

## Music and so much more . . .

Like a symphony, the music therapist combines all elements of a student's developmental needs. Picture a therapist playing an instrument, leading the class in songs, incorporating choice-making, sharing, and communication skills all jam-packed into 30 minutes. Of course, everyone applauds at the end.

Three full-time music therapists and one music intern repeat that scene 115 times a week as 450 Cariola students receive music therapy. Small groups rotate in and out of oversized rooms large enough to accommodate a piano, a giant drum, guitars and chairs. Some students receive individual music therapy while other classes work as groups, while still others are involved in band lessons or choir practice. Each session utilizes music as the motivator to work on non-musical goals.

"Music pulls a lot of things together," said Music Therapist April Mounts. "A child may come into a session over-stimulated or tired. Music can engage them and help to modulate their sensory systems, allowing them an increased chance of success for the remainder of the day."

Throughout a session, the therapist attempts to address each student's communication, social, occupational and physical therapy needs.

"We work in each clinical domain, so many of a student's goals can be addressed within one session. It's a great collaborative effort," added Music Therapist Jason Willey. "It challenges us to break apart our music activities to address our student's needs. This may be as simple as plac-



AMANDA JANE EGGLESTON PHOTOGRAPHY

*April Mounts provides the music while Justin Lawrence supplies the lyrics during a recent sing a long.*

ing a drum on a student's non-dominant side, facilitating use of weak muscles. The student perceives he is playing a drum, but in reality, he is also working on an occupational therapy goal." Some students have spoken their first word or taken their first

step in music class. Often, those words are "More!" or "Bye."

"In shock, staff sometimes will say 'I have never heard their voice' when that happens," Mounts noted. "On the other hand, students who have hearing deficits can also actively participate in sessions through the sensory stimulation of vibration that comes from rhythm and bass. Music elicits so many responses. It is a form of communication without being verbal."

In addition to music therapy sessions, the Agency provides other musical options for older students. A choir and chime choir provide opportunities to work in a large group as ensembles that participate in performances outside the Agency. In the near future, the Music Therapists would love to

*continued on page 2*

**Rock On!** The Music Therapy Department is in need of the following instruments in hopes of forming a Cariola band and garage band:  
Saxophones,  
Trombones, Tubas, Flutes,  
Clarinets, Euphoniums, trumpets,  
acoustic guitars, electric guitars  
and drum set. If you can help,  
contact April Mounts at 585-271-  
2897 ex.1471.



Dear Mary Cariola Family,

The Agency Advancement Team sends its best wishes as we start a new year. Still energized from a successful Walking on Sunshine fundraiser, we hope to set new records with our 2011 events. So, mark your calendar with the events listed on page 6 and plan on joining us. We have an event for every interest and every age group.



As an Agency, we continue to struggle with funding cuts and are always looking for ways to fill in those financial gaps. One way is through a corporate match. When making a donation to the Agency,

please contact your Human Resources Department to see if your company has a matching gift program. Your gift could be doubled just by filling out a simple form!

If you represent an organization, think about sponsoring one of our upcoming events. Sponsorship provides great exposure for you and you can't beat the winning combination of your company and Mary Cariola Children's Center.

Estate planning also plays a vital part in the Agency's financial future. We are actively soliciting this type of gift and would ask you to consider this option. For 62 years we have given the children and families of our Agency a welcoming and enriching experience. Let's make sure that the next generation is secure as well!

Please feel free to contact me at (585) 271-2897 ext. 1633 regarding any questions related to giving. See you soon. Enjoy this edition of Centerpoint!

Warmest Regards,

**Brad N. Pearson**  
*Director of Agency Advancement*

## Annual Giving Gears Up for Record-Breaking Campaign

**M**ary Cariola's Annual Giving Campaign is in full swing with enthusiasm and high expectations of reaching its goal of \$105,000.

Over the next few months, nearly 18,000 direct mail letters will have been sent to Agency donors and friends asking for their support. The campaign highlights stories of Cariola students and the impact the Agency has made on their lives.

