

Arc of Onondaga

PATTERNS

TURNING DISABILITY INTO ABILITY



Arc Race Celebrates Five Years of Tandem Running

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2018, Issue III

A Message From the Executive Director



Ellen Gutmaker

Dear Friends,

Advocacy, advocacy, advocacy! As another year comes to an end and we begin to look forward, planning for a new year, I am reminded that advocacy is at the cornerstone of everything we do. Funds will continue to be tight, programs will continuously be scrutinized, and recruiting dedicated and selfless individuals for challenging yet rewarding work will always be at the forefront of our day-to-day operations. Every year we are constantly challenged to do more with less without compromising the integrity and quality of our services. As I look back on 2018, I realize that advocacy and awareness are at the foundation of achieving these goals.

As you will read in this edition of *Patterns*, whether it be through events in the community, Foundation fundraisers, partnerships, or training and engaging employees in meaningful work experiences, the more we advocate for ourselves and the people we serve, the more our voices are heard in the CNY community and the more rewarding our work becomes.

We will be holding another #bFair2DirectCare rally in January. Please save the date. Our voices have been heard and our advocacy efforts have not gone unnoticed. After our first rally in 2016, Governor Cuomo pledged to incorporate \$55 Million in the NYS budget to compensate a living wage for Direct Support Professionals. But, our efforts cannot end there. We have much work to do to continue to make sure DSPs earn a living wage and the life-altering work they perform day in and day out does not go unnoticed.

We're excited to announce our new fundraiser, Pasta for a Purpose, in March. Come and enjoy a fun and festive night in a relaxing and intimate environment. Sample some of the best pasta dishes around and help support a good cause, the Arc of Onondaga Foundation.

The Arc of Onondaga Foundation's Annual Fund Campaign is in full swing, and I hope you will consider making a gift. 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, \$113,000 was granted to the agency so individuals we support can lead more independent and inclusive lives. Four jogging strollers were added to the Athletes in Tandem fleet at this year's Arc Race, new patio furniture was purchased for five of our residences, ramps were built at one of our homes to improve access and safety for the people who live there, and Touch Stream technology is now being used to foster independence at two of our residences. This innovative technology assists individuals with medication alerts and supervision. 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.



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The Arc of Onondaga Foundation presents

Pasta for a Purpose

Thursday, March 28th • 5:30 - 8:30 p.m. • Justin's Tuscan Grill
6400 Yorktown Circle, East Syracuse

Experience the "power of penne" with a mouthwatering buffet of 4 pasta dishes along with salad, bread and dessert
Penne Bolognese • Chicken Riggies • Vegetable Lasagna • Farfalle Alfredo

GIFT CARD GRAB

Win a prize every time!

Grab a gift card of \$20 or more to establishments throughout the CNY area
\$10 to enter, 100% chance of winning

\$25 per person
Tickets available at www.arcon.org

Overcoming Adversity to Outstanding Performer



Photo left to right: Jim Pitts, Enclaves manager, Preston Thompson, Katie Tucci, CNY account representative for NYSID, Ayisha Crockrell, lead vocational supervisor for Enclaves

"I was lost out there in the world. I was addicted, couldn't keep a job, and 62 years old at the time. Then, one day I finally realized... I needed help." This was how Preston Thompson, New York State's Industry for the Disabled 2018 William B. Joslin Outstanding Performance Award winner, described his life seven years ago. A Vietnam Vet who came back from war with little-to-no supports in place and suffering from Depressive and Post Traumatic Stress Disorders, he walked through the door at the local VA disability program asking for help. "My addiction ruined many things for me. I couldn't keep a job because I was addicted. I needed a job to support my addiction. I was always stressed, always tired, social security wasn't cutting it, and I was missing out on my family's lives. I decided I was ready to work. And I realized I was ready to work for myself, not my addiction. I just needed help, and a chance to prove myself."

The William B. Joslin Outstanding Performance Award is NYSID's annual people-centered awards program which recognizes

exceptional vocational and personal success on Preferred Source jobs, and Preston, who was referred to Arc's vocational division, Monarch, through the VA, couldn't have been happier to have been this year's Onondaga County recipient. Crediting his job for almost everything good in his life, Preston went from not being able to hold employment, to becoming one of Monarch's most coveted employees.

