Fresh local produce is abundant during the summer months but hard to find during cold Upstate New York winters. Thanks to innovative technology, The Root Farm has begun growing lettuce and herbs that will be available for fresh salads all year long.

The Root Farm has recently purchased two Freight Farm Leafy Green Machines, which are self contained hydroponic greenhouses. Instead of soil, a nutrient rich water solution is used to feed the plants. The large containers are insulated against the heat and cold and the plants inside receive needed light from LEDs contained within the units. Hydroponic greenhouses are growing in popularity since they use water more efficiently than traditional growing methods, they do not produce weeds, are herbicide free and can grow produce quickly all year round without concern for weather or pests. Plants are grown in vertical towers to maximize space and use only 10 gallons of water a day for up to 4,000 plants.

This process of growing from seed to harvest in a matter of weeks allows for greater control, and provides a look into exactly how food is grown. Root Farm Fresh has the ability to grow lettuce, spinach, kale, swiss chard, herbs - almost any leafy green vegetable. Because of the unique growing system, The Root Farm is able to produce over 500 heads of lettuce a week. According to Root Farm Executive Director Jeremy Earl, “We are extremely excited to have the ability to grow a wide variety of produce for local businesses and community members using our hydroponic farms. We currently have several area restaurants who are interested in purchasing our greens for use in their kitchens – and the local impact of that is huge. These restaurants will not only provide extremely fresh and locally grown produce to their customers, but they are also supporting The Root Farm so that we are able to provide jobs to individuals that typically face barriers to employment.” For more information on purchasing year round locally grown produce from The Root Farm, please call, at 315.520.7046.

In keeping with their mission to focus on learning and healing for people of all ages and abilities, The Root Farm has begun a new endeavor that will benefit children and adults within our community and across the state. The Root Farm is now the regional distributor for Action Trackchair, an all-terrain wheelchair. A Trackchair is designed to enable people with differing abilities the opportunity to ride in outdoor settings, making it possible to break through the boundaries and confinements of where a standard wheelchair or mobility device can take them. According to Jeremy Earl, Root Farm Executive Director, “We are very pleased that The Root Farm is now the regional distributor for these unique wheelchairs. From our experience working in this beautiful setting, the outdoors is meant to be enjoyed and explored by all of the children and adults who visit us. We have an Action Trackchair on the farm and it has made a world of difference to many people, like Shane and Michelle pictured here, who otherwise would not be able to maneuver outside as easily to see all that we have to offer. Our visitors are now able to explore our trails and travel across the hilly, and often muddy, terrain to see the horses and other animals as well as to participate in activities such as hiking and gardening.” For more information on Action Trackchairs, please contact The Root Farm, at 315.520.7046.
Agencies frequently use slogans and taglines within their printed and social media public relations efforts to impress, excite and sometimes embellish their work and its impact on the community, families and consumers.

Our agency uses this multi-faceted method to inform our current and potential families of the wide array of cutting-edge, quality based services we make available to thousands of our neighbors and friends throughout Central New York.

I’d like to offer an example of how our Everyday Miracles come to life...One Person at a Time.

We first met 13 year-old Robbie over three years ago, at a medical nursing home facility near Albany, NY. Robbie had been there since birth, and the responsible school district was in search of a more appropriate placement. As a referral came in, our screening team headed to Albany to meet Robbie to determine if we would be able to meet his needs. Immediately our staff knew Robbie was a perfect candidate for our Tradewinds Residential/Education program. Unfortunately, due to his combined medical and physical issues, we did not have an immediate opening in a suitable home for him which delayed his screening date for nearly a year. Robbie was then placed at an out-of-state residential program in Pennsylvania, five hours away from home. Robbie languished in this residential program, which quite honestly did not offer the optimal level of care that Robbie so desperately needed. He was confined to a wheelchair for the entire day, had a g-tube which further restricted his mobility and basically was deprived of appropriate social interactions with staff and other children.

While our staff wanted to take him back to our Tradewinds Program immediately, we had to make all the necessary school district, OPWDD, and SED contacts to ensure all processes were in place. The team also met frequently with his Mom and Grandmother and completed all of the required paperwork. With the best efforts in place, the return to an in-state program still took just over six-months for Robbie to join us.

Staff and classmates were thrilled to greet Robbie upon his arrival and all welcomed him and his family with open arms.

A quick snapshot four months later and Robbie is barely using his wheelchair, his g-tube has been removed and Robbie and family are enjoying an interactive, progressive educational curriculum and social/recreational trips and experiences daily.

It’s hard for the bureaucrat in me not to come out as I need to share with you the cost of that out-of-state program...it is 3 times ours and there are 1,500 plus children placed in similar out-of-state facilities as I write this message.

Nevertheless, we are thrilled that Robbie is a part of our family and just one of our many Everyday Miracles.

