



ARC Life



JANUARY | FEBRUARY | MARCH 2017 NEWSLETTER

VOLUME 8

ISSUE 1



DEVELOPMENTAL DISABILITIES AWARENESS MONTH

A MISSION FOR EMPLOYMENT AND QUALITY
SERVICE: SPOT ON CLEANING COMPANY

Spot On Cleaning Company, a division of Ontario ARC, has been awarded with several 2017 facility maintenance contracts for four of Ontario County's most high-traffic public buildings.
please turn to Page 3



Ontario ARC is a not-for-profit organization dedicated to assisting individuals with disabilities or other challenges and their families. We offer personalized services and supports that foster life-long fulfillment through active citizenship and enriched community living.

BOARD OF DIRECTORS

Barbara Risser EdD, President
Elizabeth Palmatier, Vice President
Gretchen Daugherty, Secretary
Charles McCausland, Treasurer
Kathryn Wegman, Assistant Treasurer

BOARD OF GOVERNORS

Deborah Wilbur
Marie O'Horo, Alternate

DIRECTORS

Patrick Boyle
Lynne Erdle
Edward (Russ) Kenyon
Robert McFadden
Kyle Meath
Mary Kate Morrell
Michelle Raeman
Deborah Rought

EXECUTIVE DIRECTOR

Ann Scheetz

PUBLISHING TEAM

Writing, design and layout
In House Graphic Design, Inc.
Photography
Jan Regan Photography

Share your e-mail address with us and receive agency news and information. Visit ontarioarc.org to sign up today!

If you prefer not to receive agency news and information call 585.394.7500 or email jchapman@ontarioarc.org.



Find us on Facebook!
facebook.com/ontarioarc



Participate in our blog at
ontarioarc.org/blog



Join us on Twitter at
twitter.com/ontarioarc



Follow us on Instagram at
instagram.com/ontario_arc

Ontario County Chapter of NYSARC, Inc.

3071 County Complex Drive
Canandaigua, New York 14424
585.394.7500 www.ontarioarc.org



United Way
of Ontario County



MESSAGE FROM BRENDA ESTEY

SENIOR ASSOCIATE EXECUTIVE DIRECTOR



Brenda Estey

Winter is winding down and Ontario ARC has certainly not been in hibernation—We have been seeking new partnerships and friendships, such as our Pet Connections partnership with Finger Lakes Health. This collaboration will broaden the impact of our Pet Connections program by training the Finger Lakes Health staff to use trained dogs to enhance the rehabilitation and quality of care for the hospital's patients and residents.

Keeping with the animal theme, we have some Queen Bees, of another sort, the spelling kind. Our Queen Bees spelling team participated in the Literacy Volunteers annual Spelling Bee, which is becoming an annual

tradition for several of our staff. This year Allison Rich, from our Project Search program, has joined the team, bringing her well rounded knowledge to the group (she was the one who knows what a "hartebeest" is and how to spell it!).

Allie's confidence to stand before the audience was truly admirable. Likewise, the ladies who live at the Risser Road residence have continued to display similar initiative to get involved in their community. Tell them a need and they pull together a plan of action—I hope you enjoy the story about their many contributions to community organizations.

From volunteerism to employment, this issue covers the gamut of supports that are available for individuals and their families. We are especially proud of our Spot On Cleaning Company, in which we have streamlined business operations and we are rolling throughout the county, keeping businesses clean and green. If you or your business is in need of a reliable, thorough cleaning service, we are Spot On!

As we look forward to Spring, please look for April's Autism Acceptance Month events outlined on page 4 and our Light It Up Blue with the YMCAs. Also, we hope you celebrate the change of season with a night out at our Canandaigua Wine Mixer on April 29th. There is no better way to enjoy the hope of Spring than with friends, music, food and fine wine. We will see you there! ✨

GOVERNING BOARD WELCOMES NEW MEMBERS



Michelle Raeman

Ontario ARC's Governing Board welcomes new members Michelle Raeman and Deborah Rought. The Ontario ARC Board of Directors works to support and guide the non-profit organization in providing services to children, teens, and adults with developmental disabilities. Ranging from family members to professionals and educators, our board connects us to the community. ✨

Michelle Raeman, of Canandaigua,

is the Canandaigua Outpatient Nurse Manager of Primary Care, Specialty Care and Home Telehealth at the Canandaigua VA Medical Center.

