The ARC 5K Challenge
August 9, 2013
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SPRING/SUMMER| 2013

Schenectady arc UPDATE

A publication of the Schenectady County Chapter, NYSARC, Inc.

See Abilities. NOT DISABILITIES.

Are you Running it?

Schenectady ARC 's 5K Challenge Event Runs into town for a 3rd Year. Are you up to the *Challenge*?

Schenectady ARC will host the third annual community wellness challenge on August 9 to benefit the programs and services of Schenectady ARC. The ARC 5K Challenge presented by Rose & Kiernan Insurance will start at 4:30 p.m. on the 9th at Central Park in Schenectady.

The annual event encourages wellness and team-building through friendly competition among businesses and individuals. The race is scheduled just after business hours on a summer Friday night.

Participants can form teams of four or race as individuals. Teams are encouraged to wear a unified color in the spirit of fun competition. Individual runners, families and those with disabilities are also welcome.

The ARC 5K Challenge Director's Cup will go to the overall first-place team. There is also a family mile walking event, activities and great giveaways.

Runners ready themselves for the 2012 ARC 5k Challenge. Nearly 200 people participated in the 2nd Annual Run to support Schenectady ARC.

Team registration $100 (for 4) and individual registration is $25. For more information and to register, visit **www.arc5Kchallenge.com**.

2013 EVENTS

9 AUGUST 2013
ARC 5K Challenge -
Register Online - www.arc5kchallenge.com

12 NOVEMBER 2013
ARC Fall Celebration Fund-Raiser
Reserve tickets online - arcschenectady.org

Schenectady ARC
214 State Street
Schenectady , NY 12305
www.arcschenectady.org
518.372.1160

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Schenectady ARC BOARD OF DIRECTORS *2013*

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Executive Director, Kirk Lewis selected as National ARC Rising Star

The Arc's National Convention is the setting for recognizing individuals who represent the best of the core values of The Arc and NCE. Kirk Lewis was identified as one of those individuals. Kirk and other executives of chapters of The Arc have been working feverishly all over the country to make America a better place to live for people with cognitive, intellectual and developmental disabilities, along with their families, friends and communities.

The National Conference of Executives of the Arc (NCE) confers four awards annually to those that represent the best of the core values of the Arc. The NCE Award Program recognizes the awardees for their outstanding efforts to fulfill the mission, core values and position statements of The Arc.

Kirk M. Lewis was selected as the 2013 Arc of the United States National Conference of Executives Rising Star. He will attend the awards ceremony in Bellevue, WA on August 5.

Kirk M. Lewis
Executive Director, Schenectady ARC

SCHENECTADY COUNTY CHAPTER ARC-

IS A CHAPTER OF NYSARC, INC. AND A MEMBER OF THE ARC OF THE UNITED STATES.

SCHENECTADY ARC IS COMMITTED TO HELPING PEOPLE IN THE CAPITAL REGION ENJOY HEALTHY, REWARDING LIVES AS MEMBERS OF THEIR COMMUNITY. SCHENECTADY ARC BRINGS STAFF, FAMILIES, AND COMMUNITY TOGETHER TO ENCOURAGE DREAMS AND RESPOND TO EACH PERSON'S LIFE CHOICES BY OFFERING HIGH QUALITY SERVICES, RESOURCES AND SUPPORT.

BEST PLACES TO WORK — THE BUSINESS REVIEW — 2012

Executive Management Team

Kirk M. Lewis
Executive Director

Suzanne Pinto
Associate Executive Director

Jane H. Canale
Assistant Executive Director
Human Resources & Support Services

Jennifer Cole
Assistant Executive Director
Employment & Day Services

Brian Dwyer
Chief Financial Officer

Becky Thomas, ARC Social Worker, Awarded Alumna of the Year at UAlbany

At SUNY-Albany School of Social Welfare's Internships in Aging Project (IAP) graduation luncheon on May 3, 2013, Becky Thomas LMSW, of Schenectady ARC, was awarded Alumna of the Year. Becky was a student intern through IAP and since graduation has been a leader in fund-raising efforts for the program. The award was presented by IAP administrators Ricky Fortune and Linda Mertz. Present at the luncheon were Schenectady ARC Social Workers Damon Mazzeo LMSW and Tammie Morley LCSW-R, who was last year's Alumna of the Year. Schenectady ARC is deeply grateful to Becky for her efforts to support and benefit the IAP program and for providing quality services to Schenectady ARC clients for two years. Both Becky and Tammie are to be thanked and congratulated for their excellent efforts on behalf of those aging with developmental disabilities.

