

Activities Coordinators and residents find fun in the community

Here's some advice if you plan on visiting any of the five Mary Cariola residential homes . . . call ahead! Chances are the residents are not home!

Thanks to a dedicated group of Activities Coordinators, you'll never hear "I'm bored" from any of the 38 children and young adults who reside in the Greece, Henrietta, Rush, Fairport or Rochester residences.

"We are more active than ever before," said Kreag Road Activities Coordinator Jennifer Podmenik. "We offer a wide range of activities to our residents . . . sporting events, arts festivals, planetarium visits, Ontario Beach Park, airport tours, Springdale Farms, bike trails, amusement parks, car cruise nights, and we're always looking for new opportunities as well."

Each residence is responsible for planning its own activities, and once a month the residences come together for a joint activity. They recently held their annual summer picnic at Ontario Beach Park, and last month tried

a new endeavor: the residences time-shared a cabin at Letchworth State Park.

Demetrius Washington

poses with a Buffalo Bills pickup truck while attending a Bills practice at St. John Fisher College.



Shameika Barron proudly shows off the catch of the day while on a fishing trip at the Rotary Sunshine Campus.

Planning is the key to a successful outing. Podmenik has a binder full of laminated maps, driving instructions, cost and site information to every location, which makes it easier for the driver and saves time for return visits. Residents are scheduled for community outings at least once on weekdays and once on the weekend. Since half of the residents participate in these outings at a time (and travel with a medically trained staffer as well as a certified driver), the home needs to make sure that an additional medical person and van-certified driver are on staff and remain at the residence.

Big outings like day trips to Sea-

breeze and Darien Lake Amusement Parks involve everyone in the residence and require one-on-one support. Walkie talkie communication keeps track of everyone and ensures a safe time. Podmenik invites parents to attend and attracts student volunteers from local school districts to help.

"Parents love helping out and seeing their child happy and having a good time," said Podmenik. "Our student volunteers have a great time as well."

Director of Community Services Anna Lynn Brink pointed out additional benefits of the busy activities program. "It's normal growing up experiencing things in the community like shopping and going to the mall," Brink said. "We provide those normal experiences and teach skills that reinforce appropriate behavior and promote independence as much as possible."

Christina Pabon and Jennifer Podmenik enjoy pedal boat fun while visiting the Rotary Sunshine Campus.



"Our entire program has evolved as more community experiences became available. That has required more footwork on the part of the activities coordinators, but it has resulted in an excellent job of getting our residents into the community." •



Dear Mary Cariola Family,

It is an honor and a privilege to serve our Agency as its new Director of Agency Advancement. After serving four years as a teacher and four years as a supervisor at Mary Cariola Children's Center, I look forward to informing and educating the community about the world class programming that our Residential and Day Program staff provide to our students!



We have a top notch team in the Agency Advancement Department. Susan Vaala, Jan Gilbert, Nicole Dragonetti and Joanne Fisher all work hard to gather resources and capital to advance the mission of our Agency. This is a challenging time for any business, especially non-profits. However, we are determined to create opportunities to allow caring individuals and companies to make a positive impact on our children's lives.

Please join us in spreading the word about the great things that happen every day at Mary Cariola Children's Center. The Agency Advancement team will continue to work tirelessly to support our core value that our children and young adults always come first!

I hope to meet many of you at Walking on Sunshine!

Warmest Regards,

Brad Pearson
Director of Agency Advancement

Agency is Walking on Sunshine . . .

and It's Time to Feel Good!

Hundreds of walkers will enjoy an early autumn walk on Sunday, September 26th as Mary Cariola Children's Center hosts its annual *Walking on Sunshine* Fundraising Walk at Ontario Beach Park.

"This event is becoming our fastest growing fundraising event," said



Agency Advancement Director Brad Pearson. "The walk along the beach is scenic, the park is beautiful and it's a great family event.

We'll have kids' activities, music and treats along the way. If you are looking for a great opportunity to spend some quality time with the family, you don't want to miss this event."

Entertainment includes appearances by Rochester Red Wings' mascots Spikes and Mittsy, Snoopy from Met Life, music by Jim Lane, face-painting and healthy snacks.

