



INDEPENDENT

SEPTEMBER 2026

A Letter from Under the Directors Desk

Woof!! Woof!!

Scooby here! Anthony (my Dad) asked me to step in this month because he is really busy preparing for all the new, exciting, and wonderful things coming to RCAL and the community.

RCAL has received the TRAIID Program grant (Technology-Related Assistance for Individuals with Disabilities), which will allow us to expand our Loan Closet offerings even further while adding several new lending elements and options. And guess what? I get another fun room to run around in!

The humans are also painting a mural on the outside of the building, and we are going to look really cool when it's done. A new human has been coming around, and they say he is going to put a pretty picture on the side of the building. Grrrrrr... Shouldn't have said that. It's a surprise! Don't tell anyone!

Maybe I'll see you at the Jim Garvey Memorial Disability Resource Fair on October 24, or at our RCARoLing event on December 2. They're both supposed to be tail-waggin' fun! I am especially excited about the singing. BOW WOW WOW! I'm sure you'll love it, and I hope you'll join us.

Fall is almost here, and with it comes our largest annual fundraiser, the Friendraiser. Dad will be getting more information out about that soon.

Sniff you soon!
Scooby



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WE ARE HIRING

Our Wonderful Sponsors!



Back-to-School Resources for Parents & Caregivers

THREE VIRTUAL WORKSHOPS



FALL SERIES REAL TALK
Back to School Trainings for Parents, Caregivers & Allies

Families Together
in New York State

Interactive workshops that strengthen family & caregiver voice, advocacy, and leadership

SCREEN TIME & SOCIAL MEDIA
Strength-Based Harm Reduction
SEPT 17
10AM-11.30AM

COMPLETED

THE STRENGTH WE CARRY:
Building on What Makes Families Strong
OCT 8
10AM-11.30AM

CIVIC ENGAGEMENT & LEADERSHIP:
Finding Your Voice
OCT 22
10AM-11.30AM

Facilitators:
KIM KAISER & SIMCHA WEINSTEIN
QUESTIONS? SWEINSTEIN@FTNYS.ORG

Continuing Education Credits
available for FPAs & YPAs

FREE • VIRTUAL • REGISTER WWW.FTNYS.ORG **Know someone who'd benefit? Please share!**

As families head into a new school year, the transition can bring new routines, new challenges, and new opportunities to build on what's already working. To help families navigate the year ahead, Families Together in New York State is offering its Real Talk, Fall Series—three free virtual workshops designed specifically for parents, caregivers, and allies.

These interactive workshops are grounded in lived experience and focus on practical skills families can use in everyday life. Participants will have opportunities to recognize and build on their own strengths, strengthen their advocacy skills, and find new ways to use their voices to support themselves and the children and young people in their lives.

Registration is **free**, and all three workshops are held virtually. See the accompanying graphic for registration information and QR codes for each workshop.

If you work with or support families, please consider sharing these resources directly with the parents and caregivers you serve. A new school year can be a time of uncertainty, but it can also be an opportunity for families to build confidence, strengthen their voices, and advocate for what works best for them.

JIM GARVEY MEMORIAL DISABILITY RESOURCE FAIR

Who was Jim Garvey?



Jim Garvey was a beloved member of the Saint James United Methodist Church community and one of the founding members of RCAL. Originally from Dalton, Massachusetts, Jim's life changed forever when a car accident left him completely blind at the age of 19. He responded with the determination, resilience, and good humor that would define his life.

Jim became deeply involved in the independent living movement and helped lay the foundation for what would become RCAL, serving on its Board of Directors for many years. He was known for his generosity, warmth, adventurous spirit, and wicked sense of humor. He could often be seen making his way through Kingston with his guide dog—or riding a tandem bicycle with his children leading the way.

Jim's commitment to disability advocacy and independent living left a lasting mark on our community. The Jim Garvey Memorial Disability Resource Fair honors his memory by bringing people together, celebrating disability, and connecting our community with the resources and opportunities that help people live life on their own terms.



