

WELCOME

WINTER 2017

INTRODUCING OVER THE EDGE FOR EAC NETWORK!

EAC Network is thrilled to announce our next big event will be Over the Edge, a signature event for non-profits: rappelling down the side of a building! 92 rappellers (“Edgers”) will raise donations for EAC Network in exchange for the once-in-a-lifetime opportunity to rappel Over the Edge of the Tower at Nassau Community College and enjoy the breath-taking views of New York City all for a great cause on July 1, 2017.

How does it work, you ask? It’s simple! No climbing or rappelling experience is necessary; all you need is enough courage to go Over the Edge! On event day, each Edger will receive training on how to rappel. Trained Over the Edge staff and ropes volunteers will make sure Edgers are securely fastened and ready for the safe trip down the building. Edgers will have an opportunity to get a feel for the harness before the rappel.

Think about what issue are you SO OVER that makes YOU want to go Over the Edge for EAC Network!

Each of our Edgers will have to raise a minimum of \$1,000 in order to secure their rappelling spot... so if you’re interested, or maybe you want to Toss Your Boss... head over to www.eac-network.org/overtheedge now!

So, what issue are YOU SO OVER? **Do YOU have what it takes to go Over the Edge for EAC Network?!**



EAC Network Launches Fresh from the Garden Program

EAC Network, in conjunction with the **Town of North Hempstead** and with funding from **Bank of America** and the **Long Island Community Foundation (LICF)**, announced the launch of our brand new Fresh from the Garden program to provide at-risk seniors in the New Cassel area with a free, three-step initiative to healthier living: nutrition education, cooking demonstrations, and produce distribution.

“EAC Network is promoting the power of good nutrition to kick start the health of older New Cassel residents,” said Carol O’Neill, Senior Director of Senior & Nutrition Services. “Imagine discovering that the keys to a healthier and longer life are simply choosing a healthy diet, learning to cook healthy recipes, and eating more fruits and vegetables.”

(cont. on page 2)

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Seniors who live in communities with few or no grocery stores around are at risk for malnutrition and are more likely to suffer from preventable chronic diseases and poor health conditions. Based at Magnolia Gardens, a senior housing development in New Cassel operated by the North Hempstead Housing Authority, the Fresh from the Garden senior initiative



the Garden senior initiative focuses efforts on senior residents both within the development itself and the New Cassel community at large.

“The Town is so pleased to be working with EAC Network on this innovative program that will deliver fresh produce to our seniors and also give them hands-on nutritional

education right where they live,” said Town of North Hempstead Supervisor Judi Bosworth. “It’s like bringing a farmer’s market right to their doorstep.”

In fact, EAC Network will be directly partnering with youth-run farmer’s markets in New Cassel as well as Long Island Cares food bank to provide the fresh produce. Other community partners for the project include Sustainable Long Island and Hofstra University’s Center for Civic Engagement and Department of Health Professions, who will be helping with outreach to the greater New Cassel area, as well as Health and Welfare Council of Long Island and Northwell Health’s Dietetic Internship program.

“One of the first steps to building a thriving community is ensuring that local residents have access to basic needs such as healthy food,” said Bob Isaksen, President, Long Island, Bank of America. “We are proud to support organizations like EAC Network as they work to improve the lives of residents in New Cassel through the Fresh from the Garden initiative.”

Following the announcement of the Fresh from the Garden program, Laura Dufresne, RD at EAC Network, officially kicked off the project with a cooking demonstration of an easy, healthy vegetable frittata to senior residents of Magnolia Gardens who are already enrolled in the program.

“Good nutrition is critical to good health, especially for seniors,” said Dave Okorn, Executive Director at the Long Island Community Foundation. “EAC Network’s nutrition program offers more than just fresh produce – it provides socialization, nutrition education, counseling, and will act as a gateway to many other much-needed services.”

Fresh from the Garden begins produce distribution in April, but enrollment in the free program has already surpassed 50 seniors and educational nutrition chats began on March 22 at Magnolia Gardens.

