

# Dream It



## A Message from the President...

## Dear Friends,

DePaul is built on dreams – those imagined by people in our care, their families, the DePaul leadership team, our board members, employees, funders, volunteers and supporters. These dreams are real, tangible and grounded in a foundation of belief that DePaul plays a significant and vital role in bettering the world, or at least our corner of it.

Sometimes it's difficult to measure the many things we do at DePaul, which in addition to services and care include providing support, guidance, compassion and comfort. Just as visionary R. Buckminster Fuller dedicated his life to making a world that works for everyone, DePaul too seeks new models in the quest to provide better care. The issues we face are massive in scale. Every day, DePaul makes progress toward becoming part of the solution, continuously seeking to build improved systems and supports for those who wish to dream bigger dreams.

We seek to change our communities and our world, in part by changing how we view the issues and potential solutions before us involving care for the elderly; the provision of housing, treatment and supportive services for those with a psychiatric disability; vocational services for those who can and desire to work; innovative addiction prevention and support services, and the development of affordable housing – housing that is a cornerstone in a person's journey toward independence. These issues are gargantuan in scale, locally, regionally and nationally, and DePaul's efforts to provide timely, effective solutions feel Herculean given the funding and societal barriers we often face.

This has been another pivotal year in DePaul's history. We forged ahead with construction on two new affordable housing initiatives in Buffalo and Rochester, and received approval to begin a third in Henrietta that will benefit individuals who are deaf and hard of hearing. We assumed operation of additional senior living communities and made significant inroads in mental health, vocational and addiction prevention initiatives.

We've worked toward bettering our communities, in part by changing how these issues are viewed. I hope when you think of DePaul you consider the monumental efforts of our employees and countless supporters, past and present, who have worked to change realities for the last 55 years. We serve those most desperately in need of change, most urgently in need of progress, sometimes the most in need, period.

The scale of our dreams is equal to the size of the challenge. We measure our progress slowly and steadily — day by day, year by year. Please follow us on Facebook, Twitter and our blog and ask yourself what you can do to support our dreams – and those of thousands in our care. Consider becoming DePaul's partner in changing futures, changing how people think, changing our world – for the better, for everyone, forever. It's all about the dream.

Sincerely,

Mark H. Fuller President

Affordable Housing Addiction Prevention and Support Mental Health Residential, Treatment and Support Programs Senior Living Vocational Programs

## "There is nothing like a dream to create the future."

Victor Hugo, Les Miserables

### 1958

DePaul founded as a child guidance center.

### 1979

DePaul begins providing residential mental health services.

### 1984

DePaul assumes operation of its first licensed adult home, establishing the foundation for the senior living division.

### 1996

Senior Living expands to North Carolina.

### 1994

DePaul moves its headquarters to its current home in Gates, New York.

### 2004

DePaul assumes operation of vocational and addiction prevention and support programs.

### 2007

DePaul completes its first affordable housing project.

### 2013

Senior Living expands to South Carolina.





## **DePaul Affordable Housing Programs**

Affordable workforce housing for income-eligible tenants changes lives and benefits the community in significant ways including the revitalization of distressed neighborhoods and the promotion of economic and social integration while building a sense of community. DePaul develops attractive affordable housing solutions in urban, suburban and rural settings which promote respectful community relationships while providing supportive services for people in need. DePaul invests in communities by renovating properties, rejuvenating areas, and helping build more stable, connected neighborhoods.



In May 2013, DePaul was awarded \$5.7 million in funding from New York State Homes and Community Renewal for the development of the Rochester View Apartments which is anticipated to begin in 2014. This \$17.6 million, 61-unit affordable housing project located on West Henrietta Road in Henrietta, New York, will offer enhanced supports to accommodate persons who may be deaf, hard of hearing or using American Sign Language, and has received extensive community support.



