

# Schenectady arc UPDATE



See Abilities.  
NOT DISABILITIES.

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

## Tapping into the Arts

### Schenectady ARC's new partnership with the Schenectady Light Opera Company

"Tapping into the Arts" is a new collaborative program in development with Schenectady Light Opera Company, Schenectady ARC, and Schenectady County's Senior & Long Term Care Services department.

The vision behind Tapping into the Arts" is to help the Schenectady County Senior & Long Term Services department, Schenectady Light Opera Company (SLOC) and Schenectady ARC attract older adults and individuals with intellectual and other developmental disabilities to the arts medium. Seniors and individuals with intellectual and

other developmental disabilities will be able to utilize SLOC as an educational center offering a wide array of innovative and diverse art-related opportunities and activities.

"We are very excited about this partnership, we hope this will be a new way to help people get involved with the arts and support community theater," said Kirk Lewis, Executive Director, Schenectady ARC.

Schenectady Light Opera Company is a high quality theater that produces a range of performances. This unique partnership will seek out new ways to engage social programs in the arts. It enables individuals in different

neighborhoods to have a place where they can volunteer, socialize, and engage in arts education through drama, music and background theater activities.

Tapping into the Arts will benefit Schenectady ARC through participation in a diverse array of artistic endeavors including art, acting, dance classes and costume design. There are also job training experiences, such as ticket sales, greeters, cleaning and maintenance, and construction of prop and set designs.

The program will be housed in the SLOC theater and education building in downtown Schenectady. "We are very hopeful that this opportunity will lead

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## 2013 EVENTS

7 MAY 2013

2013 Annual Membership Meeting  
Call to reserve tickets 518.372.1160

21 JUNE 2013

2013 Luau in the Park -  
Reserve tickets online - [arcschenectady.org](http://arcschenectady.org)

9 AUGUST 2013

ARC 5K Challenge -  
Register Online - [www.arc5kchallenge.com](http://www.arc5kchallenge.com)

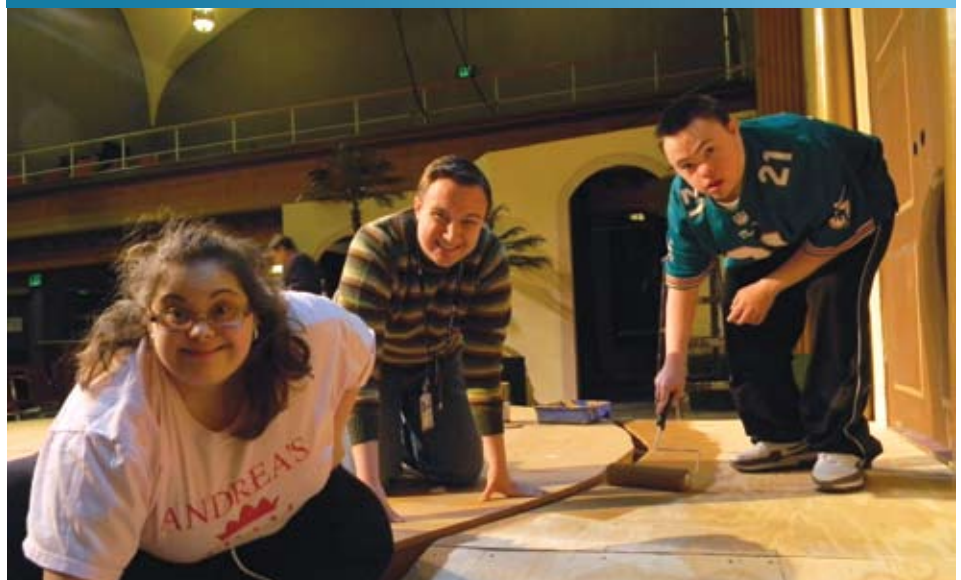
12 NOVEMBER 2013

ARC Fall Celebration Fund-Raiser

**Schenectady ARC**

214 State Street  
Schenectady, NY 12305  
[www.arcschenectady.org](http://www.arcschenectady.org)  
518.372.1160

Pictured below Left to Right: Andrea Jackey, Mike Gatzendorfer, SLOC and Cory Cozart work on the sets for an upcoming production of Dirty Rotten Scoundrels at the theater.