For more information on the Fresh from the Garden program, visit:
www.eac-network.org/fresh-from-the-garden ●

AROUND EAC NETWORK

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EAC Network is pleased to announce that Paul Napoli, Vice President of Power Markets at PSEG Long Island, has joined our Board of Directors.

Mr. Napoli, who resides in Wantagh, has been employed by PSEG for 38 years and in 2014 was named Vice President of Power Markets. He has a long history of community service and has been on the Financial Advisory Committee, the Planning Board, and



the Zoning Board of the Rockaway Township in New Jersey. He is also on the Board of Trustees at Trinitas Hospital.

“Mr. Napoli will be a terrific addition to our Board of Directors,” said Lance W. Elder, President & CEO at EAC Network. “We are excited to have his insight, and his long history with PSEG and service to his community are a credit to his character.” ●

We know that our staff is the backbone of our organization. To show our gratitude, we host employee awards every year to highlight those who go above and beyond. We celebrated our winners with awards ceremonies.



Spirit of EAC Network
Cassandra Greco
Alternatives for Youth



Rookie of the Year
Evan Larsen
Transitional Case Management



Leadership Award
Samantha Chukwura
Health Home Care Coordination



Employee of the Year
Jessica Lardizzone
Nassau Supervised Visitation



President's Award
Alena Jones
Development & Marketing

In addition to the Employee Awards, we also recognized staff members who have been with us for ten years or more. We congratulated and thanked the following people for their milestone years of service:

Thirty Years:

Carol O'Neill, Senior & Nutrition Services

Twenty-Five Years:

Elizabeth McDermott, Senior Centers and HEAP/WRAP
Sabrina Melito, Project Support

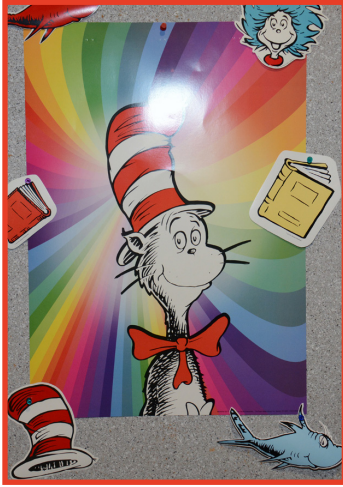
Twenty Years:

Angela Brockmann, Safe Start and Teen Driving Equation
Yolanda Cardona-Rey, Bronx TASC
Guadalupe Cordova-Orue, HEAP/WRAP

Ten Years:

Nelya Adler, Stoplift and Anger Management
Agnes Cento, Suffolk Supervised Visitation
Breenzy Fernandez, Stoplift and Anger Management
Jean Pasternak, Stoplift and Anger Management
Moses Quinones, Brooklyn Forensic LINK
Eric Sunshine, Brooklyn Batterers Intervention Program
Sharifa Zaban, Finance ●

The 6th Annual Cohalan Cares for Kids



THANK YOU SPONSORS!

Presenting: Connetquot Teachers Association / Alice Cromarty / Long Island Hispanic Bar / Hon. Vincent J. Martorana / Michael W. McCarthy Foundation / NAI Long Island / Quatela Chimeri, PLLC **Diamond:** Bethpage Federal Credit Union / Suffolk County Bar / Suffolk County Bar Charity Foundation / Cheryl & Steven Zimmer **Silver:** Joseph Law Group, P.C. / Law Office of Elaine A. Turley / LMN Printing Co. / Hon. Gaetan B. Lozito / National Center for Suburban Studies at Hofstra / Nawrocki Smith, LLP / Petroske, Riezenman & Meyers P.C. / Suffolk County Criminal Bar / Suffolk County Women's Bar **Bronze:** Amistad Long Island Black Bar / The Bell Family / CGAA, Inc. / East Coast Progressive Energy Solutions, Inc. / Seema Pradhan / Randazzo & Randazzo LLP **Friend:** Diane Farrell / Sue Fox / Hon. C. Randall Hinrichs / Klein Liebman & Gresen, LLC / Caroline Levy / Hon. Caren Loguercio / Nannette Watts, CPA, P.C. / Pegalis & Erickson, LLC / Ruskin Moscou Faltischek / Suffolk County Court Officers / Hon. Mary M. Werner

