

The Arc Herald

A quarterly publication of The Arc, Oneida-Lewis Chapter, NYSARC

ISSUE 3
November 2012



Jeff Shoemaker, Quality Enhancement Specialist from CQL, presents to Arc employees during a recent training.

Getting to GREAT!

We have been moving towards Getting to Great all year at The Arc, Oneida-Lewis Chapter. We are truly living our Core Values, reaching, and even surpassing, the goals set in our strategic plan, and breaking down the silos that had existed between departments.

From the creation of our Core Values to the formation of a centralized hiring process, everyone has shown great support and commitment in moving forward in this changing political and financial climate.

One initiative, in particular, that is moving us forward is the hard work being done to gain accreditation by The Council on Quality and Leadership, also known as CQL. The Council is known as a leader in working with human service organizations and systems to continuously define, measure and improve the quality of life of all people. With Carol Webb, compliance officer, as our lead in this initiative, employees and board members have shown their commitment to The Arc's becoming an accredited agency.

"Services that are person-centered and support each person to live his or her own life - to plan, to contribute, to participate, to choose, and to be respected and valued is what really matters," said Karen Korotzer, chief executive officer at The Arc.

"CQL is providing us with consultation, accreditation, training and certification services because we share the vision of dignity, opportunity and community for all people," says Webb. "Leaders from CQL are giving inspiration and guidance as we move forward in this process that will ensure we continue to provide quality support for the 1,650 individuals and their families, who rely on us."

To date, three classes have completed the week-long training for CQL, and our staff Eric Bentz, Sharon Daktor, Jennifer Rabideau, and Dawn Gentile have completed special training and can proudly boast the title of "Certified CQL Trainer."

"Becoming a trainer is made easier because the subject matter is exciting and I know it will be seen that way by the people being trained," said Bentz. "Our Core Values are so in tune with the CQL concept that I think we, as an agency, are already on our way!"

Meet Our Certified CQL Trainers

The certified CQL Trainers at The Arc, Oneida-Lewis will help us develop a culture of person-centeredness. We will benefit by having in-house experts available year round for training and consultation.



Eric Bentz
program director
Riverside Day Hab



Sharon Daktor
quality assurance/
incident review
coordinator



Jennifer Rabideau
assistant director
Residential Services



Dawn Gentile
assistant director
Employment Services

MAKING AN IMPACT

Read about the way CQL has already improved the quality of life for those we serve on page 3.



Advocacy and Services for People with Disabilities
Oneida-Lewis Chapter NYSARC



2012: COMMITMENT & COURAGE

A Message from Karen Korotzer, CEO

It's about that time when I start to reflect on the year about to pass. I truly believe that 2012 has been another amazing year of growth at The Arc! We have put new systems firmly into place to secure our Strategic Plan goals in our daily operations. For example, we established the Cost Savings Initiative (CSI) committee that includes Arc employees from across the agency who continually review strategies to save our agency money. We have accomplished so very much and we can all be proud of another very successful year in the life of The Arc!

The many great accomplishments we achieved this year were only possible because of the commitment and courage of everyone involved. I was reminded of this while recently watching the Wizard of Oz with my son. He wondered how the "Cowardly Lion" could be so afraid and asked me, "He doesn't have to be afraid because he has all his friends with him, right?"

It made me think about all that we have been through this year. The great moments of accomplishing our goals together, such as committing to becoming a leader of quality through CQL accreditation, and centralizing hiring so we can get great new staff started as soon as possible.

It made me think about the tougher times during the year, too. How we suddenly and sadly lost friends, peers, and loved ones. The courage I saw in employees to support and comfort others, while simultaneously moving through their own grief and loss was incredible and inspiring. To be selfless in times of grief is not easy and takes tremendous strength and courage. I am grateful to be in an agency that has people living our Core Values every day with each other and in ways they don't even realize.

I look forward to what we can do together in 2013. Although the changes in the Medicaid world make me feel like I have been caught up in a tornado, only to land in Oz, I am confident that as frightening as the journey ahead may seem, we will support each other every step of the way.

Enjoy the upcoming holiday season!

CSI - Cost Savings Initiative

The Cost Savings Initiative committee (CSI) has been hard at work looking for ways to save The Arc, Oneida-Lewis Chapter money in even the smallest of ways. "Even a few dollars of savings adds up fast," said Vin Vetere, chief financial officer. The committee announced that in 2012, over \$2,000 was saved in costs for printing letters, envelopes, business cards, brochures and newsletters.

Just by looking at various vendors and using the request for bid process, the Community Development team was able to have quality printing done at more affordable rates. "It's important to think outside of the box when looking for cost savings," said Aida Mariani, director of public relations and development. "At one time we had two newsletters that were sent to many of the same people and duplicated many of the same articles. Now we send out one quarterly newsletter that is larger, in full-color and packed with valuable information."

Take a look at what you do each day and how making just one small change may save the agency valuable dollars needed to provide services for our individuals. The CSI is always looking for new ideas and new members. Please contact CSI Chair, Beth McCullough, at 315.272.1514 for more information.

The Arc Herald is a quarterly newsletter published by The Arc, Oneida-Lewis Chapter, NYSARC © 2012. Issue 3, November 2012.

