

A photograph of a man in a motorized wheelchair and a woman standing on a path in front of a house. The man is wearing a brown jacket and a grey hat. The woman is wearing a purple top. The house has light-colored siding and blue shutters. There are pink cherry blossoms in the foreground and a garden with purple flowers in the background.

CP ROCHESTER
THE VOICE
SPRING/SUMMER 2010

Opening Doors...Changing Lives

A letter from Brian C. Klafehn, President of CP Rochester



Doorways

The cover of this issue of the Voice tells just a part of one story about how CP Rochester continues “**Opening Doors...Changing Lives**”. Aaron Wallace, pictured with his sister Shayla, has encountered many physical barriers throughout his life. When he was younger, his family was concerned about him being cared for and living at home. They worried about how to include him in family activities. CP Rochester stepped in to support this young man and his family by providing access to multiple services including home renovations. As he has gotten older, physical barriers in the community have become even more difficult to negotiate. But perhaps none was more real and troublesome

than simply getting up to, and in and out of, the front door of the family’s home. As you can see, there is now a curving incline in front of the house that allows him to easily get in and out of his house using his wheelchair. This ramp and many other projects including building a downstairs bathroom, were completed by CP Rochester through one of the government funded renovation programs that we have operated for several years now. These programs allow us to complete renovations to people’s homes, enabling them to live more independently when they have a physical challenge and their home no longer “fits” them. These Accessible Home Renovations are a literal example of how we are working each day to remove barriers to inclusion and independence for people with physical challenges.

For someone with a physical challenge who wants to be part of a ski group, getting to the slope is only the first obstacle to overcome. Getting up and down the slope is another physical barrier to participating. Shared Ski Adventure volunteers like Zach, whose story you can read inside this issue, have joyfully helped people with physical challenges to overcome those barriers. Adaptive ski equipment and some guidance allow a person with a disability to experience the thrill and excitement of downhill skiing. Even when physical barriers are overcome, however, there are still obstacles to being fully included. Opening our hearts and minds and sharing our common interests and passions like skiing, running or volunteering is the way in which we begin figuratively “**Opening doors...**” Zach and all of the people who are part of our CP Rochester family understand this is how we really go about changing lives. We ask that you join all of us in making a friend, changing a life and removing the dis from disabilities®.

Aaron
Wallace



A Moving Experience

The “Moving Experience” dancers from ARC’s Community Arts Program worked with the preschoolers from CP Rochester’s Augustin Children’s Center on May 3rd and 5th. The gym was rockin’ with dance moves that the ARC dancers taught the preschoolers. There was lots of dancing, singing and laughter, with the preschool favorite “the fish stick dance”. This was truly a “moving experience” as the preschoolers learned that everyone has abilities and that people with disabilities have lots to teach us all.



Snowy Winter At The Winton Campus

It’s so easy to forget winter when the blossoms start to bloom and we feel the warmth of the sun on our face. But winter was beautiful here and we had lots of fun, so it’s worthwhile remembering some of the things we did.





Day Of Caring

Thursday May 13th saw an army of volunteers at **CP Rochester's**

Winton Road Campus. There were 50 GE MDS/Xerox employees who were spending their day doing good deeds. After the long winter there were weeds to pull, gardens to plant, mulch to spread, lawn repairs to be made and picnic tables to paint. Inside there were children being entertained by a wonderful carnival of activities. The squeals of delight confirmed that fun was being had with dancing, game playing, face-painting, drumming, bowling, crafting and dressing up.

Elsewhere at our Residences many more Day of Caring Volunteers were throwing themselves into all sorts of chores...

At our **Jefferson Road House** the yard was spruced up, the dining room table was refinished and the garage was cleaned and organized by a team of 30 people from **Nixon Peabody**

The yard at our **Pinnacle Road House** received a huge improvement thanks to the hard work of ten volunteers from **Paetec** who went on to sand and refinish tables and building a wooden garage enclosure.

