

Happenings!

A bi-monthly publication for the staff of The Arc, Oneida-Lewis Chapter NYSARC

September - October 2009

Employees of the Fourth Quarter



Stephanie Kostrub

Stephanie Kostrub, a Residence Counselor in The Arc, Oneida-Lewis Chapter NYSARC's Residential Services Division, has been named the North Region's Employee-of-the-Fourth-Quarter. Ms. Kostrub's supervisor, Gary Chatterton, says he has high regard for her performance and work ethic. Cindy Griswold, Residential Quality Manager, and the person who nominated Ms. Kostrub, says that "Stephanie is conscientious and organized and capable of mission impossible. She establishes good relationships with parents and families and with other staff members. Staff and individuals look forward to Stephanie's arrival each day. She makes the time at home and even the smallest outings enjoyable and fun." Head of Residential Services, Mary Jane Tottey, says "we receive only very positive reports about Stephanie from her co-workers, supervisors and the individuals she supports. She is truly an asset to the Residential Services program." Ms. Kostrub has been employed at the Summit Ave. IRA since March of 2005. She resides in Glenfield with her Mom and best friend Riley, her pet Mastadood. She enjoys spending time with her nieces and nephews and horseback riding.

Arc Launches New Website

On November 2 The Arc launched its brand new website. The new site now has the capability to stream video, accept online donations and job applications.

Each one of The Arc's divisions has their own section making it easier for our audience to find what they are looking for. Visitors now have the option to download program flyers and brochures right to their



Laura Yakey

Laura Yakey, Community Coordinator for The Arc, Oneida-Lewis Chapter NYSARC's MVCC CollegeWorks program, has been named the South Region's Employee-of-the-Fourth-Quarter. Ms. Yakey is a strong supporter of The Arc's mission of community inclusion and works hard to assist students develop meaningful, professional relationships through internships at area businesses. She has enhanced the students' college experience by forming Job Club and the CollegeWorks Alumni Group for which she plans special events. Ms. Yakey regularly participates with other programs and volunteers at various Arc events.

"Laura has always demonstrated the willingness to go above and beyond to help the CollegeWorks program become a success," says Joanne Donaruma, Head of Employment Services. "She is a real asset to the program." Maggie Hansen, Director of CollegeWorks, and Ms. Yakey's supervisor, adds that "Laura does an excellent job coordinating tours of businesses and arranging internships with area employers for our students. The program is lucky to have her." Ms. Yakey has been with The Arc for 8 years. She resides in Utica, NY.

home computers. Navigation on the site is made simple with both a top nav and a side nav for easy maneuvering.

On November 3rd there was a website orientation in the training center for all staff who wanted to tour the site or just had some questions. Please call Pamela DelMedico at x1532 for more information.

Autism Meets Art

By: Deborah Barrett

John Dixon was diagnosed with high-functioning autism when he was less than two years old. In recent years, with the help of therapy focusing on auditory processing and sensory issues, he has come a very long way in a seemingly short time. Now in third grade, eight year old John has become a creative artist who writes and illustrates his own stories and produces wonderfully detailed drawings and paintings.

John is quite a successful artist as well! He recently won a handful of awards at the New York State Fair Youth Arena for his paintings and illustrations. His awards include 2nd Place for a painting of Syrup, 2nd place for a Spider graphic, 3rd Place for his painting Adirondack Wildlife and Honorable Mention for mixed media titled Hawaiian Adventure.

John participates in The Arc's Saturday Friends program which is designed to give children on the Autism Spectrum and their siblings the opportunity to interact, build relationships and develop social skills through supported play in a safe environment.

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55th Anniversary Events

November 2009

November 20, Arc 55th Anniversary Celebration Dance. Sponsored by the Utica Rotary, music by The Band Flame.

SEND US YOUR NEWS!!



Comments, story ideas and announcements are always welcome. Please send them to the Community Development office at 245 Genesee Street Utica, New York 13501 or email story ideas to pdelmedico@thearcolc.org.

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Happenings! is YOUR newsletter. Comments, story ideas and announcements are always welcome. Please send to the Community Development office at 245 Genesee Street or email story ideas to pdelmedico@thearcolc.org.