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You may email story ideas to Aida Mariani at amariani@thearc.org.
Deadline for submissions is the first Friday in March, June, September, and December.

Past issues of newsletters are available on our website: www.thearc.org/about/newsletter.php.



Proud members of the cast of *Snow White*, presented by StageWorks in September 2012.

A voice for EVERY person

As you may recall, in the Spring of this year we embarked on a massive membership campaign. Our goal was to have 1,650 members. Yes, the number was high and it would be the highest membership total in the history of The Arc, Oneida-Lewis Chapter. In 2011, we had 852 members and that number was slightly lower than the year before. So, we knew that 1,650 would nearly double the prior year's number and we would need the help and teamwork of all inside and outside our agency. We all really wondered if it was possible and thought that maybe we needed to be more realistic about our goal.

Over the past year, we shared our enthusiasm with families, friends, and our community partners about the benefits of membership in The Arc. The more members, the stronger our agency's voice in Albany in making decisions that matter to people in our community. It is imperative that we be at the table and have our votes for Oneida and Lewis counties really make an impact on the lives of people with disabilities and their families.

We are beyond thrilled to share with you that The Arc not only reached our goal, but we blew it away! Our final count of members for our agency is 2,501 members! AMAZING! This just reaffirms our belief that we are a determined, hardworking, strong agency that includes incredibly dedicated people who know that the mission is our compass, and that nothing is impossible when we all work together to achieve our goals and successes.

MAKING AN IMPACT

As part of the CQL process, trained staff conduct interviews with individuals we serve. The questions enable The Arc to ensure the person's wishes and needs are being addressed. This is part of our Core Values and Mission - putting the person at the center of all we do. Some recent interviews resulted in the following changes:

~ A woman noted she had been two weeks without a television in her living room and also would like a cell phone when walking in her community for safety reasons. A television was provided for her the following day and the cell phone was ordered.

~ A man related that his bedroom was cold. A heater was promptly provided for his room and he now enjoys greater comfort.

~ A woman indicated she is alone for 45 minutes before her mother gets home from work. The program manager immediately implemented training on fire safety, evacuation, and stranger danger.

~ An individual expressed wanting to go to the cemetery more often to "visit his parents." Staff have made changes to allow him to visit the cemetery more often.

Congratulations Employees of the Quarter



Rhonda Perrigo
service coordinator in the Service Coordination department, is named 2012 Employee of the Third Quarter in the north region.



Earl Casler
residence manager in Residential Services, is named 2012 Employee of the Third Quarter in the south region.



Joanne Sullivan
day hab specialist II in Day Services, is named 2012 Employee of the Fourth Quarter in the north region.



Kara Bennett
day hab specialist II in Day Services, is named 2012 Employee of the Fourth Quarter in the south region.



FINE ARC

FIRST ANNUAL ART GALA

INTERPRETATION 2012



On Friday, October 12, 2012, The Arc, Oneida-Lewis Chapter hosted its first annual Fine Arc Gala "Interpretation 2012". The gala was held at Players of Utica Theatre, where the artists from Fine Arc proudly attended and displayed their work to more than 100 guests. The juried art exhibition awarded prizes in four categories: non objective/abstract, nature inspired, still life/portrait and sculpture.

Fine Arc is a program for individuals with intellectual and developmental disabilities who have an interest in the arts. Men and women attend this day program at Arnold Avenue in Utica several times a week, exploring art forms that include painting, drawing and sculpture.

"The individuals in the Fine Arc program are very talented and their work speaks for itself," said Beth O'Brien, director of the program. "This was an opportunity for the artists in Fine Arc to remind the art community and the general public that art overcomes developmental disabilities."

News from HUMAN RESOURCES

Flu Season Is Here!

With the cold months approaching, be sure to protect yourself and those around you. The following is information regarding the flu vaccine for the 2012 season and some options if you decide to receive the flu vaccine.

If you are enrolled with United Healthcare you may receive your flu vaccine at no charge through one of the vendors listed below. You may also receive your flu vaccine at your healthcare provider's office. If you choose to receive your flu shot from your healthcare provider, it is your responsibility to find out if an office visit co-pay will be charged. If there is a co-pay charge, you will be responsible for payment of that charge. The Oneida County Health Department accepts United Healthcare insurance, so if you attend one of their clinics bring your insurance cards with you.

It is your responsibility to ensure the vendor you choose does accept your insurance. Please be sure to bring your insurance cards. These vendors are accepting United Healthcare for flu vaccines:

- CVS Pharmacy
- Rite-Aid Pharmacy
- Target Pharmacy
- Walgreens Pharmacy
- Mollen Immunization Clinics

If you do not have insurance, but have an HRA account with an available balance, you may choose to use your HRA funds to cover any costs at a vendor of your choice or to attend any clinic sponsored by the Oneida County Health Department or Lewis County Health Department. If you have coverage through some other insurance carrier, check with that carrier to see if they cover the flu vaccine.



Residential Direct Support Staff at All Staff Day (L-R):
Kassie Stanley, Nichole Carlson and Marianne Lauducci.

CONNECTING

On September 25, 2012 the Residential Services team of The Arc, Oneida-Lewis Chapter, NYSARC held its Annual All Staff Day in Utica.

One hundred staff members representing 23 Arc residences attended the event entitled "Connecting".