EAC Network hosted its 6th Annual Cohalan Cares for Kids event on March 2, 2017 at the Suffolk County Bar Association in Hauppauge. The fundraiser exclusively benefited our Suffolk County Children's Center at Cohalan Court, a safe, nurturing environment for children whose parents are attending to court business in Central Islip, and raised a record-breaking \$29,000. Longtime EAC Network supporter, Connetquot Teachers Association, was honored for their dedication and commitment to the Center. To publicize the Center's promotion of literacy, the event celebrated Dr. Seuss's 102nd birthday and hosted a simultaneous book drive to donate to the Center. Nearly 100 new books were brought by event attendees!

THANK YOU FOR YOUR SUPPORT!



THANK YOU IN-KIND DONORS!

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STAFF SPOTLIGHT: ELIZABETH DAY, LMSW

Program Director, New Path Treatment Center

Elizabeth Day is the Program Director of EAC Network's New Path Treatment Center. She graduated from Marymount University in 2008 with a Bachelor of Arts in Psychology and in 2011 from Stony Brook University with a Master of Social Work. She has a long history of volunteering and working with at-risk individuals, especially in the addictions and recovery fields, to which she remains passionate and dedicated.



What is your position?

Program Director at EAC Network's New Path Treatment Center.

How long have you been working with EAC Network?

Almost 3 and a half years.

Why did you choose this profession?

I chose social work after taking a year off from my undergraduate studies. I was accepted into a forensic psychology program out of state. I ultimately decided to move back to New York after being unable to secure off-campus housing. During that year off, I realized social work was a versatile degree and career that encompassed not only clinical and hands-on components, but also policy and advocacy components that I am passionate about.

What is your favorite part of your job?

Seeing the change that individuals go through is always the best part. Another aspect of the job I love is having the opportunity to continually learn new ways to engage with my clients – it never gets old.

What is the hardest part of your job?

Usually the systems that I cannot control – working to get a client housing, their insurance benefits, employment issues, etc.. When you

work with so many systems you realize how broken it all is. Vicarious trauma and compassion fatigue are two very real things as well, so managing a level of self-care so that I can effectively do the job can be hard.

What aspect of your job do you wish people knew more about?

Working in the addictions field is a wonderful challenge. There tends to be a bias towards individuals in treatment, but recovery is a life-long process that has to start somewhere, and addiction hits every gender, income level, race, and walk of life – none of us are immune.

Name one goal you have for the upcoming year.

Professionally and personally, it is to obtain my LCSW. For my program, it is to grow our census and offer additional specialty groups for clients. Specifically, I'd like to add a trauma and seeking safety group, and continue to utilize all of the strengths of each counselor.

Tell us about one client in particular that deeply influenced you and how you do your job.

I couldn't pick just one, which might sound cliché. I have carried clients with me from my previous outpatient clinic, and ones I have worked with here. You don't forget the losses or trials and tribulations. You hold on to the

wins that each client gets for themselves. It's an honor and privilege to be part of a client's journey, good and bad.

Name one of your hobbies.

Baking – it's relaxing, even if a bit messy.

Would you encourage others to go into your profession?

Absolutely; social work is a field that is much-needed. When in doubt or need, teachers, medical professionals, lawyers, etc., turn to this field for our expertise.

What advice do you have for others interested in your profession?

Stick with it. Social work, or any human services position, does not always get the glory or respect of other fields, but we do as much work and as much good. Network with your peers. We all need each other.

To learn more about EAC Network's New Path Treatment Center, visit:

www.eac-network.org/new-path-treatment-center ●

A MEAL, A FRIEND, A SAVED LIFE: LET'S TALK MEALS ON WHEELS



Think about your weekly trip to the grocery store. How do you get there? Perhaps you drive. Let's say you are fortunate enough to have a driver's license, access to a car, and the necessary funds to purchase your groceries. How long does it take you to shop? Perhaps half an hour, maybe an hour. It doesn't particularly matter, since you have the energy. In fact, maybe you run a few more errands after the grocery store, since you're already out. When you come home, you're ready to put the groceries away and cook a healthy meal.

