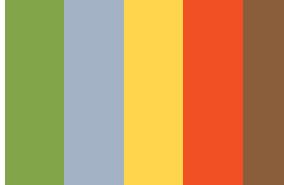




Inspirations



SUMMER 2023 EDITION



INSPIRATIONS MAGAZINE

is published twice a year by Springbrook
in Oneonta, NY.

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Cover: Kids Unlimited Preschool 2023 graduate

Springbrook is the leader in providing innovative support for people with developmental disabilities. With locations across New York State, we offer service options that span all aspects of a person's life.



A MESSAGE FROM THE CEO



Welcome to the summer/fall edition of *Inspirations*. What can be more inspiring than the cover picture of a *Kids Unlimited* graduate? In this issue, you will read many inspiring stories about people making their way through life with courage, integrity, and optimism. They are all inspiring to me and should be inspiring to everyone!

Woven through all the stories and events is a common theme of family and employees committed to each person and their dreams. From Malcom Thomas, the songwriter, to Cameron Corey the artist. This magazine seeks to break a stereotype of what an individual with a disability can aspire to.

At Springbrook, we strive to push the boundaries of what is possible for an employee, an individual we support, and their family. Pushing boundaries, changing stereotypes, and being open to change is hard work requiring commitment and some failures before success.

One could not do what we do at Springbrook without your support. Every program and idea is fueled by an individual who gives. You make the difference between a dream and a reality.

Patricia E. Kennedy

Patricia E. Kennedy
CEO

**Post script – I met with a parent a few months ago who suggested we notify when people we support pass away. We have added an “In loving memory” page to honor the lives and memories of friends we have lost this past year. Our thoughts are with their families and employees who supported them at Springbrook.



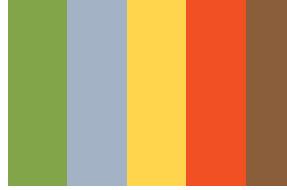
Patricia poses with Springbrook's Marketing team who all wore orange in support of Developmental Disabilities Awareness Month



Patricia hands off diploma to a 2023 School at Springbrook graduate, Chaunce Scott. Congratulations, class of 2023!



Patricia, CEO, and Seth, COO, celebrate with staff member Molly King at this year's employee milestone event at Brewery Ommegang



POOLED TRUST - MICHAEL PRIOR



SUPPORT YOU CAN Trust

Michael Prior has been a resident at Springbrook for much of his life. Two years ago, his brother Patrick used the account that he opened on Michael's behalf in the Springbrook Pooled Trust to support Michael's needs.

One need, in particular, was securing medical marijuana to relieve the seizures Michael experienced due to epilepsy. This decision was made after many years and mixed results with strong antiepileptic and psychotropic drugs. What medical marijuana has done for Michael is help mitigate some of the other medications' adverse side effects and reduce his seizure activity.

Getting there was not always easy. Michael and his brother faced doctors who had many uncertainties about the benefits of cannabis or a lack of knowledge about its use in treating a person with epilepsy or a disability. Part of this may be due to a lack of research and the exclusion of people with intellectual and developmental disabilities (I/DD) from national surveys, data sets, and health research. After some searching, Patrick found a doctor who understood Michael's condition and was willing to assist him in obtaining medical marijuana to manage his seizures. Another issue they

faced was finding insurance coverage—Michael's medical insurance did not cover medical marijuana, and the prescription had to be purchased in cash because cannabis is still considered an illegal drug under federal law. Once a prescription was written, money could be pulled from Michael's account in the pooled trust to purchase his prescription at a dispensary. Setting up an account in the pooled trust for Michael's needs ahead of time helped secure his prescription and other needs beyond that. Patrick has seen his brother's quality of life improve and is thankful for the Springbrook Foundation and the Pooled Trust.

The Springbrook Pooled Trust is a good option for loved ones because it can be used broadly. The money will always be there, no matter when a person needs it.

Patrick Prior

Epilepsy can be debilitating for many people who experience seizures. It can be physically disabling and reduce a person's quality of life.

A review of the literature by Stetten, Pomeranz, et al. concluded that "There is sufficient evidence that medical marijuana is effective in treating epileptic seizures...Medical marijuana may improve the level of functioning and quality of life for individuals with certain disabilities."*

*Stetten N, Pomeranz J, Moorhouse M, Yurasek A, Blue AV. The level of evidence of medical marijuana use for treating disabilities: a scoping review. *Disabil Rehabil.* 2020 May;42(9):1190-1201. doi: 10.1080/09638288.2018.1523952. Epub 2018 Nov 20. PMID: 30456993

<https://pubmed.ncbi.nlm.nih.gov/30456993/>



WHY OPEN AN ACCOUNT IN SPRINGBROOK'S POOLED TRUST?

The Springbrook Pooled Trust is an effortless way for you and your family member or loved one to secure their needs and financial future. Setting up an account is easy and low-cost—an account can be opened with a \$100 deposit. This balance must always be maintained, but money can be added anytime. Funds from the account can be used by your loved one for many of their wants and needs and will be reviewed monthly. An account in the pooled trust can be opened by anyone with an intellectual or developmental disability, regardless if they receive services through Springbrook.

To open an account in the pooled trust, email a representative at the Springbrook Foundation (email provided below) to get started. Once you have reviewed the necessary paperwork and have discussed your particular circumstances or those of a loved one, you will be guided through the enrollment process. When your loved one dies, all funds in the account will go to Springbrook to continue its support of people with intellectual and developmental disabilities.

