



Helping Celebrate Abilities Annual Report 2023



OUR MISSION

Celebrate and empower people with intellectual and developmental disabilities in our community.

OUR VISION

To provide dignified, respectful integration opportunities for people with disabilities, ensuring activities, services, and supports are tailored to their individual interests, strengths, and preferences, while also maintaining and developing programs that enable their continued community participation.

HCA VALUES STATEMENTS:

- ♥ We are committed to an environment of collaboration with the people we support, our employees, and our community
- ♥ We are committed to treating all people with compassion and understanding in applying the platinum rule of treating all people as they wish to be treated
- ♥ We are committed to an atmosphere of acceptance and inclusion of all people to harness the power in our diversity
- ♥ We are committed to fostering and valuing creativity and flexibility
- ♥ We are committed to act with integrity to each other and to those that we support



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FROM THE EXECUTIVE DIRECTOR

Dear Friends and Family of Helping Celebrate Abilities:

In our annual report for 2023, we proudly reflect on our unwavering commitment to empowering and celebrating individuals with intellectual and developmental disabilities. In 2023, we challenged ourselves to look at our agency's mission statement and we adopted the following statement of our commitment.



Celebrate and empower people with intellectual and developmental disabilities in our community.

We fulfill our mission by continuing to operate person-centered programs within our community that foster independence, support advocacy, and help to amplify voices that can often go unheard.

As we celebrate the milestones achieved and the lives touched, we extend our heartfelt gratitude to our donors, volunteers, and partners whose generosity and passion drive our collective impact. Together, we can move forward and continue to build - motivated and inspired by the people that we support.

Executive Director

A handwritten signature in black ink, appearing to read "Lisa Kost".

Lisa Kost

FROM THE BOARD PRESIDENT

On behalf of the Board of Directors, please accept this heartfelt 'thank you' to all of the HCA staff. Every day you give your best to enhance the lives of those who receive services from the agency. Your dedication truly makes a difference. We know that many of the actions you take might not get any attention, but it really is those little things that add up. We take this time each year to offer you some recognition, but we know it is your day-in and day-out commitment on the other 364 days that allows the Agency to fulfill its mission. The Board is very proud to support your efforts throughout the year.



Board President

A handwritten signature in black ink, appearing to read "Lars P. Mead".

Lars Mead



643
COUNSELING
SESSIONS
PROVIDED



4,174
SPEECH &
LANGUAGE
SESSIONS
PROVIDED



3,997
PHYSICAL
THERAPY
SESSIONS
PROVIDED



6,072
OCCUPATIONAL
THERAPY
SESSIONS
PROVIDED



294
CHILDREN
SERVED IN
EDUCATIONAL
PROGRAMS



488
EVALUATIONS
& SCREENINGS
PROVIDED



CLINIC & BEHAVIORAL SUPPORTS

BEHAVIORAL HEALTH SERVICES

Licensed social workers are trained to address a wide range of mental health issues and provide support to individuals looking to improve their mental health.

SPEECH-LANGUAGE PATHOLOGY

Speech and language skills are an integral part of an individual's social interactions and educational development. To improve children's communication skills, HCA's team of certified and licensed speech-language pathologists use child-friendly, play-based activities.

PHYSICAL THERAPY

Our New York State-licensed physical therapists use a play-based approach to engage children, tailoring interventions to their unique needs and motivators. They focus on building on existing movement skills to minimize factors affecting functional movement.

OCCUPATIONAL THERAPY

New York State-licensed occupational therapists work to increase functional participation by improving small motor skills, self-care, and sensory processing.

CHILDREN'S SERVICES

PRESCHOOL

HCA's education philosophy is that all children can learn, and their earliest years yield the most rapid growth and development. Our integrated preschool programs nurture and teach children with special needs alongside their general education peers, providing an enriching and diverse environment for each student.

EVALUATIONS & SCREENINGS

HCA conducts evaluations for children's developmental domains, including cognition, language, motor, social emotional, and sensory processing functions, to ensure they receive necessary support and services for social and academic success.

RESIDENTIAL SERVICES

INDIVIDUALIZED RESIDENTIAL ALTERNATIVES

HCA's 15 group homes provide 24-hour, personalized care for individuals eligible for OPWDD services by fostering a supportive family atmosphere to help them achieve their goals by making individualized choices.



72
**PEOPLE LIVING
IN RESIDENTIAL
ALTERNATIVE
HOMES**

INDIVIDUAL & FAMILY SUPPORT SERVICES

COMMUNITY AND DAY HABILITATION

Our Community and Day Habilitation programs aim to enhance each individual's independence through personalized plans that facilitate community inclusion, integration, and relationship building in a community setting or after-school respite.



