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Transcending Disability through Creative Arts

Seventy five parents and service providers from the Mid-Hudson Region attended the 8th annual Early Childhood Conference, on Nov. 14 at the Ramada Inn in Newburgh, to learn more about the power of creative arts therapy for children with disabilities.

The conference included a keynote presentation by Rick Soshensky, Board Certified Music Therapist, who spoke about the benefits of utilizing Creative Art Therapy with children who have disabilities, and shared the amazing results from documented case studies. Mike Veny, a professional drummer, shared his personal experiences growing up with depression, obsessive compulsive disorder and behavioral continued on page 3

Donor Recognition

On December 6, 2012, Independent Living, Inc. hosted a reception to thank and recognize many generous donors at the SUNY Middletown campus. We selected the venue to highlight an exhibit of student art depicting various articles of Human Rights law, which was on display in Orange Hall. Music was provided by Judith Hosmer Garrett, who graciously volunteered to play the piano during cocktail hour, and Loughran’s provided a delectable variety of food and beverages.

Doug Hovey
Executive Director
**Welcome to ILI’s New Youth Outreach Specialist!**

Juan Carlos Piñeiro recently joined Independent Living to facilitate outreach and engagement of young adults between the ages of 18-25 in Orange County, with the goal of assisting them in reaching their individual goals. Youth participating in individual and group programs with Juan Carlos will discover constructive tools for self-expression and learn independent living skills.

The role of the Youth Outreach Specialist is to engage and interact with young adults in an educational, empowering and supportive manner. “I am passionate about working with youth and helping them learn to express themselves in a safe and uplifting environment,” says Juan Carlos. “Through mentoring, counseling, crisis intervention, and coaching in communication skills, young adults will receive assistance toward obtaining employment and educational opportunities that will help them achieve their social, career, and personal development goals.”

Programs that are currently being developed include *Yoga 2 Go*, and *Expression Through The Arts*. A Youth Advisory Board is being formed, comprised of five to nine young adults who will advise the Youth Outreach Specialist regarding core needs of Orange County youth. As Advisory Board Members, they will learn and further develop leadership and independent living skills, become mentors for other youth and make positive impacts in their communities. *Yoga 2 Go* and *Expression Through The Arts* programs serve as cathartic skill building opportunities for youth interested in alternative intervention methods.

For more information, or to make referrals to the program, contact Juan Carlos at our service center, located at 66 Bennett Street in Middletown, or call (845) 342-1162.

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**Independent Living, Inc. Welcomes New Board Member**

Sean Soliva has joined the Board of Directors at Independent Living, Inc. Sean holds the position of Vice President at M&T Bank and manages the Kingston branch. He is also currently serving as an Acquisition Team Leader for the conversion of a large New Jersey bank. Before joining M&T Bank about five years ago, Sean held positions with Citizens Bank, NY Life, and ABC Inc. Sean holds a BS in Business Management and a Minor in Music from SUNY New Paltz. He also serves on the Sullivan County Legislature Revolving Loan Advisory Board.

Sean grew up in the Newburgh area and currently resides in Beacon, NY. “I have a passion for giving exceptional customer service, and am delighted to have the opportunity to serve on the Board of Independent Living, Inc., an organization dedicated to helping individuals become as self-sufficient as possible, one person at a time.”

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**B2B Bash**

Independent Living, Inc. was the featured not-for-profit at the Business-to-Business (B2B) Bash held at the Newburgh Brewing Company on November 8, 2012. Thanks to Monica Jones and 3D Studios for the showcase opportunity that allowed us not only to provide information about our programs and services, but also to make connections with others in the regional business community.
How You Can Help

We want to ensure that Independent Living’s programs and services are here for generations to come. When considering your last wishes and preparing your Will, we hope you will think about making a bequest to Independent Living, Inc. For more information about Independent Living’s Heritage Society, please contact our Development Office (845) 565-1162 x202.

Did You Know?

Each year in the United States, traumatic brain injury (TBI) affects 1.7 million people, including 475,000 children. (Source: biausa.org)

Transcending Disability, continued from page one

issues that led to difficulties in school. Mike spoke of his passion for drumming and how he uses this talent to address his challenges, and shared specific action steps using creative arts that can empower children to be successful.

Breakout sessions provided participants with opportunities to expand their knowledge, and included small group discussions and shared experiential group activities.

The Mid-Hudson Early Childhood Direction Center (ECDC) at Independent Living, Inc. is a free referral, information and support center for parents and professionals concerned about the growth and development of children from birth to five years of age. ECDC is New York State’s primary technical assistance center to address the activities needed to improve outcomes for preschool children with disabilities.

OSCEAN Recognizes ILI

On Friday, October 5, 2012, at the National Disability Employment Awareness Month (NDEAM) Gala Independent Living, Inc. was recognized by the Orange and Sullivan County Employment Alliance Network (OSCEAN) for “going above and beyond what is required” to furthering employment opportunities for qualified individuals with disabilities.

Remarks by guest speakers Chuck Mitchell, Orange County Commissioner of Consumer Affairs, and Doug Hovey, Executive Director, Independent Living, Inc. emphasized the theme of the event: “A Strong Workforce is an Inclusive Workforce.”

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Rain or Shine • Noon – 4 p.m.
Thomas Bull Park, Montgomery, NY

Fun for the whole family:
All you can eat menu, catered by Loughran’s
music • games • raffles • face painting
contests, prizes and surprises!

Adults - $20 • Children 12 & Under - $10
Family four-pack (two adults, two kids) - $55
Tickets available In Advance Only at Independent Living, Inc.
or call (845) 565-1162 x242

Hope to See You There

Transcending Disability, continued from page one

Each year in the United States, traumatic brain injury (TBI) affects 1.7 million people, including 475,000 children. (Source: biausa.org)
Independent Living, Inc., a consumer-directed, cross-disability service and advocacy organization, is dedicated to enhancing the quality of life for people with disabilities. Our vision is a barrier-free society with opportunities for all persons to achieve their maximum potential.

Independent Home Care is a licensed home health care service agency (LHHCSA) dedicated to providing reliable, high-quality home care and related services for individuals of all ages. Our vision is a barrier-free community with a broad array of supports, enabling people to live with dignity in the home of their choice.

IL Strategy Group is dedicated to assisting affiliates in the Independent Living System with their missions, and designing solutions for issues of poverty, disability and the social determinants of community and individual well-being, including, but not limited to, the provision of affordable and accessible housing, opportunities for education, employment and social inclusion.

**Upcoming Events . . .**

**Friends of Independence Tour and Open House**

5:15 – 6:15 pm: We start & end on time!

- Wednesday, April 17th – Middletown
- Thursday, May 2nd – Newburgh
- Wednesday, June 19th - Monticello

**Follow us online**

www.MyIndependentLiving.org

**Support Groups for Individuals with Visual Impairments**

2nd Tuesday of every month from 6-8p.m.
5 Washington Terrace, Newburgh
Call (914) 993-5389 for more information or to register.

Monday, May 20th from 12:15 - 2:15 p.m.
10 Prince St., Suite 12, Monticello
Call (845) 794-3322 for more information or to register.

There is no cost to participate. Light refreshments are provided.