

CANCER
PARKINSON'S DISEASE
DEMENTIA
OSTEOARTHRITIS
STROKE SURVIVOR
VISUAL IMPAIRMENT
ALZHEIMER'S DISEASE

ACQUIRED BRAIN INJURY
DEVELOPMENTAL DISABILITY

70 YEARS STRONG

CEREBRAL PALSY
MULTIPLE SCLEROSIS
AUTISM SPECTRUM DISORDER
SPINAL CORD INJURY
MENTAL ILLNESS
SEIZURE DISORDER
LEARNING DISABILITY
SPINA BIFIDA
COPD

HEARING IMPAIRMENT
TRAUMATIC BRAIN INJURY

**WE ARE
MORE THAN
OUR NAME**

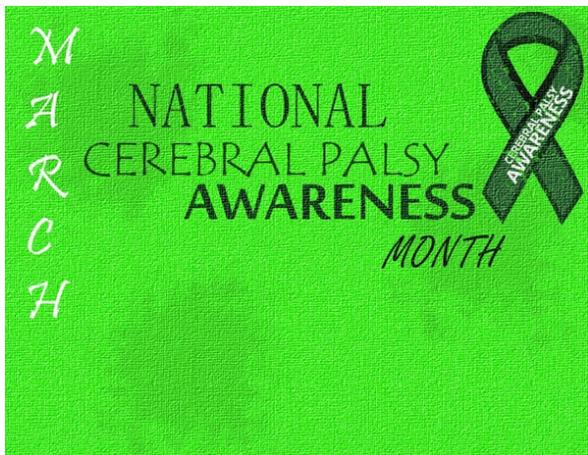


March 2020 E-Newsletter at UCP-LI

SUPPORT US

DID YOU KNOW UCP of LI...
Spends over 92 cents of every dollar on programs and services.

MARCH IS NATIONAL CEREBRAL PALSY AWARENESS MONTH!



Cerebral Palsy Awareness Month

♥ #CelebrateCP ♥



UCP of Long Island and millions around the world celebrated National Cerebral Palsy Awareness month in March. Since its inception, UCP of Long Island has been committed to advancing the independence,



SUPPORT CEREBRAL PALSY AWARENESS

productivity and full citizenship of people with disabilities by creating Life Without Limits, including cerebral palsy. On March 25th, UCP-LI celebrated "National Cerebral Palsy Awareness Day," as many around the world wore green in their showing of support and celebration!

FOLLOW US ON SOCIAL MEDIA!



WE LOVE OUR VOLUNTEERS

Volunteering can range from a few hours to a long-term relationship. To sign up or for further questions, please e-mail info@ucp-li.org.

VOLUNTEER



Make a meaningful, long-term gift that will cost little or nothing now and can create income opportunities for you and your family.

[LEARN MORE](#)



[DONATE](#)



Please contact the Office of Development at 631-232-0015.

COVID-19 DONATIONS

COVID-19 is challenging the way we do things and our daily lives are suddenly much different. But during this crisis our important work continues on behalf of the hundreds of adults and children we serve. While our day programs are temporarily suspended, our residential programs are providing round-the-clock care. More than ever, we are able to provide comfort and peace of mind to families who are isolated from their vulnerable loved one.



UCP-LI's highest priority remains the safety and well-being of those we serve, their loved ones, our caring staff, and our dedicated supporters. Our direct care staff have been working overtime, supporting families remotely and doing what is necessary to ensure needs are met.



We have always been very grateful for the UCP-LI extended family, and that includes you. Many caring friends have reached out to see how they can assist us now. The need for support is great -- several of our fundraising events have been postponed and we will need our friends more than ever in the weeks and months ahead. Our special events will return and we will gather together once again. But if you'd like to do something to help us today, please know your donation will have an immediate and significant impact.



With warmest thanks and best wishes for your health and happiness,

Your friends at UCP of Long Island.

SMILE!!

United Cerebral Palsy of
Long Island stands to

Welcome to
amazon smile

You shop. **Amazon gives.**

Welcome to
amazon smile

You shop. **Amazon gives.**

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at smile.amazon.com



fight against Covid-19 and “flatten the curve.” As we take the necessary precautions to keep everyone and their families safe, we are experiencing delays in getting personal protective equipment that is imperative in keeping our individuals and staff safe. We ask anyone who can donate medical supplies such N95 masks, gowns, goggles etc., hand sanitizer, disinfecting wipes/spray or anything to help in the fight against Covid-19, please email :

cschramm@ucp-li.org.

THANK YOU and BE SAFE!

#wearemorethanourname

THANK YOU!

UCP-LI would like to say **THANK YOU** to our amazing DSPs and nurses. The COVID-19 pandemic, forcing the temporary closure of day and other programs offered by our agency, which serves individuals with disabilities across Suffolk County, has



not missed a beat. Our wonderful DSPs and nurses have relocated to our residential homes to make sure our individuals keep getting the care they have been accustomed to. We cannot say THANK YOU enough to our DSPs and nurses who everyday put a smile on our individuals

faces. #wearemorethanourname #staysafe

- Credit: UCP-LI DSP & individual making a positive/uplifting sign outside one of our residential homes.

