



# INDEPENDENT

AUGUST 2025

## A Letter From the Director

Here at RCAL we have had a great summer and had a lot of fun. The Employment Center is Up and Running and I must say off to a good start. We had our Parade, marched in the Children's Day parade, partied with the Office for the Aging Seniors at their BBQ, went to the Beach for the Caribbean Festival and even participated in the Soap Box Derby.

I went around the state and saw what some other counties Independent Living Centers programing. It is amazing all the different needs there are in different locations. We are very fortunate here in our county that Ulster County itself has such wonderful programs for seniors and veterans.

Fall is coming and with the next season comes the next chapter in our lives. Like you our staff's children will be going back to school. We will be working on some new projects, painting and remodeling the loan closet, cleaning out the shed and redesigning a program or two.

We are looking for some volunteers to help us with the phones and the loan closet, if you are up to it give us a call. With the fall comes MyKingstonKids Parade and Event, our Resource Fair with St. James Church on September 20<sup>th</sup> and our Annual Friendraiser on November 4<sup>th</sup>. We look forward to seeing you at these and other community events.

With Love and Gratitude  
Anthony Mignone, CEO



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**YOUR INDEPENDENCE IS OUR MISSION**



AUGUST 2025

# Jim Garvey Memorial Disabilities Expo Returns Sept. 20

**A Dynamic Day of Workshops co-hosted by RCAL and St. James Church**

The Jim Garvey Memorial Disabilities Expo will take place again this year on Saturday September 20<sup>th</sup> 10:00 am – 3:00 pm. This much anticipated event began in April 2024 in loving memory of Jim Garvey, one of the founding members of RCAL, and a dedicated professional serving the disability community for over four decades.

This is a dynamic day of workshops, resources, and community connections designed to empower individuals in our local community to live independently and thrive! There are over 20 local vendors offering support services and tools to help individuals take charge of their future.

Our workshops are traditionally conducted by local experts who work with disabilities every day, and we will continue to bring quality topics that families, caregivers and individuals can use. But this year brings something a little different with the addition of our Neurodiversity panel with a Q&A. Individuals with lived experiences will share with an audience of likeminded peers and neurotypical individuals' personal experiences and how they have been able to thrive at school and in the workplace. RCAL is proud to connect our community to agency support, educational workshops and awareness to help eliminate barriers to authentic inclusion.



**REGISTER HERE!**



**If you would prefer to register via email, or have questions: [rferber@rcal.org](mailto:rferber@rcal.org)**





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10:00 - 10:30 A.M.	1OT/PT/SLP Early Intervention Top Tips for Supporting Your Child at Home.
10:30 - 11:00 A.M.	Special Education Advocacy with Renee Falanga-Brenner, RCAL Advocate.
10:00 - 11:00 A.M.	Benefits SSI vs SSD and requirements to apply.
11:00 - 11:30 A.M.	OPWDD Qualifications and how to apply
11:30 - 12:00 P.M.	BREAK
12:00 - 12:30 P.M.	Supported Employment/Access VR with Leah Girardi, RCAL Director of OPWDD Community Services.
12:30 - 1:00 P.M.	Support for College Students with Disabilities with SUNY New Paltz.
1:00 - 1:30 P.M.	Understanding Masking and How it Contributes to Burnout in Students.
1:30 - 2:30 P.M.	Neurodiversity panel discussion, Q&A
2:30 - 3:00 P.M.	Casual network session for individuals and caregivers (no registration needed)

## ADAPTIVE WORKSHOPS

12:00 - 1:00 P.M.	Teen Disabilities Pride Power Hour from Giving Tree Counseling
1:00 - 2:00 P.M.	Adaptive Dance with Nina Easter

\* Workshop times are tentative and subject to change. \*

Anticipated Vendors: \*RCAL \*The ARC Mid-Hudson \* Gateway Hudson Valley \*Hudson Valley Iceburgs \*Ulster Early Intervention \*Bussani Mobility \*Ulster Community Action Head Start \*Georgia's Organic Granola \*Giving Tree Counseling \*Happy to Help Food Pantry \*Christmas Wishes Ulster County \*NAMI Mid-Hudson \*Hudson OPWDD \*Hearts Ministry \*NYS Commision for the Blind \*Ulster County Dept. Mental Health \*STEP2, CUNY School of Public Health \*SUNY New Paltz \*Autism Support Group

AUGUST 2025

# RCAL Brings Benefit Advisement on the Road

At RCAL, we know that access matters. Not every corner of Ulster County has easy access to benefits advisement, and we're working to change that. To better serve our community, RCAL is now taking Benefits Advisement on the road with monthly sessions in Kingston and Ellenville.