Deborah Rought, of Canandaigua,

is the Vice President/Community Office Manager of Canandaigua National Bank and longtime Ontario ARC volunteer.



Deborah Rought

On the Cover: Presley is one of Spot On's 36 employees who maintain 22 buildings throughout Ontario County.



Developing staff is an important part of Spot On's social mission. Employee Donny Christensen, at left, recognized for his punctuality, reliability, and conscientious work ethic, now runs a crew of his own.

Developmental Disabilities Awareness Month continued from Cover

In 2015, Spot On, formerly known as Ontario ARC Custodial Services, rebranded to a 'social enterprise' business structure supporting a mission to provide employment opportunities for people underrepresented in the traditional workforce. Spot On also builds transportation into their business model so that employees who need it get door-to-door service to reach job sites from Finger Lakes Bus Service, which is a key to job opportunities for many nontraditional workers.

"Spot On is focused on creating and growing job opportunities for people with disabilities. The company is able to sustain itself without relying on traditional human service funding sources," says Michael Bradley, Business Plan Developer at Ontario ARC. Rebranding included assessing crew staffing, performance and training; operations; and quality control. "Spot On is now bringing in new contracts based on quality, experience, and value."

Developing staff is an important part of Spot On's social mission. Employee Donny

Christensen, recognized for his punctuality, reliability, and conscientious work ethic, now runs a crew of his own. Thanks to encouragement and support from his managers, Donny also earned his driver's license and now drives a company vehicle. The ultimate goal for Donny, says Michael, is to position him for new career opportunities. ✨

Spot On's first contract as Ontario ARC Custodial Services was with the NYSEG offices in Geneva beginning in March of 1978. Today, Spot On's 36 employees maintain 22 contract sites plus project work to provide custodial services to high-traffic, secure, public buildings throughout Ontario County. To learn more, visit spotoncleaningcompany.com



Rebranding of Spot On included assessing crew staffing, performance, and training. Spot On is now bringing in new contracts based on quality, experience, and value.

PET CONNECTIONS™ PARTNERS WITH FINGER LAKES HEALTH

Finger Lakes Health will be partnering with Ontario ARC's Pet Connections™ program on its new Animal Assisted Intervention program, PAWs (Pet Assisted Wellness).

“Ontario ARC's Pet Connections program looks forward to partnering with Finger Lakes Health on its new Animal Assisted Intervention program. Our families, staff, and volunteers have seen first-hand the healing power that pets have for people

with disabilities and other challenges; we are thrilled that Finger Lakes Health patients and residents will soon be able to experience these benefits as well,” said Lora Winghart, Associate Director of Program Services at Ontario ARC.

PAWs is expected to enhance the patient and resident experience and positively impact care for appropriate patients and residents of Finger Lakes Health. ✨

SEEKING SENIOR COMPANION VOLUNTEERS:

DO YOU LIKE CRAFTS, GAMES, CARDS, READING, BAKING, OR JUST SPENDING QUALITY TIME WITH FRIENDS?

So do the people we support! Ontario ARC's residential program is seeking volunteers who are interested in working as a senior companion. Several residence homes are seeking volunteers to spend quality one-on-one

time with individuals who, as they age, have less family contact. ✨

For more information about volunteering, please contact Michele Wistner at mwistner@ontarioarc.org or 585.919.2156



Senior Companion Volunteer, Francis Walter and her cat Gracie make weekly visits to Canandaigua Sit-A-Spell.

SAVE THE DATE!

CANANDAIGUA WINE MIXER RETURNS
APRIL 29, 2017

The Canandaigua Wine Mixer returns April 29th to the New York Wine and Culinary Center. The event will feature the sounds of The Swooners, plus live and silent auctions. The evening will be led by honorary chairs Stephanie and Greg Constantino, and Scott and Mandy Gerstner. ✨

For more information or to purchase a ticket, visit ontarioarc.org/Canandaigua-Wine-Mixer.