# Schenectady arc UPDATE



## 60th Celebration Closes 2012

### Fund-raising event was a spectacular end to year

November 13 was a night of celebration. Nearly 200 guests filled the Glen Sanders Mansion for the Schenectady ARC 60th Anniversary and not one guest left disappointed.

A room filled with silent auction items awaited guests arriving at the Schenectady ARC 60th Celebration. The main room of the Glen Sanders Mansion held even more surprises with delectable food selections from Mazzone restaurants, Aperitivo, The National and Tavolo.

The night of celebration honored Schenectady ARC's founders and community partners, who have generously supported Schenectady ARC in our mission to empower individuals with intellectual and other developmental disabilities with opportunities and resources to live, learn, work and play successfully in our community.

The silent auction started with bidding on items ranging from small gift baskets to a week stay at a resort in Stowe, Vt. The top prize of the event was a vacation of your dreams raffle package offered by Blue Skies Travel with a value of \$3,000. The winner was Marlene PoulouPoulos of Rensselaer.

Throughout the evening guests perused the silent auction items and the historical displays commemorating Schenectady ARC's 60 years of dedicated service in our community. Later in the evening Kirk Lewis, Executive Director of Schenectady ARC, emceed the awards ceremony. Presentations were made to several outstanding community partners who were named by Schenectady ARC "2012 Partner of the Year". Awards winners included, Union College, Schenectady County Public Health Department, Rotterdam Elks Lodge 2157 and Mohawk Paper.



Pictured above Left to Right: Greg Winnie, Pine Ridge Vocational Center, Pam McGuire, Mohawk Paper (2012 ARC Partner of the Year) and Executive Director Kirk Lewis

Additionally the "Schliff Award" is presented annually in honor of Barbara H. and James H. Schliff. This year the award was presented to ARC employee Jennifer Parsons for her integrity, dedication, compassion in providing direct care for individuals with intellectual and other developmental disabilities.

Schenectady ARC consumer Sherry Morrow was named "Self Advocate of the

Year" and awarded for her involvement with the Schenectady ARC Self Advocacy Group "Schenectady ARC Speaks Out" and for being an exceptional advocate for people with intellectual and other developmental disabilities.

Other special guests in attendance were founding members Bertha Westfall and Elizabeth Buyce and their families.

A special thanks to event sponsors CDPHP, Schenectady Insuring, The Bonadio Group, NBT Bank and Blue Skies Travel

#### Executive Management Team

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Associate Executive Director

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Assistant Executive Director  
Human Resources & Support Services

**Jennifer Cole**  
Assistant Executive Director  
Employment & Day Services

**Brian Dwyer**  
Chief Financial Officer



## AstraZeneca selected ARC site for launch of National Campaign

Schenectady ARC recently hosted the AstraZeneca Foundation as they announced a new program called Health Shares. The Health Shares program aims to reduce complications from cardiovascular disease and other chronic diseases through an innovative community partnership that improves nutrition by prescribing fresh vegetables for high-risk, low income patients at an urban family health center.

Schenectady ARC collaborated with the Schenectady County Health Department and Cornell Cooperative Extension to develop a program that initiated the campaign in Schenectady County.

The press event announced future program goals and delivered a grant check of \$189,500 for current program funding.



From left, Dr. Ephraim Back of Ellis Medicine, Schenectady ARC CEO Kirk Lewis, AstraZeneca HealthCare Foundation Trustee Dr. Timothy Gardner, Cornell Cooperative Extension of Schenectady County Executive Director Chris Logue and Schenectady County Legislator Dr. Brian Gordon during a check presentation Wednesday, Feb. 13.

## Know, Grow & Eat

The community partnership program continues to gain National attention through it's creative approach to nutritional education.



The "Know, Grow and Eat Your Vegetables" project, a collaboration between Schenectady ARC and Schenectady County Public Health Services recently received some fresh attention when it was featured in the NACCHO (National Association of County & City Health Officials) Exchange. The publication promotes effective local public health practice.

Know, Grow and Eat was also acknowledged when AstraZeneca announced their National Heart Health campaign using the Schenectady ARC Greenhouse and Know, Grow, Eat program as the setting. The announcement awarded an \$189,500 grant for a new Health Shares program.



