A Message to our Families

I know that many of you are sitting at home and that social distancing feels like the new norm. As a parent, I can only imagine how hard it must be for you to be away from your child at Sunshine. I hope and pray that this is resolved soon and that we can once again open the home to our parents.

At this time, I want to reassure you of a few things. First, Sunshine has implemented the highest level of scrutiny in screening all staff who come into our building. Only essential staff are permitted in the Main Building and personnel are screened, temperatures are taken and health questionnaires are completed. Our team is on an “essential staff model only,” which includes our Recreation, Quality of Life and Therapy teams. These services are continuing while other key individuals are now working off-site.

We are acutely aware of the risk to our children; we know that this virus continues to be in the greater community and at some point, may even impact our staff. I personally wish to reassure you that we have developed a comprehensive immediate response to any possible exposure. Dr. Natalie Neu, our pediatric infectious disease specialist communicates daily with our medical providers to review our protocols and strategize to minimize any risk to your children. We are prepared.

Secondly, it is essential that the children do not feel the fear and apprehension associated with so many unknowns. For that reason, we are maintaining a typical day for the children. In the absence of school programming, Kym and her activities team along with Chaya Rochel, are ensuring that the children are receiving the stimulation they need. Their days are filled with music and song and activity. Our therapists are working with your children, meeting their therapy needs and keeping a full sense of normalcy to their daily schedule.

Please be safe in your home and rest assured that we have your children safe and secure in theirs. We are watching them very closely. We will continue to reach out through medicine, nursing and social work to keep you updated and to help you feel “connected.” If you have any questions please feel free to contact me at 914-865-0519 at any point.

Safe regards,
Linda Mosiello
Administrator

With everyday worries, it is important to carve out some “me” time and de-stress. Here are a few tips you may practice to help release stress and help you rebalance:

1. **Take a “Mindful Minute”** – Sit up straight with both feet on the floor. Close your eyes and focus your attention on a positive thought or mantra. Let distracting thoughts float by.

2. **Take Deep Breaths**: Take a break, even if it is for only one minute. Use this time to focus on your breathing. Sit upright straight with your eyes closed and slowly inhale through your nose and exhale through your mouth.

3. **Practice Visualization**: Simply make yourself comfortable and try to picture a peaceful scene. Some examples are a vacation, doing your favorite hobby, or your favorite beach.

4. **Immerse yourself in a Creative Outlet**: Pick up a hobby that you’ve always wanted to try or one that you haven’t done in a while. This could be writing poetry, knitting, gardening, painting or journaling.

5. **Reach Out**: Talk to someone close to you. Share your thoughts, feelings or share what is going on with you. You can get a fresh perspective while keeping your connection strong.
The Sun Shines on...
GUS LOPEZ

This month we shine a light on Gus Lopez! Gus worked on this property 15 years ago for St. Mary’s, and has recently returned as the Assistant Director of Facilities. Gus states: “Coming back to work for Sunshine was an easy decision, Sunshine is the right place to be. It is amazing to see the attention that the kids receive on a daily basis. When I came back, so many of the staff remembered me and gave me a warm welcome back and I really appreciated that. There is so much love at Sunshine and it is a great environment to be working in.” In his new role, Gus oversees all aspects of housekeeping, plumbing, carpentry and electrical work. In addition, he works closely with his team to ensure that the buildings and grounds are safe and running smoothly. Gus is grateful to work with a team that takes initiative and is diligent with their work. Gus shares, “I work with a very hard-working team. They care about what they do and are very supportive. Together, we accomplish a lot. When you love what you do, it doesn’t feel like work. I am so lucky!” Sunshine is lucky to have you back on our team! Welcome back, Gus!

March of Dimes:
The Legacy Lives On...

Sunshine is excited to share the historic link with the March of Dimes through our very own Director of Nursing, Laura Schneider Connelly. Laura’s grandfather, Bob, had a special relationship with the March of Dimes. Bob worked as the Labor Director for the March of Dimes in Greater NY. He worked with the unions in the Greater NY area to gain their support for the March of Dimes and to raise funds for the organization. Bob later hired Laura’s Uncle Marty as his assistant. Marty then continued with fundraising during the campaign. What a wonderful connection Laura shares with the March of Dimes!

As for the March for Babies Walk, the event is virtualizing their format. However, “Team Sunshine” will continue to fundraise for the event and looks forward to their continuing partnership with the March of Dimes.

For more information, http://www.sunshinechildrenshome.org/join-team-sunshine/

Construction Update
We had a BLAST

Congratulations to our Sunshine families as we have completed our blasting process and are just finishing off the last stages of rock removal. Our next steps are to prepare and pour the foundation of the children's new home!!! A special shout out and thank you goes to our Blasting Crew and Consultants for all their hard work.

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