"Preston has set the standard on how we want staff to clean," said Ayisha Crockrell, lead vocational supervisor for Enclaves. "He's effective, efficient and organized. He's amazing at floors and has become the go-to guy to show others how to do them. We even send him out to correct other sites." Jim Pitts, Enclaves manager said: "Preston is a patient teacher. He taught past Joslin nominee Vinny Munro the ropes when he started. He never calls in, is always on time, and has proven time and again that hard work and a positive attitude are most definitely the keys to success at any age."

*"Every day we have choices we must make.
I pick work.
I pick staying clean.
We must make decisions.
I choose to belong in society."*

In October, and in commemoration of National Disabilities Employment Awareness Month, Preston was honored at a ceremony at Arc's administrative offices. Executive Director Ellen Gutmaker, accompanied by Katie Tucci from NYSID, presented Preston with a certificate and check, honoring him for all of his hard work.

"My job is my motivation for staying sober," he said. "Having this job keeps me straight as an arrow. It reminds me to always try to do the right thing. I'm happy all the time. I just feel so happy." Thanks to Preston's job, he has a newfound view of life. Being self-sufficient and earning money has allowed him the opportunity to enjoy things he never could before. In the past, spare time and money usually led him down the wrong path, but today, having a job he loves and extra money at the end of the week lets him do things with his family including camping, fishing and even woodworking. "Every day we have choices we must make. I pick work. I pick staying clean. We must make decisions. I choose to belong in society."

#bFair 2DirectCare

**Wednesday
January 16th 2019**

In support of increased pay for direct support professionals who work with people with disabilities in our community, Arc of Onondaga and AccessCNY will hold a news conference in downtown Syracuse. The #bFair2DirectCare campaign began in 2016, and is a workforce funding effort striving to provide a living wage for those who support individuals with disabilities. Staff members, direct support professionals, advocates, parents, self-advocates and supporters of individuals with disabilities are encouraged to attend this free event to show your support! Please call 315-476-7441 for locations details.



Hundreds marched through the streets of downtown Syracuse this past July in celebration of the 29th anniversary of the passing of the Americans with Disabilities Act which was signed into law by the late President George H.W. Bush. 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.



Arc of Onondaga's Safety Committee held its third 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, Safe Kids, CPR demos, CENTRO bus travel training, and visits from the Syracuse Fire Department, 911 dispatch, Jerome Fire, US Army, and the Onondaga County Sheriff's Office.



As part of Arc's unit on Families and Community, the preschoolers at Parkside Children's Center at HW Smith engaged in some "career exploration" opportunities recently.

Doctor? Nurse? Law enforcement? Civil servant? The possibilities were endless and the smiles contagious.

For more information on enrollment and services, contact:

315-468-1632

www.parksidechildrenscenter.org





Arc Race Celebrates Five Years of Tandem Running

The running of one of the oldest races in town, the Dunkin' Run Arc Race, took place this past September; hosting a crowd of almost 2,000 runners, walkers, volunteers, vendors and spectators in Liverpool's Long Branch Park. Emceed by 93Q's Amy Robbins, the day offered a 5k, half marathon, 3k Family Fun Walk, KIDS 1 Mile Fun Run, and the ever-popular Family Fun Zone.

Offering a little something for everyone, participants enjoyed great weather and great attractions, all while supporting a great cause! "It's sometimes hard to try to reinvent the wheel," said Ellen Gutmaker, long-time Race volunteer and Arc of Onondaga executive director. "We've been doing this event for quite a while and are continuously challenged to do more with less. Year every year, we're continually amazed with the outpouring of support from not just the running community, but our staff, volunteers and local organizations who continue to donate their time, services and products to ensure the success of such an important community awareness event for us."

The Race, now entering its 25th year, also marked the fifth anniversary of Athletes in Tandem – a program which pairs community runners with athletes with disabilities so they can compete in outdoor sporting events. "Five years ago we were so excited to introduce this program to the community," said Ellen. "We borrowed six running strollers and recruited six pairs of tandem athletes from the community and Arc programs to compete in the half marathon and 5k events. We really thought it was quite the feat. So, it is nothing short of astounding to see this program a mere five years later hosting a total of 25 tandem pairings in the half marathon and 5k, and now, the 3k Family Fun Walk."