### ARC will recycle flip flops to celebrate Earth Day

Every time you send your old flip-flops to Schenectady ARC, you've done a green deed for Mother Nature by diverting waste from our landfills. To show our gratitude, for every shipment of about 10 pairs of flip-flops, or 20 individual flip-flops (about 8 pounds), we will send you exclusive coupons from Old Navy to thank you for helping us collect.

**The Schenectady ARC FLIP FLOP & Bottle Collection Drive will take place during the April 22-26 week.**

For more details call 688.8278.

## SARC Speaks Out Annual Earth Day bottle drive on April 22nd

SARC Speaks Out and the Green Committee are teaming up for our Second Annual Earth Day bottle drive on April 22nd. ARC Self Advocates will be picking up your recyclable bottles and cans at all of the Schenectady ARC day sites as well as the State Street offices once again this year.

Staff, consumers. ARC residences and the community are encouraged to save up your recyclables to help the Self Advocates raise the necessary funds to attend upcoming conferences and trainings.

Questions regarding the bottle drive can be directed to Trish Scott, Self-Advocacy Advisor at (518) 377-2186.



# Schenectady arc UPDATE



## Hula Time!

2013 Luau in the Park



A spectacular South Pacific evening of Music, Food and Ohana (Family) in a unique Hawaiian setting!

Don't miss this opportunity, June 21, to partner with your friends at Schenectady ARC in an exotic destination decorated with faux palms, tikis, and surfboards. Our evening event brings guests a traditional Luau with authentic Hawaiian-style food. While guests eat, traditional hula and fire dancers entertain and delight the audience with the sounds of the Hawaiian Islands.

Corporate Sponsorships are available for our 2013 Event. Join now at the **King Kamehameha Level \$2500**, or the **Makamaka (Friend) Level \$1500** or the **Ohana Level \$500**.

Visit our online sponsor information section at [arcschenectady.org](http://arcschenectady.org) for more information on sponsor benefits.

Save the date!  
**MAY 7, 2013**

The Schenectady ARC Board of Directors and Executive Director Kirk Lewis invite you to attend the Annual Report to the Membership.

5:00 pm to 7:30pm

Location: Schenectady ARC - 214 State Street Schenectady, NY

Reservation information will be arriving to your mailbox soon!

## March Means Membership 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.

I 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](mailto:info@arcschenectady.org)

# \$5

### 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:

Ms. Colleen Brown  
Mr. & Mrs. Robert H. Knorr  
Dr. Paul Partridge & Ms. Linda Mertz  
Ms. Colleen Slavinski  
Mr. Dick Wyles

## GE United Way Campaign:

Ms. Joyce Stec

## Give With Liberty Employee Donations:

Mr. Thomas P. Hughes

## 60th Celebration:

Albany Country Club  
Anchor Agency Inc.  
Capital Repertory Theatre  
Capital Vacuums  
Congressman Paul Tonko  
Cornell's Restaurant  
DeMarco Stone Funeral Home  
Dolce Vita Ristorante  
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The Bonadio Group  
The Chamber of Schenectady County  
The Country Trunk  
The Parker Inn  
The Walters Co. Air Conditioning Inc.

Times Union Center  
Tops American Grill, Bakery & Bar  
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UW Marx Construction Co.  
Wade Tours  
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## 2012 Holiday Appeal:

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Ms. Dolores Holtman for John  
Mrs. D. Howenstein  
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Mr. Peter Husgen  
Dr. Nagaraj Jajoor

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Ms. Joann Kemp  
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Mr. Paul G. Stephens  
Ms. Joanne Steubing  
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Mr. & Mrs. C.J. Herman

**In Honor of Jim Schliff:**  
Mrs. Kathleen O'Neill O'Donnell

**In Honor of Bertha Westfall:**  
Ms. Judith Stack

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**In Memory of Rita H. Sickles:**  
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**In Memory of Patricia Westfall:**  
Ms. Barbara F. Jones  
Mr. & Mrs. Andrew Otter, Jr.  
Mr. & Mrs. Alan E. Walgora  
Mr. & Mrs. Stuart Curtis Wood

# Schenectady arc UPDATE



## ARC Recycles to Raise Funds 2012 Recycling drive a success!

Throughout September, Schenectady ARC's Green Team hosted a month long recycling drive giving employees, consumers, friends and families the opportunity to clean out recyclable clutter before the cold weather set in. Through partnerships established within the community, such as T.A. Predel & Co. Inc., RCR&R (Regional Computer Recycling & Recovery) and The City Mission of Schenectady, Schenectady ARC was able to offer opportunities to recycle a different item each week including Electronics, Metals & Paper, Winter Clothing and Redeemable Bottles & Cans.



