

The Pulse Newsletter

Disability Allies 

CONTINUING THE
RACE FOR INCLUSION

WORDS FROM OUR CEO

Dr. Nicole Appello

Welcome 2023!

I hope you all had a wonderful holiday. Thank you all for your dedication and care toward the exceptional individuals attending our programs and receiving home services.

As we begin the new year we look forward to the growth of Disability Allies and the continued excellent care to the individuals we serve.



Manny and Tanisha enjoying a dance.



PARTICIPANT OF THE
QUARTER

Hannah's instructors have chosen her to be Individual of the Quarter. She earned this award due to her positive attitude toward her peers and the constant encouragement of others. Hannah has shown a continued desire to learn. She is always quick to help others and shows compassion to all. Congratulations Hannah on your Award!

What's New



AFTER-SCHOOL TRANSITION PROGRAM

Disability Allies' After School Transition Program will be offered Mondays, Wednesdays, and Fridays from 3:00 - 6:00 PM for Individuals who are 18 years old and older. Our program offers a variety of recreational activities in a structured and supportive environment.

For information and questions please contact Intake@disabilityallies.com

DISABILITY ALLIES INSPIRE DAY HAB

Inclusion, Nurture, Self-Assured, Proud, Resilient, Empowered

Disability Allies is putting the finishing touches on our new Day Hab, INSPIRE. Our dedicated team has over 75 years of combined experience assisting individuals with intellectual and developmental disabilities, IDD, live, work, and socialize in their communities. We offer a hands-on approach with each individual, helping them gain strides toward reaching their greatest potential.

We are currently accepting referrals. For more information and questions please contact: Intake@disabilityallies.com

Inspire Day-Habilitation Program

Inclusion Nurture Self-assured Proud Independence Resilient Empowered

What is Day-Habilitation?

Our Day Habilitation Program offers a range of activities to individuals with intellectual and developmental disabilities, IDD. Each activity is focused on giving participants personal and social supports necessary to help them live successfully in their community. Each participant is assessed to ensure their activities are the most beneficial to them.

PROGRAMS OFFERED

- Fitness and Wellbeing
- Personal Needs
- Basic Skills
- Time Management
- Social Skills
- Money Management

CONTACT INFO:

- Intake@disabilityallies.com
- 732-360-8065
- <https://www.disabilityalliesforyou.org/dayhab>



FOR MORE INFORMATION VISIT: [Disabilityalliesforyou.org](https://www.Disabilityalliesforyou.org)

Recipe of the Quarter

NO BAKE LEMON CHEESECAKE

During the Holiday Season, our culinary students enjoyed making the No Bake Lemon Cheesecake. Some of the students enjoyed the prep and mixing of ingredients while other students enjoyed baking and decorating. All the students enjoyed this recipe as well as learning to make it which is why the No Bake Lemon Cheesecake was chosen as the Recipe of the Quarter. The recipe is below for you to try. Please let us know what you like most about the No Bake Lemon Cheesecake!

Send comments to:
Development@disabilityallies.com

Ingredients

Crust

- 2 ¼ cups graham cracker crumbs (270g)
- ½ cup butter melted

Filling:

- 3 packages cream cheese (24oz or 750g total) full fat
- 1 ½ cups powdered icing sugar
- 3 tablespoons fresh squeezed lemon juice (about 1 lemon)
- zest of 2 lemons (1 if you want a milder flavor)
- 1 teaspoon vanilla extract
- ¾ cup heavy whipping cream

Instructions

- Line a 9" Springform pan with parchment paper — optional but makes for easy removal once set!
- Combine graham cracker crumbs and butter and press into prepared pan, and about 1/2" up the sides.
- In a large bowl, beat the cream cheese with an electric mixer on medium speed until smooth.
- Add the powdered sugar, lemon juice, lemon zest, and vanilla and beat until smooth.
- In a separate medium-sized bowl, beat the heavy cream on high until stiff peaks form. Add the whipped cream to the bowl with the cream cheese and use a spatula to gently fold it together, being careful not to deflate the cream.
- Taste the filling, and add more sugar or more lemon zest if you want it sweeter or more lemony.
- Pour filling into crust, cover, and refrigerate until set, at least 6 hours or overnight is even better! Serve with sweetened whipped cream.



Events



TEXAS HOLD'EM TOURNAMENT

On behalf of the people we serve and the Disability Allies family, we thank everyone who supported our first Texas Hold'em Poker Fundraiser on November 29th. With your generous help, we raised funds to continue to offer vital programs and services for the individuals we serve. Guests were treated to a buffet dinner while they competed for the top prize of a \$4,500 Visa Gift Card. We are grateful for your generosity and for going "ALL-IN" with Disability Allies as we continue the Race for Inclusion.

INCLUSION EVENT

Disability Allies is hosting a Valentine's Day Social Inclusion Event on February 16th, 4:30 - 6:30 PM. Attendees will be treated to music, activities, door prizes, and fun. Tickets are \$10.00 per person and include pizza, cookies, and beverages. DSP's are complimentary. To purchase tickets visit: <https://www.disabilityalliesforyou.org/events-sign-up>

For information or questions contact: Development@disabilityallies.com or call 732.554.5266.

Disability Allies 

PLEASE JOIN US FOR A

Valentine's Day Social

16 | FEBRUARY |
4:30-6:30 PM

**PIZZA
SOFT DRINKS
COOKIES
MUSIC
DOOR PRIZES & FUN**

\$10 a ticket

415 NJ-18 S UNIT 3 EAST BRUNSWICK, NJ
08816

RSVP SHONDEL AT
SHONDEL.ROSS@DISABILITYALLIES.COM
OR SIGN UP ONLINE:
[disabilityalliesforyou.org](https://www.disabilityalliesforyou.org)

FOR MORE INFORMATION VISIT: [Disabilityalliesforyou.org](https://www.Disabilityalliesforyou.org)

Employee of the Quarter



EDWARD GERKE

Ed was nominated for the Employee of the Quarter by many. His peers describe him as "a team player, always pleasant, helpful, knowledgeable, and professional." Ed is a critical piece of our fiancé depart and Disability Allies. Congratulations Ed!

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

"On February 26, 1987, President Ronald Reagan officially declared Proclamation 5613 making March National Disabilities Awareness Month. The proclamation called for people to provide understanding, encouragement, and opportunities to help persons with disabilities to lead productive and fulfilling lives" (Proclamation 5613 -- National Developmental Disabilities Awareness Month, 1987).



Citation

Proclamation 5613 -- National Developmental Disabilities Awareness Month, 1987. Ronald Reagan. (n.d.). Retrieved January 31, 2023, from <https://www.reaganlibrary.gov/archives/speech/proclamation-5613-national-developmental-disabilities-awareness-month-1987>

FOR MORE INFORMATION VISIT: Disabilityalliesforyou.org

"Our future depends on what we
do in the present"
- Mahatma Gandhi



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