PLEASE NOTE: The deadline for story ideas is the first Friday of February, April, June, August, October and December.

THINK GREEN! Dupli (printer of this newsletter) is 100% powered by Green-E certified WIND POWER ELECTRICITY!



A Message From

Angela Z. VanDerhoof
The Arc, Executive Director

With the coming of November, we look to the usual events for happenings – leaves falling off the trees and the weather getting colder (however, there has been a jump start with the weather this year!); the aftermath of Halloween and the upcoming festivities of the holidays and the year end.

This year, for members of the Arc family, we have even more exciting events to look forward to. We began with what we hope was an extra special Employee Recognition Event on November 2nd. There was food, fun and fellowship for the approximate 300 in attendance, there was a special viewing of short nostalgic video about our 55 years produced by two of our staff. There was also an opportunity to look at and win one of the items that showcased



Angela

the skills and creativity of our staff – arranged by Kathy Zammiello. Thank you, Kathy, and all of our talented craft people who participated.

On the heels of this evening, we will swing, and I mean swing, into a very special anniversary dance on November 20th, hosted by the Utica Rotary Club at MVCC.

What I mean by swing, is that we will be royally entertained by "Flame" and the approximately 500 attendees, I have no doubt, hooting and hollering and dancing. I hope this sounds as good to you as it does to me. It is always a pleasure for me to be in the company of the individuals we support, our co-workers and our Board Members, along with our faithful friends (Utica Rotary) from the community.

VanDerhoof Building Dedication



The Angela Z. VanDerhoof Building

The Arc family dedicated the Venture Day Habilitation building in Clinton to our Executive Director Angela Z. VanDerhoof on Friday, September 25th.

The building is located on 7909 State Route 5. Angela has worked for The Arc for the last 30 years dedicating her time and hard work to enriching the lives of individuals with developmental disabilities in Oneida and Lewis Counties.

Know someone who would like to volunteer?

Contact our Volunteer Coordinator, Edie Pugh, for more information or to get an application.

Call 315.272.1521 or email epugh@thearcolc.org.

Jim Gets Wheels!

By: Stephanie Svolos-Schmidt

Since 2004, Jim Brower only spoke of wanting two things: the first, a job in the community, and the second, his own car.

As Jim has a driver's license and previously owned cars in the past, he was eager to drive again. When I first met him, he had been trying to purchase cars by himself, but was taken advantage of. As his Service Coordinator, one of my first advocacy responsibilities was to assist Jim with obtaining a large deposit back on a vehicle he intended to purchase. Despite warnings from many of his natural supports that he could not afford a vehicle at this time in his life, Jim persisted in looking for a vehicle he could afford.

At the same time, Jim frequently stated that he wanted a job in the community. He was working at the Arc's Sheltered Workshop and felt this wasn't the right place for him. In January 2007, Jim realized one of his dreams when he obtained a job with Sodexo which operates the food service at Mohawk Valley Community College. Jim works two days per week, follows the college school schedule, and has three major breaks every year. He loves his job and wants to continue working there until he retires!



Jim Brower

This past summer, Jim saw a scooter for sale while out with his residential habilitation worker, Sheree. "He asked me to look at it with him, and I was admittedly reluctant, wondering about affordability and safety. Speaking with my Director, Renee Rich, helped me to see things through Jim's eyes, so I agreed to give it a shot."

While Jim fell in love with this scooter, I felt that it

wouldn't be safe enough for him since it could travel up to 90 miles per hour. Jim was disappointed, but we continued the search for a scooter with a smaller engine. Within days, I found a scooter for sale that had a top speed of 30 miles per hour, had very few miles on it already, and was lower in price: it was perfect for Jim! On July 7, 2009, Jim became the proud owner of a 2009 Kymco scooter.

This scooter has provided Jim with more independence to travel in the community and satisfied his desire to drive again. Jim is now able to access many places in his community. He is able to attend church regularly, shop at his local grocery store and has easier access to his pharmacy. He spent the summer practicing riding his scooter, and when he feels more confident, will utilize it to visit friends.

