This was such an incredible night for us all! Seeing my son ride in a limousine and walk the red carpet into his Prom makes me so happy. Thank you to the incredible staff at Tradewinds for making this wonderful evening possible for my son and his friends!"

The Tradewinds Education Center Prom is an event that draws Upstate Cerebral Palsy staff from across the agency as well as students’ families and community supporters to cheer on prom-goers as they attend the annual event. Everyone converged on the Armory Drive Campus in Utica to experience the Prom, knowing that an exciting evening was ahead. Assemblyman Anthony Brindisi, a longtime supporter of Upstate Cerebral Palsy and people of all abilities, served as Grand Marshal, kicking off the celebration and staying to visit with families as a part of this special evening.

The staff plans the Prom weeks ahead, developing a theme and crafting the decorations to transform the gym into a wonderland. They also make sure each student has a fancy gown or tux and the accessories to match! But ultimately, it is our families that really make this event an extra special one. Parents, siblings and even grandparents often ride along in the limousines or walk side by side on the red carpet into dinner. Family involvement is the core of the Tradewinds Education Center and we look forward to seeing parents and children experience this wonderful night together. Many of our families never thought that they would see their child attend a Prom, so this is often an emotional evening for them as well.

Nearly 200 children between the ages of 5 and 21 who have been diagnosed with severe behavioral and developmental disabilities attend the Tradewinds Education Center with some calling it home as well. Prom night has become an annual event, and on this night, 80 of those students had the times of their lives.

“Our students are just like any other kids their age. They like video games, playing outside and having fun with their friends. Our unique Tradewinds program allows them to reach the next level of independence in their lives, which includes attending memorable events like the Prom,” commented Patti Carey, Vice President of Residential Services.

Donations from area restaurants and businesses help make the Prom possible, along with volunteers who assist with preparation prior to and the day of the event. Thank you to everyone who was involved in making the Prom such a special and memorable event for our students this year. For more information on how you can get involved and help Tradewinds students have an incredible Prom next year, please contact Patti Carey at 315.798.4040, ext. 268.
Message from Louis B. Tehan
President and CEO

As I review this newsletter even I am amazed (and delighted) by the great variety of exceptional opportunities offered to families and people we support throughout the affiliates of the Upstate Caring Partners organization...

Traditional programs like the Children’s Residential Program annual prom, expansion of the Gavras preschool, meaningful volunteer and employment opportunities in the community for individuals as well as expansion of existing programs at CHBS, Miracle Works Warehouse and the Root Farm.

Recognition of outstanding professionals hired and promoted contributing their experience and expertise to all facets of our varied enterprises.

All of those stories serve as illustration of the growing reach and impact of our Caring Partnership, sharing in a common mission of quality, commitment and concern for each person we are so privileged to serve.

Please join me in sharing in the success stories of our agencies on the following pages...

Unity Mile • Unity Smiles

Students from the Upstate Cerebral Palsy Tradewinds Education Center cheered on runners at the 40th Annual Boilermaker Road Race. They joined other groups and supporters at the Unity Mile. A new initiative of the Boilermaker this year, the Unity Mile, along mile 2 of the race route, highlighted the cultural diversity that makes our area such a unique place to live. Nonprofit organizations, community and school groups and individuals lined the route with music, banners and balloons, “creating a wall of sound and color”!

“We are huge supporters of the Boilermaker Road Race,” said Louis Tehan, Upstate Cerebral Palsy President and CEO. “It is a wonderful community event that goes right through our Armory Campus’ ‘backyard,’ and we are proud to be a part of it in any way possible.” This year Upstate Caring Partners affiliate agencies, including Upstate Cerebral Palsy and the Kelberman Center, had numerous staff run, with an additional eleven charity bib runners who supported the Root Farm by raising over $5,000 toward its new Learning Garden. Congratulations to charity bib runners Elizabeth Lawson, Dave Curtin, Christina Sprague, Tom Wysocki, Alexandria Weber, Suzanne Caliguire, Alex Samoray, Karen Palmer, Sarah Foster, Matt Fish and Iris Buczkowski, along with special congratulations to the Boilermaker for celebrating 40 years of excellence!
Preschool is Blooming & Growing at the E.John Gavras Center

Quality preschool and child care programs are essential to working parents who rely on a safe and stimulating environment for their young children. During a time when many day care programs are closing their doors, this need is even more crucial. Recognizing an opportunity to help fill this gap within their community, the Gavras Center is currently in the planning phases of a renovation that will address shortages in Cayuga County for full day and wrap around programming for 3 to 5-year-old children of all abilities, allowing for expansion of full day educational programming.