CEO Karen Korotzer addressed the group and provided them with updates on all the new initiatives of the agency.

Frank Centola, director of Residential Services, recognized direct support staff for their commitment to the agency's Core Values in their day to day service to the individuals supported by the agency.



Find us on Facebook!

The Arc, Oneida-Lewis Chapter, NYSARC



Tweet us "@The_ArcOLC"

The Dunlay Family

"Our Son Won't Ever Be Alone"

For the Dunlay family, knowing they are not alone and have the support of The Arc, Oneida-Lewis Chapter has made all the difference in caring for their son Louis. At the age of three, Louis, also known fondly as "Skip," was identified as having intellectual and developmental disabilities. His parents, Louis and Carol, were not afraid of what the future would hold for their now 42-year-old son. Both remained hopeful for what they could help Skip accomplish and overcome.

"We wanted to make sure he had a purposeful and meaningful life," said Carol as she sat in their Sauquoit home recently. "From day one, making sure that he accomplished goals and had a sense of self worth was important."

Skip grew up with two younger brothers; Matthew is a US Navy Commander assigned to the Pentagon, and Bradford is an offensive line coach for Colgate University. As his supportive and caring brothers moved out of high school, finished college, married, and had children, Skip also moved forward with his life. He attended Oneida-Madison BOCES, completed his education, and then was introduced to The Arc, Oneida-Lewis Chapter. That was the start of a 21-year relationship with the agency that has been a source of support for Skip and his family.

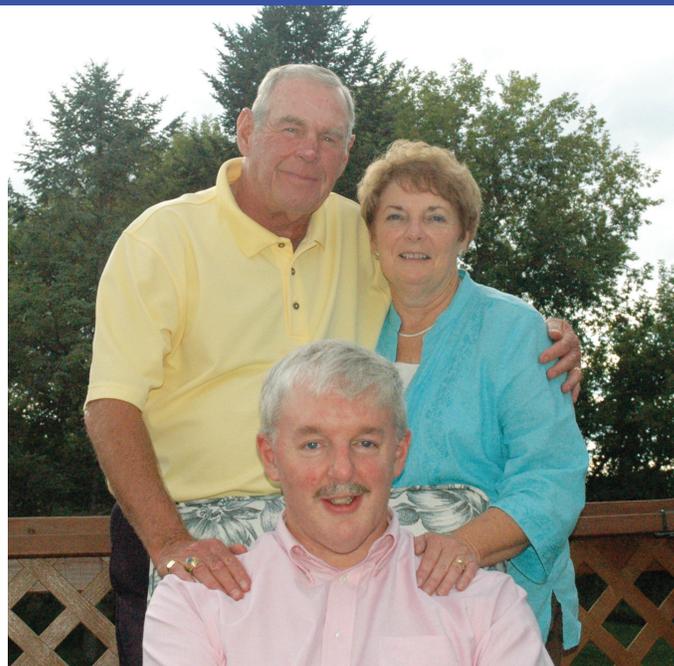
"Through employment services, he was placed into an environment where his peers worked," said his father, who would later join the agency's board of directors and serve for over 13 dedicated years retiring this past spring.

"The Arc helped us to see that it wasn't what we wanted for Louis, it was what was needed for him. He enjoys the work he does, has made many good friends, and has the feeling of accomplishment and independence each time he receives a pay check."

Skip has worked in Frankfort, New Hartford, Arnold Avenue and at Sansone on River Road. "He has gone to work Monday through Friday, spent time developing relationships, learned living and working skills, and is living an enriched life," said his mother. "As parents, we could not ask for more than our son's happiness."

The story of how The Arc has impacted the Dunlay family doesn't end there. As his parents began to age and his brothers living away from the area, Skip expressed interest in more independent living. The Dunlays decided that Skip would move into a home with four other men on Wheatley Circle in New Hartford, one of 37 residences run by The Arc.

"It wasn't a decision we made overnight," said his mother smiling. "We admit we were nervous about him moving out of our house. After several years of contemplating this move, it was time to give it a try." A week after Skip left home, now three years ago, they asked him if he wanted to come home. Skip confidently answered, "No, I like it here." Skip is able to



Lou and Carol Dunlay with their son, Skip

visit his family each weekend, but sometimes chooses to just stay in the place he now calls his home. "They have become their second family," his mother said of the employees that support the individuals in the residences throughout both counties. "It is truly his home now. He has his own room, has chores, makes his own lunch, helps with dinner, and knows what it takes to maintain a household."

Skip's parents agree that through the services and supports, relationships and commitments, and the dedication and person-centered care, The Arc has bettered the lives of thousands of individuals like their son. "The Arc has given us the confidence that Skip will always have the support he needs, he won't ever be alone," his mother said. 🌿

We are The Arc....

We want to know how The Arc has made an impact on your life!

Please send us your stories and we will feature them in upcoming newsletters, online publications and commercials.

Email Aida Mariani, director of public relations and development, at amariani@thearc.org or call 315.272.1532.

NICOTERA NAMED DIRECTOR of Vocational Services



Steve Nicotera began his career with The Arc in 1996, as a vocational rehabilitation coordinator in Vocational Services, and was then promoted to vocational rehabilitation counselor.