Sound familiar? This is a pretty typical scenario for many of us. Now, let's think about our seniors. Many don't have access to a car. Many are no longer able to drive and rely on busy relatives or neighbors to shop for their food. Many live on a fixed income and have trouble purchasing all the groceries they need. Even a simple shopping trip can be exhausting, and they may not have the energy to cook once they return home. Cooking could even be dangerous; many seniors are at risk of falling, or have other conditions that make cooking difficult or impossible.

This is where Meals on Wheels comes in. Two to five times weekly, seniors who participate in the program receive their nutritious meals. They no longer have to worry about rides to the grocery store. They don't need to wonder whether they have the budget for groceries this week. And they no longer need to cook, worry about injuring themselves while cooking, or worry they won't have the strength to cook.

We spoke with Barbara O'Neill who has worked with

EAC Network for 19 years, the last five as the Program Coordinator for Meals on Wheels. First, it's important to understand that these meals aren't just any meals – they are specifically designed to give our seniors the balanced nutrition they need. “The meals are overseen by a dietitian. They're all nutritionally balanced. Many seniors, before they get involved with the Meals on Wheels program, aren't eating anymore. It's too hard for them to prepare anything, so they just aren't eating. Or they're only eating things like canned soup, which isn't going to give them sufficient nutrition,” said Barbara.

Meals on Wheels works hard to get meals out to seniors, especially when a storm is expected, Barbara explained. “If we're expecting bad weather, we make sure to get deliveries out the day before. It's especially important to make sure our seniors have food during a storm. For example, we made extra deliveries before and after Hurricane Sandy. We didn't have power at the office, so I sat in a nearby eatery with my cell phone arranging deliveries. And, if we have additional funds, we get emergency boxes out to our seniors in case of an unanticipated disaster. We put in things like shelf stable food and flashlights to make sure they're prepared in an emergency.”



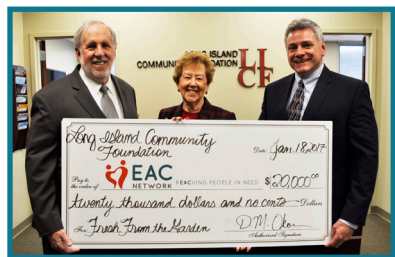
It's not only emergency supplies, though; if Meals on Wheels has the extra funds to do it, the program provides birthday cakes, cards on Valentine's Day made by local kids, and a festive gift for the holidays. *(cont. on page 11)*

AROUND EAC NETWORK

continued from page 3

EAC Network recently received corporate and foundation grants in support of two programs:

Both **Bank of America** and the **Long Island Community Foundation** (LICF) awarded us \$20,000 to launch the new Fresh from the Garden program to provide fresh produce, nutrition education, and cooking demonstrations to at-risk seniors in New Cassel.



Newsday Charities, a McCormick Foundation Fund, granted \$50,000 in support of our Long Island Parenting Institute (LIPI) to support the program's parenting education classes to parents across Long Island. ●



EAC Network Community Partner and friend, Francine E. Love of Love Law Firm, PLLC, is conducting a children's book drive for our Suffolk County Children's Center at Cohalan Court. The drive is Francine's second to benefit our kids in need - the first was a duffel bag and necessities drive for children in foster care, through which she collected almost 100 duffel bags filled with toiletries and other self-care items.

Children's books for the drive can be purchased and sent directly through Amazon.com at <http://a.co/4azs8cQ>. To maximize impact, donors are encouraged to make purchases via smile.amazon.com/ch/23-7175609 and link Amazon accounts to EAC Network, so that we also receive .5% of smile.amazon.com purchases at no extra cost. ●



For the fifth year in a row, **EAC Network received large donations of nutritious, non-perishable food from Island Trees School District in Levittown for people living with HIV/AIDS.** Students from J. Fred Sparke School, Memorial Middle School, and Michael F. Stokes School contributed to the food drive and collected donations.