(l-r) Ricky Fortune, Becky Thomas, Tammie Morley, and Linda Mertz. Ricky and Linda of SUNY-Albany School of Social Welfare Internships in Aging Project present Alumna of the Year Award to Becky of Schenectady ARC's Ridge Health Services on May 3, 2013. Tammie, last year's recipient, shares in the celebration. (Photo: Damon Mazzeo)

A Special Thank You for our 2013 Schenectady ARC Luau in the Park sponsors.

Corporate Sponsorships

King Kamehameha Level $2500

THE BONADIO GROUP
Business Consulting & More

Makamaka (Friend) Level $1500

CDPHP® A plan for life.

PRICE CHOPPER GOLUB FOUNDATION

Ohana Level $500.

TRUSTCO BANK® Your Home Town Bank

THE OLD BRICK FURNITURE CO.

Visit our online sponsor information section at **arcschenectady.org** for more information on sponsor benefits.

Annual Luau a success

The 2013 Schenectady ARC Luau in the Park was held on June 21 and it could not have been a better day. The sun was shining and the good weather brought over 200 individuals to Central Park to celebrate the Summer Hawaiian style.

Our friends from Polynesian Dance Productions put on a fabulous show and taught many of the attendees how to Hula.

Our special thanks to our sponsors this year including our title sponsor The Bonadio Group whose generosity made this event such a success.

You can view pictures of the event on page 5 of this issue.

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Your Support is Vital to our success

Support Schenectady ARC in 2013

Hello! It is time to renew your support of Schenectady ARC. On behalf of the Board of Directors, I want to THANK YOU for your support and continued participation.

Your renewal is **VITAL** in accomplishing the many important services provided through Schenectady ARC.

With your help, we have made significant strides in raising awareness of and supporting our individuals with intellectual and other developmental disabilities. It is through your help that we have enabled our family members to achieve their goals and aspirations.

Schenectady ARC is actively involved in improving the quality of care and services provided to our family members, lobbying for legislative matters so vital to your concerns, and providing a coordination point for community information on disability issues and services. Valuable work is ongoing with our many community partners that lead to more opportunities for our family members.

Please join us in our continued effort to make Schenectady ARC the best place in Schenectady County to receive services and supports for individuals with intellectual and other developmental disabilities.

We urge you to renew your membership today and help support new opportunities for our family members.

Additionally, many companies have Corporate Giving Programs and will match your gift, dollar for dollar. Ask if your company offers such a program to match your contribution. For information on existing corporate matching programs or to check on your membership status, please call our Member Relations Office at 518.372.1160 or e-mail: **info@arcschenectady.org**

$5

Five dollars can support a lifetime of opportunity.

Join the Schenectady ARC Membership and help bring opportunities to individuals with intellectual and other developmental disabilities. Your support really does help.

Donations & Sponsorships

General Donations:
Boscia's Discount Liquor
Frank and Son's Body Works, Inc.
Mohawk Paper
Mr. & Mrs. David Olsen
Mr. & Mrs. Earman D. O'Brey
Mr. Lester Rosenzweig
Ms. Frances Callahan
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Niskayuna Co-op
Rotary Club of Glenville New York, Inc.
Schenectady County Dept. of Senior & Long-Term Care Services
Stewart's Foundation
SuperPower
The Home Depot
Tri-City Fitness

IBM 2012 Employee Charitable Contribution Campaign:
Mr. Kurt Steubing

Corporate Sponsorships:
Anchor Agency, Inc.
Duane Lions Club

Featured Event Sponsors (All Events):
Capital District Physicians' Health Plan, Inc.

Associate Event Sponsors (All Events):
Trustco Bank
Golub Foundation

Supporting Sponsors 5K Challenge & Family Mile:
Wedekind Motors, Inc.

Ohana Level Sponsors LUAU in the Park:
The Old Brick Furniture Co.

