



July 2016

Mission Statement

The mission of Search for Change, Inc. is to improve the quality of life and increase the self-sufficiency of individuals with emotional, social and economic barriers. This is accomplished by providing the direct support and assistance needed to enable individuals to reach their full potential.

HAPPENINGS at Search for Change

Celebrating 40 Years as a premier psychiatric rehabilitation agency!



Search for Change, Inc. would like to thank all of those who joined us in celebrating our 40 Year Anniversary on Friday, May 20, 2016 at the Mamaroneck Beach and Yacht Club. Whether by sponsoring, attending, or donating towards the event, we appreciate your presence and contribution. Marking this momentous occasion, Search for Change was excited to honor Bernadette Kingham-Bez, Executive Director of St. Vincent's Hospital Westchester and a Senior Vice President of Saint Joseph's Medical Center.



During cocktail hour, guests had the opportunity to bid on silent auction items and buy raffles for baskets. The fundraiser committee presented a variety of items for the silent

auction and raffle, including an Apple Watch Sport, four field-box Yankee tickets, a Kindle Voyage, a Sneaky Chef basket— and many more! Thanks to all the generous guests who attended the gala, the silent auction and raffles brought in a combined profit of more than \$7,000!

During dinner, more than 200 guests were officially welcomed by Search for Change's Board of Director Chairperson Kenneth Kruger and CEO Ashley Brody. Later we were introduced to guest speaker Karen King who gave a beautiful speech, highlighting the importance of the supportive services that Search for Change offers the community.

Overall, Journeys — Search for Change's 40th Anniversary Gala was a major success. Once again, thank you to everyone who attended, donated, and volunteered.

In addition, we would like to offer special acknowledgement our Gold Sponsors,: Bernadette and Steve Bez, St. Vincent's Hospital Westchester, and Burke Rehabilitation.



This Year's Honoree



Bernadette Kingham-Bez



Bernadette Kingham-Bez was this year's honoree of the Ron Kavanaugh Commemorative Award, an acknowledgement created to recognize individuals whose leadership has made a significant contribution to the mental health community. Bernadette is currently the Executive Director of St. Vincent's Hospital Westchester and a Senior Vice President of Saint Joseph's Medical Center. In addition, she serves on the Board of Trustees of Burke Rehabilitation Hospital.

Ms. Kingham-Bez has also served as a senior vice president at Saint Vincent Catholic Medical Center, wearing many hats including strategic planning, external affairs, and community health outreach. During her service as vice president of the Westchester and Putnam United Way, she over saw planning, non-profit management assistance, and the distribution of annual funding to 130 non-profit agencies and hospitals. Ms. Kingham-Bez has shown great strength and leadership in the mental health community.



This Spring in Larchmont

Contributed: by Paul Lombardo

Larchmont Nurseries built a garden for our Larchmont Community Residence which was completed on Earth Day! It has 3 different lettuces, three different tomatoes, eggplant, zucchini, cucumbers, carrots, radishes, onions, beans, parsley, cilantro, thyme, sage and oregano.



The community residence had a Memorial Day BBQ with a brand new grill from Sam's Club, as well as a badminton set that was set up. Wyndover Community Residence and Apartment Treatment program were invited and everyone had a



great time.



The Larchmont residence also attended a Yankee game on Wednesday June 8th, where the Bronx Bombers faced off against the LA Angels and won 12 to 6.

The Larchmont unit is also proudly wearing it's new paint job! The exterior of the house received a makeover with a nice coat of fresh paint to get rid of the mustard yellow that was previously there.

Scarsdale Goes on Vacation

Contributed by: Krystal Cox and Laura Settepani

The ladies of the Scarsdale CR and ATP thoroughly enjoyed their vacation at The Villa Roma. The women enjoyed relaxing at the pool, shopping, daily movies and delicious meals. All meals were eaten together with staff where the ladies shared what they did that day. On the last night the residents enjoyed a Caesar Themed meal. There was entertainment and they even sang a song to Search for Change. They were all very happy to have gone on vacation and had a relaxing time. Those who have never been to Villa Roma before and those who have been there many times are excited for next year. It's truly a great experience for the ladies to get away from their every day lives. They were able to get away from everything and lay back and relax. We thank Search for Change for sending us on this trip and can't wait to go back to The Villa Roma next year.



May in Mahopac

Contributed by: BW Juachon

May 2016, what a month, it flew by for the Mahopac unit; there was never a lull in activity as spring suddenly jumped into summer. The crew stayed cool for the Cinco de Mayo gathering, enjoying a taco dinner, as prepared by staff. The festive spread was a great way to kick off a busy time.

The next event on the list was the National Alliance for Mental Illness (NAMI) walk in Putnam County. The weather stayed fine for this event and everyone enjoyed some exercise, raising awareness and fighting stigma. Organizers had the columns of the Putnam County Courthouse adorned with ribbons to support the cause.

Later, there was an honorary dinner and fundraiser at Friendly's restaurant for the Mental Health Association (MHA) of Putnam County. Multiple units participated in this activity, including people from the Brewster unit and the Townhouse. All shared in good conversation and enjoyed catching up over hot food and ice cream.



Finally, the Memorial day bar-b-que — the weather really heated up for this event. Brewster joined Mahopac, this time, at the Mahopac Apartments for burgers, with all the toppings, and condiments. Again, staff prepared all food arrangements, ran the grill, and dressed the table. Naturally, the crew greatly appreciated it.

Yes, May certainly was bustling. You could find the crew out in the community supporting good causes, or taking the time to come together as a community and celebrate the holidays.

Search for Change 2016 ANNUAL CLIENT PICNIC



SFC Clients, Board Members & SFC Staff

**PLEASE JOIN US
Thursday, August 11, 2016
10 AM – 3:30 PM
FOR A DAY OF FUN
FDR STATE PARK
Parking Lot 4B-S
2957 CRM-
POND ROAD,
ROUTE 202
YORKTOWN
HEIGHTS, NY**



Spring and Summer 2016 Wellness Programs

Contributed by Charlotte Friedlander

April

- Continued wellness talks about “Financial Wellness” and started new a Wellness topic on “Stress Management for a Healthy Heart.”
- Continued Chronic Disease Self Management 7-week workshops. Successfully finished up on April 21.
- Provided healthy shake presentations in some of the units.
- Planted herb container gardens in Mahopac to promote healthy eating.
- Staff and clients participated in the 1st PUTNAM AMERICAN HEART WALK on April 24th.



May

- Wellness talks on “Stress Management for a Healthy Heart.”
- Planting vegetable and herb garden at Putnam Townhouse.
- Staff and clients participated in the PUTNAM NAMI WALK on May 14th.
- Staff and clients participated in the WESTCHESTER NAMI WALK on May 21st
- Staff and clients participated in Yoga classes in Putnam County on May 16 – June 27

June

- The wellness topic was “Living Well with Diabetes.”
- Continued to offer Short Wellness Walks and healthy snacks twice a month in Westchester and Putnam.
- Tennis program started in Westchester at Travis Park.

July

- Staff and clients continue Tennis Program in Westchester at Travis Park
- Staff and clients will participate in Sun Room Makeover at the Townhouse.
- Continue wellness talks on “Living Well with Diabetes”

August

- Wellness topic will be weight loss and Nutrition.
- 2nd round of Chronic Disease Self Management Workshop.
- Yoga sessions will start middle of July through August.

September

- Wellness Topic will be “Social Wellness.”
- 2nd round of Chronic Disease Self Management workshops continued.
- Search for Change Softball Tournament.