According to David Sperduti, Operations and Planning Director at the Gavras Center, “We are very excited about this expansion project, as it will enable us to serve up to 108 children on a daily basis through our preschool program and 30 in our student daycare program, while also adding 27 new positions to our workforce.”

With their capital campaign kicking off this fall to help fund the over $880,000 4-year projected project, the desired outcome is to renovate portions of the existing preschool, approximately 7,000 square feet, and an additional 4,500 square feet formerly occupied by another agency. Phases one and two include interior renovations for a larger therapy area and additional classrooms as well as a new playground installation. Phase three includes installation of a new roof and other improvements to the building.

Danielle Ambrose, Gavras Center Executive Director, is excited about what this growth and development will mean to the families they support. “Given this challenging economic environment, it is encouraging to think that our agency is expanding to a new, state-of-the art center to meet the needs of so many families right here in our community.” For more information on Gavras Center preschool, and day care services, please contact Kenneth Ward, Principal at 315.255.2746.
Happiness is doing what you love. For Michael, happiness is being named a member of the Newport fire department. Michael has always admired and respected firefighters, and was able to become an honorary firefighter thanks to staff members at Upstate Cerebral Palsy, who helped him turn his passion for firefighting into a reality.

David Jones, a maintenance supervisor at Upstate Cerebral Palsy, as well as a Newport Firefighter, knew of Michael’s interest in the fire department. “After I learned that Michael wanted to visit the station I knew we had to make that happen,” said Jones. With his desire to make Mike’s dream a reality and through the support of the fire department staff, Michael was inducted as an honorary member of the Newport Fire Department and was presented with a fire department badge, a fireman’s jacket and a license plate for his wheelchair.

Words cannot express how excited Michael was that day. He took a tour around the fire trucks and tried on jackets and hats and used the walkie talkies. Michael smiled ear to ear every moment he was at the station, expressing his happiness and that “it was the best day of my life!”

Currently, Michael can be found helping with the fire department’s craft fair and chicken barbecues, all while wearing his personalized fire department sweatshirt. Michael’s story is just one example of the everyday miracles that occur for the people at Upstate Cerebral Palsy – thanks to caring staff and community members coming together to create exceptional opportunities.

We Celebrate Our Direct Support Professionals

Upstate Caring Partners celebrates the dedication and the hard work of Direct Support Professionals! You are cheerleaders and caregivers. You are there to celebrate small achievements and giant milestones. You make dreams a reality and bring smiles everyday. Thank you for everything you do!

It’s who we are! It’s how we work! It’s how much we care!
The Miracle Works Warehouse, a 10,000 square foot warehouse located in West Utica, has become a one-stop shop for area non-profits to purchase everyday items donated by area retailers, such as bedding, cleaning supplies, toys, dishes, and even building supplies, all at a significantly reduced rate. The warehouse also creates work and skill building opportunities for individuals with barriers to employment, training people in customer service, delivery of goods, and inventory control, enabling them to learn the skills necessary to achieve their employment goals.

Are you a business looking for a space to store your product? The Miracle Works Warehouse can now manage your inventory! Through the Miracle Works Warehouse Inventory Management Service, we can store and maintain inventory for area businesses, accept deliveries and prepare your materials for quick pick up, saving you time and money. According to a representative from Potentia Management Group, "Miracle Works Warehouse helps us with inventory control by accepting our shipments so we can be out in the field selling and installing LED systems. The staff is very responsive and accommodating when we need to retrieve product from the Warehouse, they have our orders ready and waiting. They even offer the option to deliver to our worksites!"

For more information on the Miracle Works Warehouse or our Inventory Management Services, please contact the Warehouse at 315.570.7115 or email miracleworkswarehouse@upstatecp.org.