Walkers can register on line at www.firstgiving.com/marycariola and set up their fundraising page to solicit donations from family, friends and co-workers. Don't know a team or a walker? You can also make a secure on-line donation at that webpage. Look for the **Donate** button on the right side of the home page and follow the easy directions. •

Thanks to our Platinum sponsors:



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Special Events net profit for Agency

Four fundraising events in eight weeks could make or break any non-profit organization, but thanks to some keen planning, organizing and implementing, Mary Cariola's Agency Advancement Department must have it down to a science. All events saw increased attendance and made a profit.

The Rose Perlich Card Party at Monroe Country Club brought out hundreds to support the Agency. The event made over \$2,000 to support Camp Cariola's week-long summer camp experience.

Despite some rainy and unseasonably cool weather, the Agency came out smelling like roses after the 2010 Gardens of Distinction event. The tour featured six gardens in the



Mendon-Honeoye Falls area, and was the most profitable Garden Tour ever as

Agency friends raised over \$15,000. Many thanks to Orchid Sponsors



Paul Scott presents Jim Hammer (left) and Mark Siewert with gifts representing their 'rock solid' performance as Co-Chairs of the Capital Campaign.

Federated Clover Investment Advisors and Lewis Tree Service.

Motors were humming as nearly 200 motorcycle enthusiasts headed out on the highway for the fourth annual Hogs 'N Roses Motorcycle Ride for the Children. Nearly \$4,000 was raised.

The Mary Cariola 2010 Golf Classic and Auction moved to a new venue at Irondequoit Country Club. Combine a full field with perfect weather on a championship course and you get results. Over 150 golfers and dinner guests made it a profitable day to benefit the children.

"In a tough economy, we are quite pleased with the attendance and financial results from these events," said Brad Pearson, Director of Agency Advancement. "We changed the venue or route of every event and that helps keep things fresh and attracts new attendees. We'll continue to analyze results to make sure that our events draw old and new friends. Hosting a unique event is a great way to meet and introduce new friends to the Agency." •



Above: Jean Peyton watches as April Mounts drives one down the fairway at Irondequoit Country Club.

Inset: Garden lovers enjoyed a waterfall and luscious greens at the McInerney Garden.

Capital Campaign Concludes

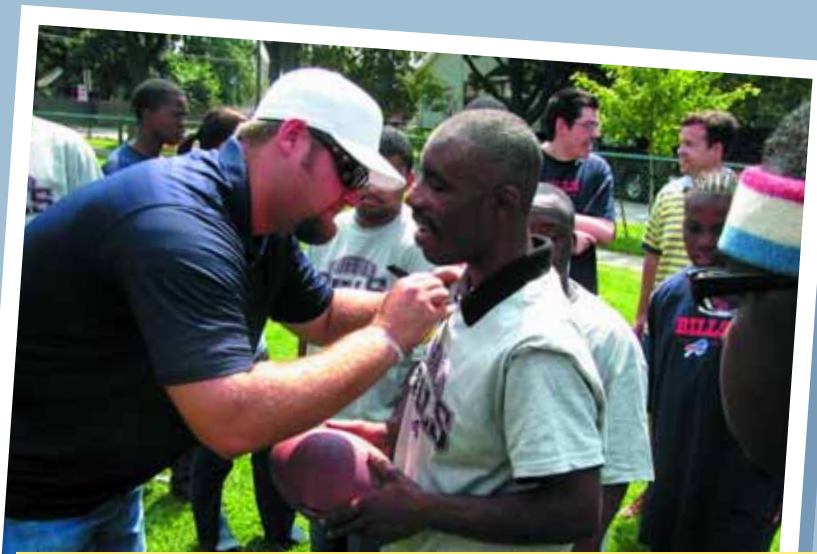
Mary Cariola's Capital Campaign has formally closed with over \$3.6 million collected. It began in 2006 as a Staff Endowment Campaign to keep salaries competitive with public school districts. In 2008, the Board of Directors added the option to designate gifts to residential expansion.

