

Dear Friend of NCFL,

Giving is not just about making a donation; it's about making a difference, and New Concepts for Living (NCFL) is offering you that opportunity today.

As NCFL celebrates another year of progress, we invite you to take your place at the heart of our mission and make a difference in the lives of some extraordinary adults.

***With the support and generosity of so many in 2025, we achieved the following:***

**Four New Community Residences:** We opened two homes in River Vale (serving 8), one home in Wyckoff (serving 6), and a medically supportive residence in Mahwah (serving 6).

**Expanding Day Programs:** We expanded our therapy suite and team at our Paramus Achievement Center, offering occupational, physical, and speech therapies to all NCFL participants.

**Rochelle Park Renovation:** We revitalized our original Achievement Center in Rochelle Park making it a warm, updated, fully operational second site, specially designed for low-support adults to flourish and socialize.

**Fundraising Goals Hit!** Our annual Golf Outing sold out for the 2<sup>nd</sup> year and surpassed fundraising goals, the Walk-a-Thon reached also new fundraising heights, and we established a guardian fundraising committee.

While we are so proud of these accomplishments, there's much more to do to support our participants! Our next goal is to build an **Aquatic Center for an Aquatic Therapy Program**. Aquatic therapy has proven to make a positive impact - helping adults with I/DD build strength, reduce anxiety, and confidently connect with others.

#### **Aquatic therapy offers:**

**Improved health:** Aquatic therapy improves endurance, aerobic capacity, muscular strength/mobility, and balance. Because of the physical properties of water, it helps adults with I/DD who have limited mobility, balance issues, low motivation for land-based exercise, or comorbidities.

**Calm and confidence:** The soothing environment helps reduce anxiety while building confidence and trust.

**Community belonging:** Group lessons, recreation, and swim safety open doors to friendships and joyful inclusion.



With your gift today, we can turn our 2026 vision into reality and make it a year filled with compassion, opportunity, and hope for all at NCFL.

There are many easy ways to support NCFL – scan the QR code below, visit us online at [www.ncfl.net](http://www.ncfl.net), or mail a check to the address above.

With heartfelt gratitude,

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