Schenectady ARC also generated a refund through collection of nearly 400 bottles and cans.

All and all the drive was a great success with participation at every program. Also collected were several large bags of gently used winter attire that were donated to The City Mission of Schenectady, and over 4,000 pounds of electronics.

All funds raised through the recycling drive will benefit Schenectady ARC Programs and Services. If you would like to learn how you can turn your recyclable trash into a cash donation for Schenectady ARC please contact our Public Relations office at 372-1160.

The group of energy-conscious employees known as the "Green Team" was formed in 2009 with a goal of finding ways to use our energy and renewable resources more efficiently. While helping to save our planet was a key factor, the recycling drive also helped generate funds for Schenectady ARC. New partnerships formed with T.A. Predel & Co. Inc. and RCR&R, offering a new opportunity for Schenectady ARC to receive a refund for recyclable Metal, Paper and Electronic products that will remain ongoing throughout the year.

## Tapping into the Arts

Continued from cover

to other theaters, and concert venues seeing the value of our services and the skills of the individuals we serve," said Lewis. "Of course, future programs like this rely on support from our community donors and philanthropists to ensure their success, and we look forward to their involvement in this project as well."

## NADSP features Spring Hill

Schenectady ARC's Spring Hill program, a program designed to meet the needs of individuals with intellectual and developmental disabilities experiencing symptoms of dementia or Alzheimer's disease, was recently featured in "Frontline Initiative", a publication of the National Alliance for Direct Support Professionals (NADSP).

NADSP is a national not-for-profit organization whose mission is to promote the development of a highly competent human services workforce which supports people with disabilities in achieving life goals. The article was contributed by Kelly Dombrowski, Site Director for Schenectady ARC's Maple Ridge Day Services. Schenectady ARC is very proud to have our program featured in this national publication. It was a wonderful opportunity for us to share our initiatives and the developments we have made and that continue to make in our overall goal to ensure the needs of people with intellectual and developmental disabilities are being met in the best possible manner.

Congratulations Kelly!



### SCHENECTADY COUNTY CHAPTER OF THE 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.



The Challenge is on. Are you in for the win?

## The Best 5K Challenge in Schenectady

Whether a first step on a new running journey, an all-out challenge on a personal record, a comfortable 3.1 mile run or a Friday evening activity, the ARC 5K Challenge offers motivated runners the chance to experience race day excitement and the thrill of crossing a big time finish line.

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



The ARC 5K Challenge will be held on Friday, August 9, 2013  
**Register Online Today!**

With a name that not only challenges you to support the ARC, but also drives you to challenge yourself, the 3.1 mile run moves to a new format in 2013 with more family fun and excitement.

Registration is currently open at [arc5kchallenge.com](http://arc5kchallenge.com)

We are also seeking sponsors for the 5K Challenge. For available levels call ARC at 518.372.1160.

## ARC Receives \$5,000 Grant from NYSARC Trusts

NYSARC Trust Recreation Grant Assists Schenectady ARC in After School Program opportunities

The trustees of the NYSARC Trusts recently provided Schenectady ARC with a new recreational opportunities grant for \$5000.

Schenectady ARC has utilized this grant to enhance the recreational opportunities at the after-school

program that it administers at three locations in Schenectady County. The after-school program provides relief to parents of eighteen families in the county from the pressure of finding quality after-school care for their children with intellectual and other developmental disabilities.

The grant from NYSARC Trusts will provide much needed funding for the recreational activities at the after-school program which was developed in 2005.

For information on the after-school program or to learn more about registering your child with a developmental disability, call Schenectady ARC at (518) 372-1160.

## Schenectady ARC BOARD OF DIRECTORS 2013

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# 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](http://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.



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!

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