A campaign celebration was held in the Mark Daniel Siewert Clubhouse, where Honorary Chairs Arunas and Pam Chesonis were honored for their lead gift. Capital Campaign Chairs Jim Hammer and Mark Siewert were recognized and thanked for their work on the Campaign. •



Anne Johnson, Sales and Marketing Manager for DynaVox Mayer-Johnson (a company that enhances learning and human expression for individuals with special needs), recently conducted training updates on Speech and Language Services. She demonstrated the use of Boardmaker software and its versatility as an interactive educational tool. Its main feature is to create and print communication boards. More than 67 staff, school district service providers and parents attended these training sessions.

Mary Cariola Moments



Buffalo Bills Center Geoff Hangartner visited the Agency before the start of Bills training camp to meet with Cariola's intramural football team. He threw a pass to each player, posed for photos and signed autographs. Justin Goodwine gets his Bills shirt signed.



Music Therapists Jason Willey and Karen Skahill perform the national anthem at Mary Cariola night at Frontier Field. More than 350 Mary Cariola staff, students, families and friends attended the game and filled two sections in the stadium.



Isabella Strahl cools off with classroom aide Precious Sylvester during Summer Program. The hot weather provided lots of pool time opportunities on the patio!



Wegmans Chef Tim Milliman prepares fresh vegetable salad for Cariola's IT Support Specialist Bridget Borsari. As part of the Agency's Wellness Program, Wegmans demonstrated how to prepare nutritional and inexpensive meals and side dishes.



Rochester Red Wings pitcher Rob Delaney visited students Devin Mansfield and Nick Traikoff at Elmwood and East Henrietta campuses. The Red Wings teamed up with Cam's Pizzeria to host two pizza parties this summer.



Brad Pearson and Social Worker Gail Schiller congratulate Terrence Quick at the school age graduation ceremony. The 15 graduates from the Class of 2010 will move on to adult placement in day programs and residential settings.



Pat McGonigle mugs it up with Tippy the Biker Dog at the 4th Annual Hogs N' Roses Motorcycle Ride for the children. The News 10NBC anchor also emceed the event.



Joe Triolo assists Jonah Hayes with painting a flower pot for a classroom growing project. Residents from St. John's Home donated potted marigolds so the students could observe, water and monitor their growth during the six-week summer program.



Tim Morsch serves teacher Joe Gomulak-Cavicchio baked chicken tenders for lunch at the new Cariola Café. Students shop, pre-prepare, cook and clean up as part of the Cooking Program. The Café is currently open twice a month and hopes to expand operations during the school year. Joe gives the lunch a thumbs up!





Kyle meets a 'deer' friend in Japan.

Cariola Preschool Grad earns Bachelor's Degree

Sixteen years after walking across the Mary Cariola Preschool graduation stage, Kyle Griffin graduated again. He donned the traditional gown and mortar board last month and received a Bachelor's Degree in Computer Arts from the State University of New York at Oneonta.

"They said he would never walk or talk," says his mother, Dorette. "But this kid is something else. We are so proud of him."

Kyle was diagnosed with global developmental delays as a toddler. He screamed constantly and used sign language to communicate. Then one day the phone rang at the Griffin home. On the other end was a Mary Cariola speech therapist who told Dorette that she had someone on the phone for her.

"Hi, Mama," said her son.

Dorette was floored. "Cariola staff worked so hard that he started to become a different child. They used to have him in the pool every day, which helped him so much. He had outstanding teachers in Ruth Loucks and Joan Smith. Everyone there made such a difference in his life—his teachers, the dogs and even the wonderful receptionist. And he always had a big grin for everyone!

"I understand that Kyle is an exception and that expectations for chil-

dren with disabilities need to be realistic," Dorette said. "But I also feel that people need to know what Mary Cariola is capable of. What they did

Annual Dinner honors long-time friends

More than 200 staff, donors and friends celebrated at Mary Cariola's 61st Annual Dinner at Irondequoit Country Club. Awards were distributed to long-time friends who have made significant contributions to the Agency.

Graphic Designer **Ron Brancato** was recognized for his support and numerous creative projects he designed to promote the Agency. A compilation of Brancato's work was presented to the audience, which included numerous Valentine Card designs, 2009 and 2010 Annual Giving Campaign design and logo, 60th Anniversary Gala invitation and logo, Agency brochures and this year's Mary Cariola ad in the Rochester Red Wings yearbook.



