



The Children's Home of Kingston



CHK Newsletter Issue 14

September 2022

New

New Hires

Tracy Anson - Education
Jessica Levasseur - Clinical
Marcelle Pachter - ORR New Horizons
Kirsten Dietz - ORR New Horizons

September Anniversaries

Valerie Myers	1 Year
Virginia Ardaix	2 Years
Jenn Chasin	2 Years
Lynette Blaggrove	3 Years
Johanna Bolanos Ramirez	3 Years
Suzanne Ponte	3 Years
Eric Ashby	3 Years
Matt Butler	3 Years
Dora Stack	3 Years
Patrick Kelly	5 Years
Marissa Andersen	6 Years
Darlene Balash	28 Years

August correction:
Christine Voner 9 Years

All-Stars for August

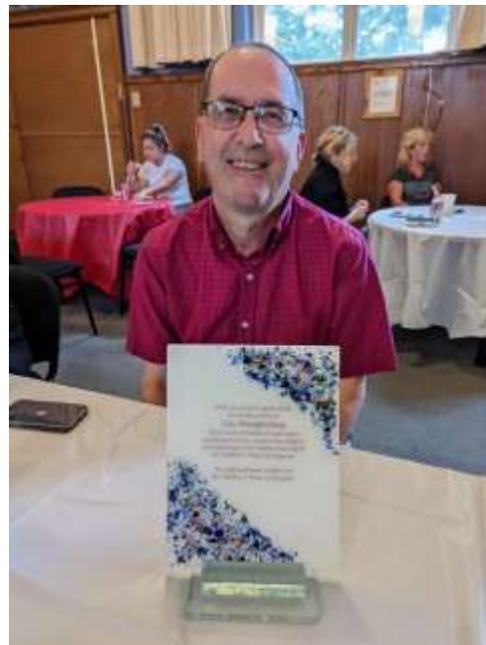
Jess LeVasseur
Jenn Chasin
James Bennett
Mr. Daniels



Farewell: Eric Houghtaling, CEO

On Thursday, August 18th, staff from CHK and Board Members gathered to celebrate the retirement of our CEO Eric Houghtaling. He leaves us after nearly 4 years in the role and over 12 years total with CHK. He starts a new journey in another state, and we wish him the very best in his new endeavors.

Eric started at CHK as a clinician and then was promoted to Director of our ORR program, giving him a broad perspective on the different challenges that we face before being promoted again to CEO in 2018.



Eric Houghtaling, retiring CEO.

Thank you to all the staff who gathered to help make his farewell a fond one, and to the Board who spoke a few words lauding Eric's tenure and service to CHK. The plaque they presented him with was cre-

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ated by a local artist. A special thank you also goes out to our Cafeteria staff who put together a lovely buffet of seafood, snacks, and desserts.



GSA Fieldtrip: Lake Taghkanic

During the summer session at Grove Street Academy, teachers have the flexibility and opportunity to create lessons tailored to a small class size with a more relaxed environment.

We were able to take two school trips to Lake Taghkanic State Park in Ancram, NY to spend some time together outdoors for hands-on learning and community building with our students. The trips were on Tuesday, August 9 (high school) and Wednesday, August 10 (middle school). The students had the opportunity to learn about water and boating safety, fishing skills and environmental regulations, and explore the freshwater lake/temperate forest biome.

The weather was beautiful, our staff and students were thrilled to be out exploring the natural world while creating lasting memories and enjoying the park.



Congratulations, 2022 Graduate!

The staff at Grove Street Academy and The Children's Home of Kingston would like to congratulate Jeremiah on his graduation from Grove Street Academy as a high school senior! He worked hard, overcame challenges, and is now ready to start the next step on his journey.

The students that attend GSA come from challenging backgrounds that can make graduating from high school sometimes seem unobtainable. However, with the specialized attention and support that our programs allow, a motivated student like Jeremiah can make the goal attainable. Having that high school diploma in hand opens doors to the future that he can now explore, and we are very proud of him for making it this far.

Congratulations, Jeremiah! May the future be brighter for your accomplishments.



Strategies for a Healthy Fall

Get Your Shot

Plan on getting your flu shot early in the season, before flu seasons really ramps up, in early fall. October is a great month to shoot for. Many pharmacies provide low cost or free flu shots at your convenience, sometimes with no appointment necessary, or you can get one at your doctor's office.

Enjoy the Harvest

Farmer's markets are full of the season's bounty. All kinds of delicious fruits and vegetables are being picked for you, with more to come in the next few weeks. Did you know that New York farmers grow more than two dozen delicious commercial varieties of apples? Try something new, you never know when you'll



find a new favorite.

Schedule Your Screenings

Make sure that you're getting in for your routine physicals and exams. Screening for common issues, and catching them early, can make the difference between life and death.

Keep Moving

Autumn is a great time to keep moving. Take a walk and enjoy the autumn leaves. Get that yardwork done around the house before the snow falls. Plan a hike with a friend and really take advantage of some

of our local scenery during this beautiful time of year.

Be Benefits Smart: Enhanced Primary Care

If you find yourself on the search for a new PCP you may want to consider exploring CDPHP's list of Enhanced Primary Care physicians, also known as EPC providers.

A Better Model of Care

EPC is a model of care that revolves around patients, where providers are rewarded for providing better care and outcomes to you, the patient.

What makes Enhanced Primary Care practices different?

They use electronic technology to improve service.

- More time on average spent with your doctor each visit.
- More convenient office times may be available.
- There is an emphasis on preventive care and shared decision-making.
- A range of medical professionals work together to care for you.
- CDPHP staff may be onsite to assist.

A guiding principal of EPC is that each patient has an ongoing relationship with their doctor, who will provide preven-

tive care and health guidance, as well as care for their acute and chronic illnesses. The model supports the primary care practice to provide care based on the needs of each patient, allowing physicians the freedom to practice in the way that is best for them and their patients.

You can find a new EPC provider by accessing the Find a Doc tool at CDPHP's website: <https://findadoc.cdphp.com/>



CDPHP encourages members to have a "medical home," that is, a doctor's office that coordinates most of your care. This can be a primary care physician (PCP), or in the case of our Enhanced Primary Care sites, a team of health care providers looking out for you.

Locating Enhanced Primary Care Practices

You can use Find-A-Doc to determine which offices are in the program. Indicate "Enhanced Primary Care" in Step Two when completing your search. This green roof symbol will appear next to participating doctors' names.



Send your ideas and submissions for the newsletter to Tina Martinez in HR.

tinamartinez@chkingston.org



Mark Your Calendars

9/5: Labor Day

9/8: First Day of School, Pay Day

9/22: Pay Day

9/26: Rosh Hashana- School Closed

All child photographs featured in the newsletter are stock photos, are blurred to protect our youth privacy, or have releases.