

August 2026

# WLN CONNECT



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*The best way to  
find yourself is to  
lose yourself in the  
service of others.*

*— Mahatma Gandhi*

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## **Project Volunteer**

Residents, staff, and volunteers turned an overlooked space into Cypress Unity Park, a place to gather, create, and connect.



## **Met Gala**

The WellLife DD Programs went back in time for a spectacular Roaring '20s Met Gala filled with music, dancing, creativity, and community.



## **WLN Fishing Trip**

WellLife's FUNtervention team enjoyed a fun-filled fishing trip, connecting, unwinding, and making lasting memories on the open water.



## **PROS Garden Club**

The Coram PROS Garden Club celebrated a bountiful harvest by cooking together, sharing recipes, and enjoying the rewards of their hard work.

## Cypress Unity Park Takes Root



At WellLife Network's Cypress Avenue Apartments in Queens, an unused outdoor space has been transformed into Cypress Unity Park, a welcoming place where residents and staff can gather, garden, enjoy a picnic, or simply relax outdoors.

WellLife's Project Volunteer initiative brought together employees, residents, volunteers, and our friends from UAI, the architects who designed the building, to add new garden beds and create a one-of-a-kind public art installation.

The centerpiece of the project is the Cypress Unity Tree, a collaborative art installation made from recycled compact discs and vinyl records. Residents, staff, and members of the WellLife community decorated individual records that came together to form one vibrant work of art.



Cypress Unity Park is more than a beautiful outdoor space, it's a place shaped by the people who live and work here. Residents didn't simply receive a new park, they helped bring it to life alongside WellLife employees and volunteers.

The project also celebrates the healing power of art. Working together encourages us to slow down, express ourselves, and connect with one another. Each painted piece will become a permanent part of Cypress Unity Park, serving as a lasting reminder of the compassion, imagination, and sense of belonging that define WellLife Network.

Together, we created more than a park. We created a space where people can gather, express themselves, and thrive.

## Station Road Steps Back in Time with a Roaring '20s Met Gala

Our Station Road Day Program recently came to life with a Roaring '20s Met Gala celebration, bringing together clients and staff from across WellLife's Day Habilitation programs.

Dressed in dazzling flapper dresses, sparkling pearls, feathered headpieces, elegant gowns, and dapper suits, everyone embraced the glamour of the Great Gatsby era. The day featured a lively red-carpet experience, singing, dancing, jazz-inspired entertainment, and beautifully themed Art Deco décor that transformed the program into a glamorous 1920s celebration.

The highlight of the event wasn't just the incredible costumes, it was the joy on everyone's faces. Smiles filled the air as individuals sang, danced and celebrated, creativity, friendship, and community while enjoying an unforgettable day together.



A heartfelt thank you to our Developmental Disabilities (DD) team, whose creativity, dedication, and hard work made this spectacular event possible. Their commitment to creating meaningful, inclusive experiences continues to make a lasting impact on the lives of the individuals we support.

To everyone who helped make this Roaring '20s Met Gala a truly unforgettable celebration!



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## WellLife Network's FUNtervention team Reels in a Great Time!



Our WellLife Network staff recently traded the office for the open water on, as employees gathered aboard Captain Lou's Fleet in Freeport for a FUNtervention employee fishing trip.

From first-time anglers to seasoned fishing enthusiasts, everyone enjoyed four hours on the beautiful Atlantic Ocean. The crew from Captain Lou's Fleet made sure every participant felt comfortable and had the support they needed, making it a fun and relaxing afternoon for all.

The excitement really picked up as fish started biting! Smiles, laughter, and a few impressive catches made for unforgettable memories and plenty of great photo opportunities. As Nathaniel Rigolino, ACT Division Director, shared, "Hearing everyone cheering when a fish was brought up was great!" The outing gave employees the chance to unwind, connect with colleagues, and enjoy a beautiful day on the water.

Beyond the fishing, the event created opportunities for staff from across the organization to get to know one another. Maria Feleppa, Residence Manager, said she was "happy I had the opportunity to meet some new colleagues," while Children's Residence Manager Jeannine Mickulas appreciated "meeting co-workers I would never have had the opportunity to have met otherwise."

The overwhelming response was clear, everyone is ready for another trip! "I had a great time. Thank you for the opportunity," said Senior Case Manager Niekita Higgins, while Forensic Case Manager Kerry Christmas summed it up simply: "Had a ton of fun and I can't wait for the next trip."

A big thank you to everyone who joined us and helped make this FUNtervention a fantastic success. We look forward to seeing you at our next employee adventure!

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# From Garden to Table: Coram PROS Garden Club Celebrates the Harvest

Fresh vegetables, homemade recipes, and plenty of smiles were on the menu as members of the Coram PROS Garden Club gathered to enjoy the fruits (and veggies) of their labor.

Led by Catherine Deyak, Licensed Creative Art Therapist, the group harvested an impressive variety of garden-fresh vegetables, including zucchini, peppers, tomatoes, eggplant, cucumbers, and herbs. They then brought the harvest into the kitchen, preparing delicious zucchini fritters and a refreshing cucumber salad made with cherry tomatoes, basil, parsley, and a simple red wine vinaigrette.

After cooking together, members selected fresh vegetables to take home, sharing recipes and talking about how they planned to use their harvest in meals with family and friends.

The Coram PROS Garden Club is about much more than gardening. It provides opportunities to build skills, foster friendships, and promote wellness through hands-on activities that encourage creativity, healthy living, and community. Every harvest is a reminder that when people work together, they can grow not only fresh food but confidence, connection, and a sense of accomplishment as well.



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# Catch Up on WellLife In The News

## Living Well Podcast

Spotify: <https://open.spotify.com/show/0342Av8Zsvpd71LcxXVULK?si=jY1YtkCNSwi4Hng9CBxJbw>

YouTube: [https://youtu.be/OzSEf7jS8Dk?si=7UwLsZhK6d\\_ojX5w](https://youtu.be/OzSEf7jS8Dk?si=7UwLsZhK6d_ojX5w)

## QNS Article

<https://qns.com/2026/08/welllife-network-gala-adults-disabilities/>

## Club WellLife

<https://events.longislandpress.com/event/club-welllife/>

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## Donate Today

Please support WellLife Network in helping our local food pantries serve families in need. As demand continues to rise, donations of non-perishable food, personal care items and household essentials would make a meaningful difference. We'd also welcome the opportunity to partner on a food drive or ongoing support initiative to strengthen our community together.

### **Please visit or contact or locations:**

#### **Coram**

3600 Route 112, Coram, NY, 11727  
631-920-8302

#### **Huntington**

55 Horizon Drive, Huntington NY 11743  
631-920-8000

#### **Smithtown**

11 Route 111, Smithtown, NY 11787  
631-920-8300

#### **Wyandanch**

234 Long Island Ave, Wyandanch NY 11798  
631-920-8250

For a financial contribution, please visit: <https://www.welllifenetwork.org/donate-now/>

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