Knoxboro Opens Fitness Trail

By: Jo-Ann Mox

On October 20, 2009 a ribbon cutting ceremony was held at The Knoxboro Day Habilitation site for completion of Phase I of the Fitness trail. Local County Representatives joined Executive Director Angela Z. VanDerhoof for the 12:00 ceremony.

The fitness trail which will be used by individuals The Arc supports as well as the community at large is the result of a lot of hard work, donations and volunteerism. Funding was provided through grants from Temporary Assistance for Needy

Families and Workforce Investment Act. Among those who had a helping hand with the project were Madison County Employment and Training Office Students: Derek Bouchard, Jacob Brown, Jazmine Caramena, Susan Chesebro, Thomas Cook, Timothy Pratt, Terrell Todd, and Samantha Walrad under the supervision of Madison-Oneida BOCES instructors Aaron Abbey, and Phil Maitland. The Arc is thankful to The Town of Augusta along with many local businesses who also donated time and materials to the project.

Aloha from Turin

By: Jo-Ann Mox

Palm Trees, Flying Coconuts, Grass Skirts..... September 3rd saw Turin Day Hab turned into a tropical paradise as they held their 3rd Annual Summer Bash "LULU". The Lulu kicked off at 10:30 am and our individuals enjoyed a limbo contest, a coconut toss, tribal face painting and of course a beach! The highlight of the event was the karaoke and the hula dance off. Many of the guests turned out to be great MC's. Staff participated in a pineapple pie throwing contest; the dunking booth sure came in handy after that! Lunch was served and a great day was had by all.

Wonder what theme they will come up with for next year. Aloha!





Puzzled by your benefits?

Ben E. Fits will piece it all together!

Health in Numbers

Everyday, numbers play a major part in our lives. From passwords, pin numbers, pricing, identification, and many other functions, the impact of numbers on our daily lives is quite significant. However, many of us do not know the most vital numbers in our lives. These are the numbers for cholesterol, blood pressure, blood sugar and body mass index. These numbers are the key indicators of risk for major illness. By knowing the values, you can take action to reduce your chances of developing heart disease, diabetes and other chronic conditions.

High cholesterol can lead to heart attack or stroke. In addition to knowing your total cholesterol, it is also important to know your HDL (healthy cholesterol) and LDL (lousy cholesterol). High LDL or low HDL often means you need to take immediate action to prevent a

possible heart attack or stroke. There are no clear symptoms of high cholesterol.

High blood pressure or hypertension increases your risk of heart attack, stroke and kidney disease. High blood pressure damages your brain, eyes and arteries, too. It is often called the "silent killer" because you may have no symptoms.

Diabetes and pre-diabetes are two conditions that are on the rise in the United States and account for large amounts of health care spending. Left untreated, diabetes can lead to heart disease, blindness, limb amputation and kidney disease. Early prevention and treatment for high blood sugar levels can curb a type 2 diabetic or pre-diabetic from becoming a diabetic. Diabetic care is one of the highest costs our country faces due to frequent hospitalizations for diabetes related infections, cardiac disease and kidney failure and dialysis treatment. According to a recent Centers for Disease Control and Prevention report the risk for death among people with diabetes is about twice that of people without diabetes of a similar age.

Body mass index (BMI) measures your weight in relation to your height. It does not actually measure body fat percentage, but it is the most widely used tool to identify weight problems. Extra weight can lead to high cholesterol, heart disease, diabetes and other chronic illnesses.

Knowing your vital numbers and taking necessary steps to keep them in a healthy range, is the first step on the road to healthy living. It is also the first step we all need to take to help control the overwhelming rising cost of health care.

Here is a list of where your vital numbers should be to help maintain a healthy life style.

- Cholesterol: Below 200
- Blood Pressure: 120 (now 110) over 80
- Blood Sugar: Between 80 and 120
- Body Mass Index (BMI): Below 25

Do you know what your numbers are?

For more information, please contact your health care provider.

In Memoriam

Owen Reilly passed away on September 3rd at Harding Nursing Home in Waterville. He was born on July 2, 1933 in Manhattan, New York. He attended Knoxboro Day Service from January 2007 until August of 2009.

