



Summer - Fall | 2015



Schenectady arc UPDATE

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

LACE UP FOR THE 5K CHALLENGE

SCHENECTADY ARC 5K GEARS UP FOR AUGUST 7 RUN IN THE PARK.

Schenectady ARC will host the fifth annual **ARC 5K Challenge** on August 7 to benefit the programs and services of Schenectady ARC. The ARC 5K Challenge presented by Rose & Kiernan Insurance will start at 6:30 p.m. on the 7th at the Isabella Pavilion in Central Park, 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. Participants may also walk the route, participate in activities and take home great giveaways.

Team registration \$100 (for 4) and individual registration is \$25. For more information and to register, visit www.arc5kchallenge.com.

EVENTS

7 AUGUST 2015

ARC 5K CHALLENGE, CENTRAL PARK

21 AUGUST 2015

PRINCETOWN FRIENDS AND FAMILY EVENT, PRINCETOWN RIDGE

12 NOVEMBER 2015

FALL CELEBRATION GALA, RIVER STONE MANOR, GLENVILLE

Accredited by



Schenectady ARC

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



**SCHENECTADY ARC
BOARD OF DIRECTORS
2015-2016**

Adrienne Westfall
President

Angelo DeFelippo
1st Vice President

Tammy Krisher
2nd Vice President

Thomas Rice
1st Treasurer

John White
2nd Treasurer

Noreen Zido
Recording Secretary

John Bresonis
Financial Secretary

Barbara Kania
Corresponding Secretary

Karen Britt
Director to 2016

Holly Gray
Director to 2016

Karl Horstmann
Director to 2016

Mary Otter
Director to 2017

Patricia Ross
Director to 2017

Bella Stuart
Director to 2017

WERE YOU SEEN AT THE ARC LUAU IN THE PARK?





FALL CELEBRATION MOVES TO NEW LOCATION ON NOVEMBER 12

Schenectady ARC will host the 4th Annual Fall Celebration on **November 12, 2015** at the River Stone Manor in Glenville.

Each year Schenectady ARC hosts the Fall Celebration to help raise funds and awareness of the programs and services offered to individuals with intellectual and other developmental disabilities.

More information on Honorary Committee seats and Sponsorships for the event are available online at

www.arcschenectady.org

ANNUAL LUAU RAISES FUNDS FOR ARC

The 2015 Schenectady ARC Luau in the Park was held on June 19 and it could not have been a better day. The sun was shining and the good weather brought over 300 individuals to Central Park to celebrate the first days of Summer with Hawaiian flair.

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

Our thanks to our sponsors this year whose generosity made this event such a fund-raising success: Trustco Bank, Pioneer Savings Bank Fenimore Asset Management, Old Brick Furniture, NBT Bank and The Meehan Family.

Pictures on page 2.

SCHENECTADY ARC PROJECT PLANNING SOFTWARE APPLICATION FOR INDIVIDUALS WITH DISABILITIES FOR USE ON IPAD AND IPHONE



Goal • Plan • Do • Review[®] brings a simplified method for completing a project right on your tablet or iPhone. The step-by-step method of planning guides the user to execute a long-term project from conceptualization to completion. Goal • Plan • Do • Review[®] makes project management simple—it provides a user-friendly interface which is geared for nontechnical users with Intellectual/Developmental Disabilities, Autism Disorders, Traumatic Brain Injuries (TBI), and Frontal Lobe Disorders.

The Goal • Plan • Do • Review[®] application is available in the AppStore for iPad and iPhone under productivity software for \$1.99, or by visiting <http://www.arcschenectady.org/apps.html>.

CHECK IT OUT! THE ARC HORTICULTURE CENTER HAS A NEW BUS. THE NEW MOBILE HORTICULTURE CENTER CAN BE FOUND AT THE SCHENECTADY ARC FARMER'S MARKET THIS SUMMER. THE BUS IS HOUSED AT OUR MAPLE RIDGE SITE. THE GRAPHICS WERE APPLIED BY MEDIA WELL DONE IN SCHENECTADY.



Donations & Sponsorships

GENERAL DONATIONS:

CFCNCA
CFC of Northern NE
Commerce Technologies Inc.
GE Foundation Matching Gifts Program
Lake Associates, Inc.
ONE GROUP
Schenectady County Community College
Pagan Interfaith Alliance
Stewart's Foundation- Stewart's Holiday Match Program
United Way of Greater Milwaukee
Mr. John Carlson
Mr. David Demers
Ms. Heather Demers
Ms. Sheila Gencarelli
Ms. Dolores Holtman
Ms. Shridhar Iyer
Ms. Abby Kelley
Mr. Seth Leblanc
Ms. Becky Lemme
Ms. Roberta Myers
Ms. Jennifer Pros
Ms. Shelley Sandoval
Mr. Thomas Shannon
Ms. Colleen Slavinski
Ms. Diane Tanis

GIVE WITH LIBERTY- EMPLOYEE DONATIONS:

Mr. Thomas P. Hughes
Mr. Thomas P. Hughes in memory of Richard Hughes

2015 EVENT SPONSORS:

Adirondack Beverages
CDPHP
CureMD
Delta Dental
Fenimore Asset Management
Meehan Family
NBT Bank
One Group NY Inc.
Pioneer Bank
Rose & Kiernan, Inc.
Royal Care Pharmacy Svs
The Old Brick Furniture Co.