Community Health and Behavioral Services

Community Health and Behavioral Services (CHBS) has recently expanded to help meet the behavioral health care needs of families in our community. A new office located at 207 West Dominick Street in Rome now provides services to both children and adults. According to Tara Costello, Vice President of Behavioral Health Services, “Serving the Mohawk Valley for over 30 years, we are committed to providing high quality care to our patients by giving timely access to a variety of clinical services.” CHBS offers behavioral health care services to individuals of all ages throughout the Mohawk Valley, including individual counseling, psychiatric services, play therapy, family therapy, Health Home Care Management, and MICA services. As children head back to school, there is also behavioral care offered in a number of school districts, at no cost to families.

CHBS accepts Medicaid, Managed Medicaid, (Fidelis, Blue Options, United Health Care), Child & Family Plus Plans, Medicare and most private insurance companies and is accepting patients in Utica and Rome. We also offer a sliding fee scale based on eligibility. For more information or to schedule an appointment, please contact 315.337.0773. A listing of all sites and hours can be found on our website at upstatecp.org under family health.

Dr. Minhaj Siddiqi has recently joined CHBS as a full time Psychiatrist, providing psychiatric services at both 1427 Genesee Street in Utica and 207 W. Dominick Street in Rome. Dr. Siddiqi graduated with his Doctor of Medicine from the University of Cetec in the Dominican Republic and has most recently worked as a Psychiatrist at the Central New York Psychiatric Center Office of Mental Health of New York State. We are pleased to welcome Dr. Siddiqi, who brings his expertise and many years of experience in the mental health field to CHBS to meet the needs of our community.

MIRACLE WORKS WAREHOUSE

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As a Farm Hand at the Root Farm, Marcus can be found in any number of places on a given day. He works in the stables feeding the horses, as a side walker during therapy sessions and lessons, but most of his time is spent in the Freight Farms tending to the hydroponically grown lettuce and other greens. After work he can also be found on a horse himself, as he takes riding lessons each week! On a daily basis Marcus interacts with the various people and groups that visit the Farm and enjoys his involvement in all aspects of farm life.

Marcus had received job training with an Upstate Employment Associates job coach to help him identify his employment interests and practice job-related skills. He currently works independently at the Farm, having mastered the skills necessary to maintain paid employment.

“Each day I help feed the horses, clean their stalls when needed and sometimes help with lessons,” commented Marcus on his work experience. He continues, “I would say my favorite part is just being with the horses! In the Freight Farms, I teach volunteers how to transplant seeds and how far to space the plants from each other. Hydroponic Farming is something I’ve never done before and I’ve learned a lot.”
Eating well-balanced meals is important at any age and especially for senior citizens. It can be challenging for them to make healthy choices and some will opt for processed foods for its convenience. Recognizing the need to assist seniors with making nutritious meals and buying the right ingredients, the Healthy Cooking Class was started to benefit those age 50 and older.

Thanks to a grant from the Community Foundation of Herkimer and Oneida Counties, The Root Farm has partnered with Herkimer County HealthNet and FoodFeasible to host cooking classes for people with chronic conditions that can be better managed with a healthier diet. As a part of the new program, participants each receive a share of the Root Farm’s Community Supported Agriculture Program (CSA), which includes a variety of fresh vegetables such as beets, swiss chard, eggplant and kale.

Each cooking class in the 15-week program taught by dietitian Lela Niemetz, MS, RD, CON, owner of FoodFeasible, is based on the particular vegetables in the share that week, and participants learn how to prepare nutritious meals that also address common health issues. Diane, once hesitant, has now learned how to cook with kale. “It is interesting to learn new recipes and how to cook with a variety of fresh vegetables. I learned that leafy greens, such as kale and swiss chard, help to lower my cholesterol and give me energy. I am excited to be a part of this new cooking class!”

“We are pleased to be a part of this unique partnership sharing our delicious local, farm fresh vegetables,” said Jeremy Earl, Root Farm Executive Director. “In addition to exercise, a healthy diet is proven to have significant benefits to people with certain health conditions, such as diabetes, high blood pressure or a history of heart attack or stroke.”

