

Arc of Onondaga

PATTERNS

TURNING DISABILITY INTO ABILITY



Local Employee Wins Statewide Award PAGE 3

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A Message From the Executive Director



Ellen Gutmaker

Dear Friends,

It's hard to believe 2017 is quickly coming to an end. As we say good-bye to yet another year, I must admit, I am continually reminded of just how thankful we here at Arc of Onondaga are. We have wonderful community support, rewarding partnerships, devoted employees, and such a dedicated Foundation whose sole purpose is to advance the mission and vision of the agency. As you will read in this edition of Patterns, so much of what we are able to accomplish day-in and day-out relies on the instrumental relationships we are able to build throughout the year. A devoted Monarch employee was honored on a state level thanks to our friends at NYSID, people we support with a knack for the spotlight were able to take the stage in a professional theater house thanks to our partnership with The Redhouse, and hundreds of individuals were able to attend their first ever Elizabethan Masque thanks to a grant from NYSARC Trust Services. Our Athletes in Tandem program brought together 20 community runners who donated their time and determination so Arc individuals could compete in Arc Race, and, amidst the growing popularity of Races in CNY, our Dunkin' Run Arc Race brought out solid numbers, again, thanks to the dedicated community who continues to support what we do.

Every year we are constantly challenged to do more with less without compromising the integrity and quality of our services. And every year, thanks to the support of

so many community-minded individuals, agencies and employees, we are able to achieve greatness. For this, we are thankful.

Our Annual Fund Campaign is in full-swing, and I hope you will consider making a gift to the Arc of Onondaga Foundation. Money raised through the Foundation goes right back into the services and programs we are able to provide for our individuals here at Arc of Onondaga; services and programs that may otherwise go unfunded. This year, thanks to the Arc Foundation, residents with limited mobility were able to enjoy raised garden beds for growing vegetables and flowers, individuals with high sensory needs were able to channel their energy into therapeutic activities with new outdoor equipment, and one of our day programs opened their first "café" where they were able to learn and put to use the principals of food preparation, nutrition and choices. A gazebo was built this summer to not only enhance the outdoor space of one of our residences but also honor the memory of a long-time resident, individuals were able to follow their dreams and take acting classes, and bed lifts were installed at some of our residences. When you make a gift to the Arc Foundation, you're ensuring the services and projects we are able to provide today will be available well into the future, even when funding may not be. Please detach your pledge form on page nine of this edition of Patterns and mail it back in today.

I hope you have as much to be thankful for this holiday season as we do here at Arc of Onondaga. As we look forward to another exciting year, on behalf of myself, the board of directors and all of those we serve here at Arc of Onondaga, I'd like to extend many heartfelt thanks and warm wishes for the New Year.

Remember, if you want to keep up-to-date on all of the latest happenings here at Arc, make sure to "like" us on Facebook, follow us on Twitter or Instagram, and send us your email at GoGreen@arcon.org so we can add you to our eblast list.

As always, your feedback is welcome.

Ellen Gutmaker



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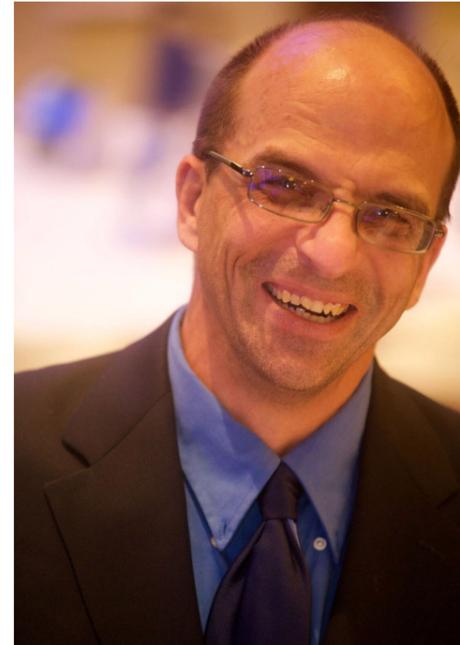
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Monarch Employee Honored With State Award



John Humphrey, a veteran with a disability, was honored this past September at a ceremony in Saratoga Springs as the 2017 William B. Joslin Outstanding Performance Award co-recipient. The awards, presented by New York State Industries for the Disabled, are a people-centered awards program which recognizes exceptional vocational and personal success on Preferred Source jobs.

John has overcome many obstacles in life, including homelessness, to become a custodian at the Westcott Day Habilitation Center – an OPWDD site at which Monarch works on a NYSID Preferred Source contract. Missing just one day of work in the past four years, John, who does not drive due to his disability, rides his bicycle to and from work totaling over ten miles a day; even in the infamous Syracuse winters.