The food is distributed by our Nutrition Education and Food Services program, which runs the only food pantry solely dedicated to people living with HIV/AIDS in Nassau County.

"The local HIV/AIDS population will not go hungry thanks to the students and teachers at Island Trees School District who have completely re-stocked our food pantry," said Carol O'Neill, Senior Director of Senior & Nutrition Services. Once the food made its way to us, volunteers from the MAC AIDS Fund organized the food pantry so the nutritious goods would be ready for those who need it most.

To learn more about Nutrition Education and Food Services, visit: www.eac-network.org/nutrition-education-food-services ●

Nominate EAC Network for Best of Long Island! We would greatly appreciate it if you would take a moment to nominate us for the Not for Profit and Charity categories! Voting is a snap! Head to www.bestoflongislandpress.com/nominations-services. Choose "Not for Profit" (and/or "Charity") as the category, and enter "EAC Network" as the nominee. Our address is 50 Clinton St., Suite 107, Hempstead. Our phone number is 516-539-0150. Our website is www.eac-network.org. After that, submit the form, and you're all set, but feel free to nominate us as many times as you want until August 31, 2017!



At EAC Network we are a team. We care for our community because our staff care for our community. We can't do it without our amazing, hardworking social workers, case managers, and more. Our employees always make that extra phone call, fill out that extra form, run that extra errand, and do whatever it takes to make sure our clients have everything they need to succeed.

Recently, staff received EAC Network branded jackets. Whether they're from a TASC program on Staten Island or a children's program miles away in Suffolk County, our jackets show that we are all on the same team. It's a small way to show agency-wide appreciation, and we are always thankful for and impressed by the great work our team does. Without our amazing staff, we can't serve our community. Without our amazing staff, EAC Network can't be the best we can be! ●



Occasionally, we have generous volunteers who team up with our Senior Centers to host a special craft, which is exactly what a team from PSEG Long Island did recently. PSEG has a long history of community outreach, and we're always pleased to have their cheerful, supportive volunteers.

Volunteers Danielle and Christine from PSEG Long Island recently took trips to our Senior Centers in Hempstead and Port Washington to run crafts with our seniors. They showed our Hempstead and Port Washington seniors how to make plain mason jars and tissue paper into colorful vases filled with paper flowers. Thank you, PSEG Long Island! ●

It's that easy to nominate our worthwhile cause that empowers, assists, and cares for over 70,000 people each year. Just a minute of your time will help us promote our work that supports children by making sure that at-risk kids have a Chance to Advance; that provides a safe and full-service treatment program for those struggling with addiction in our New Path Treatment Center; that provides Meals on Wheels for seniors in need; that offers vocational services with programs like Mission Employment, which assists at-risk youth in finding their career path. It only takes a minute! ●



THANK YOU, COMMUNITY PARTNERS!

A community partner is a local business or organization that teams up with us to have a positive impact on our communities in need. Together, we tackle obstacles in human services by promoting resolutions, providing accurate information and resources, and forming strong alliances that advocate on behalf of our neighbors.

www.eac-network.org/community-partner

GOLD

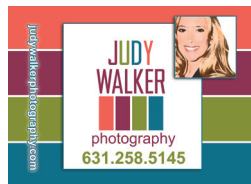
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BRONZE



MEDIA



NON-PROFIT



(Meals on Wheels, cont. from page 7)
“It lifts their spirits. It’s small, but it means a lot to them.”

The meal deliverers for Meals on Wheels are “a set of eyes,” and there are times when that is a life saver. “Our volunteer and part-time meal deliverers are very familiar with our clients. I’m told our clients look forward to seeing our deliverers, and they’re often waiting by the door or the window, looking out for the deliverer. If the deliverer knocks and doesn’t receive an answer, they don’t leave. They get in touch with me or other program staff, and we work to make sure the client is alright before the they leave. There was one incident where a deliverer spotted a client on the floor through the window. I was able to contact 911, and the responders got into the house to take care of her. She had been on the floor for a couple of hours. Who knows when someone else might have found her?”