FoodFeasible is an integrative, holistic nutritional company that empowers people by teaching the basic principles of healthy living, justice, unity, community, ethics, and environmental responsibility. They partner with local food producers to create meaningful, food based education opportunities.

Herkimer County HealthNet operates as a New York State Department of Health Rural Health Network and works to meet its vision of ‘collaboration, to regularly identify health and human service needs in Herkimer County and facilitate programming to address those needs.’

Marcus’ grandmother is delighted at what he has achieved in his life. “I am so happy that he has a fulfilling job and loves going to work each day. I had certainly never imagined the level of independence he now has and I am amazed at his personal growth and confidence, thanks to The Root Farm.”

According to Jeremy Earl, Root Farm Executive Director, “Marcus is a wonderful addition to our staff. He takes pride in his work with the horses and in the Freight Farms and is focused on learning new skills and applying them each day. We all enjoy having him as a part of our team!”
Upstate Caring Partners Recognizes Outstanding Staff and Supporters

Staff and community members from across the affiliate agencies of Upstate Caring Partners, Inc. were honored for their commitment and dedication to making life better for children and adults each day.

Community Partners of the Year Award
The Community Foundation of Herkimer and Oneida Counties

The Community Foundation of Herkimer and Oneida Counties received the Community Partner of the Year Award for 2017. This award was created to recognize those who work closely with Upstate Caring Partners and its affiliates to enhance the lives of the children and adults who receive services. The Community Foundation has always been a positive resource for those in need in our community and has greatly impacted Upstate Cerebral Palsy, the Root Farm and the Kelberman Center by supporting programs and innovative, new services for children and adults of all abilities through grant funding and collaboration with our agencies.

Caring Persons of the Year
Dr. Alice Root & John Dahlin

Dr. Alice Root & Mr. John Dahlin were recognized as Caring Persons of the Year. This award was created to recognize those who work to make a lasting difference in the lives of children and adults in our Upstate Caring Partners affiliates. Root and Dahlin have been instrumental in the creation of the new Root Farm in Sauquoit, a state-of-the-art equine center, continuing their legacy in providing therapeutic horseback riding, horticulture and recreation programs for children and adults of all abilities.

Sue Roy, Clinical Supervisor of Nursing and Sean Evans, Art Teacher at Upstate Cerebral Palsy, were recognized as Employees of the Year for 2017. The Employee of the Year Award honors individuals who go above and beyond the typical responsibilities associated with their positions and who exemplify the agency’s values of excellence, passion, integrity, caring and respect. Sue has a caring nature when treating the medical needs of the people at the agency and also understands and nurtures the important connections with families. As the Tradewinds Education Center art teacher, Sean’s creativity allows students to develop their own unique style and gives them a powerful way to express themselves. Both are integral members of the staff and are focused on helping people lead full and enriched lives.

Human Resources Recruitment Team

The Human Resources Recruitment Team of Upstate Cerebral Palsy, including Krista Bartlett, Natasha Fuller, Lisa Malorzo and Penny Seymour, was recognized as the 2017 Team of the Year. The Team of the Year Award honors a group that functions effectively to serve children and adults with differing abilities. The recruitment team uses its time and talents to seek qualified candidates to fill positions with people who share in the agency mission of providing exceptional opportunities to children and adults each day.

The Nancy Corelli Employees of the Year
Sue Roy & Sean Evans

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Campers made a splash this summer at the Kelberman Center Awesome Summer Days Camp! A day camp open to children ages 5 to 14 of all abilities, Awesome Summer Days is designed to develop various skills in a highly structured, fun, and supportive environment. Just having wound down its five-week session, over 40 campers enjoyed swimming, art projects, field trips to the Root Farm, Critz Farms, the Utica Zoo and the MOST Museum in Syracuse, in addition to participating in groups based on special interests such as cooking and science.

According to Camp Director Carla Pollard, “Now in its tenth year, Awesome Summer Days Camp has made a monumental impact on hundreds of children’s lives, many of whom are on the autism spectrum. Participating in activities designed to develop skills in self-awareness, emotional development, understanding others, communication and friendships are so beneficial to our campers and help them enhance their social skills throughout the summer and prepare for the upcoming school year.”