Connect, Learn & Celebrate at the Jim Garvey Memorial Disability Resource Fair

On Saturday, October 24, from 10:00 a.m. to 3:00 p.m., RCAL and St. James United Methodist Church will co-host the third annual Jim Garvey Memorial Disability Resource Fair at St. James in Kingston.

The fair is designed to connect individuals with disabilities, families, caregivers, and community members with the resources, services, and organizations available to help people live and participate fully in their communities. Throughout the day, attendees will have opportunities to meet local service providers, ask questions, gather information, and learn about programs that can make a difference in everyday life.

A full slate of workshops will offer something for people at every stage of life, including Special Education Law: Understanding an IEP vs. 504, Medicaid Benefits, Top Tips for Working with Your Early Intervention Child at Home, a Neurodiversity Panel with Q&A, a Teen Disability Pride Art Hour, and a mini Adaptive Dance class preview. ASL interpretation will be available for every workshop.

The fair is held in loving memory of Jim Garvey, a founding member of RCAL and longtime disability advocate whose commitment to independent living helped shape our organization and our community. Join us for a day of connection, information, advocacy, and celebration. Registration is encouraged. To register, use the event registration link or email rferber@rcal.org.



RCAL ROLLS TO THIRD PLACE IN THE KINGSTON ARTIST'S DOWNHILL DERBY!

RCAL was proud to hit the streets for this year's Kingston Artist's Downhill Derby with The Accessible Blur, our disability-themed take on the iconic Little Rascals soapbox car. While the original Blur may have featured muffin tins and other household odds and ends, our creative team went in a decidedly different direction—swapping those bits and pieces for wheelchair parts, canes, walkers, and other durable medical equipment!

Much of the car was cobbled together from equipment in RCAL's Medical Loan Closet, with the construction skills of our Office Manager John and his talented son Leo helping bring the vision to life.

And it paid off! The Accessible Blur took third place, giving RCAL its best finish ever in the competition.

A huge thank-you to everyone who contributed their creativity, time, and elbow grease. Pictured behind the wheel is Brooklyn Johnson, with fellow derby-builders Katie Clayton, Tanesha Skinner, Laura Burgher, and Alix Florio rounding out RCAL's talented pit crew.

Congratulations to the entire team on a fantastic finish—and on building one seriously accessible hot rod!



SEPTEMBER 2026

RCAL Hits the Town!

RCAL had a busy weekend on September 20 and 21, and we wouldn't have it any other way! Our staff were out and about in the community we love—and that loves us right back.

On Saturday, September 20, RCAL joined the fun at Forsyth Nature Center's Family Fun Day. Between the hayrides, maze, food trucks, animals, and all the other activities, there was plenty to keep everyone busy. RCAL's coloring station was a big hit with the kids, who stopped by to create some colorful masterpieces while learning a little about the work we do in our community.

Then it was time to head over to Snapper Magee's on North Front Street for an entirely different kind of fun! The one and only DCxPC Live put together an awesome lineup of bands for a night of music, community, and support for RCAL. Every DCxPC Live show raises money for a local cause, and we were thrilled to be the most recent beneficiary. The event raised an incredible \$635 for RCAL!

Two days, two very different events, and one very big reminder of how lucky we are to be part of such a supportive community.

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We love our community! Thank you to everyone who came out, stopped by, rocked out, colored with us, and supported RCAL!



ABOVE: RCAL's staff had a blast at Snapper's. Pictured: Sara Lewis (front), Robin Richardson, and Roxanne Ferber.

LEFT: A little community fun at Forsyth! From colorful creations at our RCAL coloring station to getting up close with some of nature's coolest creatures, it was a great day!

**Make a Lasting Impact.
Become a Monthly Donor.**

Scan the QR code to get started
or visit rcal.org/donate.



RESOURCE CENTER FOR ACCESSIBLE LIVING

PRESENTS

RCAROLING FOR ALL ABILITIES

Favorite holiday attire is encouraged! Bring your joy and merriment for a warm evening of carols and community!