2013 Membership Drive Corporate Friends:
Assemblyman Angelo Santabarbara
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2013 Membership Drive Donations:
Dr. James K. Cooley
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Ms. Tina Marie Parisi
Ms. Nancy Warner
Mr. Gary Warner

In Memory of Dorothy Van Velson:
Dr. & Mrs. Michael Kania

In Memory of Patricia Westfall:
Dr. & Mrs. Michael Kania

Tiki Luau Night
Were you Seen?

Schenectady arc Luau in the Park

Schenectady arc UPDATE

3rd Annual Schenectady ARC 5K Walk/Run and 1 Mile Fun Walk/Run

Friday, August 9, 2013 * Central Park, Schenectady, NY / 1 Mile Walk/Run 5:30pm * 5K Race 6:30 pm

Registration Packet Pickup	**Day of Race 8/9/13** **4:00pm-6:00pm** **Pavilion in Central Park**
Entry Fees Registration	**Early Registered 5K – $25** **1 Mile Fun Walk - $5** **On-line registration available at www.arc5kchallenge.com or www.active.com** ***Entrance Fee is non-refundable***
Race Shirts	**Shirts and sizes only guaranteed to those 5K participants registered by July 1st**
Awards	**Awards will be given to top finishers overall, age groups, and team as well as top individual and team fundraisers**
Course	**USATF Certified 5K Course**
Chip Timing	**B-Tags will be attached to the back of bibs**

Contact and Questions:
Douglas Secor, Race Director
(518) 372-1160 Ext. 8641
dougs@arcschenectady.org

Mail Applications to:
Schenectady ARC
c/o Douglas Secor
214 State Street
Schenectady, NY 12305

Checks Payable to:
Schenectady ARC

CHIP TIMING BY are EVENT PRODUCTIONS

Form a team, teams can be any size (min 4/team-4 male/4 female/or mixed), your top 4 finishers will be scored. All money raised will benefit Schenectady ARC Programs

Please, no headsets, strollers, bicycles, skates, or animals in the 5K race; strollers are allowed, however, in the mile walk

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PLEASE PRINT

RACE (Check one ONLY): ◯ 5K Race ◯ 1 Mile Walk T-SHIRT SIZE (Circle one): S M L X-L

I am unable to participate, but please accept my donation of $_____

FIRST NAME _____ LAST NAME _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (___) ___ ____ SEX: ___ M ___ F

DATE OF BIRTH: ___ ___ ___ (Month Day Year) AGE AS OF 08/9/13: ___

E-Mail Address: _____

I know that running/walking a road race is a potentially hazardous activity and by signing below. I attest that I am physically able to compete in this event. I assume all the risks associated with running/walking this event including, but not limited to, falls, the acts or negligence of other participants or volunteers, weather, road conditions, traffic conditions, etc. By signing below I hereby release Schenectady ARC, NYSARC, Inc., ARE Event Productions, event sponsors, and any municipal agencies from responsibility or liability for any claims, injuries or damages I, or my child, may suffer as a result of my/his/her participation in this event.