If you would like to know if opening an account is right for you and your family member or loved one, reach out to the Springbrook Foundation at pooledtrust@springbrookny.org by scanning the QRCode above.





STEP

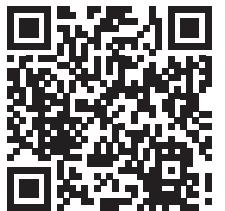
SPRINGBROOK TRAINING & EDUCATION PROGRAM



Springbrook staff are the most highly trained, compassionate, and skilled in their field. Our commitment to advanced research and treatment guarantees that every person we serve has the opportunity to reach their highest level of independence. With the help of our generous donors, Springbrook is embarking on a new educational opportunity for our direct support professionals.

The Springbrook Training and Education Program (STEP) is a donor-funded initiative that supports our valued employees by providing them with tuition-free Human Services classes through a partnership with SUNY Oneonta. In addition to being tuition-free, employees in this program will be paid for their time in class!

STEP is another example of our commitment to enhancing the quality of life for those we support, their families, and employees. Text SPRINGBROOK to (607) 400-8008 or scan the QRCode to send a gift today.



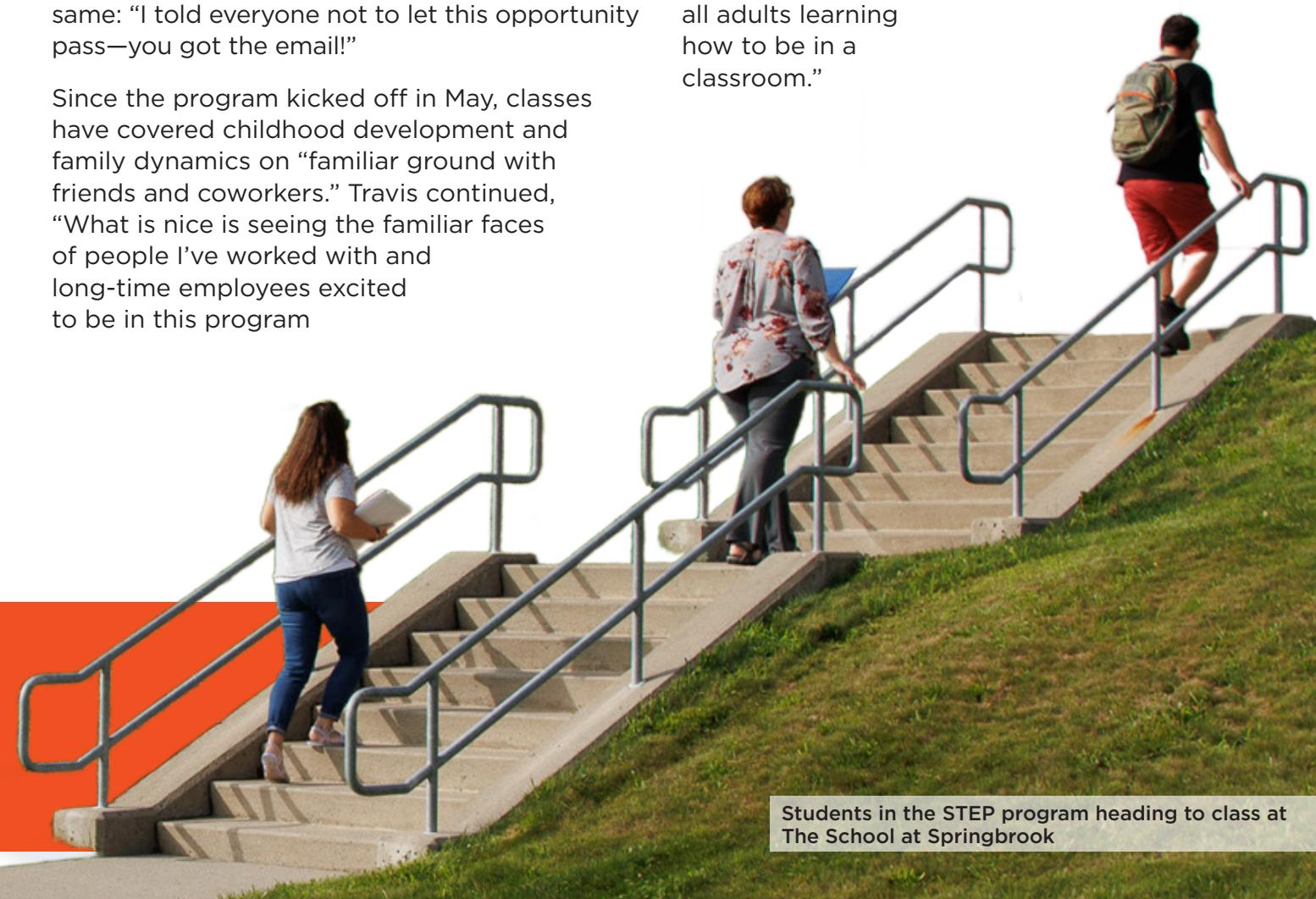
TRAVIS GRAY TAKES *a Step*

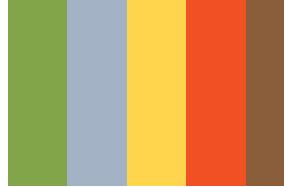


Travis Gray is a current student of the inaugural STEP class and a teaching assistant at The School at Springbrook. Other participants in STEP include staff across Springbrook's programs, including Community Homes, Capstone Day Habilitation, employment services, and dietary services. When Travis received a staff-wide email seeking participants, he was sure not to let the opportunity pass him by. He also urged his coworkers to do the same: "I told everyone not to let this opportunity pass—you got the email!"