Family style pizza dinner will be served before carols begin with a cookies and cocoa reception to follow.



**ST. JAMES UNITED
METHODIST CHURCH**

35 Pearl St., Kingston, NY
Snow Date: 12/16/26

**DEC 9
6-8 PM**

FREE ENTRY

SEPTEMBER 2026

A Special Viewing of *Being Heumann*

RCAL is proud to highlight our friends and community partners at Bussani Mobility, who are hosting a special viewing of the Apple Original Film *Being Heumann*.

The film tells the story of legendary disability rights advocate Judy Heumann and her lifelong fight for disability rights, equality, and inclusion.

Join Bussani Mobility on Friday, November 13 at 6:00 PM at their Kingston showroom for an evening celebrating the life and legacy of one of the most important voices in the disability rights movement.

Bussani Mobility Showroom

38 Old Sawkill Road, Kingston, NY

RSVP to 845-450-1980 or apettersen@wegetyouthere.com



Being Heumann is a 2026 American biographical drama film directed by Sian Heder with Ruth Madeley starring as Judith Heumann alongside Mark Ruffalo. It is an adaptation of the memoir *Being Heumann: An Unrepentant Memoir of a Disability Rights Activist* by Judith Heumann.



**Resource Center for
Accessible Living, Inc.**

EVERYONE DESERVES DIGNITY

ACCESSIBILITY MEANS
MORE THAN A RAMP



Adult Changing Stations help people with disabilities participate fully in their communities.

For many people, using a public restroom means more than simply getting onto a toilet. People who cannot safely use a standard toilet independently may need a secure, sanitary place to receive personal care.

An Adult Changing Station (ACS) is a safe, secure and height-adjustable changing surface designed for people who need assistance with changing or personal care.

An ACS can provide essential access for people with physical, developmental, cognitive, neurological and other disabilities, as well as people experiencing temporary mobility limitations.

Without an Adult Changing Station, people may be forced to:

- Change on a bathroom floor
- Risk injury during transfers
- Use the back of a vehicle
- Or leave the community altogether

Help Us Make Accessibility a Priority.

There are simple ways you can help:

Talk to your local representatives.
Encourage them to support Adult
Changing Stations in public facilities.

Ask local businesses. Find out if they have
an ACS and encourage them to consider
installing one.

Support RCAL. Your donation helps us
advocate for accessibility and
independent living throughout Ulster
County



RCAL.org | 845-331-0541

SEPTEMBER 2026

🍅 Growing at RCAL 🍅

Our front planter has been producing a pretty good crop this summer, thanks to the green thumb of Office Manager John, who has worked hard tending the tomatoes all season long. Here, receptionist Zoe Gold helps bring in the harvest!

Just a little homegrown goodness happening right outside our front door. 🌱





There's something for everyone at Houst!



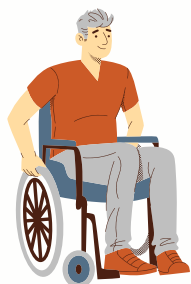


HoustHardware.com
845.679.2115
4 Mill Hill Road Woodstock

RCAL'S DURABLE MEDICAL LOAN CLOSET



Need medical equipment? RCAL provides affordable, community-based support.



WE PROVIDE A WIDE RANGE OF DURABLE MEDICAL EQUIPMENT ON LOAN, INCLUDING:

- ✓ WHEELCHAIRS
- ✓ WALKERS
- ✓ ROLLATORS
- ✓ SHOWER SEATS
- ✓ CANES
- ✓ PORTABLE RAMPS



🕒 **HOURS OF OPERATION:**
MON – FRI, 10 AM – 3 PM
PLEASE CALL 845-331-0541 TO CHECK
AVAILABILITY AND SCHEDULE AN
APPOINTMENT.