On behalf of Robbie and the thousands of others we are so privileged to serve...Thank You and Happy Holidays.
The Upstate Cerebral Palsy Early Intervention Program serves infants and toddlers who have exhibited a delay in one or more areas which are crucial for a child's future development. Children in the program who reach 18 months of age may participate in a developmental group which provides an introduction to learning in a group setting to address their needs and offers the opportunity for children to interact with their peers. The Early Intervention team partnered with Utica College on a research study examining best practices in early interventions and the benefits of integrating these early group experiences with typically developing peers became evident.

As an outcome of the study, the Upstate Cerebral Palsy Toddler Developmental Group has begun to integrate a portion of their day with the Toddler Child Care class on the Armory Campus. The children learn and play together in the gym, classroom and playground. The Special Education Teacher and Toddler Child Care teacher plan together to provide fun and engaging activities for all of the children. According to Nancy Seller, Senior Vice President of Education Services, "Circle time is a wonderful opportunity to engage all the children in language based activities through singing and counting and reciting phrases in unison. The Toddler Developmental Group has just blossomed since integrating with the Toddler Child Care program. Our toddlers with disabilities require much less teacher support as they imitate their peers during circle time and all the children are learning that we are all more alike than we are different. It is a joy to see friendships form as they learn and play together."

The results of this study with Utica College have been submitted for publication in an effort to improve the practice of early intervention in our community and to serve as a springboard for future collaborative research. For more information about the Early Intervention program at Upstate Cerebral Palsy, please contact Heather Arcuri at 315.797.4080 or heather.arcuri@upstatecp.org.

Susan Constantino Education Center

The Tradewinds Education Center Chadwicks Vocational School was recently dedicated to Susan Constantino, President and CEO of Cerebral Palsy Associations of New York State. Ms. Constantino began her career as a certified special education teacher. She joined Cerebral Palsy Associations of New York State in 1998 and was named President and CEO in 2004. Through her service on statewide committees and assistance to all our affiliated agencies across the state, she has made an immeasurable difference for those with developmental disabilities. She has been a longtime advocate for children and adults with differing abilities as well as a friend and champion to the families that our agency supports. President and CEO Louis Tehan stated, "We are honored to dedicate our vocational school to Susan whose career has been focused on the empowerment of people with developmental disabilities. It is fitting to have her name on the building that prepares our students for independence and fulfilling lives."

The ceremony included staff and students that attend Tradewinds along with CP of NYS colleagues and board members who travelled to help us dedicate the Education Center in honor of Ms. Constantino. After a tour of the campus, she remarked, "I am so pleased to have my name attached to this wonderful center of learning that provides educational experiences for students that will prepare them to be successful independent adults. I am most humbled and grateful to Louis Tehan, the Board of Directors and staff at Upstate Cerebral Palsy for this great honor."

The Susan Constantino Education Center at Upstate Cerebral Palsy is located at 3390 Brooks Lane in Chadwicks, New York. This vocational program offers a unique educational experience for students who are of middle and high school age and preparing for graduation, employment and supportive living transitions. The program includes a comprehensive curriculum, instruction, on site vocational training, community based job experiences, and activities of life skills geared to prepare students to realize their potential and meet goals for employment and for independent living.
The Utica Police Department Community Outreach Team recently hosted Coffee with a Cop at Snacks at the Tracks in Union Station in Utica. This new initiative allows Police Officers the chance to share a cup of coffee with community members. Students and adults from Upstate Cerebral Palsy enjoyed talking with the Officers and learning about their careers all while sipping on a cup of hot chocolate.

For more information on Snacks at the Tracks, please contact Carleen Stewart at 315.507.2081 ext. 230.

Miracle Works Warehouse is now open offering a unique opportunity for Upstate Caring Partners to collaborate with other non-profits in our community. The Warehouse not only provides access to low-cost products and materials, it is also giving people with differing abilities a place to develop meaningful work and life skills. The newly acquired 9,000 square foot warehouse will offer the chance to train people in customer service, delivery of goods and inventory control, enabling them to learn the skills necessary to achieve their employment goals.

The program works in collaboration with Good360 whose network of retail partnerships allows us to offer new, surplus, or out-of-season goods from retailers like Home Depot, Walmart, and a growing list of many others, to non-profits in our area. The inventory changes regularly but typically includes materials for building and renovation projects, as well as many everyday items such as paper products, cleaning and household goods.

Watch for open shopping hours and for a website with an inventory of our goods for community non-profits coming soon. For more information about the Miracle Works Warehouse, please contact Kristen Vennero at 315.507.2081 ext. 232 or kristen.vennero@upstatecp.org.