Musician **Jim Lane** was serenaded and honored for over 20 years of sup-

port to Kyle and our whole family is really unbelievable."

After graduating from pre-school, Kyle attended BOCES until third grade. He was then mainstreamed into a public school special education program. In his sophomore year, he began advocating for himself, took off academically and never looked back. He graduated with a Regents Diploma from Williamson High School.

He spent last semester in Japan, immersing himself in Asian culture. He spent many days exploring Tokyo and hopes to return one day to teach English as a second language. He has also applied to Syracuse University's graduate program in Multimedia Studies.

The mere thought of Kyle teaching English would have been totally unbelievable, but thanks to a strong foundation from the Mary Cariola staff, he discovered his true potential.

Today, Dorette sums up her son's journey in five words: "God bless you, Mary Cariola." •

port to the children and the Agency. Cariola's Music Therapists April Mounds, Karen Skahill and Jason Willey performed "Thank you for being a friend" for the numerous concerts that Lane has performed for the students as well as his performances at Agency events.



Tim Welch was honored as the 2010 Mary Cariola Employee of the Year.



The 17-year employee was nominated by co-workers for his commitment and success in running Camp Cariola for the past 12 years. He was also cited for his ability to raise funds for Camp and for his work as Senior Manager of the English Road residence. •



Students and staff (l-r) Robin Dixon, Aszia Grimes, Laquanna Stephens, Shameika Barron, Magdelin Fernandez, Tammy Henderson and Vanessa Martin learn Zumba during a recent visit to the Fitness Facility. Zumba is a fitness program that combines Latin and international music with dance to make exercise fun.

Expansion at Elmwood and East Henrietta Campuses

The sounds of saws, hammers and drills mixed with the aroma of fresh paint can only mean one thing—there’s some building going on at Mary Cariola Children’s Center.

During the spring and summer months, both the Elmwood and East Henrietta campuses have become work zones. East Henrietta’s Transition Program continues to expand its program to prepare older students for adult placement upon graduation.

“We routinely review challenges faced by our graduates, and one issue continues to be how down-time is spent,” explained Agency President Paul Scott. “In an educational setting, our students are always on the go. We have found that adult programs are not staffed as intensively, and participants need to be more independent.”

The Agency has added another component to its successful Transition Program, which already houses a cooking program, community outreach, greeting card production, bicycle repair and business services.

A grant from the B. Thomas Golisano Foundation has made it possible to renovate more space on the

East Henrietta campus, and design a space to house exercise equipment and classes. The goal is to establish a self-directed fitness program, and provide another alternative in making constructive use of free time.

The 7,000-square-foot fitness facility houses a walking track and has an enclosed area for stationary exercise equipment and group activities such as yoga, aerobics, and Zumba.

Scott says this program has many advantages. “The students and classroom staff will leave school and walk to another building,” Scott said. “It will result in more independence and choice making for the students. They can decide what equipment they want to use and how to spend their free time while being physically active.”

The program is currently looking for additional workout equipment.

Meanwhile, at the Elmwood Campus, a conference room is being renovated to accommodate the growing needs of the School Age Program. Several classrooms are undergoing minor remodeling for expansion purposes, and patio brickwork was recently completed on the outdoor Preschool play area. •

Remembering Friends

Our thoughts are with the family of Elmwood student and Browncroft



resident Raeshon Washington, who passed away in July. Rae was a terrific young man, with a great sense of humor. He loved to tell

‘knock knock’ jokes on his communication device and laugh with staff and classmates. He enjoyed swimming at the Elmwood pool and was loved by everyone who had the good fortune to know him. Rae was nicknamed “Sweet Pea” by the Cariola staff and many, many friends. His million-dollar smile and great sense of humor will be missed by all.

The Agency lost a dear friend this Spring. Rose Perlich was a long-time



donor and committee member. You could always spot Rose from a distance . . . she was always the well-dressed lady in the wide-brim

hats. She was a warm and welcoming hostess at our art auctions, gala receptions and, of course, the Rose Perlich-Mary Cariola Card Party, which she founded in 1993. To know Rose was to love Rose. She was an adopted Grandmother to everyone at the English Road residence and she enjoyed taking them to Chuck E. Cheese restaurants to celebrate special occasions. She had a knack for making you feel like family when visiting, and you could always count on leaving with a goodie bag. We will miss the lady in the lovely hats, but we will never forget her. •

Patty Welch conducts the band at their spring concert at the East Henrietta campus.