Another incident was shared by Mary Coyle, Program Director for Meals on Wheels. “One of my staff recently called me from the field. She made a home visit to a 94 year-old woman in Port Washington. When she arrived there was a terrible odor of gas in the home. Our client told her she had someone work on

her burner that past Sunday and that she was fine and did not want 911 called, which is why I was the one contacted about the concern. I then called National Grid who went to her home immediately and identified a carbon monoxide leak that could have shortly killed her. If it wasn’t for Meals on Wheels and the constant checking in we provide especially to those without family or visitors, who could have saved her?”

Meals on Wheels is a critical service for seniors, and it’s not a need that will go away. These services become even more vital as the Baby Boomer population continues to age – there are already so many seniors who need this lifeline, and we will have even more five or ten years from now. It’s not only about providing nutrition to people who are severely in need, though that is the key point. It’s about the people. “I didn’t go into this job only because I wanted to give people food,” Barbara said. “I went into this because I care about the people.”

To learn more about Meals on Wheels, visit: **www.eac-network.org/meals-wheels-seniors**

To make a donation to Meals on Wheels, visit: **www.eac-network.org/donate-now** ●

IN HONOR OF WORLD POETRY DAY

by Robert, Alternatives for Youth client

*This is for AFY
I love that program, Yo AFY listen
Ima start doing my books, start getting my math straight
Tryna get the work straight
Tryna do everything I can do
Because you helped me, Ya’ll helped me to be the man that I am*

*Be better than what I was before
Try to get the cars, and charges and Porsche
You already know AFY
You trying help me get the lambo
Hotter than the space, outer, outer, outer space
You already know that I’m hot, you know that ima drop that label
I be ju ju’in on this beat, this beat is nice*

*You know AFY, thank you for all you did for me when I was just bad
Now I’m in class learning, learning what I was not learning before
Now I’m in store, now I’m just coping everything at the store
Now I’m just getting everything that I wanted, roley watch and all the shoes that I wanted
Rockin’ designer that I always wanted
I’m always on top just like the planet
That didn’t make sense though
Ready I’m nice though*

*Before I was thinking’ bout all this stuff
Now it’s coming all true
Putting that work in put that work in
Put the work in, that’s what you going’ get back, right?
Everybody said that now I’m going to get that* ●

EAC NETWORK TRIVIA CONTEST

What year was EAC Network founded?

Email your answer to **news@eac-network.org** or tweet your answer to **@EACNet** with **#EACNetworkTrivia** by June 30, 2017. Correct responses will be entered in a random drawing to win an EAC Network tote bag with goodies inside! The winner and other correct responses will be announced in the next issue.

SPECIAL EVENTS

JULY

- 1 Over the Edge for EAC Network
Will YOU go Over the Edge?! Rappellers needed!
www.eac-network.org/overtheedge

SEPTEMBER

- 19 28th Annual Golf for Good at Meadow Brook Club
www.eac-network.org/event/golfforgood2017

OCTOBER

- 14 Halloween Party to Protect Children
www.eac-network.org/event/party-to-protect-children-2017

NOVEMBER

- 5 2017 TCS New York City Marathon
Runners needed! Guaranteed entry available!
www.eac-network.org/event/2017-nyc-marathon

NOVEMBER

- 5 Generosity Series 5k Walk/Run at Eisenhower Park
Walkers/runners needed!
www.eac-network.org/event/generosity-long-island-2017

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instagram.com/EACNet



& join our emailing list at
www.eac-network.org



Founded in 1969, EAC Network is a not-for-profit human service agency with over 70 programs throughout Long Island and New York City. Our programs protect at-risk children, support senior citizens, help people with mental health and substance abuse problems, educate people seeking financial independence, assist individuals who are under or unemployed, mediate disputes, and work with families in crisis.