He left The Arc for a short time where he held various positions; including working for family services, serving as the health education manager at Rome Hospital Psych Unit, and working as an intensive care manager for RCIL/Mohawk Valley Psychiatric Center. Steve also has been a member of the Children's Mobile Crisis Team. In 2006, he returned to The Arc as the assistant director of Vocational Services, and most recently Steve has been the acting director.

Steve was raised in New Hartford. He received a bachelor's degree in Psychology from Hartwick College, and a master's in Health Services Administration from The New School for Social Research. Steve currently resides in Sauquoit with his wife, Deborah, and 9-year-old son, Andrew.

Radeljas Promoted



Dina Radeljas was recently promoted to assistant director of Vocational Services. Dina has served as a functional family therapist, behavior specialist, medicaid service coordinator, and most recently as a vocational rehabilitation counselor at The Arc, Oneida-Lewis Chapter. She is also an adjunct instructor at Mohawk Valley Community College.

In her new role, Dina will provide for the development and implementation of vocational and clinical programs that will foster the highest level of community integration to which individuals in the program can aspire. In order to foster work and social skills, duties will include functional program development, program evaluation and implementation along with staff training and evaluation.

Dina received a bachelor's degree in psychology and master's degree in applied sociology from SUNY Institute of Technology. She is currently pursuing her doctorate in psychology from Capella University.

Smith Joins The Arc Family



Danielle Smith has joined The Arc, Oneida-Lewis in the Compliance Office as a data systems analyst.

Danielle is a graduate of Colgate University where she earned her Bachelor of Arts degree. She was most recently employed by The Office of Admissions at Colgate University.

Danielle's responsibilities at The Arc include management of information into the OPWDD IRMA state wide database and the development of trend reports and measurements necessary for Council on Quality and Leadership (CQL) accreditation, including measures of safety, happiness, and quality of life for the people we serve.

Danielle resides in Utica with her daughter Katie.

Zammiello Honored by Utica Rotarians



Kathleen Zammiello, project coordinator in Day Services administration, was recognized with the 2012 Pride of Workmanship Award by the Rotary Club of Utica "for her keen sense of responsibility and for her ability to exceed expectations, while contributing to the success of her organization." Kathy was nominated by Vice President of Operations, Gail Miskowiec, because of her commitment and outstanding performance. "Kathy is truly a sincere employee who works hard every day because she loves her job, the mission of The Arc and the people our agency supports," says Miskowiec.

Throughout Kathy's 12 years of service to the agency she has demonstrated unique skills and dedication to her work. Miskowiec adds that "Kathy always gives 110 percent to The Arc and often works more than her scheduled hours to get the job done. She often takes on extra assignments, trains co-workers in new systems and software and assists other departments or staff in any way she can."

The Arc Honors Staff at

2012 Employee Recognition Dinner



2012 Employee of the Year
Christopher Spink, Fine Arc

The Arc, Oneida-Lewis Chapter held its Annual Employee Dinner on November 5, 2012, at the Radisson Hotel, Utica Centre. Employees from throughout the two counties and various services and programs were recognized for five to 30 years of dedicated service to the agency. In addition, the following awards were presented:

The **2012 Employee of the Year** was awarded to **Christopher Spink**, day habilitation specialist II, who has made an impact on Fine Arc and the artists who participate in the program. Spink empowers the artists to be the best they can be and encourages them to try new things, introducing them to different media and artistic styles. He is interested in learning about anything new to better serve the individuals supported by The Arc and his co-workers. He is a positive, compassionate, committed and enthusiastic employee who goes the extra mile in giving his time and energy.

The **2012 President's Cup** was awarded to **Stasia Petro** of Financial Management. This is an award presented by The Arc Board of Directors to a staff member who goes above and beyond in their work and personal life to live out the mission and Core Values of The Arc.

"Petro was nominated because she is an employee that truly cares about the agency and the people that we support. She tries to always find the good in each person and situations that come her way," said Joanna Greco, board president at The Arc.

Petro is a dedicated employee who is compassionate in all that she does and performs with integrity and dedication. She strives to help create new and better ways to support, not only the individuals served, but the many employees that work for The Arc. She offers her suggestions on how the team can improve the quality of life of individuals and how to build agency morale. Petro serves on many committees and always gives a 150 percent. She truly grasps, understands, and exemplifies what the agency stands for.

The **2012 Team Award** was awarded to **Vocational Services** at The Arc, Oneida-Lewis Chapter. This team of dedicated Arc employees was recognized for their outstanding ability to move The Arc from Good to Great, and is surely one that has many unsung heroes. Throughout the past year, the team has modeled leadership for both staff and individuals. They have demonstrated what it means to care for one another.

"This group came together as a team under unusual and challenging circumstances to take care of each other and the people at a time when sadly, a number of employees passed away. They clearly put their own sadness aside to come together to support others and were able to address each person at their own level of grief with patience and dignity," said Karen Korotzer, chief executive officer at The Arc. "It is not uncommon for families and caregivers to voice their appreciation about both the supports we provide and the growth they have witnessed in their loved ones. This team strives to be positive role models and sets an example that we are proud of."