"John is a very dedicated employee," said Jim Pitts, Enclaves manager for Monarch. He takes great pride in the work he does and the overall appearance of his site. As he has stated many times, the site is a reflection of him and what he does." Surrounded by co-workers and friends, John was accompanied by ten Arc of Onondaga employees who traveled to Saratoga Springs to watch him receive the award and celebrate with him. "It was such a great night," said Jim. "It really was inspiring to see so

many travel down to share in this experience, including past Joslin award nominees. A truly special night for such a humble guy. We couldn't be prouder."

Ayisha Crockrell, John's vocational supervisor, accompanied John to the stage and introduced him. "John is one of my motivators. He proves on a daily basis that barriers we place on ourselves are merely mental. He works for what he believes in without compromising who he is as a person, and that is his most commendable quality."

In October, and in commemoration of National Disabilities Employment Awareness Month, Arc honored John locally. Arc's executive director, Ellen Gutmaker, accompanied by Meredith Hartman and Katie Tucci from NYSID, presented John with a certificate and check, honoring him for all of his hard work.

"What a success story," said Pat Godfrey, John's vocational counselor at the VA. "John has risen up from a less than desirable beginning to being nominated for this award. Hard work and determination have allowed him to come this far. Before he came to Monarch, John received his associate's degree and a paralegal certificate. He completed his bachelor's degree online while being employed full-time. He was even on the dean's list at Bryant and Stratton. He is an Army veteran with an honorable discharge and several ribbons. I am so proud of him and his achievements."

John cares about his community and is very civic-minded. He recently started a group through Meetup.com called "Better Onondaga County," which now has 50 members exchanging ideas on how to improve the community. With the hope of owning his own energy-efficient home, and a belief that "something better than what you have now" is attainable, John continues to set higher goals for himself on a daily basis.



Photo from left to right: Katie Tucci, CNY account representative for NYSID, John Humphrey, Vince Darden, director of Monarch

Five Years of Theatrical Collaboration



The Redhouse Arts Center and Arc of Onondaga were at it again, bringing another spectacular performance to life on stage for the central New York community. "The Secret Garden" – a compelling adaptation of the now classic Tony Award Winning Broadway Musical – engaged audiences of all ages as it transported adults and children alike into their own private imaginations.

Since its premiere in 1991, "The Secret Garden" has been enchanting audiences over worldwide. Orphaned in India at age 11, Mary Lennox is sent to Yorkshire to live with her reclusive uncle Archibald and his son, Colin. Through a

compelling tale of discovery and forgiveness, she encounters a boy that can talk to birds, ghosts, and a magical garden that seems to be calling to her to wake it up.

Now in its fifth year of collaboration, the Redhouse Arts Center and Arc of Onondaga have been working together to bring the Syracuse community professional theater with a local flare. From "Peter Pan," "A Year With Frog and Toad," and "Seussical the Musical," the mainstage productions feature professional actors from around the country paired alongside actors with developmental disabilities. A year in the making, each performance is preceded by a multitude of workshops and classes designed to help individuals begin to feel comfortable performing in a group setting and in front of people, and inspired to get participants moving, allowing them the opportunity to feel rhythm, beats and motion on stage.

The tremendous success of the 2017 production has already put into motion plans for 2018 in which individuals from Arc will be cast members in "The Snow Queen," scheduled to debut in the spring. Be sure to visit theredhouse.org for more details.

Photos courtesy of Genevieve Fridley



Achievement Awards Dinner Honors Spectacular Individuals

The 23rd annual Achievement Awards Dinner drew hundreds downtown to the Syracuse Marriott this past June to celebrate achievements made by those with disabilities and honor the business and community members who support them. The evening, Arc of Onondaga Foundation's signature event and biggest fundraiser of the year, honored long-time community partnerships, outstanding board leadership, commitment to inclusive employment opportunities, and one inspiring, success-driven individual.

The night, which boasted of cocktails, raffles, and live and silent auctions, was emceed by Master of Ceremonies, CNY Central anchor Matt Mulcahy, and was accompanied by live entertainment courtesy of the Midler Day Hab singing group: The Midler Melodies. Mike Ferony of UPS received the Fisher Founders Award for his significant and long-term contributions to the Arc Foundation, SU Food Services was honored with the McAuliffe Community Service Award for their continued dedication to integrating individuals with disabilities into their workforce, and Redhouse Arts Center won the Arc Achievement Award for their commitment to community inclusion both on and off the stage.