To learn more about sponsoring this event, contact Michele Wistner at 585.919.2156

APRIL IS AUTISM ACCEPTANCE MONTH

The Autism Center at Ontario ARC will be holding a number of sensory-friendly events throughout the month of April:

- Sensory-friendly visit to Build-A-Bear workshop at Eastview Mall on Sunday, April 2 from 6pm – 8pm.
- Smokeman BBQ in Canandaigua will host a sensory-friendly dining experience for families on April 9 from 12pm – 4pm.
- The Autism Center will present in partnership with Rochester Regional Center for Autism Spectrum Disorder. This event will include relaxation techniques for parents, with a sensory-friendly movie night for kids.
- Enjoy a night of bowling with sensory-friendly accommodations from 6pm – 8pm on April 28 at Roseland Bowl in Canandaigua. Families can bowl at a reduced rate of \$4/game.
- AIMs (Adventures in Movement and Sensation) in Victor will host an open session play gym from 1pm – 3pm on April 30th. ✨

Visit our website at ontarioarc.org/events and check our Facebook page for more details on Autism Acceptance Month events. To RSVP to one of these events, call Diane Van Derwater at 585.919.2148.

ALLISON RICH COMPETES WITH QUEEN BEES

Allison “Allie” Rich, a 2014 graduate of Project SEARCH and part-time employee of Finger Lakes Health at Geneva General Hospital, competed at the 15th Annual Adult Spelling Bee at Geneva Middle School. The February 12 event benefited the Literacy Volunteers of Ontario-Yates.

Allie is well-known for her love of reading, word searches, and crossword puzzles. She was delighted to join the Ontario ARC’s Queen Bees team, competing alongside Ontario ARC staff members Naomi Garwood (Captain) and Kim Grabenstetter. A veteran of her fourth grade spelling bee, Allie was a welcome addition to the Queen Bees.

Conferring as a team, the Queen Bees correctly spelled three words before exiting Round 1 on ‘erudite.’ Observing the rest of the spelling bee from the audience, Allie



Pictured from Left: The Ontario ARC Queen Bees: Kim Grabenstetter, Allie Rich, and Naomi Garwood

correctly spelled words that confounded other competitors, including ‘coati’ and ‘hartebeest,’ two types of animals.

“Allie’s love of learning and reading about animals certainly gave her an advantage,” says Aimee Gilbert, Project Search Educator. “The rest of us had never even heard of those animals. She was really confident, and happy to have her Dad watching the spelling bee.

All of the Queen Bees are looking forward to next year.”

Money raised at The Bee supports services for Ontario and Yates counties’ adults who need literacy tutoring, help with English, or assistance preparing for the high school equivalency test, including many individuals supported by Ontario ARC. ✨

GIVING BACK TO THE COMMUNITY

For the women thriving at the Risser Road residence, giving back to their community is an easy choice. Each month Meghan Aumick, Kim Barra, Rita Eddy, Tammy Gross, and Lorry Schmitt review possibilities with the help of Kathy Semmler, a member of the residential team. In January, the women chose to support Canandaigua’s Community Meal, which regularly offers a free meal at the Canandaigua Fire House.

When the women learned that the Community Meal is both financed and served by community volunteers and sponsors, they decided to take part. Together, they pooled their resources to donate a Wegmans gift card to the January Community Meal.

A visit to the January Meal, where over 1,000 meals were served, gave them the opportunity to see the event in action, meet the event coordinators, and personally present the gift card.

They also have been bell ringers for the Salvation Army, baked cookies for



Pictured from Left: Tammy Gross, Meghan Aumick, Kim Barra, Rita Eddy, Lorry Schmitt

firefighters, donated supplies to Lollypop Farm, packed Thanksgiving bags at the Victor-Farmington food pantry, and donated Christmas gifts to a family-in-need. After twice supporting Colony Caregivers, a local cat rescue group, Kim, Lorry, and Meghan were invited to march with the group during the Canandaigua July 4th parade.

“The women of Risser Road are developing a deeper understanding of the needs of people in their community while finding out how gratifying it is to be generous,” says Karen Gardner, Residence Manager. “It is great to support them in connecting with people and building these community ties.” ✨

Ontario County Chapter of NYSARC, Inc.
3071 County Complex Drive
Canandaigua, New York 14424



Prsrt Std
U.S. Postage
PAID
Permit No. 780
Rochester, NY



March is National Developmental Disabilities Awareness Month

but all year long Ontario ARC champions the importance of raising awareness and promoting inclusion and acceptance for people with disabilities.
Join us in celebrating our success stories! ✨