



March 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!

2015 Annual Awards Breakfast Recap

On Tuesday, October 27th, Search for Change hosted our Annual Awards Breakfast. We were privileged to have a little more than 130 guests which was comprised of community supporters, board members, employees, clients, families, partnering providers and business associates.

Ashley Brody, CEO of Search for Change, welcomed guests and introduced our guest speaker, Steve Miccio, Chief Executive Officer of PEOPLE, Inc. Steve Miccio spoke about the challenges of mental health services and the gaps that he has experienced. He is true leader and advocate in the ever changing landscape of mental health services and it was an honor to have him speak to all of our guests.

This year's Community Award recipients include Scarsdale Public Library (accepted by Celeste Fraioli) and Staples in Yorktown Heights presented to Siaka Shelukido, General Manager.

Search for Change, Inc. honored two employees for the Employee of the Year. Patty Catalano, Residential Counselor at the Mahopac Unit, who has been with Search for Change since September 2008 and has played an integral part in the services provided at the Mahopac Unit. Her strong teamwork and work ethic have acted as a role model to her peers and those we serve.

Paul Lombardo, Program Director of Larchmont, was another recipient of the Employee of the Year Award. Paul joined Search for Change in 2005 and became Program Director in June 2007. His calm and empathic demeanor is one to idealize. Paul welcomes challenges with a smile.

The recipient of the 15th Annual Art Lewis Award was received by Bryan Shea. Robert Wiley presented the award and noted that Bryan is a person who is always willing to give of himself and lend a helping hand. Mr. Shea has had many accomplishments in life and we are pleased to have him as a member of our staff since March 2004. He is a role model for all. This year marked a few special occasions that called for additional acknowledgements, one of which was honoring former CEO, Patricia



(Tricia) Hollister-Doyle. Ms. Hollister-Doyle has stepped aside to enjoy her well-deserved retirement after more than 30 years of dedication and contributions to the mental health community. Her career in supportive residential services began at Village Housing, an organization she founded to provide essential housing and support services for residents of Putnam County. She subsequently merged this organization with Search for Change and provided steadfast leadership that enabled the agency to flourish, even during challenging times. She has made many strides in improving the lives of others and her legacy will continue.



SfC Client Art Contest

Contest rules: Must be a current client of Search for Change; **Artwork Theme:** "Journey's"; Artwork size 8.5"x11" white paper (letter-size paper); Artwork can be color or black & white; Please put name on back of artwork

Winners will receive gift cards and will be mentioned in the Journal and SFC Newsletter

Deadline: Artwork must be submitted by April 8th

Fun Unit Activities

Larchmont

Larchmont had been busy at the end of the year going to see the Blue Man Group, Big Apple Circus, and Radio City Christmas Spectacular. We are also planning on going to a Westchester Knicks game later this month.

Wyndover

The clients of SFC participated in yet another round of boxing with Westchester boxing club. Nick and his trainers took them through a six week program to assist in taking on a healthier lifestyle. They participated in one hour sessions once a week that involved many aspects of exercise and health. The clients learned many techniques in fitness that they can continue on their own. They are already looking forward to the next session. Thanks again to Nick and all of the trainers that participated in this program.



Continued on back

More Fun Unit Activities

Mahopac

On a cold February day, the Mahopac and Brewster units headed south, to the Garden State, to satisfy their appetites for fine food and the spectacle of the tournament. Before departure, all enjoyed a small breakfast, of bagels and coffee, kindly provided by the Mahopac staff. With the cars packed up, it was time to go back, back to Medieval Times!

Upon arrival, residents and staff were warmly welcomed, receiving their yellow crowns, happy to be cheering for the Yellow Knight. They applauded daring horsemanship, skillful falconry, and the clash of arms while they gobbled down a scrumptious chicken dinner, which really hit the spot. The Yellow Knight, courageous as he was, did not prevail; unfortunately, the Red and Yellow Knight vanquished him late in the tournament. However, an ally, the Black and White Knight, rose to the occasion, defeated his opponents, and won the affection of all. And with that, the satisfied Putnam crew headed out into the cold, hitting the road of modern times, homebound once again.

On October 25th, residents and their family members, along with staff joined together in the Mamaroneck Residence to celebrate another wonderful year here at Search for Change. Ashley Brody, whom was recently named CEO, also came for the gathering. The party and celebration had been catered by a very popular Italian Restaurant called Piccolos. Friends and family enjoyed drinks, food and dessert. And for many of them, it was a reminder that their loved ones are in a good place with good people and a clean environment. It was a hit for staff, clients, friends, and family.

On October 31, Halloween staff and residents gathered together for a goobely goblin festivity. All enjoyed chocolate covered marshmallows, sweet kernel popcorn, cake and “teeth treats” while listening to Halloween music. A few weeks prior, residents enjoyed pumpkin painting. The pumpkins turned out fabulous and were laid out to dry. When they were done, they were used to decorate the living room.

The Putnam Holiday experience was truly a time of fun and joy. It was a time of dance, song and festivities. Whether attending the Putnam Annual Holiday Party or the Holiday Pancakes Breakfast at Applebee’s, it was a

Putnam Programs

great time to engage our folks in the season’s activities. The DJ played the music and we all danced, ate and just had a

wonderful time parting to the sounds of the holiday. When the Townhouse, Mahopac, the BATP and PSHP get together, it is always a party to remember. I like the fact that everyone cooks for these parties, never store bought food, the grub comes tight from the various units kitchen.

The party did not stop until we were all danced out at the SFC Staff Holiday Party, it was a great time for everyone. The party was not as well attended as it was in past years, but everyone who showed came to party. We all had a chance to intermingle with those from other locations, dance and say farewell and good luck to Cathy Bomba in a very fun festive way. Just a minute to say thank you to the management team for making this holiday season a fun festive time of joy for all of our participants and staff.

Agency Wide

and staff.

Search for Change-Bridges to Wellness

By: Charlotte Friedlander—Wellness Education Coordinator

Event Highlights

January:

- *Wellness topic was “Holiday Health” throughout the units.
- *Westchester Clients participated in the Westchester Boxing event on Saturdays.

February:

- *Wellness topic was “Financial Wellness” throughout units.
- *Westchester Clients continued to participate in the Westchester Boxing event on Saturdays.

As part of our “Giving Back” Program, Search for Change partnered with The American Heart Association as Clients and staff Crochet little red hats for babies being born in February 2016 to raise awareness of heart disease. Heart Diseases is the number one killer of Americans, and congenital heart defects is the most common type of birth defect in the country. This will be an annual volunteer project.



UPCOMING EVENTS

March:

- *Wellness topic will continue with “Financial Wellness” and new topic of “Physical Fitness.”
- *Clients and Staff will participate in the SFC Annual Basketball Tournament on March 20th at the White Plains YMCA.
- *Search for Change will be providing an Evidence Based Workshop published by Stanford University. The workshop teaches skills needed in the day to day management of chronic physical and mental health conditions to help maintain and increase quality of life. The program will run in Westchester and Putnam County from March 3rd to April 14th.

April:

- *Wellness Topic will be Physical Fitness and Nutrition based on the 2015-2020 Dietary Guidelines for Americans.
- *Chronic Disease Self Management program continues.
- *Clients will participate in weekly yoga sessions at YOGA SHINE located in Valhalla, NY.

May:

- *Wellness Topic will be living with Mental Illness.
- *NAMI WALK-Westchester on May 21st RYE, NY.
- *Healthy Food presentations throughout all units.

Thanks to this issue’s Contributing Writers

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