The most distinguished honor of the evening, the Person of the Year Award, was awarded to Dori Zografos for her demonstrated and significant progress towards living an independent, inclusive life in the community. Dori, who once battled a debilitating fear of falling made great strides to take control of her life. She moved into a one-story Arc residence, began walking more independently, joined a gym, lost over 50 pounds, took a busy job on her feet doing a mail-run, and learned to become her own advocate. "I know I've come a long way," she said in her acceptance speech. "I am more independent. And I go places on my own. This is so exciting and wonderful. If I can do it, so can you."

Photo top: Dori Zografos stands with father Dene
 Photo middle left: Mike Ferony accepts the Founders Award
 Photo middle right: Samara Hannah, Redhouse executive director (left) with Marguerite Mitchell (right), Redhouse education director
 Bottom Photo from left to right: Ellen Gutmaker, Arc executive director; Mark Tewksbury, director of residential dining and Dome operations; Sean Broderick, Arc Foundation board president; Steve Brandt, manager of Ernie Davis and Shaw Dining Centers; James Blackmon, manager of Brockway Dining Center; Kathy Hellinger, manager of Graham Dining Center; Chuck Seereiter, Arc of Onondaga board vice president



Photos courtesy of Jim Cooke

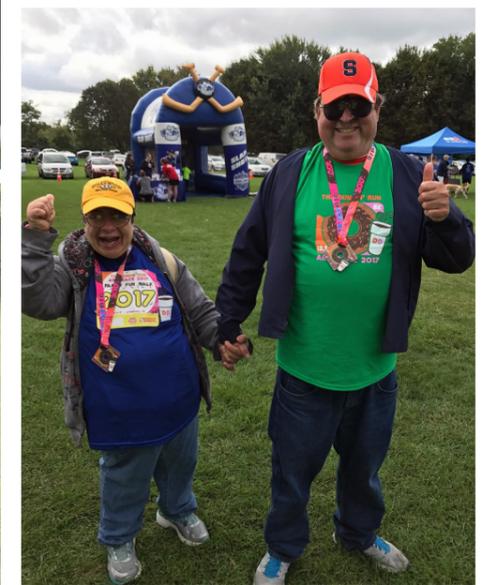
Arc Race Gets a Makeover

The 23rd running of the Dunkin' Run Arc Race took place this past September, packing Long Branch Park with almost 2,000 runners, walkers, volunteers and spectators. The annual road race is not only one of the largest, but oldest races in the area. Emceed by 93Q's Amy Robbins, the day offered a 5k, half marathon, 3k Family Fun Walk, the ever-popular Family Fun Zone, and back by popular demand, the Kids 1 Mile Fun Run. Also back at the Race and now in its fourth year: Athletes in Tandem, a program which pairs community runners with athletes with disabilities.

"It's always exciting to see what the year will hold," said long-time Race volunteer and Arc's executive director, Ellen Gutmaker. "Four years ago, our Athletes in Tandem program had six pairs of tandem athletes and this year, we had 20. And who would've thought that 23 years ago, when we were one of the only races in town and had 300 registered participants, that one day we'd be in the thousands."

This year, the event had a bit of a makeover; bringing all of the entertainment and vendors down into the fields adjacent to the finish line, expanding the Family Fun Zone to include enhanced inflatables and the new attraction, Bubble Ball Extreme, and bringing back the much missed Kids 1 Mile Fun Run. "The response was overwhelming," said Gutmaker. "When you put on an event year after year, the key is to keep it fresh. Whether it be introducing new activities or re-introducing old favorites, we always try to make sure there's a little something new every year."

It takes the dedication and commitment of 250 volunteers, in-kind donations from over 50 local companies and organizations, and the support of 1,500 runners and walkers in the Central New York community for the annual event to be a success year after year. Plans are already underway to add five new adaptive running strollers to the fleet for 2018 so walkers in the 3k can enjoy the experience, and enhance the 1 Mile Fun Run experience for kids.



2017

Photos courtesy of Jim Cooke
Photos courtesy of Bluehatfoto



The Impact of Giving



Individuals at Hampton Day Program are able to channel their high energy and sensory needs into constructive, challenging and enjoyable activities thanks to a grant from the Arc of Onondaga Foundation, allowing them the opportunity to purchase a two-person recumbent bike, helmets, mini trampoline and a hippity-hop.

Arriving just in time for summer, residents at our Washburn residence were able to plant, nurture, and take in the beauty of flowers blooming all season long in their new raised garden bed, making gardening easier for those with limited mobility.



The comfort and dignity of residents who live in Arc homes is of the utmost importance. Ambulatory changes and difficulty moving independently are some of the challenges residents and staff must face. The installation of overhead lifts allow for smooth transitions to and from beds with ease.