With financing secured, construction began in March 2013 on the Carriage Factory Apartments in Rochester, New York. The

project involves the conversion of the former Cunningham Carriage Factory into 71 loft apartments for income-eligible tenants and will contain a combination of licensed and affordable apartments. Twenty-five beds from Cornerstone, a DePaul Single Room Occupancy Program, and 14 beds from the Shelter Cove Community Residence will relocate to this new site upon completion which is anticipated by the fall of 2014.



Construction continued on the Riverside Apartments in Buffalo, New York which is anticipated to open in March 2014. The site formerly housed Public School 60 and is being converted into a mixed-use campus with a total of 68 affordable housing units. Riverside will include the transfer of 45 licensed beds from other DePaul mental health residential programs in Buffalo to the Riverside Treatment Apartment Program.





## Michael Cook ... The Power of Kindness

C chance meeting can sometimes change your life. Michael Cook, 52, is a cook at Halstead Square, a DePaul Single Room Occupancy Program in Rochester, New York, as well as an affordable housing resident of the DePaul Neighborhood of the Arts (NOTA) Apartments who knows that all too well.

Three years ago, the aptly-named Cook, a native of Winston-Salem, North Carolina, was working the overnight shift at Walmart taking a break from a 20-year career cooking in a variety of settings, from a university to local and chain restaurants. It had been a challenging couple of years. His wife, who currently lives separately from Mike but is now on the road to recovery, was diagnosed with a mental illness and Mike was raising three young daughters, with the help of his in-laws. His home was a rooming house, an environment from which he wished to move. A friend and former DePaul employee happened to mention an open position with DePaul and Mike applied.

"Patti (Dietary Director Patti Steeb) gave me the chance that drastically changed my life," he said. "The job, the people, the residents – I love it! You have a good feeling when you find a kind word can make someone's day. I always think about how everyone here is someone's sister or brother, or mom or baby. I believe in

treating people with respect, dignity, talking without judgment and calling everyone by name. You can make a rough day better. People feed off the positive."

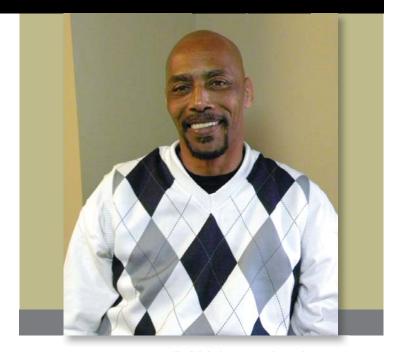
He also brings enjoyment through the dishes he prepares. His favorite meal to whip up for his residents includes comfort foods like mashed potatoes, brussels sprout and meatloaf with a special sauce, for which he won't divulge the ingredients! His personal favorite harkens back to his southern roots – fried chicken, potato salad and collard greens.

Mike, an avid Green Bay Packers

fan who once played football in school, has come to think of his colleagues at Halstead Square as family. They were, in fact, the people who guided him toward applying for a three-bedroom apartment for income-eligible tenants at the NOTA Apartments. The several-months process resulted in Mike moving into his new home in March 2013.







"I didn't have much and so many people helped me," he said as he names co-worker after co-worker who assisted him in furnishing his new, homey digs. "Saying thank you is not enough."

This man of faith "gives glory to God" for leading him to DePaul.

"He placed me here for a reason," said Mike. "I can't tell you how much these people mean to me. I have a stable job, a great place to live. It's changed the quality of life for me and my kids."

He describes the pleasure he gets from walking with his daughters through the neighborhood down to the Memorial

Art Gallery, passing the court where he plays basketball every Sunday.

"It's a great neighborhood and home. Everything is included with my apartment – heat, electric, hot water, cable. I can't ask for more," he said.

Each school day, Mike leaves the house at 4:00 a.m. to go to his in-laws where he helps get his daughters, ages 14, 9 and 7, ready for school and on the bus. "My in-laws are like my parents. They play such a big part in the girls' lives and give everything a sense of normalcy." He is a devoted father who believes you set aside your own wants to make life better for your kids. Mike also has six grown children, including one son with special needs who is now deceased, along with 11 grandchildren. As he recounts their educational and professional accomplishments he remarks, "I am so proud of each and every one."

