

From the days when we were known as the Lower Hudson Valley HIV/AIDS Task Force
to our current name, Hudson Valley Community Services...

When did you join the fight
to eradicate HIV/AIDS
and chronic illness?



Will I be next? Have I already been exposed? I was being so careful. Who among my friends has to go to the hospital next?

As I write this, we are all in the midst of a viral pandemic that will, hopefully, lessen and become an unpleasant memory. These questions, born of generalized anxiety in the wake of an unseen and indiscriminate killer, have haunted us all. As an epidemiologist by trade, I am well-versed in the health concerns (and fears) brought about by viral and bacterial menaces. Particularly I am struck by the similarities between these current coronavirus-related questions and those asked by those of us who experienced the HIV/AIDS epidemic in the 1980s and 90s. An epidemic that, other pandemics aside, continues to this day,

These are two very different viruses, and totally different diseases—but similarities are there regardless. I am not the first to write about these echoes from the first pandemic I lived through. It's awful to feel powerless against a microscopic foe, wishing for some brilliant doctor or medical team to invent a vaccine or cure. In time, the medical community—with courageous pushes from community activists—did come up with anti-HIV drugs to save lives. And agencies like Hudson Valley Community Services, which began in 1983 as the Lower Hudson Valley HIV/AIDS Task Force, rose up to provide support, advocacy and linkage to service.

Since then the agency's name has changed a few times, and its mission has expanded to more than HIV/AIDS. At its core, however, our mission has remained the same: to support and empower disadvantaged communities' health and well-being to maximize their quality of life. The coronavirus pandemic has made plain certain disparities in our healthcare system that makes some populations more vulnerable to HIV/AIDS. And in such an expensive medical environment as ours, most of us (who are not ultra-rich) are one medical emergency away from needing no-cost services like those offered by HVCS.

We are grateful that we have made it this long, backed by caring people like you. Your support has enabled HVCS to survive for close to forty years. Whatever changes may come—and there are surely monumental shifts in the works, both from inside and outside—the amazing staff, volunteers and supporters that make up HVCS will always be there for those with few financial resources living with or at risk for chronic illnesses. Thank you again for your support.

A handwritten signature in black ink that reads "Andrew S. Evans".



In 2019 we officially renamed our Mid-Hudson nutrition program as "Emily's Pantry" in memory of Emily Henry, a dedicated staff member who passed away in November 2018. We hung new signage at each of the four Mid-Hudson food closets, including the pantry in our Monticello office.

EXECUTIVE DIRECTOR'S LETTER Andrea Straus

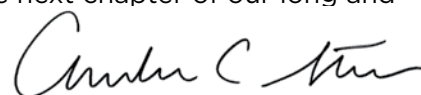
It's amazing to think of what a small group of people dedicated to a cause and united in their passions can do to change the world. I am sure that the handful of men who in 1983 founded what has become Hudson Valley Community Services had no idea the fledgling organization would still exist in the 2020's...and that though its name would change several times its mission would remain intact.

What constantly amazes me today is the commitment and resolve our staff show every day in their work. As has been evident during our enforced agency closure—during the coronavirus pandemic, when most of us are working from home (as of this writing)—HVCS staff have showed how resourceful and dedicated they are to supporting our clients and each other. They rose to the occasion to serve the community with grace, strength and grit. I am sure they did our founders proud—though I am sure many of them do what they do simply for the satisfaction of a job well done and not to impress anyone.

No matter which virus (HIV, hepatitis or coronavirus) or chronic illness they face, our clients also inspire me with their energy and willingness to fight for a better tomorrow. When coupled with



the impressive feats accomplished by our staff, HVCS is building a healthier Hudson Valley one life at a time. I am proud that we have stayed true to the agency's original mission, and I believe we will as we enter the next chapter of our long and storied history.



This February, HVCS announced its intent to merge with Cornerstone Family Healthcare. CFH, with 50,000 patients and sixteen locations, and HVCS, with over 3,200 clients and seven locations, already share a number of clients and a programmatic focus on assisting underserved patients. Pictured, L-R: Linda Muller, CEO of Cornerstone; Mike Oates, President, Hudson Valley Economic Development Corporation; Andrew S. Evans, HVCS' Board President; Andrea Straus, HVCS' Executive Director, and Wayne Day, CFH Board President.