At UCP-LI, we thank and support the heroic workers on the front lines of this pandemic for New Yorkers with intellectual and developmental disabilities. We also encourage all to follow important safety tips to keep everyone safe. Below are some tips to keep you and your families safe.

COVID-19 SAFETY TIPS

*Wash ALL fruits & vegetables in warm soapy water

*Soak oranges & tangerines in warm soapy water for 2 hours then scrub each for 20 seconds

*If you order out - transfer food to your own container before eating

*Wash clothes & bed linen in hot water & dry high heat

*Leave shoes at door - virus can live on them for up to 72 hours

*Clean & disinfect frequently touched surfaces & objects (e.g., tables, countertops, light switches, phones, computer/tablet, doorknobs, & cabinet handles).

Meet Michal!

ARTIST OF THE MONTH

Michal is a well-rounded artist, who holds many talents. He is a musician at heart and plays the electric keyboard with a passion. Michal can play "My heart will go on," by Celine Dion on his keyboard in it's entirety as well as several other songs. He has performed his musical talents with our in house musical group "The Sensations" at



Pilgrim State auditorium on several occasions. When Michal isn't performing on his keyboard, he's painting abstract musical instruments and notes. Michal donated a ceiling tile with an abstract G clef on it to former CEO Steph Friedman, it proudly is displayed in our CEO office space. Michal is also fluent in three different languages (English, Spanish and Polish.) Michal was born in Poland and moved with his family to the United States when he was 11. He attended James E. Allen Jr./Sr. High School Western Suffolk BOCES prior to coming to UCP of LI. Michal is also an avid car enthusiast and his bedroom at his UCP-Residential home is filled with die cast models of his favorite cars.

The cars painted on his wall (Lamborghini, Audi, Ferrari and Bugatti) were all painted this year!

Michal is another amazing individual we are proud to have at UCP-LI!





Meet James

In The Spotlight:

"I have learned as much from the participants as they have learned from me."

-James

Perspective's From An UCP Staff Member – by James B.

I started working at UCP as an assistant in 2003 without any prior experience working with anyone with a disability (aside from volunteering with the Special Olympics) and immediately felt like I wasn't just earning a paycheck, but was making a difference in the lives of others while having fun doing so.

Over the years, I have learned so much from the amazing participants in the independent living program as well as residential services (which I started as a second job six months into starting at UCP.) I have learned that a disability does not define anyone and seeing first hand how the



"I am humbled and proud to be part of such an amazing program and I am happy to say that coming to my job each day is like being welcomed by my friends and family."

- James

individuals overcame their disability at times has even brought me to tears, seeing the human spirit shine through.

I have learned as much from the participants as they have learned from me and this was something I would never had expected when I was going through the interview process. I remember when I was first asked if I knew what “we do here” by the interviewer and I responded “ I have no idea.”

After several years of working as an assistant, I was sweeping out a closet and came across a few old paintbrushes and some dried up paint. Along with it was an old pamphlet that said “UCP Brushstrokes,” I discarded the pamphlet but kept the brushes. I figured it was the remnants of some old defunct activity. I started painting with a few of the individuals with those brushes, and soon I saw a sense of freedom that came from expressing themselves through art.

At the time, it was just a few of our individuals interested in painting and we would go to the model apartment once or twice a week to paint for an hour or so. Soon the other participants saw the work that the artists were making and more joined the group. When there was too many participants to fit in the model apartment, I brought the art supplies into the program room and everyone soon routinely was starting to paint and discover what they were capable of doing. 17 years later, I am still working in the

Dealing with Feeling...

Proud



independent living program and have seen the brushstrokes program come back to life at UCP.

I am humbled and proud to be part of such an amazing program and I am happy to say that coming to my job each day is like being welcomed by my friends and family.