With no plans to ever leave DePaul's employ, Mike hopes to one day run a dietary department at a DePaul program. "I appreciate the responsibility they have entrusted to me. They've really given me the chance to advance and being loyal to DePaul is the least I can do. I'm truly living my dream."

## **DePaul Mental Health Residential Programs**

**DePaul Mental Health Residential Programs** provide a continuum of housing options to people with a psychiatric disability in Western New York. DePaul has provided housing to this population for 34 years.

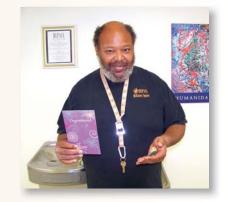
In preparation for anticipated new bed development by the New York State Office of Mental Health (NYS OMH) in 2014, DePaul partnered with a variety of communities that are interested in developing blended supported and affordable housing options. These and other DePaul initiatives continue to support mental health residential reform initiated by the NYS OMH with the closing of community residences and the creation of apartment programs, which are preferred by current mental health consumers.

DePaul was also represented as a member of the NYS OMH Regional Center of Excellence

(RCE) for Western New York. RCE teams were charged with identifying high priority areas of need per region for children and adults receiving mental health services.

DePaul augmented services with the opening of a crisis bed in both Wyoming County and in Genesee County. Designed as





short-term housing, they serve individuals with mental illness who are either homeless or being discharged from psychiatric hospitals or shelters and have no place to live. DePaul also completed an 18-month pilot project between Kensington Square, a DePaul Single Room Occupancy (SRO) Program in Buffalo, NY and

the Erie County Medical Center (ECMC) in preparation for managed care. Kensington Square provided ECMC with six available beds for ECMC patients who were stable and ready for discharge but had no housing in place.

In addition, DePaul continued to contract with peer agencies to provide outreach, engagement and recovery-oriented services



to its consumers, increasing the support provided especially around fostering independence. To that end, renovations were completed on a new training kitchen at Seneca Square, a **DePaul Single Room Occupancy** Program, and fireplaces were added to both Seneca Square and Kensington Square, giving their atriums a homey feel. Funding was also secured for a part-time job development specialist to find employment opportunities for SRO residents in Monroe County.

Other highlights included the implementation of Focus on Integrated Treatment (FIT) training for all NYS OMH programs as well as procedures to be compliant with the requirements of the Justice Center.

Community Residences
 Shelter + Care for the Homeless
 Supported Housing
 Transitional Housing
 Treatment Apartments

## Still Raymond ... The Importance of Giving Back

Still Raymond" is a nickname Raymond S. acquired at an Alcoholics Anonymous meeting a number of years ago. After developing a self-described pattern of rambling on during the meeting and failing to state his name, another attendee asked who Raymond was, to which he replied, "I'm still Raymond," and it stuck.

Life has not been easy for Raymond, now 61, and of Native American heritage. He dropped out of school after eighth grade, entered a program for disadvantaged youth, held a few odd jobs and as a teen went on what he describes as a decades-long rampage



DePaul, Raymond has moved on to independence, leaving the **Ridgeview Treatment Apartment** Program in November 2013 for his own studio apartment. He's rightfully proud of the fact that he's gone from knowing homelessness and having his life's meager belongings in a hospital bag to a place he's furnished himself with everything "bought and paid for." He's placed a coffee canister he's treasured for 45 years on the counter and enjoys cooking in his new place, his specialty being vegetable lasagna.

He's also giving back, both at Ridgeview Commons and in the community, having started

involving substance abuse and gambling that took him as far as Denver. His journey led him to shelters, emergency departments and placement in mental health treatment centers where a diagnosis was made. Yet, Raymond continued to fall off the proverbial wagon, chasing his demons.

He entered DePaul's residential program in the early 90s, living in a variety of community residences and treatment apartments. Over the years, there were several bumps in the road, "but DePaul was always there to take me back," he said.