35,518
**HOURS OF
SERVICE WITH
COMMUNITY &
DAY HABILITATION**

RESPITE SERVICES

Our respite programs provide short-term care for people with developmental disabilities giving parents, families, and caregivers the opportunity to take a much-needed break. Services can be performed at home or in our certified respite house.



36,073
**HOURS OF
RESPITE**

SELF-DIRECTED SERVICES

HCA offers support for individuals self-directing their budget and services, including administrative and billing assistance, hiring and training of staff, and maintenance of direct provider-purchased services.



65
**INDIVIDUALS
ENROLLED IN
SELF-DIRECTION**

SUPPORTED EMPLOYMENT SERVICES (SEMP)

Specially trained providers assist individuals in securing and maintaining employment by conducting assessments of their strengths, interests, and needs.



14
**INDIVIDUALS
ENROLLED IN
SUPPORTED
EMPLOYMENT**

LUCA IS DEFYING ALL ODDS

Luca was born with a rare neurological condition called pontine tegmental cap dysplasia (PTCD). PTCD causes a range of symptoms, including hearing loss, ataxia, speech and language disorders, feeding and swallowing difficulties, heart malformations, and facial paralysis.

Doctors warned Carey, Luca's mother, that Luca might never be able to lift his head or eat on his own. After hearing this, Carey sought out early intervention services to give Luca the best chance of success. When reviewing the options, Carey admits she had never heard of Helping Celebrate Abilities but was relieved to discover HCA offered a comprehensive program to fit all of Luca's needs.

Luca started attending occupational and physical therapy at HCA when he was two months old. Working with his team of therapists, Luca quickly began reaching milestones and gaining strength, defying the initial prognosis. His occupational therapist, Lisa Williams, says he really is a superhero!

Luca has truly grown up at HCA and thinks of his therapist and teachers, who love him and want the best for him, as more like family.



“Luca's first time holding his head up for two seconds while on his belly sparked celebrations after many months of physical therapy! We cheered on Luca after he independently crept on his hands and knees, and again when he took his first steps walking with an assistive device!”
- Kumari Riegler, Physical Therapist

As Luca grew and adapted, enrolling in HCA's preschool program seemed like the natural next step for him, as he could continue his therapy sessions with familiar faces.



In the classroom, Luca learns alongside his general education peers, pushing himself to try new things. The other students make him feel like he is a valued member of the group, as if there are no differences between them.

“There has been no stopping him”
- Carey Kane, Luca's Mom

Carey is grateful to the HCA team for their dedication and support, and she is confident that Luca will continue to thrive as he graduates preschool and moves on to the next stage of his life.

HCA ALUMNI: THEN & NOW

As a child, Anne experienced significant speech delays. At the time, services for children with disabilities were not as prevalent as they are today, and families faced a shortage of resources. Anne's parents learned about HCA and what the clinic was doing, so they brought her in for a comprehensive assessment. The assessment results recommended that Anne begin receiving speech therapy services two to three times per week.

Anne's mother recalls that the speech therapy sessions seemed more like play than treatment and attributes Anne's success to the comfortable environment at HCA. HCA's preschool and clinic services gave Anne the boost she needed to start kindergarten.

As Anne progressed through school, she discovered which methods of learning worked best for her. Her experience inspired her to pursue a degree in childhood education at SUNY Cortland. While in college, she worked as a direct support professional (DSP), assisting people with intellectual and developmental disabilities. She enjoyed her job as a direct support professional so much that she decided to dedicate herself to assisting people with special needs after graduation.

Anne's current role as Director of Provider Relations entails collaborating with a variety of organizations, including HCA, to inform people with developmental disabilities about available services and how to access them.

Anne and her parents credit HCA's early intervention services for helping her grow into the person she is today. They continue to advocate for HCA, spreading the word to anyone who could benefit from its services.



“
I hope that in my life I've come full circle from where I began and now with my career for helping others
- Anne Seepersaud
”



2023 FUNDRAISERS

15th Annual Tasteful Day for HCA

Our 15th annual "A Tasteful Day for HCA" was another great fundraiser, generating \$32,000. Everyone was delighted with the vendors' selection of food and beverages! We appreciate that Rick Fry and Jeff Olin joined to provide entertainment and a live auction. Thank you to our title sponsor, Miller Auto Team, and all of our loyal sponsors who support us year after year.



21st Annual Golf Tournament

Our 21st annual golf tournament took place on a picture-perfect day at The Links at Hiawatha Landing. Out of the 31 teams that participated, the champions were Hinman, Howard & Kattell, LLP. Clear skies and a light wind made for ideal golfing conditions all day long. We played golf together and raised more than \$21,000. We appreciate all of our sponsors and participants continued support and are grateful to all, including Peoples Security Bank & Trust, who graciously returned as our title sponsor.



SAVE THE DATE!