When you support the Arc of Onondaga Foundation, you're helping to make a lasting impact upon the people in our community with developmental disabilities. Every year, the Foundation awards grants to Arc of Onondaga to help fund projects and initiatives that otherwise might go unfunded.

In 2017, over \$56,000 was granted to Arc of Onondaga. Some grants were necessary for the well-being and safety of the individuals Arc supports, some promoted therapeutic and cognitive stimulation, some were designed to provide health and wellness benefits, and all were meant to inspire change, connect us to our community, and bring joy to the lives of those striving to lead independent, inclusive lives.

When you give to the Arc of Onondaga Foundation, you're ensuring that people with developmental disabilities can lead a purpose-driven, dignified life to their fullest potential.

These are your dollars at work!



Already booking into 2018, the Midler Melodies showcase the musical talents of individuals who attend Arc's Midler Day Program. Your dollars helped to purchase musical equipment so this dynamic group of talented musicians can share their musical abilities throughout the community.

Please detach and send to 600 S. Wilbur Avenue, Syracuse, NY 13204

Arc of Onondaga Foundation - Annual Appeal Pledge Form

- | | |
|--|---|
| <input type="checkbox"/> Diamond Circle - \$10,000 & up | <input type="checkbox"/> Leader - \$250 - \$499 |
| <input type="checkbox"/> Ruby Circle - \$5,000 - \$9,999 | <input type="checkbox"/> Advocate - \$100 - \$249 |
| <input type="checkbox"/> Platinum Circle - \$2,500 - \$4,999 | <input type="checkbox"/> Founder - \$50 - \$99 |
| <input type="checkbox"/> Gold Circle - \$1,500 - \$2,499 | <input type="checkbox"/> Supporter - \$25 - \$49 |
| <input type="checkbox"/> Silver Circle - \$1,000 - \$1,499 | <input type="checkbox"/> Other Gift: \$_____ |
| <input type="checkbox"/> Bronze Circle - \$500 - \$999 | |

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State: _____	Zip: _____
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Phone: _____	

Enroll me in the Monthly *Impact of Giving* Club! I would like to donate (please check one) **minimum \$25 a month:**
 _____ \$50 a month _____ \$100 a month \$_____ Other amount *Your donation will automatically be charged to your credit card monthly*

I have included Arc of Onondaga in my estate plans I would like more information about giving a gift and receiving income for life

Please invoice me Enclosed check Visa MasterCard American Express Discover

Signature _____ Card # _____ Exp: _____

Annual gifts of \$500 or more entitles you to membership in the Legacy of Love Society. Included in any contribution is a complimentary membership in Onondaga County Chapter of NYSARC, Inc. Your membership is needed to send a message to legislators that the community supports Arc and its mission. Your name and address will not be shared with other entities for purposes of solicitation. Please initial on the line following this paragraph to decline this free membership. _____

Taking a step back...in time!



Arc of Onondaga was awarded \$15,000 in grants from the Trustee Management Board of NYSARC Trust Services to provide recreational opportunities for individuals supported by Arc. Last year, Arc received a similar grant which was used to host a variety of events including an evening out in Syracuse to see "The Phantom of the Opera," a night of dinner and dancing at the Magical Kingdom Ball, and the oldie but goodie, day trip to Alexandria Bay.

NYSARC Trust Services administers supplemental needs trusts (SNT) that can make dramatic improvements to the lives of people with disabilities while enabling individuals to maintain eligibility for public benefits programs, such as Medicaid and SSI. In 2017, NYSARC Trust Services awarded a total of \$2,793,500 in grants to NYSARC Chapters statewide.

This year's grant supported four different events: a masquerade ball attended by over 200 people in which all the masks were made by an art program for teens with autism, the back-by-popular-demand and fourth consecutive year running A-bay trip to New York's Thousand Islands, an ugly sweater holiday party, and The Masque. A brand new and exclusive opportunity, The Masque was planned and executed by Art Surge - an art program for teens with autism - who spent the summer learning about 16th and 17th century masques including details such as music, dance, food, acting, costume and set design. They performed at the event which was modeled after a true Elizabethan feast. The night included over 150 people from Arc of Onondaga, parishioners from churches throughout the community, actors from Syracuse's own theater company, The Redhouse, a local medieval society, and other agencies that support people with disabilities.