Fast forward to today. Thanks to several professionals in the field who "gave him a reality check," Raymond has exited the path of self-destruction having been sober for six years, free from problem gambling for nearly five years, and from smoking cigarettes for four years. He notes that medication compliance, reinforced while at DePaul, precipitated these events. With the support of two sponsors, three mentors, twelve-step programs and support groups, along with

and run a Support Through Acts of Recovery (STAR) group, and volunteered at Unity Health System with patients who have a mental health diagnosis. In the past, he also served as a volunteer peer advocate at Rochester Psychiatric Center. His short-term goal is to launch another STAR group in the community and be a motivational speaker on recovery in a variety of venues. Raymond has also worked at redeveloping relationships with family and friends, has joined a church and is "content to live the program as honestly as I possibly can."

Raymond carries a binder containing inspirational messages from the many people he's touched, acknowledging his success, his willingness to share, his caring attitude, acceptance of personal responsibility, sense of humor, and ever-present desire to help others and make a difference. He sometimes reflects on his journey in personal growth on "Raymond days" knowing that giving back to others is where his new path lies.

## Understanding Mental Illness

- One in 17 Americans live with a serious mental illness such as bipolar disorder, schizophrenia or major depression.
- One in four adults approximately 57.7 million Americans experience a mental health disorder in a given year.
- Ten percent of children and adolescents in the United States suffer from serious emotional and mental disorders.
- · Four of the ten leading causes of disability in the United States and other developed countries are mental disorders.
- · Mental illness usually strikes individuals in the prime of their lives, often during adolescence and young adulthood.
- With appropriate, effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence.

### Mental Health Treatment, Rehabilitation and Support Programs

**DePaul's Personalized Recovery Oriented Services (PROS) Program** increased average monthly enrollment to 249 persons in 2013. The program provides state-of-the-art, evidence-based clinical and support services to individuals working to achieve recovery from a serious mental illness. DePaul PROS seeks to return people to the community to live meaningful lives doing what they desire, such as obtain employment, further their education, make community connections or live more independently. The year saw a high percentage of successful graduations from the DePaul PROS Program and a low number of individuals who were hospitalized. At the close of 2013, DePaul PROS served more total people than other PROS programs in Monroe County.

The DePaul PROS Program was selected as the lead

mental health provider for adults for the Parent Network Project, a collaboration of family court, the Office of Mental Health and other providers. In addition, an arrangement was secured with the Monroe County Department of Human Services to perform mental health evaluations and provide mental health treatment for those determined to need treatment. Finally, the DePaul PROS Program was awarded a three-year contract with the Rochester Region Federal Probation Program to assess and serve their referrals who they believe may need mental health and/or dual diagnosis treatment.

**DePaul's Representative Payee Program**, which assists individuals in money management, served nearly 500 clients in the community in 2013.

## Brenna ... The Future Amaits

er relaxed mannerism and quiet confidence are so very different from the daily internal turmoil Brenna felt throughout her life beginning as a child. Anxiety and depression ultimately resulted in a mental health diagnosis for Brenna, 30, and a many-years struggle to find the correct combination of medication, therapy and support that would eventually allow her to blossom into the independent, capable woman she is today.

A native of Avon, Brenna was adopted as a baby from South Korea and grew up doing well in school and excelling at sports. As her symptoms intensified, life as



she knew it changed along with her dreams. She graduated from high school and earned an associate's degree in liberal arts, along with her nursing assistant's certification, but she often felt overwhelmed. After several hospitalizations and attendance at various programs, Brenna came to the DePaul PROS Program in 2010 recognizing she "wanted to make a life for myself rather than settling and not being able to do things."

There, Brenna dealt with her emotions and risky behaviors, learned to make better choices and developed her skills using Dialectical Behavior Therapy, Cognitive Behaviorial Therapy and radical acceptance. "Everyone at PROS is very supportive," she said. "I liked their approach. In the groups I found others who could help solve problems and sympathize with my situation because they'd been there. Medications can take the edge off but the real work is in the work - the therapy, the groups. Also, my mom has always been there for me. She's so compassionate and supportive."