22nd annual golf tournament Thursday, August 15th at The Links at Hiawatha Landing

Toni Jo Crowned Prom Queen

Toni Jo, a fashionista, was crowned prom queen at the 2023 BOCES prom. Her infectious energy, positive spirit, and stunning appearance made her a deserving recipient. She danced the night away with her friends and classmates, creating unforgettable memories that will last a lifetime.



Adventures with Austin

Austin is a participant in HCA's self-direction program, which allows him to live his life as independently as possible. He focuses on goals that are important to him and his success.

After graduating, Austin made the decision to pursue his passion for being a mascot. Austin now serves as the Arctic Bear Plumbing, Heating, Air & Water Treatment Mascot, and he attends many events around town, including Binghamton Black Bears Hockey.

Austin spends his free time volunteering for Meals on Wheels and participating in various hobbies such as hiking, swimming, karaoke, Irish dancing, and more.

Austin's love of music and performance is evident in his role with the BC Celtic Band, where he adds energy and rhythm as the bass player at every event they attend.

Jenna, who has been working with Austin for four years, says he's becoming more independent every day. She has seen how his confidence has grown and how willing he is to try new things.

Next time you are at a hockey game or watching a parade, keep an eye out for Austin and his infectious smile; it will definitely make your day.



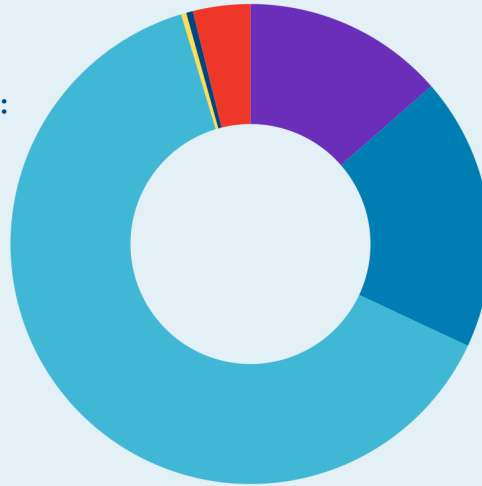
Self-Advocacy Committee Forms

HCA'S Self-Advocacy Committee was founded in autumn of 2023, and is comprised of HCA staff from a wide array of departments, and backgrounds. The primary mission is to support people with disabilities by publicly sharing their experiences, values, and unique community concerns to create change. Through our disability work, we have found that there are limited resources in our community that bring attention to the importance of self-advocacy skills. Our goal in the first year is to host quarterly publicly-available presentations held by and for people with disabilities. Our top priority is to empower people with disabilities to have greater resources and a voice to choose their future. We look forward to working with people with disabilities and all other stakeholders in the disability community throughout the year.



REVENUE FOR 2023

- Education Programs:
\$2,940,135
- Community Support Programs:
\$3,983,333
- Residential Services:
\$13,721,652
- Article 16 Clinic:
\$76,156
- Grants & Public Support:
\$97,523
- Other Income:
\$836,824



Total Revenue:
\$21,655,622

SUPPORTERS

\$10,000 AND ABOVE

Grand Aerie Fraternal Order of Eagles
Matthews Auto Group

\$5,000 - \$9,999

Conrad and Virginia Klee Foundation
Peoples Security Charitable Foundation

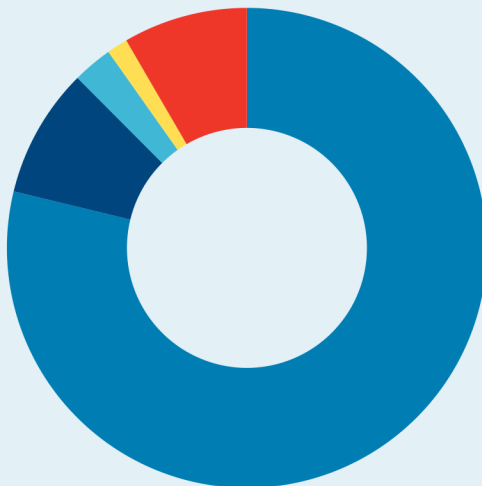
\$2,500 - \$4,999

Peoples Security Bank and Trust

\$1,000 - \$2,499

ANC Heating and Air Conditioning
Andrew R. Mancini
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Brown and Brown of New York
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EXPENSES FOR 2023



Total Expenses:
\$21,039,465



SUPPORTERS

\$500 - \$999

Bonadio & Co. LLP
Broome Co. Sheriff Officers
Community Health Outreach Project
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Visions Federal Credit Union
Walmart Foundation
Wayne Bank

\$250 - \$499

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Maria Pascale

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\$100 - \$249

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Johnson City Police Benevolent
Johnson City Police Department
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Lisa Kost
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Vestal Dental

1 - \$99

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18 Broad Street, Johnson City, NY 13790

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Finance, Human Resources, Quality Assurance

840 Upper Front Street, Binghamton, NY 13905

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Visit Us At:

www.hcaserves.com



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