Trustco Bank
Voya Financial Advisors

"SHOW YOUR LOVE" MEMBERSHIP CAMPAIGN:

Mr. & Mrs. Ed Agresta
Ms. Dorothy Apicella
Mr. & Mrs. John Barkowski
Mr. Marlowe E. Beis
Mr. Martin A. Beis
Mr. Stephen C. Beis
Ms. Ann Bellicose
Mr. & Mrs. David Bolevice
Mr. & Mrs. Art Breault
Mr. John Bresonis
Ms. Karen Britt
Mr. & Mrs. Charles Bromley
Ms. Eileen Brown
Mr. & Mrs. Richard Canastra
Ms. Doris M. Carpenter
Ms. Lena Clark
Mr. & Mrs. Robert Comins
Mr. Paul Deltry
Ms. Judi DeMarco
Mr. & Mrs. Alan Deteso
Mr. Victor J. Dinatale
Mr. & Mrs. Michael Durante
Ms. Lynne Faight
Mr. & Mrs. John Friello
Mr. Richard Frigolette
Mr. & Mrs. Dennis Galliher
Ms. Dana Gilgore
Ms. Helene Y. Girard
Mr. & Mrs. Bill Gizzi
Mr. James Goyette
Ms. Dorothy Graham
Mr. & Mrs. Loren Grimm
Ms. Darlene Harris
Mr. & Mrs. Thomas Hayner
Mr. Lonnie Hojnacki
Ms. Dolores Holtman
Ms. Dorothy Howenstein
Ms. Mary Hughes
Dr. Nagaraj Jajoor
Dr. & Mrs. Michael J. Kania
Ms. JoAnn Kemp

Ms. Rosemary Klapp
Ms. Priscilla Kline
Mr. & Mrs. Jesse Koepp
Mr. & Mrs. Anthony Legocki
Ms. Barbara Lewis
The Langelier Family
Mr. David Manieri
Ms. Nancy Martinelli
Mr. & Mrs. John Meachem
Dr. Bernard McEvoy
Ms. Shirley McMorris
Ms. Jane Mihaly
Mr. David Millard
Ms. Sharon Miller
Ms. Jennie Parnes Miller
Mr. & Mrs. Keith Money
Mr. & Mrs. Stephen Montenegro
Mr. William Mulligan
Ms. Brigid Meyer
Mr. & Mrs. Joseph Oliva
Ms. Margaret Philbin
Ms. Alice Podeswa
Arliss & Richard Rafferty
Mr. Thomas E. Rice
Richard & Daniel Rinaldi
Ms. Ethel Robinson
Mr. & Mrs. Ron Roedel
Mr. & Mrs. Randy Roeser
Mr. James Schliff
Ms. Elaine Schulz
Ms. Lisa Serotta
Ms. Marie Shave
Mr. Mark Sheehan
Ms. Margaret C. Singleton
Mr. John Smith
Ms. Pauline Staszak
Mr. & Mrs. Paul Stephens
Ms. Dorothy Stevens
Ms. Bella Stuart
Assemblyman Jim Tedisco
Ms. Nancy Warner
Mr. Gary Warner
Mr. & Mrs. Don Wheeler

\$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

IN MEMORY OF LINDA CHURCHMAN:

Mr. & Mrs. John Collins
 Mr. & Mrs. Eric Kuntz
 Ms. Cynthia Maiuccoro
 Mr. & Mrs. John Maiuccoro
 Ms. Av Malatino
 Mr. & Mrs. Joseph Mallia
 Mr. & Mrs. Gary Milford
 Ms. Bella Stuart
 Ms. Lillian Wendel

IN MEMORY OF ELIZABETH HARTMAN:

Ms. Holly J. Gray

IN MEMORY OF HEIDI MARTINEZ:

Mr. & Mrs. Teresa M. Avery

IN MEMORY OF ANN MARIE VAN EPS:

Ms. Florence M. Evans
 Mr. & Mrs. William N. Evans
 Ms. Holly J. Gray
 Ms. Sharon Jordan
 Mr. & Mrs. Joseph Lemner
 Ms. Mary E. Printskey
 Ms. Linda Santiago
 Mr. David Snyder
 Mrs. Lois Tourtellot
 Ms. Stella Tourtellot
 Mr. & Mrs. Donald Van Steele

SCHENECTADY ARC CYCLING TEAM GOES ON A JOURNEY

Renowned entrepreneur John Robinson and “Our Ability” cofounder Doug Hamlin made the 12-day ride from Buffalo to Albany this year in support of people with disabilities.

The awareness bike ride was 350-miles long and traveled across upstate New York via the scenic and historic Erie Canalway Trail.

This year, they’re celebrating the 25-year anniversary of the Americans with Disability Act.