And the Band Plays On...

West Irondequoit High School entertains Agency students for two decades

This is another in a series on friends of Mary Cariola Children's Center—how they make a difference in the lives of our children and why they decided to give back.

Music teacher Patty Welch was looking for a volunteer option for her West Irondequoit High School Band in the mid-1990's when she came across Mary Cariola Children's Center. She never expected that the dynamics of the partnership would crescendo into a long-term, mutually-beneficial relationship that resonates with both parties on a grand scale.

The band students perform two concerts annually at Mary Cariola, get an up-close look at career options in special education, including music therapy, and are enthusiastic supporters of the Agency's biggest fundraiser—the annual *Walking on Sunshine* Walk. Some have gone on to intern or work at the Center.

Almost without exception, Mary Cariola students love music, and are a genuinely appreciative audience. "These concerts have become a powerful vehicle for my students. Some stay in band all four years just because of the Cariola concerts," Welch explained.

"There is so much going on in edu-



Jacob Wainwright presents members of the West Irondequoit High School Band with a thank-you card following their concert.

cation to teach community values and this really does that in so many different ways," she said. "It is easy for kids to relate to the instant feedback from Cariola students. They know they are appreciated and that they have just shared something good. They realize they can have a positive impact on another person. How can you go wrong with that?" she asks. "There is no question that response is genuine."

This year, the Mary Cariola Choir performed alongside the band for the first time. In order to prepare for the performance, the Music Therapy Department teamed up with Cariola's IT specialist, Bridget Borsa, to facilitate

a long-distance rehearsal. Using Skype, an Internet telephone service that offers free video calling between computers, both groups were able to hear and see each other without having to travel. It was very moving for staff members to hear and see both groups play off each other.

Since then, Welch and Cariola's Music Therapy team have brainstormed on how to use this technology to take the har-

monic relationship to a new level. The two groups plan to continue practicing together for combined performances via Skype, as well as coordinate instrument lessons so that groups from Cariola and West Irondequoit can both benefit. This will allow students who are interested in a music therapy career to have a unique view of the profession in action, and Cariola students will have the opportunity to interact functionally with peers in the community.

Director Welch is excited about the many possibilities. "I can't imagine being more fortunate in how this has all worked out," she said. •

The following friends of the children at Mary Cariola Children's Center

have made donations to the Agency between April 7, 2010-August 13, 2010. It may have been a contribution in memory of a loved one, in honor of a friend or family member or a monetary gift from the heart. These gifts help us provide quality services and programs to the many children at MCCC. Thank you for your friendship.

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If, however, you name a charity as beneficiary of some portion of your retirement plans, the monies are paid to the charity, without reduction for income or estate taxes.

It is easy to designate the Center as beneficiary of a retirement plan. You simply name the Center as beneficiary on a beneficiary designation form.

You can also designate the Center as beneficiary of your Series E Bonds and annuities, and receive similar income tax and estate tax benefits.

For more information, please contact our Director of Agency Advancement, Brad Pearson at (585) 271-0761 Ext. 1633 or by email bppearson@marycariola.org.



The Greece Olive Garden Restaurant heard about the great meals being prepared in the Cooking Program at the East Henrietta Campus and wanted to help out. Manager Wendy Pinkert presents a check to Agency President Paul Scott to help purchase additional kitchen supplies.

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Sydney Galusha (R) celebrated her birthday and asked friends to bring gifts that would be distributed at Mary Cariola. Her mom, Beth, and sisters Emma and Mackensie, helped deliver them to the Elmwood campus.



Eight-year-old Colby Hagadone won the top prize for raising over \$700 for St. Jude's Research Hospital and decided to donate this 20" BMX bike to the children at Mary Cariola.



Margaret (shown above) and Mike Wahl donated their Everett Piano to the Music Therapy Department. Their gift will be used to facilitate general music therapy sessions.

Cariola Centerpoint is the official newsletter
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