NYSARC Trust Services has administered supplemental needs trusts since 1972, helping more than 16,000 people with disabilities protect their eligibility for government benefits and improve their quality of life. Their trust programs give people with disabilities the opportunity to remain in their communities with greater comfort and independence while providing peace of mind to their family and loved ones. NYSARC Trust Services administers first- and third-party supplemental needs trusts, pooled trusts for income and resource (asset) protection, and individual trusts. When protecting settlement proceeds with a NYSARC Community Trust, they can also administer Medicare Set-Aside (MSA) accounts. For more information, please call (518) 439-8323 or visit them online at nysarctrustservices.org.



Photos courtesy of Laiza Semidey



After the passing of her brother, Jim, Mary Salibrici and her siblings knew they wanted to give back. A long-time Arc resident, Jim lived at Bailey Road for over 35 years and loved being outside. Mary and her family decided that a gazebo in the backyard would not only honor their late brother, but create a serene outdoor space for all of his friends to enjoy as well. Together with the Arc of Onondaga Foundation, Mary and her family funded the building of a new gazebo for Bailey Road. Construction was completed this summer and was dedicated to Jim at an inaugural barbecue.

Donor Spotlight



All Around the Arc



Storytime

Arc's executive director, Ellen Gutmaker, took time out of her busy schedule to read to the students at Parkside this past May.



March on...

Hundreds marched through the streets of downtown Syracuse this past July in celebration of the 28th anniversary of the passing of the Americans with Disabilities Act. Waving posters and chanting rally cries, advocates from all walks of life banded together in support of the bill that granted basic human and civil rights for people of all abilities.



You Gotta Have Art

Participants from Arc's Lancaster Day Program enjoyed a morning of creative expression as they created one-of-a-kind masterpieces at Painting With a Twist in DeWitt.



Class of 2017

Parkside Children's Center celebrated the achievements of pre-K students in two graduation ceremonies. Students received their diplomas and applause from parents, family members, and teachers! Congratulations, graduates!



Art on display

Artistic ability and creativity were on display at the Parkside Art Show, held this past May at Arc's administrative offices. The students worked on their projects for weeks which were enjoyed by Arc of Onondaga staff members and visitors.



Summer Celebration

Individuals supported in Monarch's Lowell and Wilbur Avenue work centers took a greatly deserved break to celebrate their hard work this past July at the annual Work Center Picnic. Arc staff cooked and served a delicious lunch, then turned up the music! A great time was had by all!



Back-to-school

Arc employees held their first back-to-school drive this past August. Hundreds of much needed supplies were collected and dispersed to Dr. King and H.W. Smith elementary schools in Syracuse just in time for the new school year to begin.



Carnival!

Arc held its first-ever Family Carnival and Open House this past August at Arc's administrative offices. The day, designed to educate parents of the many programs and services available to youth and young adults, included games, free snacks, face painting, balloon animals and yoga, along with visits by Jeff the Magic Man, The Midler Melodies and Music Together.



Safety

Arc of Onondaga's Safety Committee held its second annual Safety Fair this past July. The day featured a little something for everyone and included the Office of Fire Prevention and Control Fire Safety House, Justice Center presentations on abuse and neglect, safe cleaning must-knows, CPR demos, internet safety, CENTRO travel training, and informational tables and vendors.



Arc of Onondaga
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Arc of Onondaga is an Equal Opportunity Employer

SERVICES:

Arc of Onondaga is one of the largest providers of services to people with developmental disabilities in Onondaga County serving thousands of individuals and their families and employing 500 people. With nearly 40 different sites throughout Central New York, Arc provides a wide array of services including residential, day, employment and clinical, and recreation programs. In addition to these supports and services, Arc operates two major subsidiaries: Parkside Children's Center, an integrated preschool and Monarch, a vocational program and outsourcing company with corporate partners throughout the region.

Clinical Services	476-7441	Parkside Children's Center	468-1632
Horizons Clinic	Ext. 1167	Evaluation Services	
Day Services		Family & Parent Support	
Day Habilitation	579-5625	Pre-School	
Senior Retirement	579-5625	School-Age Transition	
Community Outreach & Family Support Services	473-5068	UPK for SCSD	
Community Recreation Services		Residential Services	476-7441
Corporate Guardianship		Residence Living	Ext. 1160
Medicaid Service Coordination		Supportive Apartment Living	
Family Reimbursement		Administrative Offices	476-7441
Monarch	476-7441	Office of the Executive Director	Ext. 1122
Community-Based Employment	432-5560	Development & Public Relations	Ext. 1103
Supported Employment	437-2025	Facilities & Operations	Ext. 1162
Transition to Career	437-2025	Finance	Ext. 1152
Work Centers	424-6000	Human Resources	Ext. 1173
		Information Technology	Ext. 1177
		Safety / Transportation	Ext. 1155
		Quality Assurance	Ext. 1127
		Fax	476-7446