

LIFESPIRE LINK

A WORD FROM THE CEO



Thomas Lydon

Each year during the month of February, Americans set aside a few weeks to focus their historical hindsight on the contributions that people of African descent have made to this country.

This year's theme, African Americans and the Vote, recognizes the centennial of the passing of the 19th Amendment, which gave [women](#) the right to vote. This year also marks the 150th anniversary of the 15th Amendment, which granted African American men suffrage after the Civil War.

"The theme speaks, therefore, to the ongoing struggle on the part of both black men and black women for the right to vote," according to the [Association for the Study of African American Life and History](#), the organization that founded Black History Month.

"The theme of the vote should also include the rise of black elected and appointed officials at the local and national levels, campaigns for equal rights legislation, as well as the role of blacks in traditional and alternative political parties," the ASALH adds on their website.

In honor of Black History Month, we've rounded up 100 inspiring quotes from civil rights icons including Martin Luther King Jr., Frederick Douglass and W.E.B. Du Bois, as well as words of wisdom from inspiring modern figures including Viola Davis, Janelle Monáe, and, [Shonda Rhimes](#). These public figures have left a mark on our country with their insightful words, historic speeches, powerful writing and performances, and more.

To celebrate Black History Month Quotes to remember

1. "Never be limited by other people's limited imaginations."

—**Dr. Mae Jemison**, first African-American female astronaut

2. "I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word."

—**Martin Luther King, Jr.**

3. "In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."

—**Thurgood Marshall**, first African American U.S. Supreme Court member

4. "Hate is too great a burden to bear. It injures the hater more than it injures the hated."

—**Coretta Scott King**

5. "One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings."

—**Franklin Thomas**, activist, philanthropist, and former president of the Ford Foundation

6. "My humanity is bound up in yours, for we can only be human together."

—**Desmond Tutu**

BRONX COMPREHENSIVE SERVICES CENTER



First Row: Beverly Jean-Pierre, Shauntae Collins, Barbara Flores, Dwaine Rose, Elizabeth Hernandez, Freddy Feliciano.

Second Row: Danesha Grandison, Penidenyse Roman, Hector Diaz Jr., Milagros Rivera, Shanta Kenny, Margarita Giboyeaux, Keisha Cornelius, Bethaida Santiago, Desiree Bent, Belinda Hicks, Cedric Martinez, Brittany Parks, Sandra White and Robert Laryea.

"I came from the Bronx and a certain background. I worked really hard and kept my focus on the right things". Jennifer Lopez

"I grew up in the Bronx. The Bronx teaches you to survive. Its' like, "Bring It On". Wesley Snipes

If there's one thing we want you to know about the Bronx Comprehensive Services Center, it's that we're tough and resilient. That applies to the staff, as well as the people we support. The last year brought a lot of change, including relocation to our brand new facility. There were many challenges involved, and our staff faced them head on. They stayed late and came in on weekends to help with the moving process. They also showed people who travel independently how to get to the new location.

Just like "Jenny from the Block", our staff works really hard and focuses on the right things and they made this move seamless while still providing quality services to the people we support. Our "Snack Shack" is up and running, and people enjoy spending time socializing in our "Cool Café". Plus, our "Tech Room" is a big hit! Our self-advocacy group chose the name "Never Give Up" and they are our Advocacy Ambassadors who support and mentor their peers in developing advocacy skills. The staff and people we support Never Give Up, and we look forward to what the New Year will bring!

PCE: COMMUNITY CONNECTIONS

- DISABILITY AND IDENTITY

It is easy to understand how well-meaning people and organizations may avoid talking about disability with someone with IDD because they believe it will prevent people with IDD from becoming aware of stigma.

Indeed, there is a long history of pejorative and stigmatizing language, such as the R-word, being used to marginalize, oppress, and segregate people with IDD. However, not talking to people with IDD about their race or disability underestimates their ability to understand these identities, and by failing to talk about disability – by distancing from disability and trying to shield people from it – organizations are actually doing the reverse of what they intend. They are making it seem like something shameful that should be avoided and are actually furthering stigma.

One of the best ways to not accidentally reinforce stereotypes and stigma is to educate ourselves about disability, identity, and community, particularly with resources made by people with IDD and people with other disabilities. Lifespire has begun using Open Future Learning resources to help educate our staff and people supported. Interacting in our various communities is also important to developing our identity – we are all different people in different environments. Supporting our self-advocates matters. Listening to the people we support is key to the quality of our services. Please share your stories of supporting people to develop community connections, submit to stories@lifespire.org With gratitude for all the wonderful work that Lifespire does, everyday!



Keisha Cornelius

SPOTLIGHT

Bronx CSC would like to introduce you to **Keisha Cornelius**, Day Habilitation Aide 2. Keisha has been with Lifespire for the past 13 years.

Keisha demonstrates a positive attitude and she is the person everyone looks to for a smile and kind word. Keisha genuinely cares about the well-being of others. On any given day, can find Keisha leading culinary arts and creative expression groups. Bronx CSC is very lucky to have Keisha as part of our team.

2020 ANNUAL ART EXHIBIT



People supported by lifespire are encouraged to submit their artwork for our 2020 art exhibition.

****Works by individuals are preferred****

The show will be displayed at our central office with board members, staff and visitors voting for THEIR FAVORITES.

SELECTED WORKS WILL BE SHOWCASED AT
NY ALLIANCE'S ANNUAL CONFERENCE
THIS COMING SPRING 2020.

**PLEASE SUBMIT ENTRIES TO THE ATTENTION OF
QE DEPARTMENT NO LATER THAN MARCH 6th, 2020**

Please include a submission form with each piece!



Helping Individuals Reach Life's Aspirations

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2020 Lifespire Art Exhibit Art Submission Form

Artist Name: _____

Artist Program: _____

Artist Bio: _____

Art Title: _____

Art Dimensions: _____

Staff Contact: _____

Please use one (1) form for each piece, even if an artist chooses to submit several pieces. please submit pieces in display ready format - e.g. framed.

Please note: pieces must be delivered to Lifespire's Central Office at 1 Whitehall St, 9th Floor, by close of business on **Friday, March 6, 2020.**

Pieces must also be picked by after the exhibit and you will be notified by email when articles are ready for pick-up.

Thank you & we look forward to sharing your work!