Arc Board
President
Joanna Greco
(left)
&
2012 President's
Cup Winner
Stasia Petro,
Financial
Management

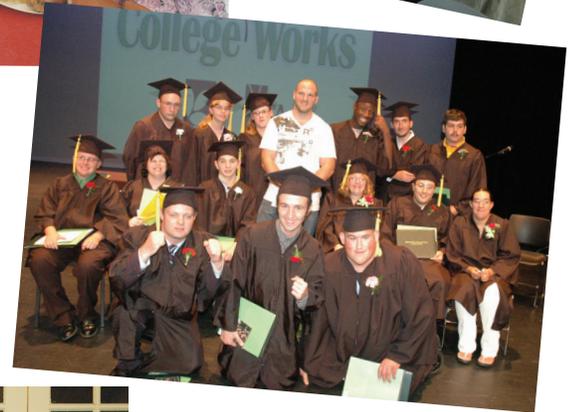
The Arc Spotlight



Employee Picnics



First Annual Arc Community Softball Tournament



CollegeWorks Graduation



Lynda Ford Memorial Golf Tournament



StageWorks production of Snow White



Bags for Babes

Meet Arc Board Member Dr. John Kowalczyk



Why did you decide to join The Arc board and become such an active member?

My association with The Arc, Oneida-Lewis Chapter goes back about 40 years when I started doing dental exams for individuals. Our daughter, Suzanne, at that time, was part of an Arc Child Guidance class at our Mandeville Street facility. With our daughter utilizing services at The Arc, I decided to become more involved with the agency and so, when asked to serve on the board, I accepted. Since that time, I have served on many committees, both in our local chapter and on the state level, including two three-year terms as president.

In your view, how has The Arc made an impact on the Mohawk Valley region?

The impact of The Arc in our local community is wide-spread. We have and will continue to provide expanding services and job choices for individuals, as well as providing growing employment opportunities for the overall area. The impact in our community has not only been financial. We have demonstrated that all people have value and all people can and do contribute to the richness of our community.

Over the years, what has been the most memorable and positive experience you have had as part of The Arc family?

To see our growth in providing an ever expanding range of services to an increasing population is a source of pride. Walking thru Arnold Avenue, the Ilig building, the VanDerhoof facility and the other outreach programs is a wonderful experience. A visit to any of our residences and seeing the homes we have provided for so many people is gratifying. One of the most memorable experiences I had was the opening of our first residence, our "Genesee Street Hostel" (as it was called back then). Today we have 32 residences! Being part of this growth has been an honor and a privilege, a reflection of a dedicated staff and a committed board.

We know there will be difficult times ahead. I think, however, we can look to the future with confidence to the continuing partnership between our board and our staff with a renewal of our dedication to providing the best services for those who rely on us.

Making a Difference

A few years ago, when planning her 9th birthday, Belle Vitagliano and her mother, Karyn, discussed how some parties are over-the-top, specifically the enormous amounts of gifts people receive and never use. Belle decided that she wanted to do something different that would help someone else. She had read about a group of Bantu Somalia refugees who were new to the area and who were unprepared for the winter climate. Belle had a Halloween/birthday party at her parent's home and asked everyone to bring winter coats, hats and mittens instead of presents. The items were taken to the Neighborhood Center to be distributed to the refugees.

Every birthday since, Belle has asked that her friends contribute to some charity or person in need. Last year was the most poignant. Belle collected over \$300 for a young local mom who had Stage

Four cancer. She never met the woman, but read about a fundraiser being held for her. The woman died a few months later, and a few months after that Belle's mother received a phone call from the woman's dad. He wanted to meet Belle and give her a special necklace to thank her for what she did for a complete stranger. It resonated on such a deep level with Belle. She recognizes how blessed she is and is sincere in her desire to help others. "She is a genuine believer in 'paying it forward' and hopes to inspire her friends to do the same," said her mother.

On Saturday, October 27, 2012, Belle and her friends joined thousands of Americans to celebrate Make a Difference Day. On November 1, Belle's 12th birthday, she and her friends visited The Arc's award-winning Saturday Friends program. Belle Vitagliano, Chloe Elsenbeck, Isabella Previte, Chloe Kem, Fallon Kem, Hailey Valenti, Tori Jones, Caroline Deck, Laura Allen, Kiana Kennedy, Rosemarie Burynski, Julianne Sekula, and Sophia Roberts, all sixth graders at Bradley Elementary and Hughes School in New Hartford, brought a lot of excitement to the program, along with Halloween and fall activities and games.

"We, at The Arc, think this is a great way to increase the understanding of the Saturday Friends program in the community," said Mary Beth Redmond, director of Community and Family Services. "These wonderful young ladies not only enjoyed themselves, but learned that volunteering can be rewarding - for both the person doing the volunteering and the recipients of that support."



Pictured is Belle Vitagliano at her birthday party with friends and some participants from The Arc's award-winning Saturday Friends program.

The Arc CORE Values

By Mary Jane Tottey, vice president of community supports

Compassion
DIGNITY
Dedication
Person Centered
-Family Based
Progressive
Integrity

When the Core Values Committee discussed the meaning of the Core Value for October, DIGNITY, each member understood what it meant, but deciding how it felt was harder to state. Diane Malone, Respite Care Home coordinator did some 'homework' and happened upon a quote that captured what DIGNITY felt like.