Since the program kicked off in May, classes have covered childhood development and family dynamics on "familiar ground with friends and coworkers." Travis continued, "What is nice is seeing the familiar faces of people I've worked with and long-time employees excited to be in this program

and who continue to do their best. In the classroom, we work together to excel." Outside the classroom, Travis sends pop-quiz questions to old and new coworkers, which helps them all out when test-taking time comes around. What's more, classes progress at a pace that suits adult learners with full-time positions at Springbrook. Travis elaborated, "The slow pace is nice because we are all adults learning how to be in a classroom."





CONTINUED EDUCATION

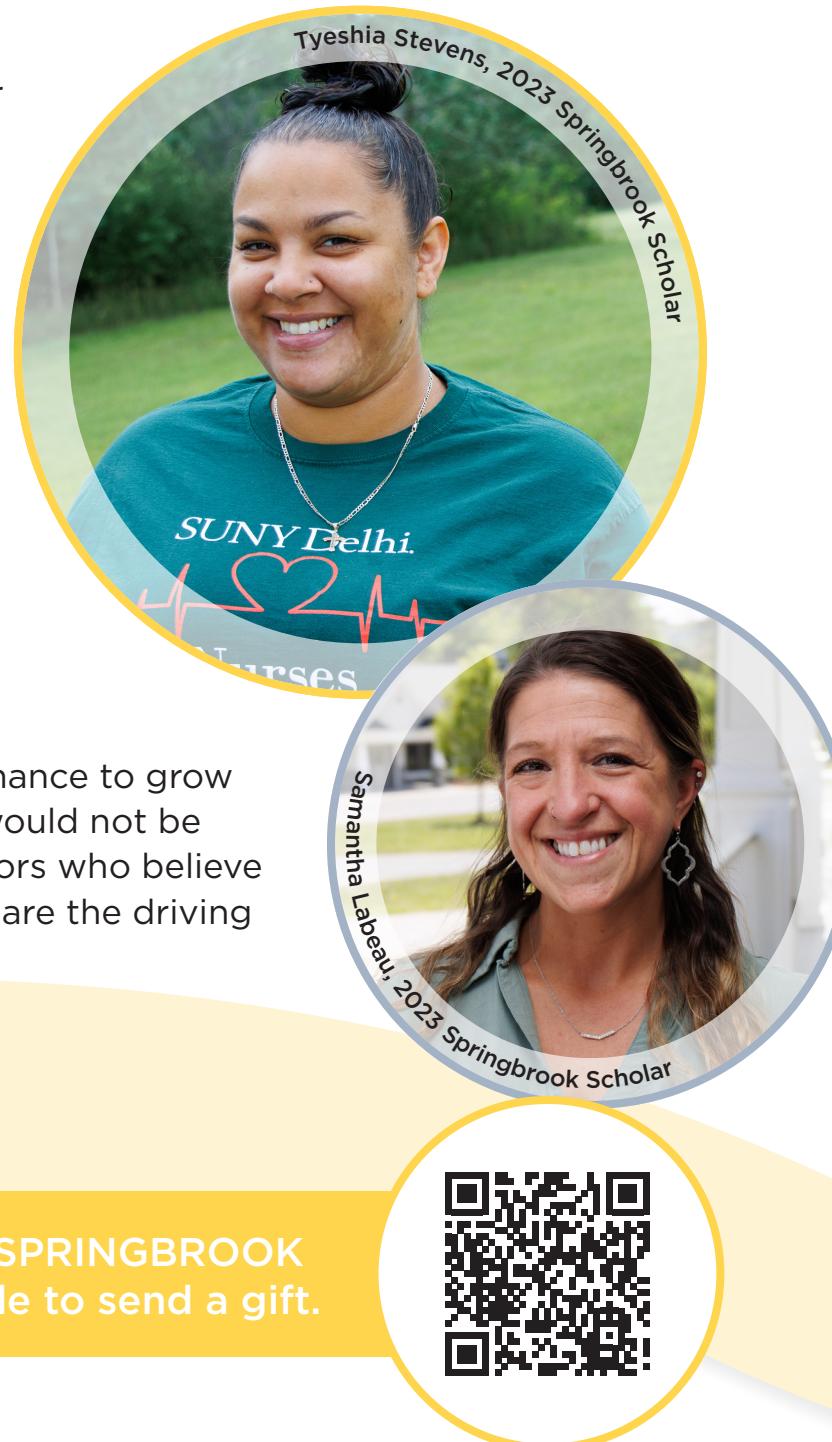


WHAT IS SPRINGBROOK SCHOLARS?

At Springbrook, we believe in investing in our employees, just as they invest in the futures of those we support. Springbrook Scholars is a program designed to empower employees to reach their highest potential.

The Scholars program has two tracks: Springbrook Scholarships (tuition-free programs) and Springbrook Tuition Reimbursement. Springbrook Scholarships are fully paid for, minus the cost of books (and sometimes those are covered, too). Tuition Reimbursement programs cover up to 100% of your reimbursement submission, depending on your grades.