In 2011, Brenna also became part of DePaul's residential mental health program when she went to live in a treatment apartment. She is now living independently in supported housing. During her job search, she also received vocational support through the DePaul WorkGuide Program.

Things have truly come full

circle for this young woman who once had a self-described bad attitude, difficulty with personal relationships, and a fear of venturing out into the world. She became a certified medical assistant and is now working part-time in a physician's office with the goal of possibly going back to school to become a nurse. She is proud that she's living independently and now sees life with a new perspective. "I'm more disciplined and I'm able to get out there and make friends – not be scared of life," Brenna said. She's also discovering her spirituality and enjoys exercising and baking in her spare time.

"Getting here to PROS is where things changed," she added. "I learned what helped, saw things differently, made good choices, expressed myself more correctly and started getting better. PROS really worked!"

## Vocational Programs – DePaul WorkGuide

The **DePaul WorkGuide** Program assists people in finding employment and encourages the exploration of educational and career goals. Unpaid internships prior to seeking paid employment are provided by the Transitional Employment Program, while the Supported Employment Program assists persons with disabilities in obtaining and maintaining competitive employment. Assessment, career coaching and development, assistance with maintaining employment and benefits counseling are just some of the services provided by DePaul WorkGuide.

In 2013, DePaul WorkGuide was approved for a five-year contract in all program areas applied for in a request for proposal through Adult Career and Continuing Education Services – Vocational Rehabilitation (ACCES-VR). High marks for the program were also received in an ACCES-VR audit.

DePaul WorkGuide placed 105 people in competitive employment during the 2013 contract year. Placements continue to show diversity that reflect customer choice and have included food service, security, customer service, software engineering, janitorial, data entry, medical records, accounting, HVAC and mental health therapy. Fifty people were placed in internships through DePaul WorkGuide to gain real work experience, build job tolerance and explore career options.

The Employment Network, through which WorkGuide accepts tickets to work from Social Security, continues to rapidly grow. The ticket allows WorkGuide to accept milestone payments for assisting individuals to achieve increased income levels with the eventual goal of decreasing dependence on Social Security.

Finally, DePaul WorkGuide is now serving an increasing number of clients who are deaf, hard of hearing or using American Sign Language (ASL) after being selected in 2013 as the primary referral source for clients formerly served through the Rochester School for the Deaf's PRIDE program. Several WorkGuide vocational counselors learned sign language, allowing counselors to better coach their clients, while helping to facilitate communication between the individual who is deaf or hard of hearing and their employer.

## Andrew Millar ... Succeeding Through Support

he Lord will open doors that no man can close, and close doors that no man can open!" (Rev.3:8)

When Andrew Millar was praying for spiritual guidance during his sixmonth job search, he came across this passage in his Bible prior to an interview at Price Rite. As he entered the store, he heard a mother tell her young son to "just go in" the automated door "and it will open." It struck him that "the Lord gave him that sign and that this was the place he was meant to be."

A native of Rochester, Andrew, 46, has been a client of DePaul WorkGuide's Supported Employment Program for just over a year,

following a referral from Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR). He's held a variety of jobs throughout his life, largely in retail and fast food environments, and actually entered WorkGuide after being hired by Price Rite as a cashier. However, Andrew began to struggle with the fast-paced, high-stress periods of running the register. His WorkGuide vocational counselor coached Andrew on various money-handling techniques and coping strategies but the position was not the right fit and Andrew was eventually let go ... but not for long.

WorkGuide was able to arrange for a vocational intervention, working with the employer to facilitate understanding that Andrew's



mental health diagnosis contributed to his anxiety surrounding cashiering. Andrew retained a new position as a porter/cleaner, a role he truly enjoys. His managers saw a completely new employee who loved his job and provided top-notch customer service, so much so that he was recently recognized as employee of the month. His diligence has also resulted in being given more hours. Andrew is genuine and quietly thoughtful when he talks commenting, "I really enjoy the people there. I'm thankful to have a job with stability and the customers are wonderful. It really is a community of families."

