



# DAY HAB NEWS

**OCTOBER-DECEMBER**  
**2018**  
**Issue 6.**

## *Family Newsletter*

*ARC Day Habilitation for People with Disabilities*  
1145 East 55<sup>th</sup> Street Brooklyn, NY 11234

**H**ello Parents and Caregivers:

Colors of leaves changing and falling, a chill in the morning air and early sunsets let us know FALL IS HERE! Time to put away the shorts and sunscreen and pull out the scarves and gloves?

This quarter we have wonderful new ideas and activities in store for you and your loved ones. On our scheduled list are: Bingo and Mingle, Pumpkin picking, Gratitude dinner, community outings and much, much, more.

**O**ur First announcement is the Day Habilitation program will be holding a Bingo & Mingle event! This Event will be held on October 20<sup>th</sup> it was originally scheduled in August and had to be rescheduled several times. For this to be a successful event program participant, parents/caregivers need to participate and be involved. Come out for an evening of games, music, dialogue, food and wonderful surprises. Fishes and snails oh my! Our new aquarium is all the rage stop by our dayhab to see our new aquatic friends.

### **MONTHLY EVENTS:**

**O**ctober: Our spooktacular month! During this month we will be exploring the different ways other countries celebrate Halloween and what it symbolizes or represents around the globe. We will be visiting the Green Meadows pumpkin patch at Aviator as well as having our first haunted house party. On this day please have your loved ones dress up in their

favorite costumes, we ask that they wear costumes that are tasteful and not offensive to anyone. Our Bingo and Mingle will be held on October 20<sup>th</sup>. This event is a wonderful chance for our parents and staff to get to know one another and have a night of fun. Your support is greatly needed to make this a successful event. October is also mental awareness month. On October 10<sup>th</sup>, 2018 our morning topic will discuss mental health and the various signs. Mental illness awareness means bringing down the walls of stigma by sharing our experiences, stories, and truths. It means educating others on what mental illness REALLY is and helping those with illnesses know they are not alone.” –

**N**ovember: Give thanks and fall back!

We all know November is about giving thanks, Thanksgiving and Veterans Day but it's also the end of Daylight Savings time. On November 5<sup>th</sup> we will have our morning discussion which will cover the topic reflection: During this time, we will discuss past events and how they made us feel and what the future holds. Our annual gratitude dinner will be held on November 21<sup>st</sup> beverages, snacks and silverware are welcomed.

**D**ecember: Our month of giving. Our last month in the year before we begin a new journey. We would like to take this time to say thank you for allowing us to come into your lives and sharing your loved ones with us. We know it's not easy and at times may get overwhelming, don't give up and don't give in. Have a safe, healthy and happy holiday season and we will see you back for the New Year!

**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. As the weather gets chiller, it's important to make sure your loved ones are dressed appropriately. Please stay bundled as this is a dayhab without walls and we venture out daily. Also keep in mind that sometimes accidents happen, please provide a change of clothing for your loved ones to change into if needed. Parents/Caregivers: we have noticed a lot of your loved one's medical information are outdated. We will be providing them each with medical forms to take home, so they may be filled out and returned in a timely manner. This information is not only necessary but viable to the program as well.

### STAFF NEWS:

We would like for everyone to welcome our new staff member **Paris!** Paris is excited to join the day habilitation program and can't wait to jump right into the swing of things.

**ATTENDANCE/PICKUPS:** As you know your loved ones make these kinds of programs possible and we "Thank You" for that. 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 and scheduling, but it also saves the drivers time by not having to make unnecessary stops.

### Birthday Shout outs to the following members:

*Birthday Celebrations are welcome!!!*

Dale: October 5<sup>th</sup>  
Matthew: October 9<sup>th</sup>  
Jovanni: October 16<sup>th</sup>  
Jamar: October 18<sup>th</sup>  
Linda: October 21<sup>st</sup>  
Christie: November 14<sup>th</sup>  
Lydia: November 23<sup>rd</sup>  
Karriem: December 1<sup>st</sup>  
Dax: December 4<sup>th</sup>  
Sunday: December 5<sup>th</sup>  
Marvin: December 7<sup>th</sup>  
Shane: December 10<sup>th</sup>  
Denise: December 13<sup>th</sup>



### Van Numbers/Routes:

VAN 1 DOWNTOWN: 917-474-4538  
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 9:00 a.m. – 5:00 p.m.



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

### EVENT DATES:

GREEN MEADOWS PUMPKIN PATCH: OCTOBER 16<sup>TH</sup>, 18<sup>TH</sup>  
19<sup>TH</sup>-FREE  
BINGO & MINGLE: OCTOBER 20<sup>TH</sup>- \$5.00  
HAUNTED MANSION PARTY: OCTOBER 26<sup>TH</sup> \$6.00  
GRATITUDE DINNER: NOVEMBER 21<sup>ST</sup>-FREE  
HOLIDAY PARTY: DECEMBER 20<sup>TH</sup> \$10.00  
ROCKEFELLER TREE DISPLAY-TBA  
ROUTE CHANGE: FIRST BUSINESS DAY IN OCTOBER

### CLOSINGS:

OCTOBER 8<sup>TH</sup>- COLUMBUS DAY  
NOVEMBER 22<sup>ND</sup> -THANKSGIVING DAY  
NOVEMBER 23<sup>RD</sup> -DAY AFTER THANKSGIVING  
DECEMBER 25<sup>TH</sup>-CHRISTMAS DAY

### Fundraising

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.

## ARC DAY HABILITATION RECIPES

### October, November, December 2018

HERE ARE SOME EASY RECIPE IDEA'S TO DO WITH YOUR LOVED ONES.

#### October - Spiderlicious Punch

##### What You'll Need

3 (6-ounce) cans pineapple juice, chilled  
1 cup cold water  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{2}$  cup sugar  
1 (4-serving) package lime-flavored gelatin  
1-liter lemon-lime soda, chilled  
 $\frac{1}{4}$  cup maraschino cherry juice

##### What to Do

In a large pitcher, combine the pineapple juice, water, lemon juice, sugar, and gelatin mix, stirring until the sugar and gelatin have dissolved.  
Add the soda and cherry juice; mix well. Serve in individual glasses over ice.

##### Note:

If you're making this to serve in a punch bowl, double the quantity of all the ingredients.

#### November - Candied Yams with Marshmallows

##### Ingredients:

1 (29 Ounce) Can Sweet Potatoes  
 $\frac{1}{4}$  Cup Butter Cut into pieces  
 $\frac{1}{2}$  Cup Brown Sugar  
1  $\frac{1}{2}$  Cups Miniature Marshmallows

##### Directions:

Preheat Oven to 400 Degrees F (200 Degrees C)  
Place Sweet Potatoes in a Medium baking dish.  
Distribute Butter pieces evenly over the Sweet Potatoes. Sprinkle with Brown Sugar. Layer with miniature marshmallows.  
Bake in the preheated oven 25 minutes, or until Sweet Potatoes are tender and marshmallows have melted.

#### DECEMBER - FLUFFY HOT CHOCOLATE

##### Ingredients:

8 teaspoons sugar  
4 teaspoons baking cocoa  
4 cups 2% milk  
1  $\frac{1}{2}$  cups miniature marshmallows  
1 teaspoon vanilla extract

##### Directions:

In a small saucepan, combine the first four ingredients. Cook and stir over medium heat until marshmallows are melted, about 8 minutes. Remove from the heat; stir in vanilla. Ladle into mugs.