

Caring Matters



January 2016



We Care... We Listen... We Help

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The Center for Family Support, Inc. (CFS) is a not-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.

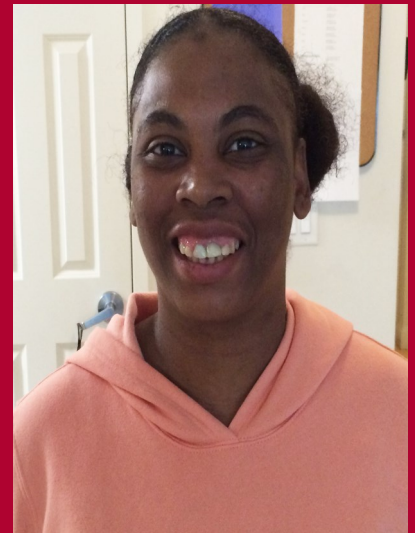
Striving For Autonomy

From Institutionalization to Independence

In early 2013, a state institution in Queens called the Bernard Fineson Development Center was being shut down. The State of NY needed help placing those individuals who resided at the Center into other suitable living arrangements. The Center for Family Support (CFS) screened several individuals and in May 2013, five women moved out of the Center and into a home run by CFS in Richmond Hills, Queens. This type of living arrangement is known as a Supervised Individual Residential Alternative (IRA). The ladies who live at Richmond Hill enjoy living in their own home and have 24 hour staff support in the residence.

During their time in the home, CFS conducted Person Outcome Measure Interviews (POMI) aimed at learning more about each person; their desires, goals and aspirations. CFS learned that Linda and Sonia wanted to live in their own apartments and began to help them work on the goals they wanted to achieve in order to be most successful in their own homes. Linda and Sonia now live in their own apartments in what is called Supportive Individual Residential Alternatives (IRA). Although they do not have 24 hour support, they have staff available to help them acclimate whenever they need assistance.

The key difference is that in an institutional setting where there are hundreds of people living together, every minute is scheduled. It is a very regimented life. There is no opportunity for creativity; you wait in line for dinner, to take a shower, to go to bed, etc. There is no chance to aspire to be something more. Everyone is given the same basic services and there is no room for learning or growth. In a Supervised Individual Residential Alternative (IRA) or group home setting, due to a smaller number of occupants (five or less) there is more opportunity for flexible schedules and time to teach life skills. This atmosphere gives the individuals more exposure to different life choices. The third option, a Supportive IRA, where the individual is living on his or her own, has fewer hours of oversight and gives the person the ability to be much more independent, yet CFS is there, based on the support each person needs.



Linda

Linda (age 38) and Sonia (age 45), have finally gotten to live on their terms. They live in beautiful apartments in Williamsburg, Brooklyn that they are proud of. They are both working with a job coach to learn the skills necessary to work. Sonia also volunteers at a food pantry one day a week and says she is grateful for life and just wanted to give back. Linda says, "I never imagined I would be this happy."

Sonia (In red)



36 Years of Service

Teaneck Resident Reflects on 36 Years Volunteering For Those with Intellectual Disabilities

Teaneck, NJ -- Lloyd Stabiner, is a caring, hardworking and talented financial expert, who has served on The Center for Family Support Board (CFS) for over 36 years, 25 of them as Chairman. He is a humble person and does not seek the spotlight for himself, even though he is truly a star.

His story begins when his boss asked him to determine the reasons for CFS's increasing financial stress. His boss's wife, then a CFS Board member, was concerned that the agency would not be able to provide the vital homecare services for those children with Down Syndrome and their families, and fulfill the agency's mission. Lloyd paid the CFS Board a call and began to dig into the dollars and cents of this roughly half a million dollar agency

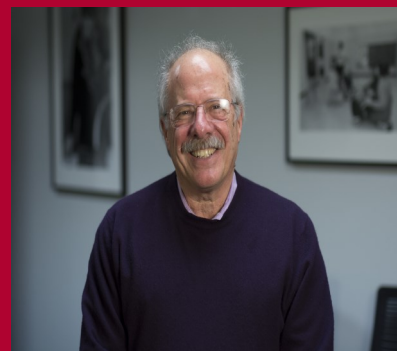
His second task was to determine the effect of the ever-increasing financial stress without changing the current care standards. Based on his knowledge and experience in the healthcare industry, Lloyd was aware that things had begun to change in government and that a need for programs subsidizing respite care had finally gained recognition. He determined that a change to the CFS business model was required. Taken in by the mission of CFS, its dedicated staff and volunteers, Lloyd then joined the Board in 1979. As a Board member he designed a plan and assisted in re-negotiating the government contract for CFS. Since that time, he has been a devoted volunteer, so much so that he has only missed two Board meetings in all those years. He explained that one was over President's weekend and he took part in the meeting by phone on the way up to a family ski weekend. He believes in leadership by example and said he felt it was important to portray by example, a volunteer who was always willing to go the extra mile to support the CFS mission.