"Dignity is like air...When there's enough of it you don't notice it...When there's a lack of it, you suffocate. When you're full of dignity, you can focus on other things like your goals, your interests, anything. When you feel humiliated... your brain focuses huge amounts of attention on your humiliation. You obsess on how people don't appreciate your human value."

The quote is an excerpt from the book "Dignity: What's That, Sam?" written by Aigul Aubanova and Victor Dull. The book is the story of a 12 year old runaway who encounters a homeless man named Sam. It's written for teenagers and discusses the concept of DIGNITY on many levels.

Each of us can recall from our experiences when humiliation reigned supreme and our sense of self worth was almost negligible. In this age when bullying seems to be rampant, not only in school but on line and in nearly every venue of life, DIGNITY is obviously not embraced. Imagine your most humiliating moment, a time when you doubted yourself worth and wanted to hide from the world. Then imagine what it would be like to live and work in a place where DIGNITY was unimportant.

At The Arc, DIGNITY is the core (pardon the pun) of what we do. How can we support individuals with disabilities if we do not understand and embrace DIGNITY? How can we work cooperatively as a team member to provide the necessary supports without recognizing our own value? DIGNITY is the basis of every positive personal interaction. When a baby sees his mother's smiling face, he innately recognizes her love. His sense of worth also begins to develop. When people take the

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Calendar of Upcoming Events

2012 NOVEMBER

Holiday Giving Campaign
Annual Rotary Christmas Party
Friday, November 30, 2012
MVCC Utica - Student Union

2013 JANUARY

First Annual Mac 'n Cheese Bake Off
Friday, January 11, 2013
Vincent B. Colgan Training Center
245 Genesee Street, Utica

The Arc Gala
Saturday, January 19, 2013 - 6:30pm
Yahnundasis Golf Club

MARCH

Annual "Not So Silent" Auction and Basket Raffle
Saturday, March 23, 2013 - 6:30pm
Yahnundasis Golf Club

JUNE

Friends of the Arc Foundation Rome Event at Teugega Country Club
Saturday, June 8, 2013

JULY

Lynda Ford Memorial Golf Tournament
Crestwood Golf Course
Monday, July 23, 2013

For information about any of the above listed events, please call Community Development at 315.272.1532.

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Home Sweet Home ...a Dream Come True

by Colleen Bottini, assistant director,
MSC/Oneida County Team Leader

Linda York wanted independence. This woman of great faith and determination was “tired of paying rent” and wanted to own her own home. Linda, who had rented apartments for many years, also wanted the freedom to decorate her home without worrying about other tenants and landlords’ rules.

Linda dreamed of home ownership for years. With assistance from her daughter, and by setting goals, she realized her dream. Linda saved her money, attended a homebuyers’ seminar, worked through a realtor, and sought advice from her team at The Arc, Oneida-Lewis Chapter. Linda, however, made all the ultimate decisions about where her home would be and how she wanted it to look.

Linda used life-skills as she worked with a realtor for about two months and viewed many houses. She started to lose faith she would find a home, but her realtor encouraged her to persist, telling her, “Don’t give up!” The next house Linda looked at proved to be the one!

The one-family, three-bedroom home has a porch and hardwood floors and was well-maintained by the previous owner, which meant Linda and her daughter Shanice had to do little work to make the home ready for moving in.

The Medicaid Service Coordination department at The Arc assisted them with obtaining funds for moving costs and a strobe light, as Shanice is hearing-impaired and requires this modification to ensure her safety in the event of a fire.

Linda and Shanice like their new neighborhood, and Linda especially enjoys the peacefulness of their street and getting to know her neighbors. “This house is truly a dream come true,” she said.

Congratulations, Linda and Shanice!

For more information about services at The Arc, Oneida-Lewis County, please call 315.272.1532 or visit us on the web at www.thearc.org. You can also like us on Facebook and Twitter!

Supplemental Day Hab Program in Lowville, NY



Stowe Street Supplemental Day Hab participants.
L-R: Violet Lamb, Beverly Morley, Kim White and Samantha Vinson.

Beverly Morley, Samantha Vinson, Violet Lamb and Kim White are four women who currently participate in the Supplemental Day Hab program at our Stowe Street site in Lowville, NY. They enjoy each other’s company and maintain their friendship outside of the program and with individuals who participate in the Supplemental Day Hab program in nearby Boonville, NY.

To the women in the program, it’s just “Tuesday Fun Night,” and they DO have fun! But this extends beyond Tuesday night get-togethers. They are involved in volunteer work out in the community and are model citizens, deserving of all the recognition they receive and more! They regularly volunteer at Lewis County General Hospital and at Calwell’s Garden Center near Lowville. Calwell’s especially looks forward to their invaluable help in the spring when there is lots of potting and repotting to be done.

Each summer for the past few years the group has planted and maintained a vegetable garden on property owned by Arc staff Elaine Garrito. Calwell’s has donated seeds and the program has purchased plants to start the garden. The women typically grow green beans, tomatoes, carrots, potatoes, cucumbers, broccoli, cauliflower, zucchini, peas, lettuce, pumpkins and peppers. They love being in the garden and value that they can eat what they grow! They love to cook and have learned how to can tomatoes and peaches that they buy in bulk.

The women are very eager and happy to share recipes for everything from zucchini muffins to casseroles!

