



ADHC Director Attends Legislative Day in Albany

More than 3 million New Yorkers rely on Medicaid for their health care. It is not surprising, then, that when Governor Pataki submitted a 2005-2006 budget that called for more than \$3 billion in cuts to the Medicaid program, his move was met with strong opposition.

On March 7, 2005, Cary Andrews, PA-C, Director of Beth Abraham Adult Day Health Care (ADHC) in Westchester, traveled to Albany on Legislative Day to join the hundreds of other concerned nurses, therapists, social workers, and administrators in their effort to protest the proposed cuts in Medicaid for long term care.

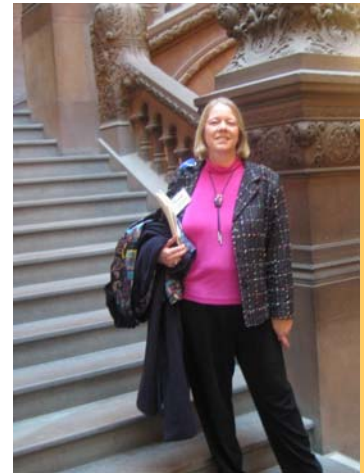
The New York Association of Homes and Services for

the Aging (NYAHS) organized a breakfast, followed by a political briefing. In addition, advocates had a full schedule of legislative meetings with senators and assembly members in their districts, where packets that provided "talking points" and instructions on how to conduct an interview with a legislator were given out.

It was a great learning experience for the attendees, who were given a glimpse of how the budget process works.

For the first time in many years, the budget was passed on time. More importantly, it was a worthwhile effort for

the protestors as their voices were heard and the impact to adult day health care funding was minimal.



ADHC Director Cary Andrews at the Capitol in Albany.

ADHC Joins the Fight Against MS

Every year Beth Abraham's ADHC supports the National MS Society's efforts to raise funds, increase awareness, and take steps to find a cure

against Multiple Sclerosis by joining the MS "Walk for the Cure." For this year's group of walkers, who dedicated their effort to registrants who are close

to their hearts, the most important part of the experience was knowing that they have made a difference in the lives of others.



ADHC's Carolyn Hoffman, Ulises Soto, Sebastian Kane, Sandy Pasquale, & Andrea Kane walked for registrants Ida, Millie, Angel, Paul, Mary, and Keema.



Beth Abraham
FAMILY OF HEALTH SERVICES

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*Helping People Live
Independently.*

Visit us on the web:

www.bethabe.org

Adult Day Health Care: together, we make a difference.

ADHC Holds Open House, “Reflexology” Takes Center Stage

Beth Abraham Adult Day Health Care (ADHC) Westchester recently hosted an Open House for community agencies.

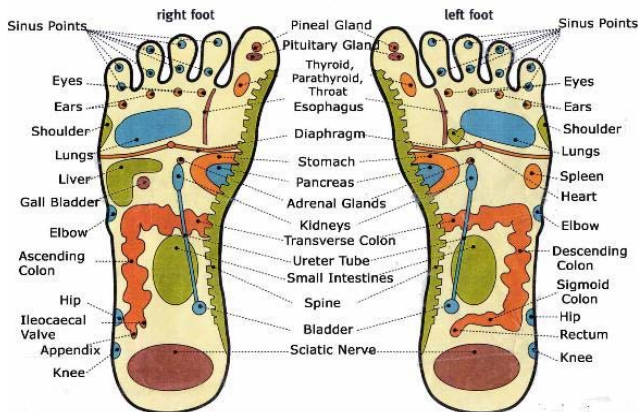
After a sumptuous breakfast, Donna Lightfoot-Cooper, a practicing reflexologist, gave a talk on “Reflexology,” a type of therapy in which pressure points in the hands and feet that correspond to the various organs and parts of the body are massaged to provide relief of symptoms.

The best part of the event was the hands-on session...it was so relaxing, nobody wanted to leave!

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Foot Reflexology Chart
(taken from www.bluemonkeyherbal.com)