Check out our new website!
Go to kwcdownsyndrome.org for the latest updates on services & supports geared towards individuals, families, and human service/other care provider professionals!

The Kennedy Willis Center
at Pathfinder Village
3 Chenango Road
Edmeston, NY 13335-2314

In the Next Issue:
• Health Initiative Findings
• DSP 3.0 Aging & Dementia Training Curriculum Progress Update

Help extend The KWC’s reach!
Your donation to The Kennedy Willis Center will support important outreach initiatives, training programs, and innovative collaborations in support of the Down syndrome and intellectual disabilities communities.

☐ $750 ☐ $500 ☐ $250 ☐ $100 ☐ $75 ☐ $50
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Please make checks payable to Pathfinder Village Foundation-KWC, and mail to 3 Chenango Rd., Edmeston, NY 13335-2314. All gifts are deductible to the extent provided by law. For secure online giving, visit pathfindervillage.org.

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Thank you for your support!

Upstate Institute Fellow interns with The Kennedy Willis Center

Jenna Borovinsky ‘22, of Santa Ana, California, a rising junior at Colgate University in Hamilton, recently completed an eight-week remote internship with The Kennedy Willis Center at Pathfinder Village. A molecular biology major, Ms. Borovinsky’s internship was coordinated through the university’s Upstate Institute’s Field School summer program, and was focused on assessing research to support the continuation of the Pathfinder Produce Mobile Market Program.

The “Feel Good” Mobile Market Program is an innovative fruit-and-vegetable distribution program that began in 2019 through grant funding from the Leatherstocking Collaborative Health Partners and other donors. The program provides weekly produce deliveries to eligible adults and families who have been identified as living in food desert communities, having chronic health conditions, or those who are at a higher risk for poor health outcomes. Besides the fresh produce, the program shares basic, healthy recipes and a “feel good” element created by Pathfinder’s Adult Day Service participants. These colorful social messages include original art cards or drawings reflecting positive statements directed towards the recipients.

“The program is improving Otsego County residents’ access to fruits and vegetables that they otherwise wouldn’t have,” said Ms. Borovinsky. “Issues of transportation, distance to grocery stores, and prices have all created barriers. This program has allowed the barriers to diminish and the results are showing. ”

“In one conversation with a voucher recipient, the person talked about how much the program has changed their community and how much of an impact it has had,” continued Ms. Borovinsky. “Morale has improved, residents are helping out their neighbors, going on walks, and children aren’t going to school hungry. Children are having fewer illnesses, and are more likely to stay in school than previously with the Mobile Market.”
Upstate Institute Fellow (continued)

The Mobile Market’s long-term goals are to reduce occurrences of ER visits and hospitalizations, and to encourage positive eating habits and lifestyle changes. Over the course of her internship, Ms. Borovinsky supported the Center through evidence-based research on comparative markets and food-insecurity programs, completed data-collection, analyzed surveys and helped format guidelines for a white paper that will encourage interest by additional funders and/or insurance companies to support the program and make a greater impact on local families.

The Center plans to welcome Ms. Borovinsky back for an extension of her work on additional research on the relationship between food insecurity and the social determinants of health, analyze available ER data, and to develop post-program surveys.

Just one example of Ms. Borovinsky’s findings is shown and speaks to some of the behavioral changes seen in six months with participants, where there was a significant increase of all families cooking at least 3-4 healthy meals at home a week. Numerous testimonials have been shared about the positive impacts the “Feel Good” program has had on families’ lives.

“How this program has really been helpful since it is hard for me to get to the grocery store for fresh produce, especially since my stroke has required me to change my diet. It has improved my health and quality of life. BTW – your delivery people are wonderful, friendly and very upbeat. Thank you.”

Otsego County Mobile Market Weekly Delivery Recipient

CALL TO FAMILIES: The Kennedy Willis Center continues to specialize in the roles of advocacy, life planning and the promotion of ongoing education and research to support the lives of people with disabilities. We are a resource for families and involved care-teams in support of person-centered planning services. The Center can provide guidance and referral supports to licensed professionals to help families with Letters of Intent, Benefits & Entitlements, Financial Planning, Guardianship, End of Life Care Plans, and Funeral Planning/Prepaid Arrangements. If you are interested in learning more or would like to update existing Life Planning files, please contact the Center at (607) 965-8377 x 186 or email to info@pathfindervillage.org for an appointment.

Education  I  Research  I  Life Planning

Center supports Pathfinder Village during pandemic

While it’s fair to say all our lives are impacted by the global COVID-19 pandemic, Pathfinder Village has the added responsibilities of ensuring the safety of older persons with intellectual and developmental disabilities. To support the Village, the Kennedy Willis Center initiated monthly aging-care meetings with staff at several Pathfinder homes. These sessions take an interdisciplinary and person-centered approach in supporting aging individuals.

Meetings focus on medical and behavioral updates, caregiver feedback, resident engagement, and reviews of the living environment. The sessions finish with recommendations and follow-up items.

“These meetings help take the pulse of Pathfinder, to see how people are handling major changes to their routines,” said Center Director Brittany Goodrich. “The meetings also are a creative way to identify engaging activities for individuals, and provide staff with ‘on-the-spot’ problem-solving. Our team-building approach helps staff make requests for additional supplies or services—counseling, enrichment opportunities—in a timely manner.”

KWC Keeping Healthy Updates

WIN WITH WATER: The Pathfinder Nursing Department and the Center began a new hydration campaign with a celebratory kick-off for students and residents in February. The program promotes drinking sufficient water each day to reduce medical issues common to people with Down syndrome, such as constipation and UTIs. Participants earn monthly tokens based on their consumption; the home with the highest intake each quarter is awarded a $50 produce gift basket. As of August, the Village has seen a 75% increase in daily water consumption—a win for everyone!

MILEAGE CLUB: The second round of Mileage Club kicked off this May, but with a new twist due to the pandemic. To maintain social distancing, households walk together up to three days each week. Laps around the Village greens are tracked, and mileage tokens are distributed each month. So far, the residents have walked over 1300 miles!

The Center staff will develop white papers on both initiatives to track correlations on these health indicators.