*Find delicious zucchini recipes on
pg. 14 of this issue.*

Enjoy!



RYAN McCORMAC RECEIVES EVERYDAY HEROES AWARD

Pictured (left to right):
Leland McCormac; Marcia
McCormac; Leland "Mac"
McCormac; Ryan McCormac;
OPWDD Commissioner
Courtney Burke; and
The Arc, Oneida-Lewis
Chapter CEO, Karen Korotzer.



The term "brotherly love" rings true for the McCormac brothers. Leland "Mac" McCormac, 18, and younger brother, Ryan, 15, share a bond that is unbreakable say their parents, Marcia and Leland. That is something that has helped Mac, who was diagnosed with autism, to live a more enriched life. Because of Ryan's dedication to his brother, and all people with intellectual and developmental disabilities, he was recently chosen to receive the Everyday Heroes Award by the Region 2, Developmental Disabilities Services Office (DDSO).

The Everyday Heroes Award is given annually to someone who has made the lives of others more meaningful and is willing to take risks to try new things with courage, loyalty and selflessness. "Everyday Heroes are ordinary people with extraordinary commitment," said Mark Lankes, Region 2 DDSO director at the award ceremony on September 11.

Ryan has done just that. "Ryan and Mac have a very special relationship, it's a symbiotic bond," says Marcia. "Ryan brings the best out in Mac and they have their own way of communicating."

Ryan, a lineman on the New Hartford High School football

team, is very protective of his older brother and learned at a young age to stand up for what is right to ensure that everyone, no matter their ability, is treated equally. "He bends over backwards to put Mac first," Marcia said. "Ryan has reversed his role and acts as Mac's older brother protecting him from some of the stress of being a teenager."

Their parents say that Ryan helps Mac have a special day, every day. "Ryan works harder to achieve things in life because he sees the difficulty that Mac has. He wants to be able to share with Mac those positive experiences and takes on the responsibility of making sure that Mac is always happy." Mac sees that the commitment from his brother, is heartfelt and returns the adoration. "Mac is Ryan's biggest fan!" said their father, Leland, who also serves as a board member for The Arc, Oneida-Lewis Chapter. "He is always there cheering on his brother!"

"Together the McCormac brothers are taking on the world... one laugh, smile and day at a time, and that is truly the meaning of 'brotherly love'," said Karen Korotzer, chief executive officer of The Arc, Oneida-Lewis. 🐦

We're Busy at the Day Hab Program *Gore Road in Rome*



The smile that Tommy Taylor wears while he's knitting beautiful baby hats at the Rome Day Habilitation program says it all. "He is so proud of the work he does and it shows," said Day Hab Specialist Michele Meeks. The hats that Tommy knits are donated to Rome Memorial Hospital's maternity unit for newborn babies.

Tommy, along with many others who attend day hab at Gore Road, have donated hundreds of hand-made crafts. They have also logged thousands of hours of volunteer time at Rome Memorial Hospital, the Rescue Mission, Ava Dorfman Center, area churches, area nursing homes, and even the National Center for Missing and Exploited Children .

Throughout the day, program participants are busy on projects that include baking, chorus, knitting, jewelry-making, painting and much more. "Each one of the men and women here has a unique talent," said Christine Spertl, administrative assistant. "Our staff show their dedication to the individuals we support by making time and an effort to showcase these talents." This is visible as you walk into each of the rooms at Gore Road where wreaths, pillows, quilts, and artwork adorn the walls. "It is very dignifying for Tommy and his friends to know that what they are doing is appreciated by staff, visitors and the community!"

For more information about The Arc, Oneida-Lewis Chapter's Day Program in Rome, please call 315.272.1532.

Core Values - cont'd from page 11

time to listen, to look at you when you speak and to respond to you in a positive manner, your sense of worth is validated.

DIGNITY as a Core Value is the bedrock of all that we do. It is an essential element in providing support to individuals and to each other as coworkers. It is the life-sustaining air we breathe. It is the gift that keeps on giving. The more you practice treating everyone you meet with the DIGNITY they deserve, the greater your own sense of self worth will increase.

The best illustration of the power of DIGNITY is the example of our own Vincent Colgan who recently retired as the vice president of Administration. Vincent had been at the Arc for 36 years. For thirty five of those years he was healthy. He understood what DIGNITY was and treated everyone with respect. After suffering a severe 'set back' in 2011, he lost many of abilities. Through sheer hard work, assistance from therapists, doctors, nurses and supporters, he regained the ability to walk and talk. After six months he returned to work. He felt the respect of his coworkers and recognition for the contributions he could make. Although he was diminished physically, his mind and spirit were fully in tact! Vincent took that lesson of the past six months and turned into a lesson for us all. He spoke of his fears returning, of his concern for not being able to function in his job and of how he would be treated by everyone. He found an organization ready to embrace him, who needed his contributions, his experience and his wisdom. He found courage in the example of the many individuals he had worked with in the past who came to see him and offer him encouragement and support. Vincent understood the importance of the Core Values and his legacy will be with us always. 🌿

Supplemental Day Hab - cont'd from page 12

Zucchini Stuffing Casserole

- 4 medium zucchini - sliced 1/2" thick
- 3/4 Cup shredded carrot
- 1/2 Cup chopped onion
- 6 Tbsp. butter or margarine
- 2 1/4 Cup herb stuffing cubes
- 1 can condensed Cream of Chicken soup (undiluted)
- 1/2 Cup sour cream

Cook zucchini in water until just tender and drain well. Set aside.