Thanks to donations from the community, and grants from UPS, the Boenheim Foundation and the Arc of Onondaga Foundation, Arc of Onondaga is proud to say that it owns all 25 of the adaptive jogging strollers utilized in the Race and uses them throughout the year for strolls throughout the neighborhood, at community events, and on loan to other people wishing to promote inclusivity at sporting events throughout the area.



When you support the Arc of Onondaga Foundation through our Annual Appeal, the Achievement Awards Dinner, Arc Race, and our upcoming Pasta for a Purpose event, you help to make a lasting impact upon the people in our community with developmental disabilities who are supported by Arc of Onondaga. The Arc of Onondaga Foundation was established to ensure the financial future of the Agency by securing community support. Every year, the Foundation awards grants to the Agency to help fund projects and initiatives that otherwise would go unfunded.

A total of \$113,000 in grants were awarded this year. These are just some of the projects that were made possible thanks to your support.

These are your dollars at work!



Four jogging strollers were purchased to grow the Athletes in Tandem effort at this year's Arc Race. Athletes in Tandem pairs community runners and walkers with Arc athletes and embodies our mission of community inclusion.

Just in time for spring and summer, **new patio furniture** was purchased for five of the residences that are operated by Arc of Onondaga.

The **waiting room at Horizons Clinic** received a facelift to make the patient/family experience more enjoyable.

Music for Life, the intergenerational program that creates connections through music, will continue to be offered to "seniors" from our Day Programs and toddlers from the Salvation Army's programs.

The clinic at our **Galeville Day Program** was **remodeled**. New furnishings and therapeutic equipment have been purchased.



Ten area preschool children attended Parkside Children's Center's summer program, thanks to a **tuition assistance** grant.

This summer, Arc of Onondaga hosted its third annual **Safety Fair**. Grant funds will enable the Safety Committee to purchase takeaway items to promote safety in our residences.

Ramps have been built at one of our residences to improve access and safety for the people who live there.

A new **therapeutic tub** was been purchased for one of our residences.

Touch Stream technology is being used to foster independence at two of our residences. This innovative technology assists individuals with medication alerts and supervision.

Project Connect funding enabled ten individuals to take advantage of a wide range of recreational activities.

A **shower trolley** has been installed at one of our residences to make transportation to and from bathing safer and more comfortable.



An individual who lives at one of our residences is now be able to enjoy more socialization at home thanks to a **mobile chill-out chair**.



Jamie's lifelong dream to go to a Buffalo Bills game finally became a reality! Thanks to the generosity of supporters who pulled his star from the Wall of Dreams at the Arc Foundation's Achievement Awards Dinner, Jamie took the road trip of a lifetime when he received two tickets to attend a game at New Era Field.



John relies solely on his bike to travel the 10 miles to and from work every day; even in the infamous Syracuse winters. Missing just one day of work in the past five years, John was left bikeless when his broke, so, he started walking. Donations raised from the Make a Dream Come True live auction not only enabled Arc to buy John a new bike, but also protective gear including a helmet and lock.



Eighteen thespians supported by Arc took to the stage at Redhouse Arts Center! Thanks to underwriting from the Arc of Onondaga Foundation, performers attended workshops teaching a variety of skills needed to perform in professional theater, including augmenting motor skills, body movement, and confidence building. Nearly all six of "The Snow Queen" performances sold out, providing a wonderful outlet for the people we support and their families and friends the opportunity to see them act out their dreams.

This year at the Arc of Onondaga Foundation's Achievement Awards Dinner, we featured our first-ever Wall of Dreams. From big hopes to everyday wishes, every thought on the wall was an expression of the individuals we support, and every star was an opportunity to make someone's dream come true.