The Schenectady ARC Cycling Team joined John and Doug in Amsterdam, NY and rode with them to the finish in Albany.



THE SCHENECTADY ARC CYCLING TEAM (L-R): MARK SHEEHAN, BRIAN DWYER, KAREN BRITT, PATRICIA MCKAY AND KIRK LEWIS



LOCAL CHURCH GROUP HELPS BUILD SUSTAINABLE GARDEN AT HORTICULTURE CENTER

Volunteers from Ballston Spa United Methodist Church visited Schenectady ARC's Greenhouse this summer to deliver a vertical garden that they constructed from recycled pallets. The donation will be used to grow strawberries at the ARC Horticulture Center. Thanks to all the volunteers for their time and thoughtfulness.



SCHENECTADY ARC CFO HONORED AS MEMBER OF DISTINCTION BY FMA



Schenectady ARC CFO Brian Dwyer received the honor of Member of Distinction from the Financial Managers Association.

Brian was nominated by the Executive management team at Schenectady ARC for his exemplary service to the non-profit financial management profession. Brian was selected and recognized by his peers for his leadership efforts in the reduction of expenses at Schenectady ARC, his implementation of electronic Payroll/HRIS systems, a new Agency Management Platform to

convert the agency to electronic record keeping, and the introduction of the LEAN Method of project analysis.

“Brian is definitely the guy you want on your team,” said Schenectady ARC executive director Kirk Lewis. “He is richly deserving of this recognition by his peers at the FMA.”

Brian has provided his expertise and experience to a host of projects with fiscal implications to Schenectady ARC. The nomination acknowledged his ability to lead the agency through the complex challenges and changes in funding in New York State and as an integral part of the management structure at Schenectady ARC.

The Award was given at the FMA Annual Conference in Cooperstown, NY.

BIATHLON BACK FOR SECOND YEAR AT MAPLE RIDGE

Individuals from Schenectady ARC's Maple Ridge Day site participated in the second annual paintball biathlon and orienteering event this summer. It was tremendous fun and a very interesting sport. The event was covered by WNYT News Channel 13 and Benita Zahn.

Participants in the event searched the grounds of Maple Ridge to work on orienteering skills and later competed in a paintball target shoot.





FULL OF LIFE AT 10 YEAR CELEBRATION

Life Prep, SARC's first venture in customized services, celebrates 10 years of operations in July. Initially, it was developed to help young people graduating from high school make the transition to adulthood; the focus was on independent living skills, navigating the community, and getting ready for the next stages of life, from higher education to moving out of parents' home to getting a job. Since those early days, SARC has added more supports and has served people of all ages, because they can find what they are seeking at Life Prep with its customized approach. Its popularity and expansion over the years demonstrate how SARC listens to the people we support and makes learning and growing fun.



WESTFALL TAKES HELM ON BOARD



Adrienne Westfall was recently appointed President of the Board of Directors at the 2015 Membership Meeting; her new term commences July 1. Dedication to Schenectady ARC is a family tradition; her parents, Clifford and Bertha were founding chapter members; her sister Patty received services for many years; and, the SARC residence on St. David's Lane is named "Westfall House" in honor of the

family. Adrienne has long served the agency as a volunteer on the Board of Directors, holding many offices within the Board, including President one time previously. During this tenure, Adrienne will help steer the agency through rapidly changing times, holding true to the agency mission and devoting her energy and passion as a family member to the ongoing success of Schenectady ARC.

IT'S TIME TO LACE UP.

JOIN THE 2015 *Schenectady* arc 5K CHALLENGE.



run to fund, raise awareness & build friendships

RACE DAY IS

FRIDAY, AUGUST 7, 2015

5K START @ 6:30 P.M.

Mail In and Online Registration is now OPEN

www.arc5kchallenge.com

Presented by:



ROSE & KIERMAN, INC.
ASSISTANCE, SUPPORT & RECOVERY SERVICES

5K Road Race (open to contestants of all abilities) - 6:30 PM - Awards - 7:45 PM - Race Packet Pick-up, Day of race: 4:00pm-6:00pm - Isabella Pavilion in Central Park

Bringing a Corporate Team, There are three steps in the registration process:

① Create team ② Join the team ③ Finalize team

Each team must meet the minimum registration requirements - four men for a male team, four women for a female team, or two men and two women for a mixed team. Registration is required for each runner. All runners must sign a waiver. Registration is \$25. Please note: Each runner may be placed on only ONE team. Each runner must be the full-time employee of the company.

Entry fees - Registration - \$25 (per team member) \$100 for a team of 4.

Sponsors:



Individual Entry Fees - \$25.00

Race shirts and sizes only guaranteed to the first 300 paid registered 5K participants.

Entry fees are non-refundable. (fees may be applied for online registration)

Schenectady arc
SEE ABILITY, NOT DISABILITY.

214 STATE STREET
SCHENECTADY, NY 12301-2236
518.372.1160 • FAX: 518.377.2189
WWW.ARCSCHENECTADY.ORG

Non-Profit
Organization
US Postage
PAID
Albany, NY
Permit #759

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.