Melt 4 Tbps. of the butter in sauce pan, add carrot and onion and saute until tender. Remove from heat. Stir in 1 1/2 cups of stuffing cubes, soup and sour cream. gently stir in the zucchini. Turn mixture into a casserole dish.

Melt remaining 2 Tbsp. butter, add remaining stuffing cubes and toss to coat. Sprinkle on top of casserole. Bake at 350° for 30-40 minutes.

Zucchini Cookies

- | | |
|-----------------------------|---------------------------|
| 1/2 Cup granulated sugar | 2 tsp. baking powder |
| 1/2 Cup brown sugar -packed | 1 tsp. nutmeg |
| 1/2 Cup softened margarine | 1 1/2 tsp. cinnamon |
| 2 eggs | 1/4 tsp. salt |
| 2 1/2 - 3 Cups white flour | Raisons & nuts (optional) |
| 1 Tbsp. lemon juice | |

Preheat oven to 375°.

Mix sugar, brown sugar, margarine and eggs together.

Add remaining ingredients and mix well.

Drop rounded tablespoons of dough onto ungreased cookie sheet.

Bake 8-10 minutes - or until cookies do not indent when touched.



News and Events

Over the past few months we have celebrated with some very new and exciting events, while continuing to enjoy traditional and successful fund raisers for The Arc. Our Lynda Ford Memorial Golf tournament was a great success! With 123 golfers, we raised nearly \$30,000 dollars. Congratulations to Team Excellus BlueCross/BlueShield for taking home the Corporate Cup and to Patrick Anson and his team for winning the tournament!

New this year was a softball tournament held at Wankle Fields in Utica. This community raiser featured six local teams and two Arc teams. Each played for an individual that we support and played hard to win for that individual. Team Rosa's took home the championship trophy!

Bags for Babes was held in October for the third year. The event, chaired by Beth Luvera of First Niagara Bank, featured Chinese and live auctions. Fabulous designer purses and accessories filled the room. The event raised more than \$17,500 for Children and Family Services at The Arc, Oneida-Lewis Chapter.

We also held employee picnics in the North and South to celebrate the hard work of our entire staff; retirement celebrations for Vincent B. Colgan, vice president of administration who finished his 36 years of service with The Arc in September; and nearly a dozen other events and programs were planned through Community Development over the summer and fall months that featured local businesses, members of the community, board members, staff, individuals and family.

We have plans for an exciting year in 2013, starting off with the Annual Gala, featuring Showtime and award winning Chef Michel DiGiorgio, on Saturday, January 19 at the Yahnundasis Golf and Country Club.

The Foundation wishes to thank everyone for their continued support of The Arc at these and other events!



Front L-R: Sarah Chapple, Turning Stone employee; and Mary Egan, a manager at the Turning Stone. Back row L-R: Ray Halbritter, Oneida Nation Representative and Nation Enterprises CEO, Renée Graham, Bryan Garvey, Jerry Lewis, Richard Minckler, managers from the Turning Stone who supervise employees supported by The Arc, and Joanne Donaruma, director of Employment Services at The Arc.

OPWDD and NYSARC Recognize THE TURNING STONE RESORT AND CASINO for Work with The Arc, Oneida-Lewis Chapter

The Turning Stone Resort and Casino was named “Employer of the Year” by the Office for People with Developmental Disabilities’ (OPWDD) Works for Me at The Arc, Oneida-Lewis Chapter’s Annual Employer Recognition Breakfast, held in October as part of National Disability Employment Awareness Month activities. The Turning Stone was also named “Employer of the Year” by NYSARC, Inc. at their annual convention in Albany, also in October.

The casino was nominated for both awards by The Arc, Oneida-Lewis Chapter, NYSARC. Arc Employment Services Director Joanne Donaruma said, “The Turning Stone has demonstrated that they believe people with disabilities should have full participation as employees in an integrated work environment.”

Over the past 13 years, the Turning Stone has employed many individuals with a wide range of abilities served by the agency. In partnership with The Arc’s Supported Employment program, they currently employ 14 individuals as porters, housekeepers, dishwashers, dealers and senior line cooks.

“The Turning Stone has been eager as a company to hire and work with persons with disabilities, welcoming our staff and the individuals we serve into their facility and taking extra care to provide any help they need to learn various tasks. More importantly, they give individuals served by The Arc the opportunity to develop their abilities and reach employment goals. They do this, not because they have to, but because it is the right thing to do,” said Donaruma. 



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27th Annual Arc Gala

Gala

Saturday, January 19, 2013
6:30pm

Yahnundasis Golf & Country Club
8639 Seneca Turnpike, New Hartford, NY

\$150 per person ~ Black tie optional
For reservations, please call 315.272.1528

Featuring Michael DiGiorgio, Award Winning Chef
and Entertainment by "Showtime"

The Arc Gala is sponsored by the Friends of the Arc Foundation to benefit The Arc, Oneida-Lewis Chapter, NYSARC.