"We are cautiously optimistic that we will reach our goal," explained Brad Pearson, Director of Agency Advancement. "The economy seems to be rebounding and results from our first mailing have been very encouraging. The Agency has so many great stories to tell and this campaign highlights only three. We hope that their messages inspire others to give."

The campaign features pre-schooler Mariah Kappen, school-age student Sean Flanagan and soon-to-be graduate, Michael Berry.

If you have not contributed to this year's Annual Giving appeal yet, you can make a secure online donation at [www.marycariola.org](http://www.marycariola.org). The campaign ends June 30, 2011. •



*Music, continued from page 1* expand upon these ensembles by forming a Mary Cariola band.

"Not only would it be a great musical experience, but it would provide some real world application for students," Willey said. "It would give them another hobby to engage in for leisure." •



### Centerpoint

Published three times a year for students, parents, donors and friends of Mary Cariola Children's Center.

Centerpoint is produced by the Agency Advancement Department.

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**Contributors & Photography:** Nicole Dragonetti, Jan Gilbert, Susan Vaala, Rachel Mueller, Karen Strothmann, Amanda Jane Eggleston, and Heather LeFrois

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## A message from Agency President Paul Scott

As we are all aware, the economy is posing challenges for everyone. As an Agency, we have been dealing with budget cuts in our School Program and part of the Community Services Program. We need to be financially responsible and proactive to ensure that we are able to continue to provide the high level of programming and services to our students and families.

To that end, the management team along with our Board of Directors have reviewed and discussed ways to reduce spending, eliminate expenses, increase enrollment and reallocate funds and resources to protect the future well-being of Mary Cariola Children's Center.

Some of the efforts to close the budget gap for our School Program include: eliminating the Home Based Program, discontinuing rental of the Daily Living Skills House, restructuring of positions, modifying the student-to-staff ratio in certain classrooms, not filling certain vacant positions as well as limiting the ordering of supplies. In addition, we combined two classrooms to realize cost efficiencies.

These efforts did help tremendously but unfortunately did not get us to a break even point needed to balance the budget. So, it is with regret that we had to reduce the weekly hours of a position in our School Program. We also had to eliminate one position in the Medicaid Service Coordination Program due to re-structuring and reduction in funding.

Cutbacks and layoffs have become commonplace locally, nationally and in the global economy. Our basic funding is solid. However, the reality of frozen tuition rates for a second year in our School Program takes its toll as other expenses continue to rise.

Through the balance of this school year, we do not foresee any reductions in direct care staffing within our School Program or our Residential Program. The management team and Board of Directors will continue to monitor the Agency's financial health and make decisions that we believe are in the best interest for the future of the Agency.

We are doubling our fundraising efforts and encouraging our donors and friends to respond as generously as possible to our Annual Giving campaign. We appreciate your efforts to garner any community support for the Agency that you can through personal or business contacts. Please contact me at 585-271-2897 ex. 1200 if you have any questions. Thank you.

A handwritten signature in blue ink that reads "Paul".

# Mary Cariola Moments

AMANDA JANE EGGLESTON PHOTOGRAPHY

**1** Marcus Willis enjoys the warm atrium during a classroom break. The four glass enclosed atriums at the Elmwood Campus stay busy this time of year allowing outdoor play . . . indoors!



**2** Hot Dog—what a cookout! The Proud Parent Group hosted its first-ever staff appreciation lunch at both campuses serving over 450. Speech Pathologist Ashley Elwell (left) and Speech Therapist Emily Hanagan ‘ketchup’ at the lunch.



**3** Zachary Trimmer and Adapted Physical Education Teacher Tammy Henderson kept their eye on the bowling ball during a recent Special Olympics competition at Clover Lanes.



**4,5** Jacob Swanson puts finishing touches on ornaments he created for U.S. troops. Several classrooms participated in the project. Hundreds of ornaments were sent to 50 military bases in the U.S. and overseas. East Henrietta students Tyrone Henry and Jamel Griffin enjoy a field trip to Stokoe Farms in Scottsville, NY. After delivering ornaments for the troops, their classroom had time to observe the animals, ride the slide and enjoy the farm.