When asked what keeps him coming back, he says simply, "We are making people's lives better and more tolerable. 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, and this has enriched my life."

Lloyd imparts also that it has been an interesting thirty plus years. When he first became Chairman, the scandal involving the Willowbrook State School, a state-supported institution for children with intellectual disabilities located in the Willowbrook neighborhood on Staten Island, had just broken and the world was recovering from the shock of the abuse that was on every television set during Geraldo Rivera's hard hitting news broadcasts.

One of Lloyd's fondest memories of CFS came in the form of a social gathering that was created for the individuals they served. He explained, "We decided that we wanted to give a holiday party for our service recipients. First, we raised funds for that specific purpose and then rented a beautiful room. We then invited everyone that we served and their families. The men and women got dressed up for the occasion and we had music and they danced and just enjoyed being with each other in a social atmosphere. It gave me such a good feeling to know that I was a part of making this happen for them."

Additionally, Lloyd said there were times when he would visit a group home and see a constituent who had mastered the task of making dinner on their own. "The smiles were so rewarding and that is what brought me back time and time again; the thought that someone was more independent and living the life they were capable of because of our efforts," he continued.



Lloyd Stabiner

"We knew we had the expertise to help some of those patients and we needed to find an Executive Director who was going to be able to take us in that direction. That was when we hired Steven Vernikoff. He and I have worked very well together over the past twenty five years. Our new leadership team, guided by new goals and objectives established by the Board saw CFS expand its services to include group home living and day programs for those adults with intellectual disabilities. The agency also expanded over state lines, incorporating in New Jersey in 1996 and opening their first group home in 1998. The services we were offering were needed and more importantly we continued the culture of providing a superior quality of care. As a result, we continued to expand and presently our annual budget is close to \$45,000,000. We employ over a thousand employees. On a daily basis, over 170 people are cared for in the homes that we own and maintain, and we visit 750 people living at home with their families and some 200 in day programs."

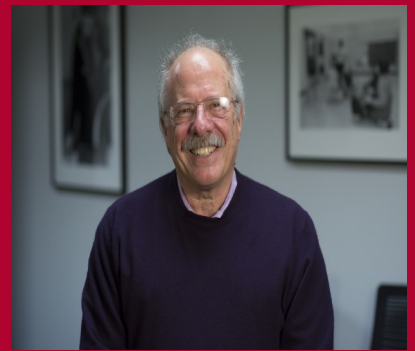
36 Years of Service

Teaneck Resident Reflects on 36 Years Volunteering For Those with Intellectual Disabilities

Lloyd is quick to laud the CFS staff and credits them with an amazing stamina to work with the service recipients every day. He calls that dedication, 'remarkable.' During recent times, CFS has embraced the 'person-centered' philosophy for those they serve and as such, are succeeding where many agencies are failing by granting the wishes of those with intellectual disabilities and enabling them to live on their own with just the right amount of gentle supports from CFS. It is Lloyd's hopes that as more of those with intellectual disabilities become part of the fabric of their communities that more and more neighbors and friends will come to know them, and appreciate the gifts they have to offer.

In addition to his career, he enlightened young minds as an adjunct lecturer at New York City Community College and at New York University Graduate School, where he taught Real Estate Finance. He has a B.B.A from Pace University and an M.P.A. from New York University. Lloyd served as Chairman of the New York State Society of Certified Public Accountants Chief Financial Officers Committee and also served on various other committees within that organization.