Earl Wheeler passed away on September 27th. He was a fun loving person and quite the practical joker. He liked it even more if you 'got him back'. Earl was quite the animal lover. He often talked about the dogs and other animals he had when he was growing up. He was fond of Chalupa, our visiting chihuahua. We all miss him.

Residential All Staff Day

The third Annual Residential Services All Staff Day was held at the Elk's Club in Boonville on Friday October 16th. The theme "You Have a Heart of Gold" honored the Direct Support Professionals who are the backbone of the program. The highlight of the event was the presentation of an award naming Angela VanDerhoof as an Honorary DSP for the support she has provided to the residential program for the past 30 years. Nearly 100 staff participated in the activity filled event.



STAFF



By: Michele White

spotlight

Helping Staff with the Flu

Sylvia Pescatore, RN and Carol Webb, RN are developing a policy for The Arc addressing the heightened awareness of this year's flu. OMRDD has given us guidelines to follow regarding the reporting of influenza like illnesses. Sylvia and Carol are incorporating these guidelines into our policy. This agency is keeping in close contact with the Health Departments from both Oneida and Lewis Counties. Our nursing staff would like to remind everyone that infection control and hand washing is the number one defense against the spread of any type of infection. Luckily, here at The Arc, we are in-serviced in infection control upon hire, we receive yearly refreshers and soon more staff training will take place. It is important everyone continues to be mindful of following these basic rules and hopefully, we will see a mild flu season. Thank you to Sylvia and Carol for helping us all to stay informed and prepared!

Important Messages From Payroll

Your Information - Please check your name, address and withholdings as they appear on your current pay stub. If any changes are necessary, please contact Human Resources for forms.

Increase in Stop Payment Fees - We were recently notified by ADP, our Payroll processing company, that the fee for issuing a "Stop Payment" on a payroll check, has increased from \$10 to \$25. The Agency is required to pay this fee each time a stop payment is needed on a payroll check.

You can help control these extra costs the Agency can incur by doing the following:

- Verify that your mailing address is correct on your pay check. If you have moved or plan to move, please contact Human Resources for a Change of Personal Data form.
- Consider Direct Deposit. Contact either Human Resources or Payroll for forms and information to understand how this option can work for you.

The Arc Honors Area Employers

"Expectations and opportunity equals full participation," is this year's observance theme for "National Disability Employment Awareness Month," held each October. The Arc, Oneida-Lewis Chapter held a special recognition breakfast for employers, which took place Thursday, October 29, 2009 at 8:00 a.m. in The Arc's Conference & Training Center, 245 Genesee Street, Utica, NY. "People with disabilities must be woven into our work culture because they contribute in many ways to our community's economic success. We all benefit from the talents of people with disabilities.," said Joanne Donaruma, Director of Employment Services. The Arc also recognized Symeon's Restaurant and Burlington Coat Factory.

The Employment Services program provides job coaching and ongoing follow-up for employees and employers. This helps reduce recruitment and training costs and builds a reliable work force. Individuals with disabilities are a valuable resource for meeting employer work force needs.

CollegeWorks Opens New Transitional Living Home

The Arc's CollegeWorks program opened its newest transitional living home on Gibson Road in Utica. The opening was celebrated with an open house which was held on Thursday October 15th from 5-8p.m. Friends and family gathered together to welcome the CollegeWorks students into their new home.



The Arc Opens New Homes

As part of the agency's 55th Anniversary Celebration, Residential Services hosted Open Houses at the three newest IRA's. Families and friends enjoyed the balmy weather and sumptuous buffets at Harts Hill IRA, Whitesboro, Roberts Road IRA, Sauquoit and Glenfield IRA, Glenfield in Lewis County. The newest IRA's are accessible one floor homes with single bedrooms for each of the individuals. The Hart's Hill IRA was developed as a specialized IRA for individuals on the autism spectrum. The family involvement in the selection of the home, décor, and program has been essential to its success. Roberts Road IRA is home to five ladies who take great pride in the beautiful residence located in a country setting. Glenfield IRA is the agency's first totally new IRA and was built with many "green" features. The staff and individuals are proud of these new additions to the residential program.





The Arc Cherubs

Arc Cherubs features photos of Staff's children, grandchildren, nieces, nephews, cousins and even pets.

