a difference everyday for a segment of the population that is forgotten by many.* Public outcry typically goes toward children and the education system. Even though these individuals are grown does not mean they don't need support and something to look forward to each day. Everyday I come to work wondering what I will discover about one of our adults. Will it be a hidden artistic talent or perhaps a sense of humor that comes out in the form of a witty remark? Will I finally conquer a communication challenge and break through the barrier of silence or frustration and discover the real person within? If so, I know I can then find a balance, using my tools, our data and documentation and above all else compassion to help that person lead a happier and more productive life."

*Find any quotables? Find us on Facebook and Twitter @CFSNY to share. Also log on to our website [www.cfsny.com](http://www.cfsny.com) to find how to support this amazing cause.*

*Thank You.*



333 Seventh Avenue, 9th Floor  
New York, NY 10001

Phone: 212-629-7939, Ext. 279  
Fax: 212-629-7332

*The Center for Family Support, Inc., (CFS) is a non-for-profit human service agency that provides individualized support services and programs for individuals living with developmental disabilities, and for the families that care for them.*