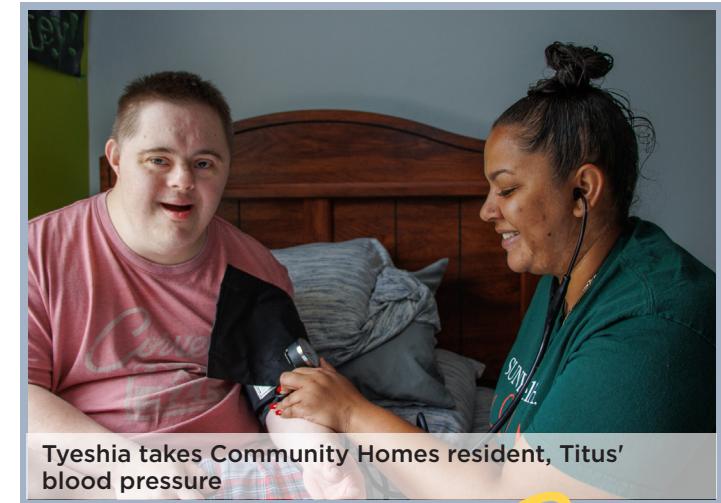
Springbrook Scholars gives employees the chance to grow in their education and career. This program would not be possible without support from generous donors who believe in our mission and recognize that employees are the driving force behind our growth.



To support our Scholars program text SPRINGBROOK to (607) 400-8008 or scan the QRCode to send a gift.



Tyesha chats with Community Homes resident, Mariah



Tyesha takes Community Homes resident, Titus' blood pressure

TYESHIA'S COMMITMENT TO *Care*

One of the words that comes to mind when describing Tyesha Stevens is dedication. Tyesha demonstrates a strong dedication to her career, education, and her three children. As a registered nurse (RN) for Springbrook Community Homes in the Sidney Plains Region, she continuously pursues opportunities to learn and grow while providing the best care to the people she supports.

Tyesha joined Springbrook Scholars in 2021 and earned two nursing degrees at SUNY Delhi. In May 2023, she graduated with a Four-Year Associate in Applied Science (AAS) & Bachelor of Science in Nursing (BSN) Degree through the dual-degree program.

With the experience Tyesha gained at SUNY Delhi, she aims to educate others and provide input for Springbrook's nursing protocols and procedures. She has already taken steps toward this goal through her Senior Practicum. For her final project, Tyesha created a protocol linking Helios Care (hospice) and the Office for People with Developmental Disabilities (OPWDD) Facilities. Through this protocol, Tyesha collaborated with several organizations to fill in knowledge gaps so that hospice care for people with developmental disabilities could be delivered seamlessly, with specific considerations for the patient, family, and staff. The protocol was reviewed by the Director of Nursing at

Springbrook, Jessica Weston and will be implemented to assist Springbrook's protocol for hospice care.

Tyesha enjoys working in the community home setting because she has the opportunity to educate others about best health practices for people with developmental disabilities. She is constantly improving and frequently makes suggestions at Community Homes quarterly meetings. Tyesha appreciates that Springbrook seeks input from nursing employees to make informed changes throughout the nursing department.

As Tyesha begins a well-earned year off from school, she is already planning to reach new heights in her education. Her oldest son will graduate high school and head off to college next year. Tyesha's hard work and success have inspired her son to attend the same dual degree program at SUNY Delhi to earn his BSN. She hopes to embark on the next step of her journey alongside her son and attend courses at SUNY Upstate to earn her Doctorate of Nursing degree.

Tyesha has worked tirelessly to get where she is today. Like many others at Springbrook, her drive to achieve does not falter, and she is deeply focused on the goals she has created for herself. We celebrate Tyesha's success as a Springbrook Scholar, nurse, and mother.





UNIVERSITY PARTNERSHIPS

CREATING AN *Inclusive Future* WITH DR. GAIL WENTWORTH



Gail interacts and plays with children from the Kids Unlimited Preschool

For many, life is an opportunity to learn as much as they can and to say "yes" to experiences that expand their knowledge and awareness of the world. Dr. Gail Wentworth brings this philosophy into her career as a professor of Early Childhood Studies at SUNY Cobleskill, where she has dedicated over 20 years to educating others and growing her knowledge of the field.

When it came time for Gail to take a sabbatical, she embarked on a new chapter and became a "college student" in a classroom again. Gail

enrolled in a graduate class at SUNY Oneonta and pursued an internship at Springbrook's Kids Unlimited Preschool (KUP). Her goal was to increase her knowledge of the broad range of early childhood development representing all children so that she could teach more inclusive material. Gail recognized that training young practitioners to work with children with disabilities was a growing need in the field, and she is passionate about giving her students the most updated information. At SUNY Cobleskill, this also gave Gail the opportunity to create a new course to prepare students, especially

early childhood majors, to work in diverse classrooms and utilize evidence-based practices for working with children of all abilities.

Gail wanted to gain practical experience in a setting that supported children with developmental disabilities. She was drawn to Springbrook to learn more about Kids Unlimited Preschool, where she could observe young children of all abilities learning and playing together. Gail observed in three KUP classrooms on a rotating basis for two hours, twice a week, for the spring semester. Out of the three classrooms, Gail spent most of her time in Special Education Teacher and Lead Teacher Cathy Lien's 6-1-3 structured classroom, focusing on children who receive more support.

While Gail was interning at KUP, she also taught a class on Literacy Development for Young Children at SUNY Cobleskill. From what she observed in the classrooms at KUP, she was able to address assumptions about ability when teaching her students. She challenged her students by presenting them with different possibilities for learning, for instance, how to teach a student to read if they do not use words to communicate or if English is not their first language.



Scan the QRCode to learn more about Kids Unlimited Preschool!

Taking what she learned on her sabbatical, Gail created a new course and academic minor for SUNY Cobleskill. The course, titled "Differentiated Instruction," will focus on teaching a "broad spectrum of populations/ages, using instruction goals and methods tailored to the individual college students' majors," and will offer applied learning field experiences. She also developed a new minor, titled "Accessible Instruction," which will be open to all majors such as Psychology, Equine Assisted Therapies, Sport & Exercise, and more.