Visit SNACKS & TRACKS
• Monday through Friday •
• 7:00am until 3:00pm •
Union Station in Utica
The menu is available online at www.upstatecp.org

WAREHOUSE FILLED WITH MIRACLES

Miracle Works Warehouse is now open offering a unique opportunity for Upstate Caring Partners to collaborate with other non-profits in our community. The Warehouse not only provides access to low-cost products and materials, it is also giving people with differing abilities a place to develop meaningful work and life skills. The newly acquired 9,000 square foot warehouse will offer the chance to train people in customer service, delivery of goods and inventory control, enabling them to learn the skills necessary to achieve their employment goals.

The program works in collaboration with Good360 whose network of retail partnerships allows us to offer new, surplus, or out-of-season goods from retailers like Home Depot, Walmart, and a growing list of many others, to non-profits in our area. The inventory changes regularly but typically includes materials for building and renovation projects, as well as many everyday items such as paper products, cleaning and household goods.

Watch for open shopping hours and for a website with an inventory of our goods for community non-profits coming soon. For more information about the Miracle Works Warehouse, please contact Kristen Vennero at 315.507.2081 ext. 232 or kristen.vennero@upstatecp.org.

LEGACY OF CARING

The E. John Gavras Center recently held its Legacy of Caring event, celebrating over six decades of caring for children and adults with differing abilities. The event not only recognized and honored the life-changing work done at the Gavras Center each day, but also kept the spirit of Dr. Henry Romano, the Gavras Center’s only Medical Director for 57 years, alive through community awards presented in his memory. Dr. Romano embodied compassion, respect for patients and their families, knowledge of child development and helped to provide the foundation for what the Gavras Center is today. The Dr. Romano Legacy of Caring Community Award was presented to Bergan and Young Insurance in honor of Peter D. Bergan, who has been a longtime advocate and supporter of the Gavras Center. The Dr. Romano Legacy of Caring Spirit Award was presented to Sylvia Lukins, preschool nurse who worked side by side with Dr. Romano for over 30 years and who has been an advocate and champion for children and adults with differing abilities. Throughout the event the Gavras Preschool and Early Childhood programs were also highlighted, honoring The Gavras Center’s long history of excellence in education within the community.
Upstate Cerebral Palsy will be opening a new residence in Lyons Falls this winter. The spacious 6 bed home will allow residents to live in a small home environment with greater access to their community. The Individualized Residential Alternative (IRA) model is person centered, putting people at the center of decisions while working with staff to develop supports that are customized based on their needs and interests.

The new home in Lyons Falls was built by Herkimer BOCES and is the beginning of a great partnership. The original home built by BOCES was constructed off-site, then transported and placed on a newly constructed foundation. An addition of 3 bedrooms to the home is currently underway. This project would not be possible without the continued support of the Lyons Falls community. For more information on residential services at Upstate Cerebral Palsy, please contact Kathy Klosner, Senior Vice President of Adult Services, at 315.404.7943.

Thank you to the Utica Comets who graciously donated $10,000 to the Kelberman Center with proceeds raised from their preseason game on October 9th against the Syracuse Crunch. According to Rob Myers, Kelberman Center Executive Director, “We are very grateful to the Utica Comets who have gone above and beyond to help children, adults and their families receiving Kelberman Center services. Your dedication to our community is amazing and we could not be more fortunate to have such a powerful force within the community helping to spread the Kelberman Center’s mission.” For more information on ways to get involved at the Kelberman Center, visit www.kelbermancenter.org.

Beginning in 2017, an exciting change will take place for primary care services at Community Health and Behavioral Services (CHBS) of Upstate Cerebral Palsy. The services will transition in name and operation to Upstate Family Health Center, Inc., but will continue to provide the same outstanding care to individuals of all ages as CHBS currently does. Upstate Family Health Center, Inc. will have two new locations: 205 West Dominick Street in Rome and 1001 Noyes Street in Utica. Services will include well child care and immunizations, diabetic care, physical exams, gynecological care, preventative services, podiatry, laboratory and X-ray services (Utica office only) as well as behavioral and mental health service referrals.

Led by Dr. James Frederick, Chief Medical Officer of Upstate Family Health Center, the new clinics will offer quality primary health care services to children and adults in the community using a team care model. For so many, this means eliminating the need to travel long distances as well as having access to an experienced and dedicated medical staff providing the highest level of care. For more information on Upstate Family Health Center Inc., please contact Terry Phillips, CFO/COO, at 315.624.9470 ext. 266.
Geno DeCondo has been an instrumental part of Upstate Cerebral Palsy since 2008. He began his career with the agency as the Chief Financial Officer and later was named Executive Vice President. Through his diligent attention to the fiscal environment at the local and state level and within the agency, Geno navigates between the complex funding streams for people with disabilities. Geno fights on behalf of our individuals for the funding that they so desperately require through his knowledge of this process and the Medicaid system. In addition to handling an extensive budget across multiple affiliate agencies, he is also the Executive Director of the Mohawk Valley Handicapped Services, Inc. our affiliate that serves as a holding corporation for many Upstate Cerebral Palsy facilities. During his tenure, DeCondo also served as a shared Executive Director of the affiliate, the E. John Gavras Center in Auburn, NY.