**6** Ann Costello proudly shows off the handmade quilt presented to her by Paul Scott. It was made by Teacher Kathy Lee and her students for Ann's tireless work at the Golisano Foundation.



**7** Students DeShaune Williams and Anna Thornton spell it out: “Follow Your Heart” and have a Happy Valentine’s Day!



DESIGN COURTESY OF BRANCATO CREATIVE

# Cut Out Kids are a hit



*Above: Tabarie Franciosa was excited to run into himself at Frontier Field. Right: Hannah Bernard can proudly proclaim that she CAN be in two places at once.*



Credit the Agency Advancement Team for brainstorming a unique way to bring the Agency to life at offsite events. Once they created the concept of “The Cut Out Kids” you could say, the rest is history.

The “Cut Out Kids,” as they are affectionately known, represent student life at Mary Cariola. The cute and colorful life size cutout photographs have been popping up around town at venues such as Irondequoit Country Club, Frontier Field, Ontario Beach Park, Victor’s UNO Chicago Grill, The Strong, the University of Rochester, The Cycle Stop, Rochester Corvette Club and the Victor Farmington Rotary.

“We know that a photo can tell a great story and all of our students have great stories to tell,” explained Brad Pearson, Director of Agency Advancement. “Our team came up with the concept to take photos of our students and bring them to events . . . one idea led to another and the ‘Cut Out Kids’ were born.”

Professional photographer Tyler

DuBeshter and Mary Cariola Teacher Jean Peyton used their equipment to capture the photos in a high resolution format. Federated Investors sponsored the project while City Blue Imaging printed the images and provided additional financial support.



“Everyone loves seeing the cut outs at events,” Pearson said. “They give our donors and new friends a better sense of what goes on at the Agency . . . the equipment used by our students, activities during the school day and most importantly, they show how happy our kids are.”

Even though the cut outs are printed on hard foam core, they do appear life-like and have provided some light moments. President Paul Scott reminds the Agency Advancement Team, “Don’t keep the kids out too late” when bringing them to an event.

The Agency hopes to add additional student images to the “Cut Out Kids” project in the future. •



*Heather LeFrois (left) talks shop with Patricia Wilbarger*

## OTs work overtime at Conference

Mary Cariola’s Senior Occupational Therapist, Heather LeFrois, recently returned from the Avanti Summit, a gathering of internationally recognized leaders in the field of Occupational Therapy.

The conference, held in Hudson, Wisconsin, became an endless discussion of timely topics from Sensory and Oral Defensiveness to Somato Sensory Dyspraxia and Crainosacral Therapy.

“It was non-stop OT submersion, LeFrois said. “We’d wake up talking about the brainstem and we’d be up all night discussing the impact of primitive reflexes.”

LeFrois spent considerable time with Patricia Wilbarger. Wilbarger is an occupational therapist and a clinical psychologist who is known for coining the phrase “sensory diet.” She is a leading expert in the area of sensory defensiveness.

“I’d be at breakfast with Patricia Wilbarger and we’d be discussing sensory defensiveness and how this impacts our students,” LeFrois said. “It was an incredible experience. I was collaborating with the world’s most renowned expert, the woman who wrote my text books and writes journal articles and we’re having an amazing discussion together.”

LeFrois has already brought back ideas to the Agency and has been asked to participate in future Summits. She will become a member of the Special Interest Committee and will contribute to a National Occupational Therapy Newsletter. •

## Agency Events Entertain All

Mark your calendar for these upcoming special events to benefit Mary Cariola Children's Center.



Thursday, May 19:  
Mary Cariola Annual Recognition and Awards Dinner



Tuesday, June 7:  
Card Party at Irondequoit Country Club



Sunday, July 17:  
HOGS 'N' Roses Dice Run



Monday, August 1:  
Mary Cariola Golf Classic, Irondequoit Country Club



Sunday, Sept. 25:  
Walking on Sunshine Fundraising Walk, Ontario Beach Park

Sponsorship opportunities are available for all events. Whether you are looking to promote your organization to 100 or 1000 attendees, the Agency has affordable packages that will fit your budget. Call Brad Pearson, Director of Agency Advancement at (585) 271-2897 ex. 1633 for information.