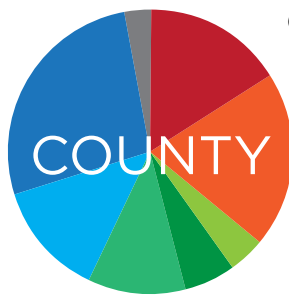
MAGGIE'S COMEBACK

Maggie* is a THRIVES client (THRIVES is our nutrition program for HIV-positive clients in Lower Westchester). Maggie also copes with diabetes, asthma, high blood pressure, and a slew of other conditions. She uses a wheelchair and gets assistance from a health aid. Maggie enrolled in the program but hadn't completed any of the required nutrition workshops. She said no amount of education or support would help her manage her health and wellness.

THRIVES staff believed otherwise. They convinced Maggie to attend a nutrition workshop in the fall of 2019. And then Maggie came to the next one. And another. Since starting to attend the THRIVES workshops, Maggie showed consistent signs of better health. "It's amazing what a difference the right food can make to one's health," she said. Most dramatically, she came to our Mount Vernon office to pick up food without her wheelchair! "I am so pleased with my experience at HVCS," she said. "Thank you for not giving up on me. I listened to everything in the meetings, went home, and decided to take charge of my life."

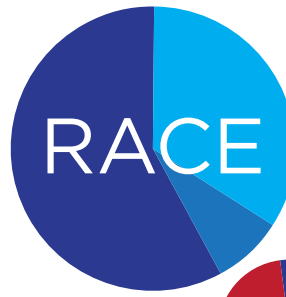
**Not her real name*

Total Clients Served: 3,783



County of Residence

Dutchess: 16%
 Orange: 20%
 Putnam: 4%
 Rockland: 6%
 Sullivan: 11%
 Ulster: 13%
 Westchester: 27%
 Other: 3%



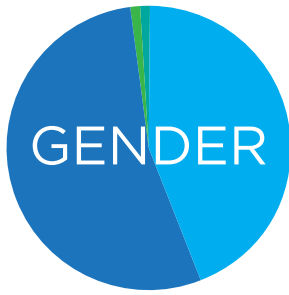
Race

Black: 34%
 Asian, Native or
 Mixed Race: 8%
 White: 58%



Ethnicity

Hispanic: 24%
 Non-Hispanic: 74%
 Unknown: 2%



Gender

Female: 44%
 Male: 54%
 Transgender Female: 0%
 Transgender Male: 1%
 Non-binary/non-conforming or
 chose not to answer: 1%



Age

13-19: 4%
 20-29: 20%
 30-39: 22%
 40-49: 16%
 50+: 38%

Transportation Clients:

504

Medical Benefits Assistance Clients:

124

Housing & Utility Support Clients:

127

SNAP & WIC Assistance Clients:

409

Food & Nutrition Clients:

346

Food Pantry Bags Provided:

2,435

Chronic Disease
Care Coordination Clients:

1,080

HIV Case Management Clients:

71

HIV/STI/Hepatitis C Prevention Clients:

1,594

Syringe Exchange Clients:

429

HIV Testing Clients:

463

STI & Hep C Rapid Tests Provided:

1,412

Substance Use Outreach & Referral:

295

Prison Services Clients:

123

Cognitive Behavior Intervention Clients:

102

Emergency Financial Services:

83

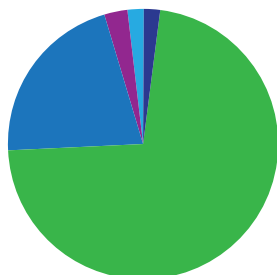
Disclaimer: Program numbers and unduplicated agency-wide totals may fluctuate due to delayed data entry added after analysis (March 2020).

SUPPORT & REVENUE

Contributions & In-Kind Donations	\$ 217,465
Government Grants	7,094,448
Health Homes	2,071,304
Miscellaneous Revenue	146,032
Interest Income	177,165

TOTAL

9,989,340

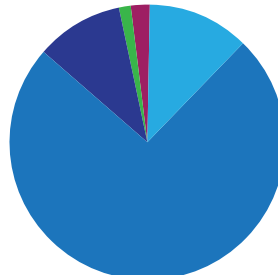


EXPENSES

Education & Prevention	\$ 1,254,141
Client & Support Services	7,732,282
Management & Administration	1,061,124
Marketing & Communications	142,052
Fundraising & Development	225,502