INDEPENDENT

SEPTEMBER 2026



STEP INTO 1776

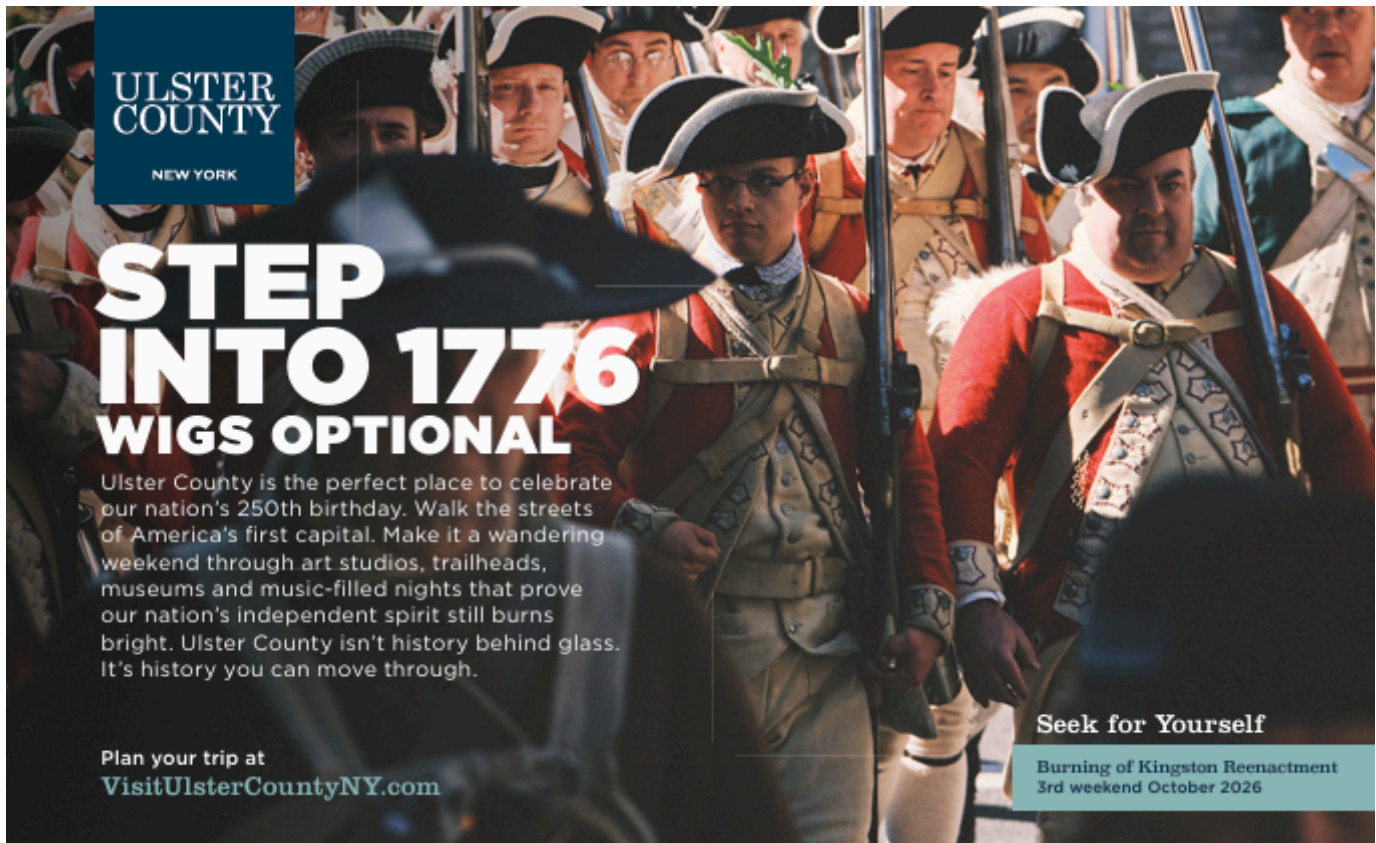
WIGS OPTIONAL

Ulster County is the perfect place to celebrate our nation's 250th birthday. Walk the streets of America's first capital. Make it a wandering weekend through art studios, trailheads, museums and music-filled nights that prove our nation's independent spirit still burns bright. Ulster County isn't history behind glass. It's history you can move through.