Many thanks to the following organizations who have already committed sponsorship to a 2011 Mary Cariola Event:

- United Commercial Travelers
- Kantor Law Firm
- Tops Friendly Markets
- Dr. Eugene Ver
- Constellation Energy
- The Bonadio Group
- Wells Fargo
- Canandaigua National Bank
- Federated Investors
- Martin E. Hogan Corporation
- MVP Health Care

# Artist is 'Staunch' Supporter of Agency



*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.*

You could say that Artist Lorraine Staunch has Mary Cariola covered. She's covered many of the Agency's walls with colorful artwork that prompts any type of mood from relaxation to invigoration.

Staunch has been sharing her artistic talents with the Agency for nine years and has been drawing and painting since age four. She pursued art in high school and majored in painting at Ringling School of Art in Sarasota, Florida.

Mutual friends brought Staunch to the Agency. Today, her presence is felt on all Cariola campuses.

Staunch volunteered to give some color and inspiration to the staff lounges. She created murals that

demonstrate an appreciation for the staff or as she calls them, 'Mary Cariola's Angels.'

"I have always been impressed by Paul Scott's appreciation of the staff at Mary Cariola. He recognizes their efforts," said Staunch. "When I created the staff lounge murals I wanted to create the feeling of a nice place where the staff feel cherished."

Each lounge has a soothing theme with colors that elicit fond memories. One lounge has an ocean feel with a lighthouse, beach, plants and water. This allows for the staff to step away from an emotionally or physically challenging work day. Another lounge has a jazz theme.

Her latest project brought on a new challenge. Staunch was asked to create an energetic feel to the new fitness area in the Transition Center.

"I wanted to create a feeling of movement . . . for the students to feel the energy flow . . . something that would pull the student around the indoor track," Staunch said.

With a selection of vibrant colors that flow like waves, the entire perimeter of the fitness area has been transformed. Cream colored walls have been replaced with blues, yellows, purples and greens. Based on the number of runners and walkers on the track . . . the colors work!

"She is an invaluable volunteer," said Paul Scott. "Her murals are just like Lorraine—exuberant and colorful. She has a knack for creating just the right mood for any area. We appreciate her talent and thank her for her many years of coloring our world." For information on Lorraine Staunch, visit [www.staunchart.com](http://www.staunchart.com). •

# Walk hits all-time high

Maybe it was the Rush-Henrietta Football Team serenading everyone at the start of the walk. Maybe it was Rochester Red Wings' mascots Spikes and Mittsy, cheering on walkers at the finish line. Maybe a great cause made the 2010 Walking on Sunshine event a shining success.

Whatever the reason, Mary Cariola's annual walk fundraiser hit an all time high with money raised and number of participants. Over 1,000 walkers hit the boardwalk at Ontario Beach Park which netted \$68,000.

"The Walk Committee was the key to the success of this event," said Committee Chair Jim D'Anza. "We had a strong group of volunteers who recruited walkers, solicited raffle items, and worked on this event for months. This group created the perfect event model to follow to ensure future success."

D'Anza also cited the number of

groups represented at the walk for its success. "We also saw an increase in the number of staff, community organizations, members of the Board, corporate sponsors and of course,

Cariola students and their families participate in the event," he said. "Everything came together so well."

Plans will soon be underway for the 2011 Walking on Sunshine, scheduled for September 25th at Ontario Beach Park. Volunteers and sponsors are always welcome. •



*New York State Football Champions, Rush-Henrietta's Royal Comets, lead the pack at Walking on Sunshine.*

## Remembering Friends

Everyone at Mary Cariola Children's Center was saddened to hear of the sudden passings of three longtime Agency friends.



**John Mendick**, and his family, have been generous supporters of the Agency. John's daughter Patty was a longtime Mary

Cariola student. After her death, John and his family continued to be active with the Agency. We are proud that Patty Mendick Hall, on the East Henrietta campus, is a daily reminder of the inspiration and generosity of the Mendick family.

John had a real commitment to his community, his parish and the Irondequoit Rotary. He will be missed by a large circle of family and friends. It was fitting that

John's last week was full of activities that supported his community. He truly was a man who put service before self.