Gail's story exemplifies the benefits of community collaboration and partnership. Through her experience at KUP, Gail was able to create and introduce a curriculum at SUNY Cobleskill that will enhance the preparation of students in various fields, teaching them how to work with diverse populations while prioritizing understanding and inclusion. The implementation of this knowledge will surely benefit the students at SUNY Cobleskill and will support a growing field of professionals who are passionate about providing support for people with disabilities, a mission close to our hearts at Springbrook.





EMPLOYMENT SERVICES

NICK FINDS HIS *Dream Job*



A VISIT TO THE CULLMAN CENTER

Nick Donnelly has been working at The Cullman Center in Sidney, NY, for almost four years, and the joy he finds in his work is abundant. When looking for a job, Nick wanted to work at a place where there would always be something new to discover, and The Cullman Center caught his eye. The child development center focuses on childcare and prioritizes diversity in everything they do, including their staff and curriculum.

Nick's time working at the Cullman Center has been engaging and exciting, and he is constantly discovering new interests and goals to work towards. Director Amy Williams is supportive of Nick's passions, and when he has new ideas for his position, she does her best to help him achieve them. For example, Nick became interested in helping The Cullman Center table at job fairs for local high schools and talked to Amy about taking it on as a responsibility. Now, he attends about three job fairs per year, including a recent fair at the Delaware-Chenango-Madison-Otsego (DCMO)

Board of Cooperative Educational Services (BOCES) in Masonville. He answered questions about The Cullman Center and chatted with students interested in early childhood education about summer work opportunities.

Before starting his position at The Cullman Center, Nick prepared to enter the workforce through Springbrook's "Pathway to Employment," a prevocational service that prepares people who are interested in employment with the necessary skills to begin their careers. Nick enjoyed this program and felt it thoroughly prepared him for his position.

He is supported in his professional pursuits by employment specialist Erin Branigan, who has been working with Nick at The Cullman Center for about two years. Recently, Erin has assisted Nick with completing The Pyramid Model training, a federal program that teaches early childhood educators how to maintain a safe, kind, and calm learning environment and prepares them with skills to support children

with challenging behavior. Nick has completed a new tier of training every month through virtual and in-person learning.

One of Nick's goals is to share his love of baking with the kids at The Cullman Center. With help from staff, Nick did a cookie project in March for St. Patrick's Day and again in April for Easter, where he taught the children how to decorate cookies and change the color of the frosting. Nick used techniques from The Pyramid Model training to ensure that the children were quiet and actively listening when he was demonstrating the activity.

Nick has made a profound impact on everyone at The Cullman Center, whether it be remembering everyone's names and stories or providing new and exciting lessons for the kids. The passion Nick has for his job is truly inspiring, and he tenaciously pursues opportunities to help others learn about The Cullman Center. We cannot wait to see more of Nick's career dreams come to life!

Nick pursued this opportunity through Springbrook's Supported Employment program, designed to assist participants with every phase of the professional experience. Supports can include classroom training, individualized coaching, and assistance with the application and interview processes.

Scan the QRCode to learn more about employment services.

www.springbrookny.org/our-programs/employment-services





EMPLOYMENT SERVICES



Building Confidence IN THE WORKPLACE



Learn more
about Corey
and the Crouse
Community
Center!



“Supportive employment is great for the people we serve because it allows everyone to be active in society. It is a fantastic opportunity. **”**

Mary Richardson
Springbrook Job Coach

VISITING COREY AT THE CROUSE COMMUNITY CENTER

Meet Corey Smith, a full-time employee at Crouse Community Center, a small nursing home in Morrisville, New York, where he works in the facilities department. Corey is a Self-Directed Services (SDS) recipient who uses Springbrook's Employment Services. He has been working with job coach Mary Richardson for four years, and in that time, Corey's anxiety has lessened, and his skill set has grown. Corey recognized his need for SDS and job coaching early on, having been diagnosed with autism, anxiety, and obsessive-compulsive disorder (OCD).

Today, Corey is responsible for changing linens, sweeping and mopping, and removing garbage from 11 rooms in the A and B wings of the 120-bed nursing home; when Corey started at Crouse Community a year and a half ago, he was responsible for six rooms. Corey's confidence has grown exponentially since he

has been working with Mary. Mary elaborated that Corey was "a whole different person" when he started working at Crouse. Initially, he was nervous, so Mary worked with him to learn each task and asked Corey to teach her every step of his job to help ease him into the work and assuage his anxiety. Corey has learned to work through his diagnoses of autism, anxiety, and OCD to overcome daily challenges, maintain a positive attitude, and crush it in the workplace. Whenever Corey questions his confidence, Mary refers him to their favorite saying, "I got this!"

Corey Smith's dedication is visible in his many great relationships with staff members and residents at Crouse. As he walks through the hallways, residents greet him with a friendly hello or engage him in a conversation about their day.

Cathy Merkle, the director of housekeeping and laundry at Crouse, understands Corey's needs and encourages him daily. She is delighted to have Corey on her team at Crouse. Cathy maintains an ongoing connection with supported employment and has several team members with disabilities. She has been sure to create an inviting and supportive workplace for people with disabilities, their coworkers, and those at Crouse Community.

Mary Richardson has been an employee at Springbrook for eight years. She has been a job coach for the past four years and currently supports 12 people. Corey was

among the first she assisted, and she enjoys working with him due to his upbeat and determined demeanor. Mary takes great pride in the positive impact that employment services can have on people with disabilities. She has witnessed firsthand the tremendous change that these services can bring.