Upon retiring, he started a company called Fulcire Wealth Management, LLC, an investment advisory firm, servicing a small niche clientele. He resides in Teaneck, NJ with his wife Alice of 36 years. They have two children, Lisa and Josh. Alice has over 45 years experience as an educator, Lisa is a research director at a local television station and Josh is the Chief Information Security Officer for a major Hedge Fund. He is a proud grandfather and spends two days each week caring for his three year old granddaughter, Julia. When he isn't working or watching Julia, he enjoys a good golf game and keeping up his 4th degree black belt in the local Tae-Kwon-Do establishment. As with everything he does, Lloyd looks at the future with a positive eye and a willingness to devote his time and talent to make his part of the world a better place.



Lloyd Stabiner

Lloyd credits his 50 years in the healthcare and real estate financial world as having given him the expertise to guide this agency through sometimes treacherous waters.

75 Years Young

**Plainfield Resident Espouses Regular Exercise and
A Positive Attitude to Succeed**



Ms. Angelina, of Plainfield, celebrates her 75th birthday amidst her housemates, friends in the community and the CFS staff.

On behalf of all the staff of the Center for family Support, we wish her a very happy 75th birthday!



Plainfield, NJ -- Ms. Angelina, a Plainfield resident, is a 75 year young woman with a nurturing spirit, and a good heart. Diagnosed with an intellectual disability at a young age, she does not let that stop her from enjoying all that life has to offer. She has learned how to knit and is currently finishing up a pair of mittens and a scarf just in time for the winter months. She attends church regularly and when time allows, watches *CSI*, *Law and Order* and an occasional western movie. She especially enjoys socializing with friends and going on vacation.

75 Years Young

Plainfield Resident Espouses Regular Exercise and A Positive Attitude to Succeed

On September 25, 2009, Ms. Angelina moved into The Center for Family Support (CFS) Group Home in Plainfield after a house fire left her homeless. From the beginning, Ms. Angelina was a strong advocate for exercising regularly and maintaining a positive appearance. Recently approaching her 75th birthday, she worked hard to lose 15 pounds so she would look and feel her best. She prides herself on helping others to understand the significance of exercising, and choosing healthy food items to help maintain a healthy weight. Her housemates look to her for advice and encouragement on these and other topics that affect their everyday lives.

A few years ago, recognizing the need for regular communication for those they serve, CFS created a Self-Advocacy Group for New Jersey and New York. Since their inception, each group has been run by and consists of members who are intellectually disabled. These groups research community-based offerings, and activities, and advocate for themselves to CFS for their members. Ms. Angelina's ability to advocate the importance of exercising at home and her support of her housemates, led her to run for the position that she holds today, President of Team CFS Self Advocate of NJ. As the President of Team CFS, she has proven to be an exceptional self-advocate. She is also a valued member of the CFS Human Rights Committee, and is a voice for those with intellectual disabilities in planning for all individuals in the agency.



As Ms. Angelina gives her time to assist her peers, she is also actively building a complete life for herself that embodies outcomes that are important.



A Call to Action

South Bronx Youth Needs Educational Supports to Succeed

Bronx, NY - Tony Johnson is a handsome, kind young man with intellectual disabilities, who lives with his Mother, Sharone, in the South Bronx. The Center for Family Support (CFS) has supported Tony and his Mom for his entire life and due to this support, Tony is attending middle school and recently started taking Karate classes. His Mom is thrilled that he has found a new passion in Karate and is focused on earning different belts.

Tony and his Mother have a loving bond. Sharone also has intellectual disabilities and has had significant health issues herself, making it difficult to provide an environment, which supports his educational needs. Despite efforts by CFS to support the family, Tony has had a difficult transition to middle school and his grades have reflected this. His intellectual disabilities make it difficult to manage his emotions and as such, he has limited social relationships.

One of the next steps in the plan to increase Tony's independence and boost his self-confidence is to help Tony create an environment which reinforces learning in his home and provides a place where he can work on his assignments in a special area complete with a desk, desktop computer with software, and a small bookcase with books, chosen to help him excel in the classroom. The family's income is limited, and as such, The Center for Family Support is raising funds for Tony and service recipients like him, to lead a fuller life through better education and career skills.



Tony and his Mother, Sharone, enjoy a day at Coney Island, compliments of The Center for Family Support as part of 'staycation' package they provided for them this summer.



At the core of our mission is the concept of personal choice. We work closely with participants, tailoring our programs to accommodate individual needs, preferences and goals. We continually monitor progress, adjusting individual services and care plans to accommodate change and growth.

Our reach extends throughout New York City's five boroughs, Westchester County, and Long Island in the State of New York and throughout the State of New Jersey.

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