Our **Davenport-Hatch Respite Home** benefitted from the hard work of 10 **Paetec** employees who set to sanding and finishing the dining room table, power washing and repairing the deck, staining the swing and clearing up the yard

At the **Benedict Road Residence** a 10 person team from **Butler/Till** stained and weather-proofed patio furniture and a picnic table. They also built raised gardens, removed debris and stumps and reseeded a portion of the yard.

A 12 person team from the **ARC of Monroe** helped out our

Day Program Areas by weeding and clearing the gardens and organizing the classroom.

The dining room table was sanded and finished and the deck, repaired and restained by 10 **Rotork** volunteers at our **Elmwood Avenue House**.

A team from **Kodak** repaired a kitchen work station at our **Jefferson Road House** and then went on to repair a tree seat and build picnic tables and make a bocce court at our **Kings Highway House**. Also the yard and vans were cleaned by another nine person **Kodak** team.

At the **Lone Oak Residence** the yard was cleared up, the deck and a bench was stained and garage and closet shelves built by a seven person team from **Caldwell Manufacturing**.

At the **Misty Pines Residence** the yard was thoroughly cleared out by the Fairport Webster **ELKS Lodge** who also managed to do some spring cleaning. Then a seven person **Kodak** team took care of some tree work. In all 850 man hours were logged by these Day of Caring Volunteers. That's a lot of caring—for which we are profoundly grateful.



ABVI Goodwill and CP Rochester Collaborate

CP Rochester became a drop-off point for a Goodwill Donation Drive from Monday, December 21st to Thursday, December 31st last year. This was a "trial run" of sorts for us as we discussed the possibilities of a mutually beneficial collaboration between CP Rochester and ABVI Goodwill. A substantial number of items were dropped off and our Adult Day Program participants were kept busy, helping to sort items and distributing receipts to the donors.

ABVI Goodwill raises funds to support its many programs and services for the blind and visually impaired through income from their Goodwill stores. There are eight Goodwill stores in the Rochester area and that number continues to grow. Their success is heavily dependant on support from the local community in collecting donations of gently-used clothing, footwear, linens, drapery and other household items.



Goodwill's ability to thrive also relies upon employing individuals to sort, price, display and sell items in their stores and CP Rochester has willing hands to assist in this process. So our collaboration is official. In June a Goodwill Donation Station will be set up just inside our Winton Road Campus, Castle Road entrance and our Day Program participants will receive training in the retail trade. Altogether a mutually beneficial enterprise.



Some came to help



Some came to enjoy friends

Run for Fun 2010

With one fundraiser still to go, our Run for Fun 2010 total to date is **\$44,126**—a 16% increase over last year's total. Contributing to this amazing achievement were *Wilson Farms* Footprint Sales, Cookouts, Pie Throwing and Bowling Event which raised \$20,701 and CP Rochester's pre-race fundraisers and the day of the Run bringing in \$23,425. Another very important number was that of race participants which jumped from **221** in 2009 to **395** this year!

All of the money raised by the Run for Fun continues to go to our Fitness and Wellness Center which is custom-built for individuals with disabilities.

We're also pleased to report the names of our top fundraisers from the 2010 Run:

- **Team Anna** came first in the *Team Category* with **\$1,617**
- **Christopher Letsch** was the *Top Consumer fundraiser* bringing in **\$277**.
- **Patricia Hughes** won first place in *Staff fundraising* at **\$135**.

The success of this fundraiser is made possible by hundreds of dedicated people who sponsor, work, volunteer, donate, give of their talents, energy and creativity. To all of these fine folks we offer our gratitude. We are especially grateful to our Lead Sponsor *Wilson Farms*—Neighborhood Food Stores who are truly good neighbors.

Please visit us at www.cprochester.org or on Facebook to obtain more information or view photos of the event.