Corey with Cathy Merkle (left), director of housekeeping and laundry at Crouse and Mary Richardson (right), Springbrook employee



SPRINGBROOK IS

Dynamic

KENNY GOODRICH WRITER.



For Kenny Goodrich, writing offers a profound feeling of freedom and excitement. When he sits down to write, he can create anything he wants, the only limit being how big he wants to dream. Kenny's adventurous tale of a kingdom of his own constantly inspires him, and he writes on anything he can find when he has an idea. Alongside handwritten pages, there are drawings and notes hastily taken down on napkins and scraps of paper.

Creating a world of his own also means that Kenny can share this world with others, and if they are lucky enough, they may be featured as characters. Kenny imagines friends and teammates from The Springbrook Scorpions basketball team as knights, soldiers, and captains and sees himself in the character Sir Scorpion Ken, who eventually takes the throne to become a benevolent king.

CAMERON COREY ARTIST.

Cameron expresses himself through his artwork. Using a variety of mediums, he enjoys painting landscapes, animals, and self-portraits. We had the honor of featuring Cameron at this year's art show at the Fenimore Art Museum. Many of Cameron's friends, family, and staff at Springbrook attended the opening to encourage him and admire his hard work. Cameron shared with support from his communication device, "It is relaxing. It feels freeing. My artwork is Beautiful. I am an Artist. I am Creative."



Springbrook supports many people who have a passion they wish to share. Scan the QRCode to view each amazing talent!

JEFFREY BOURGOIS JR. GRAPHIC ARTIST.

With much passion, Jeffrey Bourgois Jr. brings creations to life with his fingertips. Drawing inspiration from 1980s pop culture, comic books, requests from his family and peers, and through creations of his own imagination, Jeffrey constructs digital prints using programs on his iPad like Notability and Adobe Creative Cloud. Jeffrey's love of creating art is a passion he has enjoyed "every second of every day" since he was six.

While talking to Jeffrey, he shared, "For as long as I can remember, art has been a big part of my life. It is my escape when I get stressed out or have a bad day. I go into my own world where I can create anything I want. I love gifting my art to people because it allows me to get to know them better and build a relationship with them, and it just makes me happy. Without art, I would not be who I am today, and I cannot wait to see where it brings me. I hope my art will bring joy to others."



MALCOLM THOMAS SONG WRITER.

In his youth, Malcolm sustained a serious injury that would forever change his life, ultimately affecting his fine and gross motor skills, his mobility, and his speech. As a lifelong fan of rap music, specifically Meek Mill and Eminem, Malcolm grew to love the rhythm and flow of the songs he listened to.

When he was a teenager, Malcolm decided to start writing his own lyrics. Using pen and paper, Malcolm writes about his life with honest, accessible lyrics. When asked about his inspiration, Malcolm smiled and said, "It is all a real-life experience."



SHARON BURNS KNITTER.

At Day Hab, people are encouraged to pursue interests and activities that they enjoy. It is not uncommon to see people playing basketball in the gym or working on an art project, but Sharon decided to spend her time on something different.

With the help of a manual knitting machine—which requires the user to thread yarn around a circular frame while turning a dial—Sharon spends her time making scarves. The scarves are donated to veterans at The New York State Veterans Home in Oxford, NY. Sharon's father and brother are both veterans, so giving back is important to her. She shared, "I like giving back to the veterans because it makes me feel good to do something nice for them."





DONOR DOLLARS *at Work*

Thanks to the support of generous donors like you, as well as our community partners, Springbrook is able to offer continuous, lifetime support to the people we serve.

Every dollar we received this year has supported activities like the 8th Annual Basketball Invitational, the Art Show at the Fenimore Art Museum, as well as the purchase of therapy equipment and the creation of the Springbrook 222222iTraining and Education Program (STEP). Every gift allows us to continue our work and provide for a future beyond our own lifetime.

To make a gift, please visit springbrookny.org/give or text SPRINGBROOK to (607) 400-8008 today!



AMERICAN HEART CHALLENGE

In May, The School at Springbrook participated in the American Heart Association's Kids Heart and American Heart Challenges. Students raised nearly \$600! Their support will help the American Heart Association promote cardiovascular disease awareness and lifesaving research.

Physical activity and fitness are great ways to develop a strong heart and promote healthy habits. As a participant in the Kids Heart and American Heart Challenges, The School at Springbrook is eligible to receive a grant from the American Heart Association to acquire physical education equipment.

THANK YOU, CAREFREE GARDENS!

Springbrook has many great partners that help us celebrate important milestones. We'd like to give a special thanks to CareFree Gardens in Cooperstown for providing beautiful flowers for our campus graduation!



NEW THERAPY EQUIPMENT

Recently, wish list items were fulfilled for the Springbrook therapy team thanks to a grant from a local foundation. Some of the items included weighted blankets and body socks, both of which help children with autism gain a sense of calm. These items, modeled by Max (left) who is wearing the weighted blanket, and Omarion (right) who is wearing the body sock, help kids like them with sensory regulation. With the grant, the therapy team can now ensure every child has the right weight and fit for their needs.

SPRINGBROOK BOARD VISITS THE SCHOLASTIC BOOK FAIR

The Springbrook Board of Directors joined us for our annual Scholastic Book Fair on Thursday, March 16th. The week-long book fair promoted literacy and learning at the school, which set a goal to sell more than 300 books and inspire a love of reading in the students! The Board of Directors purchased over 100 books and other items to support the students.