Signature_____ Date_____

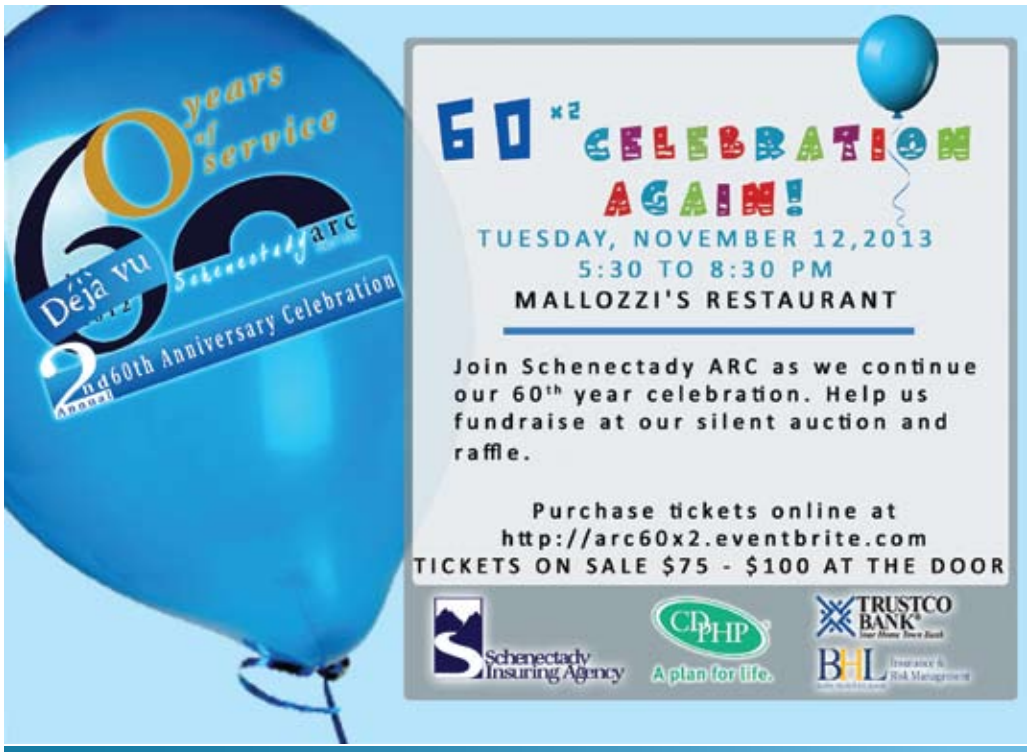
Parent Signature (If under 18)_____

Know, Grow, and Eat Your Vegetables will be presented at Arc of the US National Conference

Mark Sheenan, Schenectady ARC and Glynnis S. Hunt, Schenectady County Public Health will present on increasing access to healthier foods among individuals with Intellectual and other Developmental Disabilities.

In 2010, Schenectady ARC (SARC) and the Schenectady County Public Health Services (SCPHS) began to address the health risks faced by people with intellectual and developmental disabilities, such as cardiovascular disease, obesity, and diabetes. We collaborated to develop "Know, Grow, and Eat Your Vegetables, Increasing Access to Healthier Foods Among Individuals with Intellectual and Developmental Disabilities." With a grant from the SCHPS Strategic Alliance for Health and an in-kind donation by SARC, a garden-based nutrition education program for individuals with I/DD was created to increase awareness and consumption of fruits and vegetables through involvement in the growing, harvesting and preparation process.

In 2012, the National Association of County and City Health Officials (NACCHO) recognized it as a Model Practice. Now individuals from ARCs across the country will learn about the program, the potential for collaboration between chapters of The Arc and local health departments, health disparities and healthy outcomes for people with I/DD, and how NACCHO's resources can help them reduce health inequities in a local population.



You can also join the honorary committee, advertise your company or donate a silent auction item. Contact the PR Office for more details on these great opportunities to promote your company. info@arcschenectady.org.

Self Advocate Sherry Morrow manned the booth at the Disability Empowerment Day in Schenectady's Central Park. Sherry was accompanied by Trish Scott, Self Advocacy Liaison. The event was on June 28.

SUPPORT US

There are over 1,000 people who have intellectual or other developmental disabilities in Schenectady County – with new challenges every day we need your support to help each and every one of them live their lives to the fullest.

People like you enable each individual with a disability to get the supports and services they desire, making each option their choice for their lives.

- Donate today
- Leave us a gift in your will*
- Run or walk at the ARC 5K Challenge
- Fund-raise for us
- Involve your company
- Buy flowers from our horticulture program

There are so many ways you can support individuals with intellectual and other developmental disabilities to live with dignity and independence in their hometown.

***Leave a Gift in your Will**
Gifts left in Wills are really important to us. Visit arcschenectady.org to find more about legacy donations and what options are available to you.

Your support through this donation supports the programs and services of Schenectady ARC.

ASK ABOUT OUR CORPORATE MATCH AFFILIATIONS

First name

Last name

E-mail

Address

Town/city

State

Zip code

Telephone

Sponsorships are renewed on an annual basis from the date received.

☐ **$5** ☐ **$10** ☐ **$25**

☐ **$50** (Corporate Friend Rate - Please select if you are a corporation)

☐ I would like to support an individual $

Please select any of the following conditions that apply in your support decision:

- ○ You have a family member that receives services at Schenectady ARC
- ○ You live in Schenectady County
- ○ You work in Schenectady County
- ○ Your corporate headquarters are in Schenectady County

Schenectady ARC is a not-for-profit, 501 (c) (3) organization. Your contribution is tax deductible to the extent allowed under law. Thank you!

SCHENECTADY ARC
Advocacy • Resources • Choices

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