If you have a photo that you would like to include, please send it to Jo-Ann Mox in the Community Development Office at 245 Genesee Street or you can email it to her at jmox@thearc.org.

Please include your name and title, with a small caption about the photo. You can talk about names, ages, special accomplishments and occasions.

Deadline for Nov./Dec. is Dec. 11th



Matt Tryon- Employment Specialist and his cherubs of the 125th New York Regiment in Manassas Virginia.



These adorable twins, Makara and Maily are the daughters of Mark Briggs, Residence Manager "Double the cuteness."



Major Thomas Scott VanDerhoof receiving the Bronze Star from the Commanding Officer of Elmendorf Air Force Base. Scott is a career Air Force Officer who has served in Iraq, Iran, Bosnia and Saudi Arabia. He is currently stationed in Anchorage, Alaska. Scott is the son of Angela Z. VanDerhoof, Executive Director



Tyler Sperl, 14-1/2, and his Beagle Jasmine 5-1/2 are cherubs of proud mom Christine Sperl, FM. Tyler graduated from Jr. High in June making the Presidents List and High Honor roll! Tyler is now a freshman at Rome Free Academy.

Cherub Victor Petronella 16 months, son of Alisa Petronella, Program Manager Residential, is a Redskins Football fan.



It's truly a family affair- Cherubs Joseph Velardi 10, and Erica Mariani 2, are grandchildren of Richard Yakey-Operations, Nancy Yakey-CFS and Niece and Nephew of Laura -CW.



Brenda Purcell, Administrative Assistant, Supported Employment Services North, #1 Cherub is her daughter Jenelle Purcell, Beaver River Central School Class of 2010.



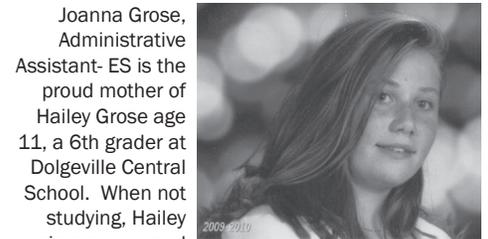
14 year old Emily Kocyba is a member of the Holland Patent Varsity Swim Team. Emily is the cherub of Renee Kocyba- ES who couldn't be more proud!



Arianna Vivian, age 5 and Erik Scott, age 3 months are the adorable children of Kristina Williams, Billing and Compliance Assistant, Vocational Services.



James Lewis, grandson of Camille Maher, Purchasing, with his cowboy hat and pistols was ready for trouble at the Thendara Train station this past July, as he awaits the infamous Loomis Gang Train Robbers.



Joanna Grose, Administrative Assistant- ES is the proud mother of Hailey Grose age 11, a 6th grader at Dolgeville Central School. When not studying, Hailey enjoys soccer and snowboarding!

Jennifer Dodge, Program Coordinator of Intensive Services, is mommy to adorable cherubs 2 year old Zoe Elizabeth and her new baby sister Olivia Renee 3 months!



Mary Hendrie is the proud aunt of 10 month old Kristopher Andrew Hendrie pictured here with his even prouder Grandpa!



"Cube mates and cat mates" The black one is Billy and the gray one is Buster, they belong to Stephanie Svolos, Service Coordinator and Dina Radeljas, Service Coordinator.



Gabriella, 23 months old and Buster 3 years old are the lovable Cherubs of Josette Bilodeau, HR Assistant.



"Stage Works Has Gone To The Dogs"- Backstage Cherubs at the September 11th performance Kris Harvey, Vickie Romanowski and Frank Zammello.



Ethan William Schaak - Son of Danielle Coughlin Schaak and Michael Schaak, and 1st Grandchild of Charlene and Jack Coughlin.



David Indolfi, Employment Specialist and his 22 cherubs, the Holland Patent Boys JV soccer team! Jack Redmond, son of MaryBeth Redmond Director of Children's Services is the cherub in the top right of the picture!

Liam 3½, enjoyed feeding baby goats at the Fall Festival in Boonville recently. Liam is the grandson of Deb Barrett, Special Projects Coordinator in Community Development.