Our Benefits Specialist, Todd Martin, will be available to answer questions, review paperwork, and help individuals navigate the often-confusing world of benefits. Whether you're looking for guidance with Medicaid, Medicare, SSI/SSDI, Disability, Employment, or Work Incentives, Todd is here to help.



## ON-SITE BENEFITS ADVISEMENT

### Assistance with:

- Medicaid and Medicare
- Social Security Disability and SSI
- Medicaid Buy-in
- Working Disabled Program
- Pooled Trust

With:  
**TODD MARTIN**  
Benefits Advisor

🕒 10:00 AM - 2:00 PM

📅 1st Wed. monthly -  
Trudy Farber  
Resnick Center,  
Ellenville

3rd Wed. monthly -  
Broadway Bubble,  
Kingston

FOR MORE INFO  
845-331-0541

[WWW.RCAL.ORG](http://WWW.RCAL.ORG)

### 📍 Where to find us each month:

- Broadway Bubble (718 Broadway, Kingston): 3rd Wednesday, 10am–2pm
- Trudy Resnick Farber Center (50 Center St., Ellenville): 1st Wednesday, 10am–2pm

No appointment is needed—just walk in! To make the process smoother, we encourage you to bring along any relevant paperwork.

This effort is part of RCAL's commitment to reaching underserved parts of Ulster County. Do you know of a community that could benefit from on-site benefits advisement? Let us know! Call us at 845-331-0541 x12.

Together, we're making benefits more accessible—one stop at a time.



# RCAL Rocks the 2025 Soap Box Derby!

RCAL was over the moon to once again take part in the Kingston Artists Soapbox Derby, a much-loved annual tradition that brings creativity, community, and plenty of fun to Broadway. This year's event featured 20 imaginative cars racing before delighted crowds—and RCAL was proud to be one of them!

While our fearless leader and Derby Technical Advisor, Katie Clayton, is out on maternity leave this year, her absence only inspired the RCAL team to step up their game. The result? Unique the Unicorn! Our whimsical derby car encouraged everyone to be proud of what makes them unique and to embrace their individuality. Special thanks goes out to RCAL Office Manager John Haskell and his family, who went above and beyond to bring our vision to life and make this year's entry truly unforgettable. Though RCAL didn't take home a prize this time around, we had a blast zooming down Broadway, cheering alongside our community, and celebrating the spirit of creativity that makes the Soapbox Derby such a special event.



RCAL's team proudly displaying our derby entrant!



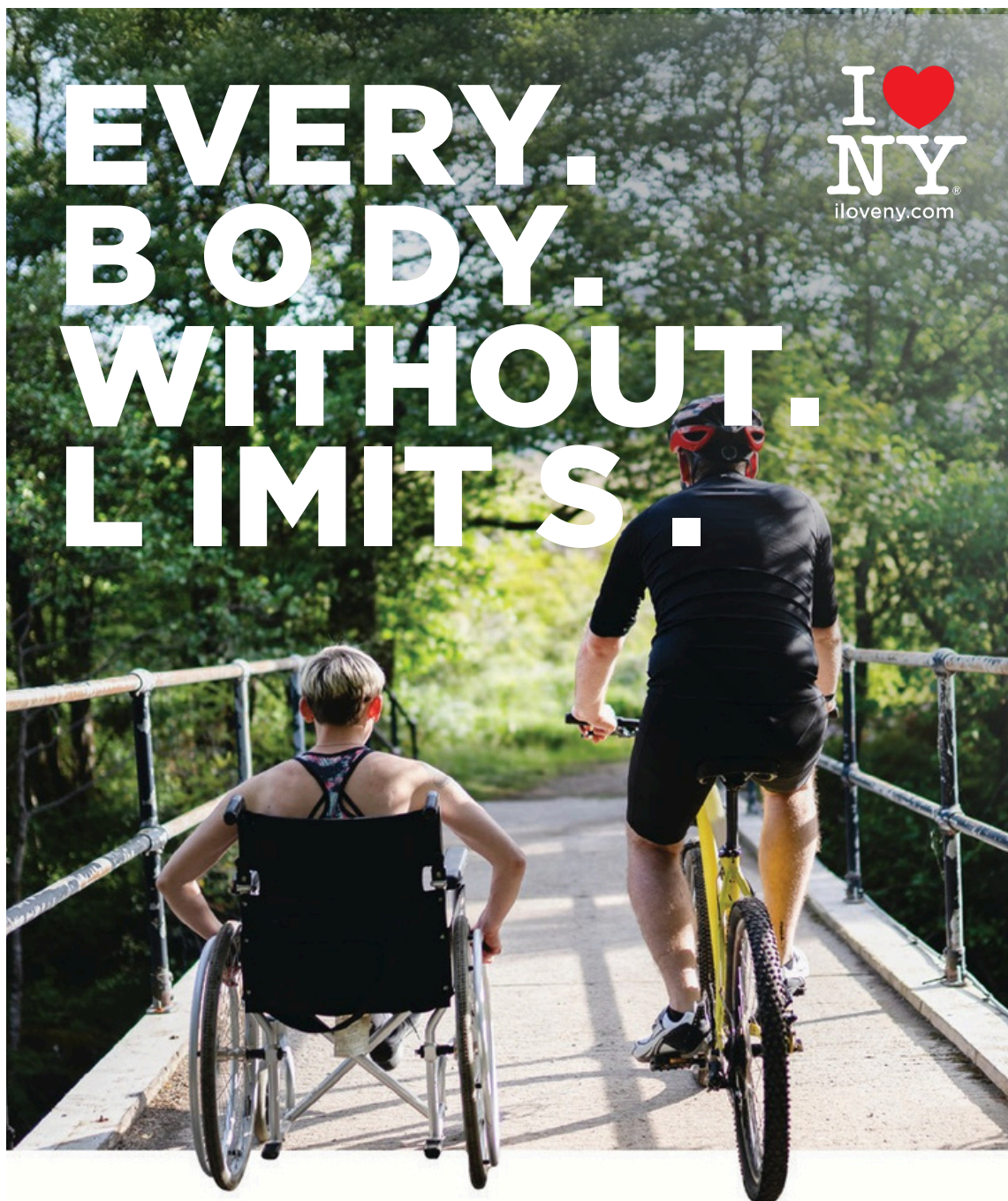
Office Manager John Haskell was instrumental in constructing RCAL's 2025 vehicle.