Plan your trip at
VisitUlsterCountyNY.com

Seek for Yourself

Burning of Kingston Reenactment
3rd weekend October 2026



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HUDSON VALLEY LIMB LOSS

➤ SUPPORT GROUP ➤

— You are not alone. We are here for you. —

A welcoming community for individuals living with limb loss and their loved ones in the Hudson Valley and surrounding areas.

WE'RE HERE TO:



SHARE EXPERIENCES

Connect with others who truly understand your journey.



FIND SUPPORT & ENCOURAGEMENT

Receive and offer support in a safe, judgment-free space.



LEARN & GROW TOGETHER

Share resources, tips, and information that empower.



BUILD CONFIDENCE

Be inspired and reminded that you can keep moving forward.



MEETINGS

We meet the 2nd Thursday of the month at 6 pm–7 pm.



In person or Zoom.
727 Ulster Ave.
Kingston, NY. 12401



Zoom ID: 876 1707 9276
Password: 812752



WHO IT'S FOR

Individuals living with limb loss

- All ages
- All causes of limb loss
- All levels of mobility

Family members, friends, and caregivers are encouraged to attend.

Together, we are stronger.



FOR MORE INFORMATION

hudsonvalleylimbloss@gmail.com



Hudson Valley Limb Loss Support Group

JOIN OUR TEAM

RCAL is hiring compassionate, motivated individuals to help support our community. To apply, email Leah Gherardi at lgherardi@rcal.org.

Community Habilitation Support Staff

RCAL is seeking compassionate and dedicated individuals to join our team as Part-Time Community Habilitation Support Staff to specifically serve the Marlboro and Modena, NY areas. 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 Community Habilitation Support Staff will work closely with clients, their families, and other members of the support team to implement individualized plans and promote meaningful engagement and skill development.

Requirements:

- Previous experience working with individuals with disabilities or in a similar role preferred
- Knowledge of resident rights and the ability to advocate for individuals' needs
- Valid driver's license and reliable transportation to transport individuals as needed
- Ability to lift and transfer individuals as required
- Strong communication skills, both verbal and written
- Ability to maintain confidentiality and respect for individual privacy

Note: This job description is not intended to be all-inclusive. Employees may perform other related duties as assigned.

Job Type: Part-time

Pay: \$16.50 - \$18.50 per hour

Expected hours: 10 – 20 per week

Benefits:

- Flexible schedule
- Mileage reimbursement
- Paid orientation
- Paid training

If you have any questions about the position or if you're not sure if your experience can be considered please feel free to call program supervisor Leah Gherardi at 845-331-0541 ext. 27. Email Resume to lgherardi@rcal.org.

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

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



Federally Insured by NCUA



INDEPENDENT

SEPTEMBER 2026

RCAL Angel Sponsor



Community Contributors



RCAL Board Members
Kathy McMahon &
Jack Ruddick



Join our growing community of sponsors. Learn more at
rcal.org/sponsorships.



INDEPENDENT

SEPTEMBER 2026

Disability Advocates



Kiwanis
CLUB OF KINGSTON



Anthony Mignone & Matthew Coumbes

Joanna & Peter Mignone

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rcal.org/sponsorships.



INDEPENDENT

SEPTEMBER 2026

Friends of RCAL



Timely Signs



NEW YORK
ASSOCIATION ON

INDEPENDENT LIVING

WILLIAMS
Lumber & Home Centers



KINGSTON
PHYSICAL THERAPY & SPORTS REHAB



ADAMS
FAIRACRE FARMS

BASCH KEEGAN & SPADA

PERSONAL INJURY ATTORNEYS

FRANCIS PFLYNN

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rcal.org/sponsorships.