One had grandma carry her over the finish line



Some didn't mind taking a pie in the face to raise money

Holiday Time is Time to Adopt-A-Family

At CP Rochester we look forward to the Holidays when we can help to make someone else's Holidays really special. Departments, groups, families of CP Rochester employees and many generous groups from local businesses adopt families who often cannot afford the smallest treat. Our families are identified by Julie Babish Johnson, our Children's Program Social Worker, and are anonymous to the adopters. Information on the family members such as their ages, things they like and so on are provided so our purchases are appropriate. Non-perishable food items are always welcome and linens are often requested. For some of us our wrapping parties serve as our Holiday Party. It's a way for us to give and also receive through the blessings of friendship and a sense of community.

We'd like to take this opportunity to thank all of those businesses and individuals who showed such generosity over the Holidays by helping out our 23 needy families:



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Center
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Renovations for Accessibility

CP Rochester's Shared Ski Adventures has been a fixture at Swain for over 20 years. We've also been fortunate to have a cozy part of Downhill Drew's building, to store equipment and enjoy a warming cup of hot cocoa.

This year through the generosity and volunteer efforts of Alan Cocquyt we now have an accessible entrance too! Alan built the ramp and hand rails with supplies donated by LeChase Construction. Our thanks to Alan and LeChase construction for making the Cocoa Hut accessible to people with disabilities.



Volunteer Highlight

Zach Nelson's volunteering career at CP Rochester began six years ago when he was just 13 years of age. While working on his Eagle Scout project he organized a work party to paint the exterior of our Residential site in Bushnell's Basin. Zack's volunteering aspirations were encouraged by his parents, Donna and Rick who are long-time volunteers for Shared Ski Adventures, an adaptive ski program offered through CP Rochester's Community Recreation Program. By the time Zack, an avid skier, was a freshman at Pittsford Mendon High School, he was volunteering his time on Saturdays to help people with physical challenges and other special needs, learn the sport. Zack's brother Garret, who has cerebral palsy, learned to ski independently through Shared Ski Adventures.



Zack is now a sophomore at SUNY Geneseo, Majoring in Mathematics. He works part time as a room server at The Woodcliff Hotel and Spa and enjoys playing basketball and football, camping and playing the piano. Last September he ran a Half Marathon with his father. Even with his full and active life and hectic schedule, Zack wouldn't dream of giving up his Winter Saturdays at Swain. There he has seen first hand what it is to be courageous and overcome barriers. His dedication has earned him the respect and admiration of the participants and volunteers at Shared Ski Adventures who are delighted to learn that he plans to continue to dedicate his winter Saturdays by giving back to this unique program.

Young people, like Zach, volunteer for many reasons and get a host of benefits such as personal satisfaction, expanding horizons, building relationships, giving back to the community and career exploration. CP Rochester could not offer many of our unique programs and services without the support of these volunteers. For more information about our volunteer opportunities, contact Tina Bennett Manager of Volunteer Services at [334.6000](tel:334.6000) ext [1321](tel:1321), tbennett@cprochester.org or visit our web site www.cprochester.org.

Board Member Highlight



Jeffrey W. Baker was raised in Penfield, New York, graduating from Penfield High School in 1963. He then attended the State University of New York at Buffalo until 1967, earning a BS degree in Business Administration. Jeff went on to obtain his Juris Doctor degree in 1970 through his studies at Union University, Albany Law School. From 1970 until 1974 Jeff served as a lieutenant in the United States Coast Guard Judge Advocate General Program. He became a partner in the Harris Beach Law Firm in 1981, which continued until 1999 when he became corporate counsel to REDCOM Laboratories Inc. in Victor, where he is currently practicing.

Jeff and Carol, his wife of 42 years, have lived in Fairport and Victor where they raised a son and a daughter who were encouraged to “give back” to their community. Jeff’s father, a disabled World War II veteran, provided Jeff with an appreciation for the challenges faced by those with differing abilities. As a result, it was important to the Bakers that their children meet and interact with children and adults with differing abilities. In the mid-1980s, Jeff and his children volunteered at what was then the Gym and Swim program at CP Rochester.

Jeff’s volunteer experience served as a solid beginning to his involvement with CP Rochester. In 1987, he joined the Board of Directors and has served continually except for a one-year break in 1996-97. He has held numerous positions on the Board and served on several Committees. From there his Board work spilled over into assisting AI Sigl and its member agencies in an advisory role.