7 yr. old Caleb and 4 yr. old Ethan Brazie, are anxiously waiting for the bus on the first day of school. Caleb began 2nd grade and Ethan began pre-K in the Camden School District. The boys are the grandsons of Robin Gage, Guardianship Coordinator (CFS).

Lionel Brown-Supportives is the littlest cherub in this picture taken at Steel Pier-Atlantic City in 1969.



StageWorks "Happy Days" Opening Act: Lewis County Rockers

StageWorks and the Lewis County Rockers performed at Clinton Central School Performing Arts Complex on Friday, September 11. Approximately 50 Individuals from The Arc were singing and dancing to a commemorative performance of the past StageWorks productions, "Happy Days". Both friends and family were there to show their support to our very talented individuals. StageWorks would like to give a special thank you to The Arc's operations department and everyone who assisted in this years performance. Musical Director was Ellie Hadity.



StageWorks and Lewis County Rockers are sponsored in part by OMRDD and support from the Friends of The Arc Foundation. The performance is also made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts, administered by the Stanley Center for the Arts. StageWorks and Lewis County Rockers were established to increase awareness of the abilities of people with disabilities, and provide an opportunity for people with musical talent and interest to participate in the creative and performing arts. The program is integrated and includes members with and without disabilities. Performances take place in the community with the focus on choreography, dance and singing.



A Visit to CollegeWorks

By: Jo-Ann Mox
MVCC President Dr. Randy Van Wagoner and CollegeWorks welcomed two distinguished visitors on August 14th to the campus. David Hartleb, President of Northern Essex Community College (NECC) in Massachusetts and Wayne P. Capolupo, Board Member of NECC. Dr. VanWagoner, his guests from NECC, along with Angela VanDerhoof, Joanne Donaruma and Arc Board President Joanna Greco enjoyed



NECC visit

lunch catered by MVCC So-dexo services. The visit was an attempt to learn more about our CollegeWorks program, toward the goal of developing a similar program for their campus.

After lunch, the group toured the CollegeWorks classrooms and residence. The highlight of the day was a meeting held with about 20 CollegeWorks Alumni, Parents and Staff who answered questions and gave testimonials about the program.



NYSARC's 60th Anniversary Celebration

Throughout the summer, NYSARC Chapters hosted local and regional events as a part of a statewide People. Progress. Potential. 60th Anniversary Celebration.

On September 17, 100 people from The Arc, Oneida-Lewis Chapter climbed aboard a bus and headed to Albany to participate in a statewide event which culminated at the steps of the NYS Capitol. The event kicked off at 11:00 AM at the Corning Preserve Riverfront Park as a procession of 1500 people walked over the Hudson River Way Pedestrian Bridge and up State Street to the Capitol Steps lead by Schenectady Pipe and Drum. At the Capitol steps flags from the 55 NYSARC Chapters were placed by individuals who use the supports and services of NYSARC Chapters. Remarks from several important public officials including Albany Mayor Gerald Jennings; Senate Majority

Leader, Ron Canestrari; Senate Assistant Majority Leader, Neil Breslin; Assemblyman James Tedisco; Director for Constituent Relations for Senator Roy MacDonald, Jim Church; Director of Mental Hygiene for Governor Paterson, Michael Seereiter; and OMRDD Executive Deputy Commissioner, Max Chmura.

Immediately following the ceremony the group returned to the Riverfront Park at the Corning Preserve for a picnic and entertainment provided by the popular band FLAME.

The 60th Anniversary Celebration walk to the Capitol was symbolic of what NYSARC, Inc. is— local grassroots energies spreading from community to community to ultimately come together as a statewide, parent driven organization that supports more than 60,000 people with develop-

mental disabilities as they pursue their dreams and personal goals.

In addition to its role as the nation's largest provider of services to people with developmental disabilities, for six decades NYSARC has played a leading role in legislative advocacy. NYSARC initiated the historic suit against New York State which resulted in the signing of the Willowbrook Consent Decree and paved the way for a massive national policy shift toward deinstitutionalization. The Organization was also instrumental in the creation of a separate Office of Mental Retardation and Developmental Disabilities. More recent advocacy efforts include a major role in the passage of landmark legislation in health care decision-making for people with developmental disabilities.