TOTAL

10,415,101



MAJOR FUNDERS

Centers For Disease Control & Prevention

Division of Criminal Justice:
Office of Probation and
Correctional Alternatives

Hunger Solutions of New York

New York City Department of Health &
Mental Hygiene

New York State Department of Health

FOUNDATIONS AND CORPORATE SUPPORT

The Angell Foundation
Broadway Cares/Equity Fights AIDS
The Dyson Foundation
Elizabeth Arden
The Elizabeth Taylor AIDS Foundation
Emergency Food & Shelter Program
HPNAP

Hudson Valley Credit Union
Impact 100 Westchester
Nordstrom
Putnam Valley Savings Bank
The Ralph E. Ogden Foundation
Smile.Amazon.com
TD Charitable Foundation

Special thanks to
Dancers Responding to AIDS

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Zelesther Cay
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One of our Westchester clients, Lara*, a young woman, lives with her elderly parents to escape from a violent former boyfriend. He had injured her severely, inflicting a spinal injury (and emotional and mental damages of course) that has made it difficult for her to get around on her own. Her parents were providing her transportation but their own health issues made it difficult for the family to access all the services they needed.

Until Lara agreed to be a part of HVCS' Health Home program for those with chronic illnesses. Chiffon, her Health Home Care Assistant, immediately research more comprehensive services and resources to enhance Lara's quality of life.

Lara had not applied for Para-Transi, a state facilitated, transportation program that offers disabled/elderly residents a more reliable form of transportation other than taxi cabs, bus, and trains. It works a lot like Medicaid Transportation, just a broader range of choice, and comfort of travel for the client. The approval process can take three to four weeks, if not longer. Lara's parents had not applied because they also had prob-

lems with accessing services and getting around.

"They do their best to support their child, as any parent would," said Chiffon. However I think my assistance not only helps the client, but also teaches the parents how to better support their child with local assistance and supports they may not be fluent in.". Chiffon says that it can be difficult dealing with state programs such as para-transit and Social Services (DSS) as the rules constantly change. "The applications constantly change. And the type of assistance you may be able to receive constantly changes." Having a diminished sense of stability and security only adds to a client's health issues, in Chiffon's opinion.

Chiffon arranged for Lara to be evaluated for Para-Transit, in an effort to remove some stress off of her parents and grant her a little more freedom in transportation. Lara was just approved in January. She is extremely happy, and can now get around at will, without having to burden her parents. Chiffon continues to work with Lara to connect her to any necessary services and empower Lara as best she can.



A PORTRAIT OF BETTER HEALTH

Sharon, a participant in our women's art therapy support group and supportive counseling, is a most resilient woman. Over the past couple of months she has

dealt with painful family issues including the very recent passing of her mother. Sharon continues to mourn her loss. We provided her with nutritional help and continued assistance with rent to keep her home stable. Sharon is in a constant state on gratitude. She often says, "I am so happy I found HVCS; the staff and my peers--they all help me get through my day. So happy I have people in my life who understand my situation and will not judge me. I am for ever grateful." Sharon never

misses a group nor an individual session. HVCS has indeed become an integral part of her life. We love serving her and appreciate her enthusiasm.

Our women's art therapy group is supported by a grant from the Elizabeth Taylor AIDS Foundation.

CLIENT TESTIMONIAL

"I want to thank you and your staff on how wonderful you all been. I received a \$50 Shop Rite gift card. [to purchase emergency foods]. HVCS has gone beyond my expectations, given so much and [been] very supportive during this pandemic. I just wanted to let you know that I am beyond grateful!

--A Housing client

IN KIND

William Corcoran
Elizabeth Arden
European Wax Center
Millbrook Vineyards
& Winery
Nine Pin Cider Works
Organic Hudson Valley
Publications, Inc.
Our Lady Of Mount
Carmel Church
Roberta Roos
ShopRite Partners
In Caring
Stop & Shop (Food For
Friends Campaign)
Robin Stoutenburg
Stoutridge Vineyard
UBS
Bucknell Webb
Westchester Pride Lions