Now, Jeff’s volunteering has come full circle. He visits CP Rochester every Monday to volunteer in the Children’s Swim Program. Adaptive Physical Education Teacher, Ben Hawkins, is thrilled to have Jeff volunteering in the program. He calls it, “...a perfect match! He loves the kids and the kids just love him!”

Inclusion Task Force

On this 20th year of the Americans with Disabilities Act, AI Sigl Community of Agencies has assembled an Inclusion Task Force to identify ways to create an inclusive community, welcoming to people with disabilities and special needs. The group is guided by this Vision Statement:

“Our community celebrates diversity, values, talents and contributions of all people.”

The Inclusion Task Force volunteers, comprised of stakeholders from regional human service agencies, higher education and the Rochester business community are charged with developing an inclusion work plan for our area.

In an era where a few clicks on a key pad can connect us with many people, what has this done to unite us into a community? What has this connectivity done to embrace diversity and value differences in each individual’s abilities?

These are important questions, the answers to which will lead to a greater understanding of the obstacles that may confront us as we move forward to **Opening Doors...Changing Lives**, for people with differing abilities.

Community Advocacy Award

On June 15th, CP Rochester had the great privilege of being presented with a plaque *In Recognition of Outstanding Teaching Efforts and Excellence in Caring for the Children of Rochester* by Pediatric Links with the Community (PLC) Program.



Left to Right: PLC’s Sandy Tu & Jenn Stolz, CP Rochester’s Martha Unrath & Marcy Worden

For two weeks each year pediatric, medicine-pediatric, family medicine residents and pediatric nurse practitioner students participate in a rotation through some of 50 community-based medical and non-medical organizations in Rochester and the surrounding area. CP Rochester is one of these organizations. The rotation serves as a connection between the residents, students and the community they serve. CP Rochester is pleased and proud to be involved with the PLC Program which believes, as we do, that our ultimate goal is to ensure that all children achieve their fullest potential.

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Kids Miracle Making Club



The KMMClub is a service learning organization, educating Club members at a young age, 5-12, on the value of community service focusing on helping kids in need. Club projects, events and activities created by Club members, focus on raising funds and creating inclusion opportunities with Golisano Children's Hospital, Mary Cariola Children's Center and CP Rochester.

Rochester and the larger community benefit from Kids Miracle Making Club at many levels. These are kids who are passionate about meaningful service that they can provide to enrich their community. They become role models for their peers. Their volunteerism, problem solving and structured cooperative approach to service activities are geared to success. They are aware of personal and civic responsibilities at an early age which helps to promote grounding and self-confidence.

Recently the Augustin Children's Center was presented a check for \$533—the proceeds from a Music Friendly fundraiser and an Art Auction. Both of these events were organized by the kids and very successful they were

too. Music Therapist Carrie Webster was delighted to be able to use part of the funds to purchase several wonderful percussion instruments, including a beautiful big "gathering" drum which makes many different sounds.

Rochester Area Administrators of Volunteer Services recently awarded their highest honor to KMMC by selecting them for the 2010 Carol Ritter Wright Award for Volunteer Service. This highly acclaimed award is presented each year by Carol Ritter Wright to an individual or group in the Greater Rochester Area, for outstanding volunteer service. CP Rochester offers its congratulations to the Kids Miracle Making Club and thanks them for their hard work, kindness and generosity of spirit.

Go to cprochester.org for more information.

Our Mission

CP Rochester exists to support people with physical and developmental disabilities in choosing and accomplishing successive individualized life goals. We do this by providing a wide range of services to people of all ages in the greater Rochester area. These include: Outpatient Clinical, Residential, Educational & Personal Support Services. Our purpose is to ensure that those we serve safely determine their own pathways in life and live as full members of their communities.

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THE VOICE is published quarterly for the families, friends, consumers and staff of CP Rochester. Comments are welcome and should be directed to the Communications Department at **334.6000** ext. **1322** or kproctor@cprochester.org

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