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

Arc of Onondaga Foundation - Annual Appeal Pledge Form

- Diamond Circle – \$10,000 & up
- Ruby Circle – \$5,000 - \$9,999
- Platinum Circle – \$2,500 - \$4,999
- Gold Circle – \$1,500 - \$2,499
- Silver Circle – \$1,000 - \$1,499
- Bronze Circle – \$500 - \$999
- Leader – \$250 - \$499
- Advocate – \$100 - \$249
- Founder – \$50 - \$99
- Supporter – \$25 - \$49
- Other Gift: \$_____

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Email: _____
 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 legislator 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.

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 2018, over \$113,000 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.

Thank you for helping to make dreams come true! These are your dollars at work!

Trust Grant Provides Inclusive Opportunities



Arc of Onondaga was awarded \$50,000 in grants from the Trustee Management Board of NYSARC Trust Services to provide recreational opportunities for individuals supported by Arc's recreation and guardianship programs. Last year, Arc received a similar grant which was used to host a variety of events including a medieval Masque, an ugly sweater holiday party, a night of dinner and dancing at a masquerade 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 2018, NYSARC Trust Services awarded a total of \$2,778,500 in grants to The Arc New York Chapters statewide.

This year's grant supported four different recreational events and many guardianship activities including: the Spring Fling dance attended by over 200 people, the back-by-popular-demand and fifth consecutive year A-bay boat trip in New York's Thousand Islands, a boat cruise on Central New York's own pristine Skaneateles Lake, an ugly sweater holiday party, and numerous guardianship picnics and dinners.

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, visit them online at nysarctrustservices.org.



SEFCU and Skaneateles Middle School Spread the Warmth this Holiday Season

Thanks to our community-minded friends at SEFCU and Skaneateles Middle School, students at Parkside Children's Center will have much to celebrate this holiday season. SEFCU staff once again stepped up to make sure every child would stay warm this winter with the gift of a brand new coat for the holidays. The donation, which came just in time for the frigid Syracuse winter, will be dispersed to all students at both HW Smith and Dr. King elementary schools along with an age appropriate toy thanks to the generosity of the Skaneateles Middle School Student Council, which has included Parkside Children's Center in their annual holiday toy drive shopping spree for the past seven years. The much needed gifts will be delivered during the classrooms' annual holiday celebrations and will ensure that every child has a present to open this holiday season.

Wellness Committee Revitalized for the Health of Our Employees!

The Wellness Committee is a volunteer committee comprised of employees from a variety of departments. The committee reformed in July, and has rededicated its efforts to increasing awareness and the overall health and wellness of our employees.

Since July, activities have included providing: fresh fruit and the chance to "give tea a try" thanks to electric tea kettles and complimentary tea bags, walking routes near our main office on Wilbur Avenue, a Breast Cancer Awareness Month event, information and encouragement during Smoking Cessation Month, tips to manage stress, and healthy recipes. The Wellness Committee is currently coordinating a year-end food drive for a neighborhood food pantry.



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Syracuse Crunch's Biggest Fan Receives Big Surprise

Bob McCall hasn't missed a Syracuse Crunch game in 15 years! A season ticket holder who admittedly loves the thrill of a good "ice fight" and the excitement in the arena after a goal is scored, Bob can sure enough be dubbed one of the Crunch's biggest fans. Known to many throughout the Crunch staff and Oncenter personnel, Bob has become a regular at hockey games - riding the CENTRO bus in any type of weather condition - with his smiling face and cheerful disposition. So, it was quite the surprise when in the middle of the summer, Crunch staff decided to pay Bob a visit at his place of work, for a change, and surprise him with his very own hockey Jersey. "Everybody just made my day. They made me feel so good," said Bob who was shocked and elated. "What a great Day!"





Arc of Onondaga
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Christine Hall

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
Horizons Clinic Ext. 1167

Day Services
Day Habilitation 579-5625
Senior Retirement 579-5625

Community Outreach & Family Support Services 473-5068
Community Recreation Services
Corporate Guardianship
Medicaid Service Coordination
Family Reimbursement

Monarch 476-7441
Community-Based Employment 432-5560
Supported Employment 437-2025
Transition to Career 437-2025
Work Centers 424-6000

Parkside Children's Center 468-1632
Evaluation Services
Family & Parent Support
Pre-School
School-Age Transition
UPK for SCSD

Residential Services 476-7441
Residence Living Ext. 1160
Supportive Apartment Living

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