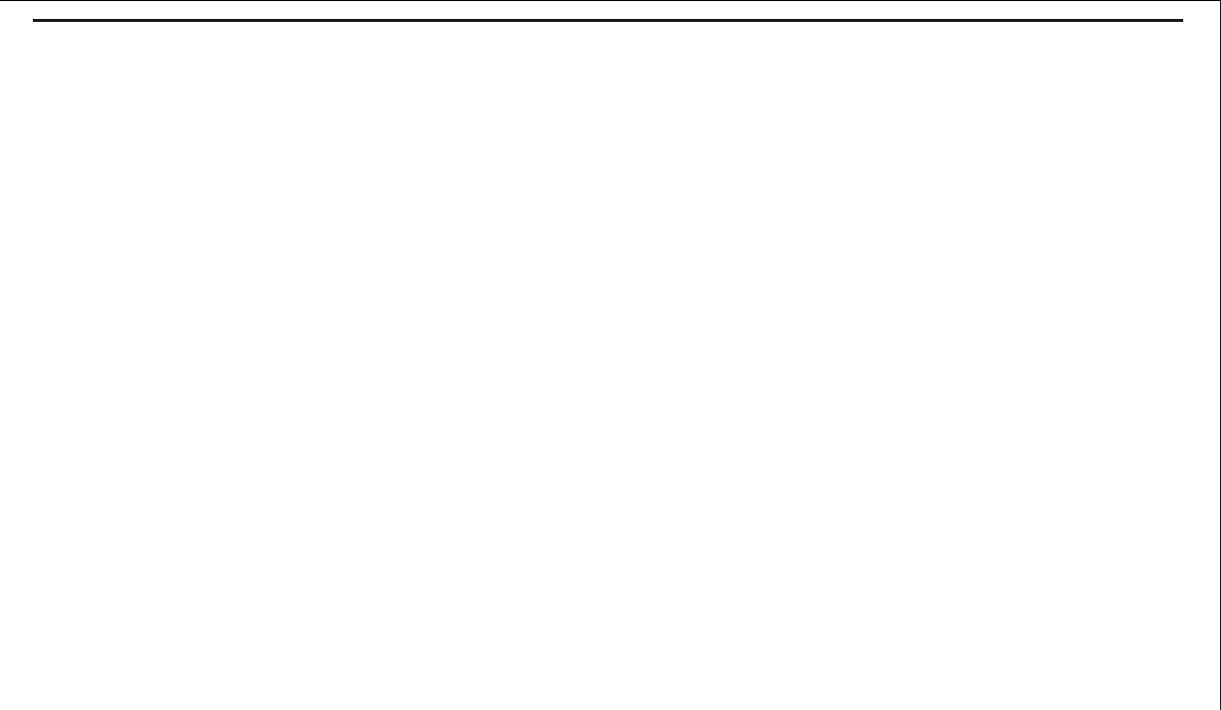
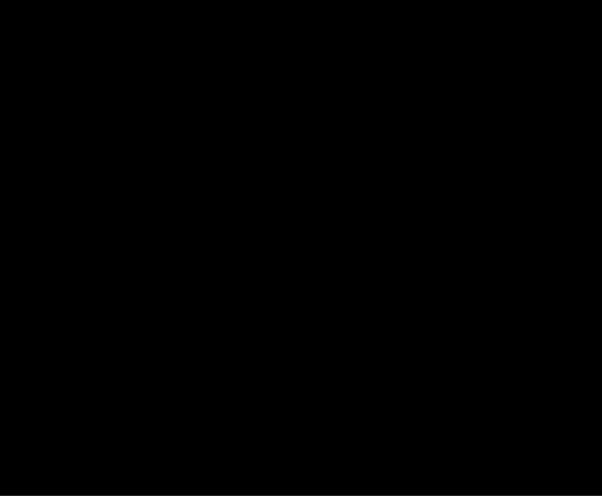


PSYCHIC THURSDAY EVENT!

UCP-LI kicked off their first fundraiser of 2020 and what a great time it was at the BlueBlinds Mansion. We are so humbled to have such great people help make a difference in the lives of individuals so they may continue to live a Life Without Limits.

We would like to recognize and thank the BlueBlinds Mansion, The Psychic Sisters and all that helped make this event a major success!





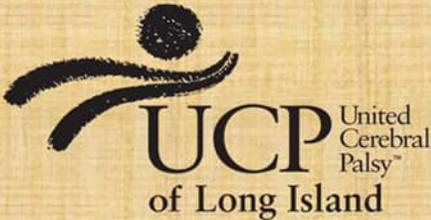
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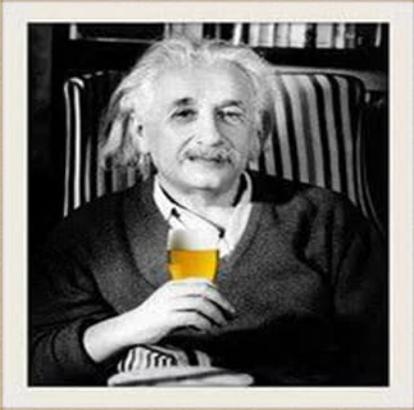
SAVE THE DATE GOLF CLASSIC

Monday, June 15th, 2020

**HUNTINGTON COUNTRY CLUB
HUNTINGTON, NY**



YOUNG PROFESSIONALS 2020 "Let's Get Quizzzy" TRIVIA NIGHT ~OPEN BAR & FOOD



Wednesday, June 24th 6pm – 10pm
The Great South Bay Brewery ~ Bayshore, NY



Celebrating The Arts At
A Night In Monte Carlo

NEW
"Save The Date"
July 22, 2020



LARKFIELD
E. Northport, NY

SAVE THE DATE

Gold Coast Invitational

Monday, August 3, 2020

Cold Spring Country Club

Huntington, New York



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of Long Island
Life without limits for people with disabilities[®]

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To learn more visit:

www.ucp-li.org

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