

Serving the lower Hudson Valley for over 38 years –  Fall 2015/Winter 2016 

Holiday Foods for the Ketogenic diet

By Megan Kaen, Community Resource Specialist

“The ketogenic diet is a special high-fat, low-carbohydrate diet that helps to control seizures in some people with epilepsy. It is prescribed by a physician and carefully monitored by a dietitian. It is stricter than the modified Atkins diet, requiring careful measurements of calories, fluids, and proteins.”-Epilepsy Foundation

A Hanukah Menu

Zucchini Leek Soup
Peppered Beef Brisket
Carrot (or shredded cauliflower) Latkes
Chocolate candy (see website) made into coins (gelt)

A Christmas Menu

Smoked Ham
Spinach Soufflé
Baked Onions with Sour Cream
Crème Brulee

Kwanzaa Menu

Roast Beef
Tomato Avocado Soup
Buttered Winter Squash

Holiday Desserts for the Ketogenic Diet

Pumpkin Pecan Cheesecake

Crust:

1 1/2 cups pecans, finely chopped
1 tbs Splenda
1/2 tsp ground cinnamon
2 tbs unsalted butter, melted

1 large egg white

Filling:

3 (8-ounce) packages cream cheese, softened
2/3 cup Splenda
1 cup heavy cream
1 (15-ounce) can pumpkin puree
1 tsp vanilla extract
1 tsp pumpkin pie spice
3 large egg

for these instructions and more recipes go to

<http://www.epilepsy.com/article/2007/12/winter-holidays>

CYCLE FOR A CURE

November 12th CPI/ESSNY & Club Fit Jefferson Valley will host a spin cycle class at 8pm for Epilepsy Awareness month.



The cost to participate in the event will be \$30

If you are unable to participate in the event but would like to support our Agency you may sponsor a rider

The rider who raises \$250 or more will receive a free 30 day membership to Club Fit Jefferson Valley
All riders get free Club Fit water bottles when they attend the event!

To reserve a bike call Club Fit JV at 914-245-4040

Purple Pumpkin Project

The Origin

While on a drive through Connecticut one Sunday morning with his family, founder Ron Lamontagne was brainstorming ideas on how to spread epilepsy awareness. The local pumpkin patch provided the solution. Since kids would soon be carving and decorating pumpkins, he thought why not make one purple and tell people about epilepsy when asked, “Why is your pumpkin purple?”

Why is your pumpkin purple?

After you decorate your pumpkin post them on Facebook and tell everyone why your pumpkin is purple! Spread awareness and tell everyone why your pumpkin is purple!

Don't forget to tag The Purple Pumpkin Project!

We painted our pumpkin purple! How about you?



For more information on the Purple Pumpkin Project and how to get involved go to:

<http://www.epilepsy.com/make-difference/get-involved/purple-pumpkin-project>

Or

<https://www.facebook.com/Purple.Pumpkin.Project>

OPWDD Services and Vocational Department

Capabilities Partnership has a vocational program that assists individuals with job placement, job coaching and job readiness.

For additional information please contact:

Lisa Fiore at (845) 627-0897 x 123

CPI provides additional OPWDD services including Medicaid service coordination, assistance with navigating the "Front Door" assistance with eligibility and benefits

Congratulations to Erica McLeod, who was recently promoted to employment specialist

In the press:

Our employment department was highlighted in the Times Herald Record as Randi Packes, Senior Employment Specialist, collaborated with other providers in the planning for a Tristate area job fair that was held in Sept.

<http://www.recordonline.com/article/20150924/NEWS/150929642>

Save the date!

Support Group Nov. 9th at 6pm West Nyack Free Library

Cycle for a Cure Nov. 12th

SDP Thanksgiving Dinner Nov. 23rd

SDP Holiday Party Dec. 23rd

♥ Purple Heart Day February 15th ♥

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Our Mission

THE MISSION of the **Capabilities Partnership Inc.** dba **The Epilepsy Society of Southern New York** 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.

The McCarthy Fund

The McCarthy Fund is a special fund at CPI which is used to enrich our consumer's lives. It is used for special trips such as a recent excursion to the Westchester Broadway Theatre and for special parties such as our always fun Holiday Bashes! In addition, this fund sends some of our younger consumers to summer camps!

The McCarthy Fund is to honor Chris McCarthy, a long time consumer of our Agency who died suddenly. His family hosts an annual golf outing with the proceeds going to this special fund in Chris' honor.

The McCarthy golf outing this year was in July was another HUGE SUCCESS...

Thanks to Tim, Rose, The McCarthy Family and all of the supporters

We are now preparing for one of the most rewarding events sponsored by the McCarthy Fund – Our Annual Holiday Party and Delivery of Holiday Meals.

We can't say thank you enough!!

Board of Directors

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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) or by contacting us directly on 845-627-0627.

In Loving Memory



Joseph Edwards was born September 3, 1982. He was a student at West Chester University in Pennsylvania and was expected to graduate in May of 2007. He unexpectedly passed away December 16, 2006 from a seizure while alone in his dorm room. This September would have been his 33rd birthday and this December marks 9 years since his passing. Our thoughts are with his family & friends.



Jeffrey Gardner, who passed on September 16, 2015 at the age of 47. Jeff was born on July 16, 1968 and worked with CPI staff for many years before successfully graduating from the TBI waiver program. Jeff will be remembered by his friends at CPI as a kind, generous, and fun-loving man and proud father who always went out of his way to help others. Our thoughts are with Jeffrey's friends and family during this time.

Structured Day Program Happenings By Erin Drury, SDP Manager

-Purple Pumpkin Project

On October 8th and 9th The Day Program participated in the purple pumpkin project to celebrate the fall season and help raise awareness about Epilepsy. Also a fun way to get ready for Epilepsy awareness month in November

-Thanksgiving Dinner

The best way to give thanks is surrounded by friends and family. In honor of that the Annual Thanksgiving dinner for Day Program participants will be on November 23rd at the cheesecake factory! Generously paid for by The McCarthy Foundation

-Deck the Halls

to celebrate the kick off to the holidays on November 30th the Day Program will be helping decorate the office and hallways for the upcoming holidays.

Snowflakes, Snowmen and Garland! Oh, My!

-Holiday Party

Time to bring it all together with one last holiday hurrah before the New Year! The Structured Day Program's annual holiday party will be December 23rd! Generously paid for by The McCarthy Foundation

CPI also provides additional services under the TBI waiver which include Service coordination, PBIS and CIC.

for more information about the Structured Day Programs and interest in joining contact Erin Drury

email: edrury@cpiny.org

phone: (845) 627-0627 Ext. 157



SDP lunch outing at Indian Rock outside the Suffern Fieldhouse



Winter Art Contest

Send us your artwork that represents how having a disability makes you feel (all mediums accepted)

Must be submitted to mkaen@cpiny.org by close of business Friday, January 15th

All artworks including winners will be posted on Capabilities Facebook, Twitter and Pinterest pages!
Follow us to see all the amazing artwork and more!

To donate

www.learnaboutepilepsy.com
845-627-0627

Find us on