



DAY HAB NEWS

January – March 2018
Issue 3.

Family Newsletter

ARC Day Habilitation for People with Disabilities
1145 East 55th Street Brooklyn, NY 11234

Hello Parents and Caregivers:

HAPPY NEW YEAR! We at ARC would like to thank you for all your support and encouragement this past year. We want to welcome you to a new year filled with great possibilities and opportunities. This year we have a lot of changes and great things in store, such as the exciting launch of our new web and social media sites. We also have the drivers route changes and the partnering of new site locations such as C.A.M.B.A., Bread of Life food pantry and Ditmas Rehabilitation Nursing Home. They will be partnering with the staff to teach your loved ones helpful activities, planning, and independence. We are excited about these new ideas and we are looking forward to a year filled with new experiences, but most of all fun, fun, fun!

Welcome:

The ARC Day Habilitation family would like to welcome David C. and Cathi. David is our newest member at ARC Day Hab; Cathi is our newest staff member. Let's all say a big HELLO to our new members.

ACTIVITIES:

Here at ARC the participants love a theme and a party. We have decided to make the next 3 months a celebration. Here are the themes for the next three months.

JANUARY: CELEBRATION OF LIFE

During this month we will be taking a closer look at preparing our bodies and our minds. At the YMCA

your loved ones will be practicing yoga and meditation in recognition of appreciating the physical carriage that is our bodies. At the dayhab we will also be focusing on our physical, mental and overall wellbeing.

FEBRUARY: BLACKHISTORY/ FRIENDSHIP MONTH.

Throughout the month we will be reading poems from famous black poets, reading Martin Luther King's famous "I Have a Dream" speech and touring an online exhibit that marked the 50th anniversary of Brown v. Board of Education, the landmark 1954 Supreme Court decision that changed education and helped end segregation in schools. On February 14th we will be holding our Friendship Dance. Remind your loved ones to wear some- thing red, white or pink for the dance. We will also be making and handing out friendship bracelets on that day.

MARCH: CULTURAL MONTH

In lieu of St. Patrick's Day we decided why stop at one culture let's explore them all! This month we will learn and embrace the different cultural backgrounds of our members. Activities will include dancing, food tasting and arts. Make sure they wear comfortable clothing throughout this month because we will constantly be moving and grooving about as we explore the differences that make us special.

GENTLE REMINDER:

We know your loved ones leave early. Please make sure they have something to hold them over until lunch time which is at 2:00pm. Although eating is not allowed on the vans for safety reasons, they may bring snacks and eat them when they are off the vans. You may provide your loved ones with money, so they may purchase lunch if they are hungry. Please make sure they have enough to eat daily.

ATTENDANCE/PICKUPS: As you know your loved ones make these kinds of programs possible and we “Thank You”. We ask that your loved ones be ready for pickup by 8:00 a.m. (This does not mean that we will be there to pick them up at that time.) If they are not coming to program please call the van cellphones, which will be listed on every newsletter, to notify us that your loved one will be out. This not only helps us with our daily planning, but it also saves the driver time by not having to do unnecessary stops.

Birthday Shout outs to the following members:

1. Tiffanie January 7th
2. Santo January 8th
3. Eric January 12th
4. Ricardo January 13th
5. David C. January 16th
6. Marva January, 21st
7. Ancilla January, 22nd
8. Shivonne January, 24th
9. Luretha January, 26th
10. Sylvia February, 2nd
11. Christopher February 12th
12. Ruth February, 12th
13. Lamont February, 13th



14. Danny February, 15th
15. Jimmy February, 16th
16. Kermit February, 16th
17. David February, 17th
18. Andrew February, 18th
19. Pierre February, 20th
20. Christnelle March, 14th
21. Steve March, 18th
22. Darryl March, 23rd
23. Simone March, 23rd
24. Mauricio March, 23rd
25. Samantha March, 30th

Birthday Celebrations are welcomed!!!

Van Numbers/Routes:

- VAN 1 DOWNTOWN: 917-474-4538
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- VAN 2 BROWNSVILLE: 646-734-9341
- VAN 3 BEDSTUY: 347-452-1094
- VAN 4 CONEY ISLAND: 646-734-6382
- VAN 5 FLATBUSH: 347-909-5698
- VAN 6 CANARSIE: 718-954-5750

To reach the Day-Hab Program you may call (718) 531-7500 Monday-Friday between the hours of 8:30 a.m. – 5:00 p.m.



you.

Please remember to call us with any change of address, home or cell number. We always want to be able to reach

ROUTES AND DRIVERS:

DOWNTOWN VAN 1: LOUDINE /DANIEL
CROWN HEIGHTS VAN 2: YVES/TYRONE
BED-STUY VAN 3: CAMIELLE/ELVIN
CONEY ISLAND VAN 4: SAMMY/CATHI
FLATBUSH VAN 5: SALOMON/LISA
CANARSIE VAN 6: VESTA /LUDGE

DAY HABILITATION STAFF

Supervisors:

Sandy
Charmaine

Case Managers:

Marissa
Roseline

Drivers/Support Professionals:

Camielle
Cathie
Daniel
Elvin
Lisa
Loudine
Ludge
Ms. Melva
Salomon
Sammy
Tyrone
Valarie
Vesta
Yves

EVENT DATES:

ROUTE CHANGES 1ST month of the new year.

FRIENDSHIP DANCE: February 14th, 2018 \$5-dollar donation

ARC CLOSING DATES:

NEW YEAR'S DAY	1/1/2018
MARTIN LUTHER KING, JR	1/15/2018
PRESIDENTS DAY	2/19/2018

SUPPORT/DONATION

For those of you, who shop on Amazon.com, please remember Amazon is donating 0.5% to ARC! Go to smile.amazon.com, sign in with your current Amazon account OR create an account for free, choose ARC as your charity, and start shopping!

Please share all fundraising news with your family, friends, co-workers and neighbors about all the amazing ways they can support ARC.

To donate or become a member.
ARCNY.ORG