TOM NEEDHAM SHOWDOWN

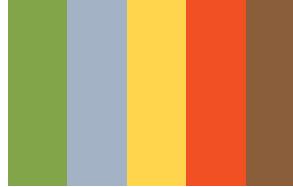
The Tom Needham Showdown for Springbrook in Edison, NJ has become an annual spring tradition, raising almost \$3,000 in support of Autism Awareness. This year's event was particularly special for organizer Tom Needham and their family because it was held in honor of his cousin, Cody, who passed away in January.

Tom, who is legally blind, connected with Springbrook through his neighbor, Dana, whose son Aidan is a student at The School at Springbrook. The more he learned, the more interested he became.

Since losing his sight, Tom said, "I miss things like hockey, so I decided to put together an event to help others."

Springbrook is grateful to Tom, his friends, and the many sponsors who helped make the event possible, including C4 Event Group, Partners in Sound, Barrys Auto Body, Major League Screen Printing, Island Heart Savers CPR, McMahon Mechanical, Wealth By Design, and the LaMarsh Family.





DONOR DOLLARS AT WORK



8TH ANNUAL SPECIAL OLYMPICS BASKETBALL INVITATIONAL

In April, Springbrook hosted the 8th Annual Special Olympics Basketball Invitational. With both the Main and Oneonta campuses echoing the thunderous pounding of fast breaks, the roar of made jump shots, and the joyful shouts of enthusiastic teammates and spectators, this year's event was a success. Visiting teams included the Saratoga Wildcats, Broome Tioga Panthers, Ithaca Red Raiders, Schenectady Patriots, and Fastbreak Schenectady. The event showcased a round-robin-style tournament and individual basketball skills competition. We could not have done it without the help of our great volunteers and members of the Oneonta community.

THANK YOU, SUNY DELHI NURSING CLUB!

Thank you to the SUNY Delhi Nursing Club for collecting supplies for The School and KUP.

Some members of the club were Springbrook interns who value our mission and vision and wanted to contribute to the community we support. Club board member Christopher Bunt II shared, "We love the resources and opportunities your organization provides and wanted to help keep the kids engaged and happy".



CARNATION DELIVERY AT SPRINGBROOK

The Springbrook Foundation staff delivered 700 carnations to various Springbrook offices, homes, and school locations throughout our 14-county footprint. Nearly 100 family members, students, residents, and colleagues purchased a Valentine's Day surprise for someone special.

Thank you, Mohican Flowers for donating over 100 carnations!



CELEBRATING THROUGH ART

The 2023 Springbrook art show, A Journey Only Beginning, was held at the Fenimore Art Museum in Cooperstown, NY! This art show celebrated the personal journeys of artists who attend The School and adult programs through paintings, drawings, and other media. This colorful and inspiring exhibit ran until April 30.

If you are an artist who wants to participate next year, watch for the call-for-artists email in January. If you missed this art show, join us next April!





GOOD NEWS ROUNDUP



MAGICAL MOMENTS AT PROM

This year, The School at Springbrook held a Disney-themed prom! The decorations and dazzling attire perfectly brought the theme to life. Students enjoyed an evening filled with dancing, snacks, and tons of laughter, creating unforgettable memories. At the end of the night, the seniors were recognized and given a gift to celebrate their upcoming graduation.



KUP LEAVING A MEMORABLE MARK

Kids Unlimited Preschool (KUP) brightened up the front lobby! The walls were recently repainted a bright blue and yellow, and to add some extra flare, the preschoolers left their mark with painted handprints along the hallway. Additionally, the KUP logo was added to the walls, and more colorful and engaging decorations are on their way.



PAWSITIVELY STRESS-FREE

April is National Stress Awareness Month, and what better way to de-stress than spending some time with puppies? The therapy dogs at the Oneonta Campus, Jake and Bailey, have been training to achieve their certification and spreading smiles along the way. Jake and Bailey visited KUP and Capstone Day Habilitation (Day Hab) where they were met with tons of laughter.



SPRINGBROOK WAS LIT UP IN ORANGE FOR #DDAM

March is Developmental Disabilities Awareness Month (DDAM), and to celebrate, Springbrook helped raise awareness about the inclusion of people with developmental disabilities. Orange is the symbolic color for DDAM, so for the month of March, festive orange lights were visible around Springbrook's Main Campus. Additionally, everyone was encouraged to show support by wearing orange on March 16th!



WELCOME SPRING AND WARM WEATHER!

On Thursday, May 25, Day Hab was festively decorated for Spring Fling! Participants and staff gathered in the gym for sand art, Sharpie tie-dye, dart throwing, and a Polaroid station with fun costume accessories. Outside, there was face painting and games like volleyball and basketball. It was a wonderful time to hang out with friends and welcome warm weather.



SHOWING OFF OUR SPRINGBROOK SPIRIT

Spirit Week at The School at Springbrook included twin day, Valentine's Day (wear red, pink, or purple), Springbrook day (wear Springbrook colors or apparel), favorite sports team day, and comfy clothes day. Everyone had a blast!



YEE-HAW! THE RODEO'S IN TOWN

On Thursday, June 15th, everyone at Day Hab put on their best bandanas, cowboy hats, and plaid shirts for a rodeo celebration! The event included a photo backdrop with fun props, outdoor games like cornhole, and Can Jam, and a dance party. There was a cookout-style lunch and laughter and conversation filled the room.



THANK YOU, NURSES AND TEACHERS!

National Nurses Week and Teacher Appreciation Week are celebrated each year during the second week in May. We expressed our deepest gratitude to the dedicated and compassionate nurses and teachers at Springbrook. Their unwavering commitment, exceptional care, and dedication have made a significant impact on the lives of countless people. We are sincerely grateful for all that you do every day of the year.