We're already looking ahead to 2026 and can't wait to show you what we cook up next year. Until then, we'll keep carrying the message of Unique the Unicorn: be yourself, and let your light shine!



Unique the Unicorn!





## **Bodies in motion tend to stay in motion.**

Mobility and accessibility  
exist on a grander scale here.  
Expand your horizons and  
exercise your right to explore  
the wilderness of Ulster County.

**ULSTER  
COUNTY**

NEW YORK

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# JOIN OUR TEAM

RCAL is seeking talented individuals for the following job openings:

**Pre-Vocational Counselor (FT):** This role is responsible for preparing individuals with disabilities, special needs, or other employment barriers for successful entry into the workforce. This position involves assessing client needs, developing individualized pre-employment plans, teaching job-readiness skills, and coordinating with support services to ensure comprehensive client development and success. Associates degree and 1–2 years of experience in vocational counseling, special education, workforce development, or related human services roles. Hourly wage range: \$19.00-\$21.00

Benefits: Holiday pay, Health insurance, Dental and Eye insurance, life Insurance, PTO, Sick time and professional development, etc. To Apply, email Leah Gherardi at [Lgherardi@rcal.org](mailto:Lgherardi@rcal.org).

**Community Habilitation Support (PT):** RCAL is seeking compassionate and dedicated individuals to join our team as PT Community Habilitation Support Staff. In this role, you will provide direct assistance and support to individuals with developmental disabilities to help them achieve their goals, enhance their independence, and participate more fully in their communities. The ComHab Staff work closely with clients, families, and other members of the support team to implement individualized plans and promote meaningful engagement and skill development. Salary range is \$16.50- \$18.50/hour.

## VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!**



RCAL is looking for dedicated individuals to join us in our mission to make a positive impact in our community. We are seeking someone to help answer phones and emails, as well as assist members of the public in our Medical Loan Closet.

If you are interested, please email [rmiraldi@rcal.org](mailto:rmiraldi@rcal.org) or call 845-331-0541 x12

