

## Serving the lower Hudson Valley for over 35 years – Winter 2015

### Surviving the “Winter Blues”

by Diane Ritters, Community Resource Specialist

Feeling tired, anxious or even moody these days? Now that the holidays are over, the cold weather and dark landscape can appear never ending. It is estimated that one in four of us feel the effects of the winter weather. About 11 million Americans experience a more severe form of winter depression called Seasonal Affective Disorder. But most of us deal with the “winter blues” by finding ways to get through each day. Here are some ideas that may help you, according to John M. Grohol, PsyD, found on [psychcentral.com](http://psychcentral.com)

- *Watch your sugar intake-it does affect how you feel*
- *Give back-this creates a sense of purpose and act as an antidote to feelings of depression*
- *Exercise-produces “feel good” chemicals in the brain*
- *Wear bright colors –Think Spring!*
- *Bright light can boost mood! You may want to open your shades to allow sunlight in.*
- *Go outside-even brief amounts of time outside can help lift mood. Bundle up!*
- *Engage with others-being with other people helps improve mood.*
- *Engage in an activity that is meaningful to you-this provides some distraction and a sense of accomplishment*

**For more information:  
[www.psychcentral.com](http://www.psychcentral.com)**

### Annual Holiday Party 2014

The annual holiday party hosted by the Chris McCarthy Fund was held on Sunday, December 7, 2014 at the Crowne Plaza Hotel in Suffern, NY. Guests enjoyed good food, music and karaoke!



### March is TBI Awareness Month

According to the CDC, Each year, traumatic brain injuries (TBI) contribute to a substantial number of deaths and cases of permanent disability. An estimated 1.7 million people sustain a TBI annually. A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Falls are the leading cause of TBI

### Wear Purple Day is March 26, 2015



Epilepsy affects more than 50 million people worldwide. Purple Day is a global effort dedicated to promoting awareness of epilepsy around the world.

Learn more at [www.purpleday.org](http://www.purpleday.org)

### Save the date!

The next Support Group meeting is scheduled for Wednesday, March 4, 2015 from 6:00-7:30pm  
At Good Samaritan Hospital in Suffern, NY

### Holiday Meal Deliveries



The Thanksgiving food baskets were delivered by CPI staff on 11/25/14 to 77 families throughout the 7 counties that we serve. The Holiday deliveries were made on 12/19/14 to 79 families throughout the same area. Bags included mashed potatoes, stuffing, cranberry sauce, raisins, green beans, corn, peas, gravy, biscuits, a pie and a choice of a frozen turkey, frozen family size lasagna or ham steak. The majority of the food is purchased using the Chris McCarthy Fund and the rest is obtained through our Food Pantry, which is available to any of the individuals we serve. The holidays were certainly made happier by providing these meals. Thank you to all who participated by packing the bags and delivering them to our clients!

**To donate**

[www.learnaboutepilepsy.com](http://www.learnaboutepilepsy.com)

ESSNY/CPI  
450 West Nyack Road  
Suite #9 – Third Floor  
West Nyack, New York 10994  
800-640-0371

RETURN SERVICE REQUESTED

NON-PROFIT  
ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT #6510  
Monsey, NY

## Our Mission

THE MISSION of the **Epilepsy Society of Southern New York, Inc.** and **Capabilities Partnership Inc.** is to provide comprehensive services to people with epilepsy and other neurological, physical and developmental disabilities and their families for the promotion of independence and quality of life. All of our services and programs focus on activities which help the individual live independently in the community with dignity.

Our services include education and training, advocacy, vocational services, service coordination, and community independence training. We provide services under OPWDD's Home and Community Based Waiver Program, the Department of Health's Traumatic Brain Injury Waiver Program and through Acces-VR. It is our goal to assist all individuals in these programs to reach their optimal growth potential.

A special **THANK-YOU** to those who contributed to our Annual Walk for Epilepsy and other Agency activities in 2014 (Major donors in alphabetical order):

Donald Altman	Marshall & Sterling
Kara Batewell	Monroe-Woodbury HS Cozy Café
Sarah Brown	Gregory O'Keefe
Joseph J. Delosa	PayServ Corporation
David Dickoff, MD	James J. Powers, Esq.
Janice W. Gay	Romanzo and Company
Gary Goldberg & Company	Ruby Tuesday
Boris Golubovic & Ann Schneider	Jay Selman, MD
Robert Goodman, MD	Sterling National Bank
W. Allen Hauser, MD	TE Connectivity
Jewish Communal Fund	Upsher-Smith Laboratories, Inc.
Catherine Levatino	Michele Zeidman

***And special mention to Probono Partnership, Inc. for their continuing gifts-in-kind contributions.***

### Board of Directors

James J. Powers, Esq., President  
James Prodafikas, PhD, Vice President  
Daniel Rothstein, Treasurer  
Joseph J. DeLosa, Secretary

David J. Dickoff, MD  
W. Allen Hauser, MD  
Michael Infante, CPA  
Denise P. Mann  
Joseph W. Simmel

### Agency Management

Kim Egan - Executive Clinical Director (845) 627-0627 x113  
Anna Vero - Executive Admin Director (845) 627-0627 x112

### Privacy Notice

Your privacy is important to us. You can get a copy of our Privacy Policy on our website ([www.essny.com](http://www.essny.com)) or by contacting us directly on 845-627-0627.

## Structured Day Program Happenings

By Erin Drury, SDP Manager

### From Participants & Staff: A Special Thank You to the McCarthy Family

Our day program staff wishes to take this opportunity to express our deepest gratitude to the McCarthy family for their continued dedication and support of our Structured Day Program (SDP). With the generous contributions made by the McCarthy family, the Structured Day Program was able to host two very successful holiday parties that included a delicious buffet, desserts, and holiday gift baskets for our day program participants. A wonderful time was had by all!

"Thank you for the iPads and food for two holiday parties. We really appreciate it as well as knowing that others are looking out for us at SDP." Gary

"We all really enjoyed the holiday parties and it really feels like families coming together for the holidays." Michelle

"Thank you for everything the McCarthy family has given to us at SDP. I went to both holiday parties and enjoyed seeing everyone from program staff their faces with delicious goodies." Jenny

"Great party, great food, good people. Thank you McCarthy family." Jose

"Parties were lovely, food was great!" Barbara

SDP participants following along singing holiday songs with our guest singers!