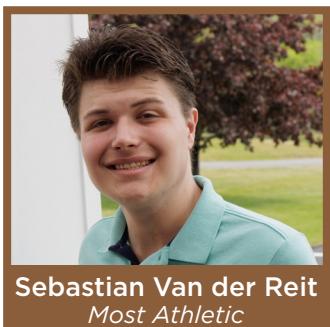
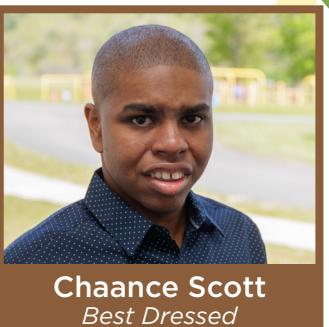
THE MOVE PROGRAM IS BACK!

The MOVE program helps people with limited mobility move their bodies outside their wheelchairs. Several Day Hab participants used Rifton equipment to stand, move around, and exercise. Standing outside of their wheelchairs helps with blood flow and strengthens their joints. We are very happy to see the MOVE program again at Day Hab!

GOOD NEWS ROUNDUP

Class of 2023

Congratulations! We are so proud of this class of graduates and all of their many accomplishments. We wish you all the best of luck as you make more memories, share more laughs, and light up the world with your personalities!



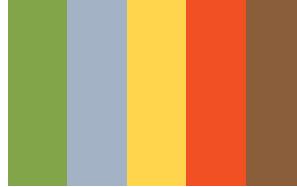
Kids Unlimited PRESCHOOL

AT SPRINGBROOK

CONGRATULATIONS TO THE 2023 KIDS UNLIMITED PRESCHOOL GRADUATES!

Throughout the year, students learn new skills, create connections with their peers, and prepare for their upcoming adventure in elementary school. At the ceremony, the children sang and danced, and were given their diplomas and sweet treats.





IN *Loving* MEMORY

In this issue of *Inspirations*, we have added an additional section to honor the legacy and memory of those who have passed this year. Every person makes a unique impact on the people around them. At Springbrook, we celebrate the smiles and laughs we have shared with these people and will forever keep the memory of them in our hearts.



Sherry Sobers
1962 - 2022

Sherry Ann Sobers was known for her robust attitude toward life. At Pierstown community home and Day Hab, Sherry formed close relationships with peers and staff, and while she will be remembered for her love of Mickey Mouse and SpongeBob, her gift for receiving with grace and giving with full intention will be missed most of all.

Matthew Sullivan
1983 - 2022

Matthew Patrick Sullivan, or "Matty Pat," as he was affectionately known, was a gregarious guy who greeted everyone with a smile. Matt was a proud and true fan of his father Bill Sullivan, Syracuse University football, and the game of Uno, in that order. Matt loved life with his whole being. His optimism, positivity, and a great capacity for hope will be missed by all who knew him.



Lewis Pepper
1943 - 2022

Lewis S. Pepper, or "Pepper," resided at Parkview community home, where he joyfully managed a front porch of his favorite plants. Pepper excelled in art and spent many hours at home drawing or painting. Pepper was a kind, caring, and insightful person who loved animals and plants, as well as conversing with anyone he met.



Doris Kunik
1961 - 2022

Doris Ann Kunik resided at Pierstown community home, where she will be remembered for her feisty nature, her contagious giggles, and that ear-to-ear smile that could light up the room. She enjoyed the little things in life, like a morning cup of coffee, sitting on the porch enjoying the breeze or getting cozy and reading a book.

Bruce Kaufman
1947 - 2023



Bruce Kaufman was a fun-spirited soul with many passions. He had a smile that could light up a room, and he cared deeply for those around him, especially the staff and residents with whom he lived at The Pines community home. Compassionate and kind, Bruce made a positive impact on many of the people he encountered at Springbrook.



Benjamin Zaporta
1985 - 2023

Benjamin "Ben" Efrian Zaporta was a resident of Grandview community home, where he was widely admired for his magnetic personality and boundless energy. Ben's absence leaves an unfulfilled void in the home and the hearts of the dedicated staff who supported Ben, his friends, and his family.



Frank Ford
1961 - 2023

Frank Ford resided at Bird Avenue community home, where he valued his personal time and independence. Frank had an unparalleled love for his family and enjoyed spending time with his siblings. His loving personality will be greatly missed by all.



Melanie Brasie
1963 - 2023

Melanie Brasie was a beloved resident and friend of those at the Pine Creek community home. Melanie was known for her loving personality and her equal love of music. Melanie's absence will be deeply felt by her loved ones, close friend Maggie, and all those at the Pine Creek Community Home.



JOIN US FOR

An Evening OF MUSIC

01 NOVEMBER 2023

AT THE MORGAN LIBRARY & MUSEUM
225 MADISON AVE, NEW YORK, NY 10016



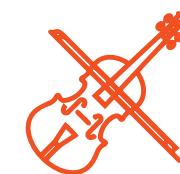
SAVE *the* DATE

UPCOMING EVENTS AT SPRINGBROOK



Down Syndrome
Awareness Month

October 1 - 31st



An Evening of Music at
The Morgan Library & Museum

Wednesday, November 1, 2023
To RSVP visit www.springbrookny.org/music



Giving Tuesday
www.givingtuesday.org

November 28th



The Annual Springbrook
Gala Returns!

March 23, 2024
The Otesaga Resort Hotel in Cooperstown, NY

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