**MHV PROUDLY  
SUPPORTS  
OUR COMMUNITY  
PARTNER:  
RCAL!**

**GUIDING  
YOUR FINANCIAL  
JOURNEY  
*across* THE  
HUDSON VALLEY.**



Federally Insured by NCUA





# INDEPENDENT

AUGUST 2025

## RCAL's Acces-VR Orientation: Opening Doors to Employment

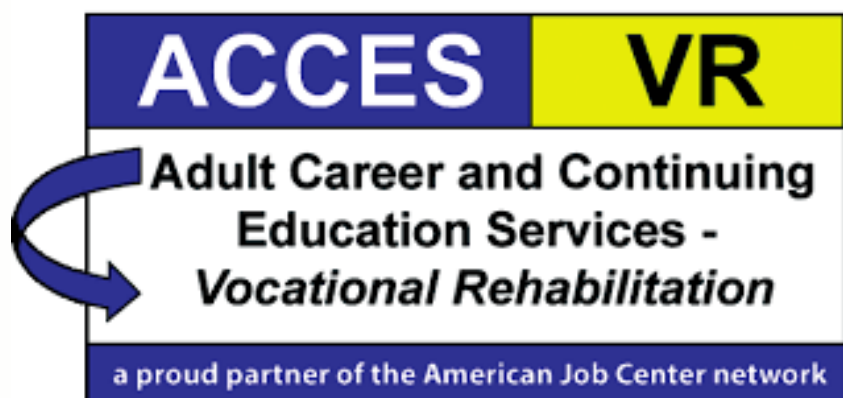
At the Resource Center for Accessible Living (RCAL), we know how life-changing the right support can be when it comes to entering—or reentering—the workforce. That's why we are proud to host Access-VR Orientations on the first Thursday of each month at 10:00 a.m. at our office, located at 727 Ulster Avenue in Kingston, NY.

Access-VR (Adult Career and Continuing Education Services – Vocational Rehabilitation) is a statewide program that helps individuals with disabilities prepare for, find, and maintain meaningful employment. Whether someone is seeking their first job, transitioning into a new career, or returning to work after an injury or illness, Access-VR provides the tools, training, and guidance needed to succeed.

RCAL is excited to welcome Marsha Sebro, our new Access-VR Career Coordinator, who brings a wealth of knowledge and dedication to this program. Marsha will help guide participants through their journey, ensuring they receive personalized support every step of the way.



Pictured above is Marsha Sebro, RCAL's new Acces-VR Career Coordinator



Here's how the process works: after attending an orientation, participants are paired with a counselor who works one-on-one with them to identify strengths, explore job goals, and determine the services they need. This may include skills training, job readiness preparation, educational opportunities, assistive technology, or direct job placement support. From there, individuals move forward with a clear plan and a committed partner to help them achieve their employment goals.

RCAL is proud to be part of this vital pathway to independence and self-sufficiency. By connecting individuals with Access-VR, we're not only helping people find work—we're helping them build confidence, financial stability, and a greater sense of community belonging.

If you or someone you know could benefit from Access-VR, join us at an upcoming orientation! For more information or to reserve a spot, call us at (845) 331-0541 or email Marsha at [MSebro@rcal.org](mailto:MSebro@rcal.org).





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## Become an RCAL Board Member

Do you have 5-8 hours a month? Do you have a commitment to living independently in the community regardless of disability?

Please consider becoming a part of our Oversight board. Call Robert at 845-331-0541 ext. 12 and he will arrange for you to come down and have a tour and meet and greet with our CEO Anthony. He will explain all of our programs and about our agency.

Without an oversight board, a non-for-profit cannot function. Don't worry, this is not a management board. You do not have to direct staff or manage programs on a day-to-day basis. Our meetings are hybrid so if you can't drive in the evening or if getting around is an issue, you can still participate. Give us a call for more information!

**BE OUR  
SPONSOR  
AND MAKE A  
DIFFERENCE**

**RCAL IS ALWAYS SEEKING NEW BUSINESS SPONSORS.  
CONTACT US TODAY TO LEARN HOW YOU CAN HELP!  
845-331-0541 EXT. 12**



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## R C A L   A n g e l   S p o n s o r



## C o m m u n i t y   C o n t r i b u t o r s



Ulster



Savings



Ulster Federal  
CREDIT UNION





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## Disability Advocates



*Anthony Mignone & Matthew Coumbes*

*RCAL Board Members Kathy McMahon & Jack Ruddick*

*RCAL Board Members Sheila Kilpatrick and Jeffrey Galinson*

*Joanna & Peter Mignone*



# INDEPENDENT

JULY 2025

## Disability Advocates Continued

**KINGSTON**  
Fine Jewelry



## Friends of RCAL

**FRANCIS PFLYNN**  
certified public accountant



**WILLIAMS**  
Lumber & Home Centers



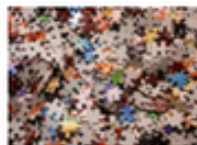
*RCAL Board Member  
Sheila Kilpatrick*



**PLEASE JOIN  
ULSTER COUNTY OFFICE FOR THE AGING  
FOR OUR WEEKLY**

**GAME DAY!!**

**Wednesdays from 1:00 PM to 3:00 PM**



**BEGINNING SEPTEMBER 1<sup>st</sup>**

**UC SENIOR HUB  
5 DEVELOPMENT COURT  
KINGSTON, NY**



**SCRABBLE, CHESS, CHECKERS, BACKGAMMON, CARDS, POKER,  
MAHJONG, DOMINOES, PUZZLES, LIBRARY, ETC, ETC!!**

