



---

**Family Residences and Essential Enterprises, Inc. (FREE)**  
191 Bethpage-Sweet Hollow Road, Old Bethpage, NY 11804  
Phone: 516-870-1600 Fax: 516-870-1660

---

**FOR IMMEDIATE RELEASE: May 15, 2015**

CONTACT: Patrice Radowitz, Tel: [516-870-1621](tel:516-870-1621)/Cell: [631-553-7432](tel:631-553-7432)  
Email: [pradowitz@familyres.org](mailto:pradowitz@familyres.org)

Andy Robles: 516-603-0447  
Email: [familyres.free@gmail.com](mailto:familyres.free@gmail.com)

## **ADELANTE OF SUFFOLK COUNTY, INC. NAMES NEW DIRECTOR**



CENTRAL ISLIP, NY – Today, Adelante of Suffolk County, Inc., a not-for-profit agency with a focus to inspire forward movement in the lives of the diverse people of the community, announces Olga El Sehamy as their new Director. Adelante is an affiliate of Family Residences and Essential Enterprises, Inc. (FREE), a not-for-profit agency that supports more than 4,000 individuals with intellectual disabilities, mental illness and traumatic brain injury.

Mrs. El Sehamy comes to Adelante with over 25 years of business management experience as a Program Manager and a Team Leader for Ametek Aerospace in Garden City and Parker Aerospace in Hauppauge. She also spent eight of those years at Bamberger Polymers International traveling through Latin America as their Regional Sales Manager.

More...

“We are excited to welcome Olga to the Family of FREE. Her decision to leave a career in the Aerospace Industry and answer the call to help others should be lauded,” said Robert S. Budd, CEO of FREE. “Adelante and FREE are very excited to have her bring her skills, compassion, and enthusiasm to our organizations and to the communities we serve,” he continued.

Olga El Sehamy holds a Master’s degree in Business Administration from Dowling College and is a Certified Program Management Professional. In addition to her business acumen, Mrs. El Sehamy is a Certified Rape Crisis Counselor and has been a volunteer with Victims Information Bureau of Suffolk (VIBS) since 2005, responding to emergency calls from hospitals all over the county. In December 2014, her work with VIBS was featured on “Heroes on our Island”, a local FIOS TV program.

“The ability to use my bilingual skills and give back to the multicultural communities of Suffolk County is a piece of the puzzle that was missing from my life,” said Olga. “I am committed to making a difference along with the wonderful people at Adelante, whom I’m proud to call my team,” she concluded.

About Adelante of Suffolk County, Inc.

Adelante of Suffolk County, Inc. is a not-for-profit multi-service community-based organization that provides services to the culturally diverse communities of Suffolk County in the areas of health, education, employment, supported housing, youth leadership development, volunteerism and culture. It was founded by a group of concerned Latino/Hispanic citizens, who advocated for the need to improve the quality of life of their community members, to promote Latino/Hispanic culture and civic responsibility as well as to foster the educational, economic, social and cultural awareness and pride of the community. For more information please call 631-234-0149 or visit [www.adelantesc.org](http://www.adelantesc.org).

About Family Residences and Essential Enterprises, Inc. (FREE)

Family Residences and Essential Enterprises, Inc. (FREE) founded in 1977 and headquartered in Old Bethpage, benefits and proudly supports more than 4,000 individuals with intellectual disabilities, mental illness and traumatic brain injury. It is the mission of FREE to help individuals of all abilities realize their full potential. FREE provides a diverse array of supports and services including: housing, recovery services, transition to work, employment, day, community and family services, respite, crisis services, education and after-school support, primary and specialty health care and advocacy. For more information, please call 516-870-7000 or visit [www.familyres.org](http://www.familyres.org).

###