As the newly appointed Chief Operating Officer and Chief Financial Officer, DeCondo will continue in his current capacity and also provide oversight of all education, adult and community service programs of Upstate Cerebral Palsy. These include New Discoveries Learning Center and Tradewinds Education Center for children up to the age of 21, as well as residential, day habilitation and employment programs for adults. Community services are provided for families across Central New York with an array of programs and support services. He has nearly 30 years of experience in financial management and a vast knowledge of agency programs, services and the many families we serve. He will assure that all levels of support, for infants through the life span, will be provided to those most vulnerable. Congratulations to Geno on this well-deserved promotion!

The Root Farm Executive Director Jeremy W. Earl was selected as an honoree for the Central New York Business Journal’s 40 Under FORTY Awards. The award recognizes 40 ambitious, hard-working, civic-minded individuals who are driven, talented and who go above and beyond at their workplace and in our community. Jeremy began his career as a Physical Therapist at Upstate Cerebral Palsy in 2000. In 2015, Jeremy was appointed the Executive Director of the Root Farm, and has overseen the day to day equine, agriculture and horticulture programs at the farm since then.

The Justice Center for the Protection of People with Special Needs recently recognized Lisa Getman, Senior Vice President of Compliance Review, with a Code of Conduct Recognition Award for 2016. This award honors staff who embody the ethical standards outlined in the Code of Conduct for Custodians of People with Special Needs and provides an opportunity for people who receive services, their families, agency personnel and the public to recognize and celebrate the exemplary work of compliance staff.

Congratulations to Dr. James Frederick of Community Health and Behavioral Services (CHBS) and Upstate Family Health Center as well as to the Kelberman Center for being selected as Central New York Business Journal Excellence in Healthcare awardees. Dr. Frederick was selected as Physician of the Year because of his passion for patient centered care and his commitment for having patients treated in a team approach. The Kelberman Center was selected as Specialty Center of the Year for its commitment to specialized programs and services for children and adults with autism spectrum disorders and their families.

Christine Arruda, Student Data Specialist at the Rome Education Center, was recently recognized by the Genesis Group with the Mohawk Valley Education Distinguished Service Award. Christine organizes and manages student data pertaining to all three Tradewinds Education Center sites, coordinates activities for the New Discoveries Preschool Program as well as other functions at the agency to meet State and Medicaid billing mandates. Christine is dedicated, conscientious and efficient in her work and is a tremendous asset to Upstate Cerebral Palsy and to the children that we support.
Everyday Miracles are happening for...

...Robbie who now has a place he can truly call home.
...people in Central New York in need of quality health care.
...toddlers receiving early intervention and learning with their peers.
...people who are learning skills and getting jobs.
...children with autism attending specialized camps.
...Michelle who can now go hiking with her friends in the Trackchair.
...people moving into a new home that provides personalized support.

At this time of year, we are especially grateful to those who support us in so many ways. Everyday Miracles are possible because of our friends in the community we serve. Thank you for being there for Robbie, Michelle and countless others. For more information on ways to give or to get involved, please contact Kathy Hartnett, Executive Director of Cerebral Palsy Association at 315.724.6907 ext. 2308 and together we can create Everyday Miracles.

Enclosed is my gift of $100.00 $75.00 $50.00 $25.00 Other
Name (please print)
Street Address
City, State, Zip
Signature
Telephone
E-mail
Method of Payment (check one) ☐ Check ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover
Credit Card #_________ Exp. Date: _________
Billing Zip Code Exp. Date: _________
Please make check payable to Cerebral Palsy Association
Donate online at www.upstatecp.org/ways-to-give/donate

SPARKLE AND SHINE
The American Girl Fashion Show, presented by Adirondack Bank, is a fun-filled afternoon for mothers and daughters and friends who share lunch and enjoy a fashion show based on the popular American Girl line of dolls—all while making a difference for children with special needs. Through the support of our sponsors and guests, we raised nearly $90,000 this year that will directly benefit children who participate in therapeutic horseback riding and recreation programs at The Root Farm. Although this is the last official American Girl show due to a change in direction by Mattel, we are already planning a new and refreshed event for you to look forward to next year!

CEREBRAL PALSY ASSOCIATION
OF THE MOHAWK VALLEY INC.
Please visit www.upstatecp.org to find out how you can make a difference in the lives of the people we support through participation in our events, becoming a volunteer or making a donation. Together, we can help create everyday miracles in the lives of people with differing abilities.