Few people appeared as lively and spirited as **Dave Larrabee**. He loved the outdoors; especially his cherished Adirondack retreat at White Lake, and was the driving force for camping, hiking, boating and skiing adventures. He shared his love of good food, good friends and good times with all those who knew him.



Dave was an active volunteer at Mary Cariola and served on the Agency Advancement Committee, helping to plan events, write grants and reach out to community supporters. His wife, Pat, carries on the family tradition by serving on Agency committees and is a member of the Board of Directors.

Those who knew Dave knew that

he did everything with enthusiasm and a positive attitude. He came to every Cariola meeting with a smile on his face and a sparkle in his eye and we will miss him.

Long-time Therapy Dog, **Katie**, passed away last month. She had



slowed down recently and was diagnosed with a very aggressive form of cancer. She passed away comfortably and peacefully.

For over a decade, Katie was a wonderful companion to so many of our students and was befriended by staff and Board members alike. She was a great good will ambassador for the Agency. She really knew how to warm up visitors to the Center.

Katie appreciated all the kind attention and affection that was lavished on her . . . the sweet talk and every pat on the head. She will be missed by many. •

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

have made donations to the Agency between August 14, 2010 - January 7, 2011. 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. We remember, honor and thank you.

### In Memory of . . .

#### CRAIG BELLAIRE

Randi Cowen

#### ALOYSIUR BERWIND

Rose C. Letky

#### BETTY J. BLAKELEY

Celia Mehlenbacher

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Kevin & Patti Hoock

Mark & Cynthia Quadrini



*(Left to right) Sharon Smith and Norma Rapini from Oppenheimer Funds delivered a van full of holiday gifts and food, as part of the 2010 Holiday Helpers project, to Social Workers Rosemary Sherman and Gail Schiller.*



*Thanks to a donation of a big screen SONY television from Greg and Lori Hunt, students and staff can now participate in large group activities using their Wii system and other instructional videos.*

**GARY HOOD**  
Mr. & Mrs. David Minarski

**DAVID HUBREGSEN**  
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**ELOISE HULL**  
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Stephen & Nancy Calderwood  
Susan & Verne Datthyn  
Bonnie Eckard  
Mrs. Margaret Kaiser  
Ann Kanthor



*Lenel Systems International employee, Veronica Weber, gives Brad Pearson donations from her colleagues at work. The gift will be doubled thanks to Lenel's employee match program.*

## Who says talk is cheap?

Veronica Weber and Agency Advancement Director Brad Pearson struck up a conversation during a recent break at their Leadership Rochester Executive program.



Weber, an Administrative Coordinator of Global Professional Services at Lenel Systems International, was inspired after hearing about the Agency and wanted to do something to help.

She took it upon herself to help. She coordinated a coat drive for the Agency and collected over 30 new coats for the students! She also asked for donations from her office and collected \$265 from her co-workers. Lenel, the leading provider of software and turnkey security systems for corporate and government markets, will match the gift and turn it into \$530!

"Veronica provides a refreshing glimpse of the future of philanthropy in Rochester," said Brad Pearson, Director of Agency Advancement. "She also volunteers with the Open Door Mission and Habitat for Humanity. It's people like Veronica and companies like Lenel that will continue the tradition of helping those in need in our community." •



*Retired Mary Cariola Social Work Supervisor Gloria Forgione enjoys her new role of Volunteer. Forgione has been reviewing Agency archives and communications and organizing them in an easy-to-retrieve format. She's been working on the project once a week since fall.*

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**BOYD MUNGER**  
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*Omar and Amer Armbruster (at right) present gifts to Aonica Chamberlain and her classmates to celebrate Eid, the three-day holiday which represents a time of remembrance and gifts. The Armbruster Family wanted to share their gift-giving tradition and purchased special toys for the students.*

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*Nadia Venafro and her colleagues at Rochester Community Individual Practice Association, Inc. purchased cuddly animal lions that were distributed to preschool students. This was the second year that RCIPA donated stuffed animals to the Agency.*

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