\$1 TO \$99

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Linda Acevedo
Vanessa Baker
Lauren Beale
Andrew Bell
Beth Bennet
Alexandra Bettina
Nicole Boselli
Nicole Browand
Dorothy Bruley
Michelle Cantalupo
Joseph Caserto
Samira Chandwani
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Citizens Bank
Erin Clancy
William Corcoran
Peter Creighton
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John Daley
David Davenport
Katherine Davis
Tiffany De La Cruz
Rebecca Dean
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Lydia Higginson
Natalie Hinks
Robert Hirsch
Lisa Horwitz
Sonya Hutchings
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Sapana Kabaria
Chris Klabes
David Klotz
Patricia Kuehner
Zachary Kurz
Christopher Labbate
Judy Lacombe
Jeffrey Lalonde
Esmeralda Lee
Kendra Lee
Lori Levesque
Sharon Levsay
Connie LoCascio
Sergio Marano
Travis Mason
Krista Mason
Manny Melilli
Jamie Monteleone
Judyann Moore
Lisa Morris
Gwen Morton
Donna Muller
Robert Muth
Jean Myerson
Devin O'Rourke
Steph Osborne
Paesano's Pizza
Kathleen Pagano
Audrey Pagano
Dianne Paolo
Victor Parada
Stephanie Parada
Alison Park
Clifford Parmeter
Adele Paulin

Matthew Quinton
Judy Rebholtz
Daniela Regier
Judy Reichler
Dawn Rich
Kim Richards
Kathleen Riggs
Ashley Roberts
Dawn Rodriguez
Michelle Rodriguez
Madeline Rose
Dianna Ross
Anthony Rubeo
Lisa Scaretta
Jonathan Schultz
Michael Schwartz
Natalie Scott
Linda Scott
Sarah Sexton
Teiko Shigezumi
Laura Shook
Charlie Silverberg
Adam Singer
Elisa Skop
Nicole Smajda
Gisela Smith
Kyle Smith
Kenneth Snodgrass
Jennifer Starr
Bonita Sussman
Cecilia Swedo
Brooklyn Talarico
Lois Tedrow
The Studio At
Stephanie's
Dean Tomanelli
Betsy Tuel
Alexandra Ulicny
United Way Of Rhode
Island
United Way Of The
Greater Capital Region
Chloe Vital
Joe Waring
Melissa Williams
Andrea Yang

\$100 TO \$199

Act Now Limousine
Service
Adam's Fairacre Farms
Michael Aiello
Nafeeza Altaf
Jeffrey Baltes
Frank Bellacicco
Justina Biele

Ross Bielefeld
Tricia Brown
Karen Catalano
Zelesther Cay
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Parker Swenson
Toya Utsey
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Abi Wright
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\$200-\$499

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Ingrid Aquino
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Causecast Foundation/
Regeneron
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continued on page 8

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continued from page 7

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Network Synergy Corp.
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RBT CPAs, LLC
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HPNAP
Hudson Valley Credit
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Metro Division
TD Charitable
Foundation
Ulster Savings Bank

\$2,500 TO \$10,000

Emergency Food &
Shelter Program
Kirwan's Game Store
Nordstrom's

\$10,000+

Broadway Cares/Equity
Fights AIDS, Inc.
The Dyson Foundation
Elizabeth Taylor AIDS
Foundation
Impact 100 Westchester
Ralph E. Ogden
Foundation



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TEAMING UP FOR GREAT SERVICE

Interdepartmental Collaboration

Jane* is an HIV-positive Health Home client who came to us in August 2019. Jane described her immediate needs surrounding retirement, finances and housing, which were causing her intense stress and anxiety. She wanted to retire from her job, look for affordable housing, and have enough funds to maintain daily living responsibilities. Jane's goal was to retire at age 70 in November 2019.

To make this happen for Jane, several HVCS staff from different departments teamed up. Staff held multiple planning sessions. We worked with Jane each week on step-by-step applications toward housing and financial stability. We discussed barriers, provided updates, made referrals, and had multiple discussions about the next steps towards her goals.

Leeann and Veronica from our Housing Program worked with Jane on her shelter and financial assistance needs, while Bob, a Program Supervisor, coordinated transportation and other financial inquiries with Ginny, the Director of Client Services. Keith, a supervisor in the Health Home program, assisted Jane with referrals and application completion, while trying to manage her stress and anxiety.

Jane was able to retire from her job with confidence that all financial aspects were in place in November 2019. The next task was finding her affordable housing. Veronica assured Jane that she qualified for the housing program and Leeann set out to assist with finding affordable housing. The search was on.

She found an apartment in February 2020, which was affordable and much to her liking. This apartment allowed her to maintain enough reserve funds to manage her living expenses each month. Jane moved in the apartment on March 29, 2020. Keith received a call from Jane in April and she explained how happy and stress-free she is now, thanks to the help she received from HVCS.

However, the real testimonial is how our staff interacted with Jane. "They were caring and very attentive while engaging her. I enjoyed watching their interaction with Jane," Keith said.

Various departments came together and successfully assisted Jane with accomplishing her goals. What a special team!

**Not her real name*