This impact of our camp experience is best shown in the words of a parent, Mike Willson, who has seen this transformation firsthand. In a note to the Kelberman Center, he expresses his sincere thanks for his daughter’s wonderful experience at camp. “My daughter Austynn just finished your camp, which affected her life in so many ways...you have changed many lives, and it showed last week...thank you so much for helping a 7-year old love and trust others.”

Powerful words that describe a life-changing experience. Autism Summer Days Camp receives funding through various Kelberman Center community events throughout the year, including the Walk for Autism in April and the Color Vibe 5K Run in August. With the support of our sponsors, including NBT Bank, In Bloom Yoga, Gilroy Kernan & Gilroy, and Carbone Auto Group, these events help to raise over $250,000 for camperships and to make the Awesome Summer Days Camp possible. For information on Awesome Summer Days Camp and other recreation programs, please contact Eryn Balch, Managing Director of Business Operations, at 315.797.6241 ext. 270.

Everyday is an Awesome Summer Day!

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Happy 1st Birthday to Snacks at the Tracks! It is hard to believe that we have been serving the local community and travelers in Union Station for over a year with an array of delicious coffee, sandwiches and treats, while also providing training and employment opportunities for individuals with barriers to employment.

According to Carleen Stewart, Vice President of Strategic Development at Upstate Cerebral Palsy, “This collaboration between Oneida County and Upstate Cerebral Palsy has been a win win for everyone involved. Our current staff of four people, all with barriers to employment, are able to work and to learn job skills through real life training and shadowing experiences. We are also able to showcase many local goods, including those from The Root Farm, all while providing a much needed service for people in downtown Utica.”

Stop by Snacks at the Tracks in Union Station soon for a cup of coffee, lunch or a snack! We can also provide breakfast and lunch for your next meeting. Please call in advance to place large orders. The café is open Monday through Friday, 7:00am to 3:00pm. To order or for more information, please call 315.765.6842, visit upstatecp.org or our Facebook page.

Jane Vail has recently been promoted to Executive Director of Central New York Health Home Network (CNYHHN). In her new role, Vail will provide leadership and administration of the operations for CNYHHN, work closely with partner organizations and establish a strategic plan for the future of health home services in the NYS transition to Medicaid Managed Care.

Vail has an extensive history in the healthcare and mental health field, having formerly served as the Director of CORE (Community of Resources and Expertise), creating strategic alliances with the community; government agencies, businesses, colleges and non-profit organizations to provide needed services to the component school districts of the Oneida-Herkimer-Madison BOCES and also as the former Director of Children’s Services for the Oneida County Department of Mental Health.

Vail received a Master of Science in Counseling and Social Work from SUNY Oneonta. She was instrumental in the development of several community health initiatives such as the Oneida County Youth Services Council created in January 2011 and the newly formed Oneida County Health Coalition launched in March 2016. She was also appointed to the Families Together in New York State Board of Directors in April 2016.

The care management organization, established in 2010, covers ten counties, in partnership with Children’s Health Home Network of the Capital District and North Country Health Home Network. Together they provide care management to assist high risk and high need children and adults in increasing their connectivity to healthcare, social services and natural supports. For information on CNYHHN services, please call 315.624.9670 or visit cnyhealthhomenetwork.net.
You made wonderful family memories at our American Girl Fashion Shows! Join us for our new memory maker...

It's time for tea!! Fans of our American Girl Fashion Show will now have a new mother-daughter event to look forward to. “Tea Time” with a twist will include activity stations, photos, lunch, interactive performances, and of course dolls! Bring your favorite doll with you to enjoy time with friends for an afternoon to remember. Join us on Sunday, November 5th at Turning Stone Resort. For more information, please visit www.upstatecp.org or call 315.738.0794, ext. 222.

Enclosed is my gift of $100.00 $75.00 $50.00 $25.00 Other
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Donate online at www.upstatecp.org/ways-to-give/donate

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Please visit www.upstatecp.org to find out how you can make a difference in the lives of the people we support through participating 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.