



Spotlight On...

Clermont Community Residence

December 2011

**THE CLERMONT COMMUNITY
RESIDENCE WISHES EVERYONE
HAPPY HOLIDAYS AND A HEALTHY
NEW YEAR!**



The Clermont Residence is an 8 bed residence without an Emergency Placement Bed. We're located 13 miles from the city of Hudson on Route 9 and Cedar Hill Road in the Hamlet of Clermont.

Our rehab program is very similar to the rehab programs at the Columbia Street Residence and at High Cliff Terrace. The staff assist the residents in identifying and acquiring skills needed in order to move onto more independent living. These skills include demonstrating they can be responsible in acquiring and taking their medications as prescribed and scheduling needed medical appointments and transportation to the appointments. They need to be able to develop nutritious menus, have housekeeping skills, practice symptom management and budget their income. These are just a sampling of the different skills that a resident can choose to work on with their Residential Counselor. In addition, if needed, residents have the services of the Residential MICA program and everyone is encouraged to participate in the PROS program during the week.

The residence has a large yard where the residents can walk, play basketball, have BBQs and enjoy nature. This past summer one of the residents planted and cared for his own vegetable garden. Several of the

residents have bikes and quite often they will ride their bikes to the local convenience stores. Another resident is an avid artist and has had a solo art show at CC PROS.

When a resident has a birthday, they can choose a restaurant of their liking and all the residents will join them to celebrate their birthday. On Thanksgiving and Easter, those residents who don't have family in the area enjoy a meal with the staff at a local restaurant. Former residents who live close by and are alone for the holidays are invited to come along. During the holiday season, the residents and staff enjoy attending the Holiday Open Houses at the various historical mansions along the Hudson river. Taking a night van ride to look at the holiday decorations around the city of Hudson is great fun and creates a festive atmosphere.

So in closing - **"May you have the eyes to see that no visitor arrives without a gift and no guest leaves without a blessing."** - ZC

submitted by:

Peterette Malecowski

Program Director