His WorkGuide Vocational Counselor Kayla Stein added, "Andrew is a pleasure to work with. He appreciates the support WorkGuide provides and is comfortable receiving suggestions. He shares his positivity and always tries to be the very best he can be."

Now Andrew has his sights set on a possible long-term goal of working in a management position. His faith guides him always. He is very active in his church, enjoys exercising, playing racquetball, swimming and walking on trails, and he loves cats.

"At WorkGuide, I'm able to receive advice about specific questions and tips on succeeding in my job," he said. "I have a multitude of advisors in my life and it's good to know there is longterm support in facing any challenges I may have."



The number of seniors in need of assisted living services and memory care continues to grow and **DePaul Senior Living Communities** are there to provide quality, affordable residential services in 20 locations in New York, North Carolina and South Carolina. In 2013, nearly 2,500 elderly individuals enjoyed the comforts of home and personal care services in a supportive environment while at DePaul.



Acquisitions in 2013 included Rolling Ridge, a 42-bed community located in Newton Grove, North Carolina, which is DePaul's fourteenth assisted living site in the state. DePaul also

assumed operation of Pee Dee Gardens, a 68-bed licensed assisted living community which includes a 22-bed memory care unit. Located in Florence, South Carolina, Pee Dee Gardens is in close proximity to several DePaul sites in North Carolina, and marks DePaul's entry into a third state.

DePaul recognizes the importance of attractive, comfortable living environments. To that end, renovations were completed at Westwood Commons, a DePaul Senior Living Community in North Chili, New York; Woodcrest Commons, a DePaul Senior

Living Community in Henrietta, New York; East Towne, a DePaul Senior Living Community in Charlotte, North Carolina; and Hickory Village Memory Care, a DePaul Senior Living Community in Hickory,







North Carolina. Improvements included flooring, paint, wall coverings and furnishings. Many of the communities now have videos on the DePaul website to illustrate the improvements and welcoming atmosphere.

A four-month transition to an Electronic Medication Administration Record (EMAR) Keeping System was completed in 2013, which included up-fitting every senior living community with Wi-Fi. In addition, all North Carolina communities were

successfully transitioned to the new Medicaid Consolidated Personal Care Service (CPCS) delivery system.

Opportunities to engage in community life abounded at all 20 DePaul Senior Living Communities and included intergenerational activities, occasions to give back to the community, outings, arts and crafts and entertainment. In 2013, residents went to a rodeo, on fishing excursions, kite flying and

to historical landmarks. There was also a senior ball, visits from Elvis, beauty days, crocheting groups, celebrations for anniversaries and birthdays, including several centenarians, as well as the ever-popular bingo!







Licensed Adult Homes • Memory Care • Assisted Living Programs (ALP)

## Lorraine Wethje ...



## Wife and Mother Extraordinaire

orraine Wethje is not 90-yearvour typical old, and it's not just her enviable smooth skin. maintained with just warm water and the only very occasional use of "It's drying," she soap. said. Her quick sense of humor, engaging personality, and brisk gait even with a walker – the vibrancy hint at required by a woman who was born to be a wife and mother, managing a bustling household and many needs. A devout Roman Catholic, Lorraine once aspired to become a nun and even

attended convent school in Syracuse. She also worked for a brief time at the General Electric factory but a certain WWII veteran named Edward who fought in the Battle of Normandy turned her head and the rest they say is history.

They built their lives together in Cortland, New York raising six children – four sons and two daughters. "I always

wanted a large family," Lorraine said. "I had my first in 1948, my second in 1949. You know, once you've got the recipe..." she laughed. Her family has now grown to include 20 grandchildren and 31 great-grandchildren, with number 32 on the way. A nurturing, involved, supportive wife and mother, she loved taking her kids to picnics on the beach, cheering her sons on in wrestling and her grandchildren in the sports they pursued. She whipped up many a spaghetti and meatball dinner, baked a mean apple pie and even had an in-home daycare once her own family was raised. Lorraine drove right up until the day in 2009 that she and Ed came to Westwood Commons, a DePaul Senior Living Community in North Chili, New





York, and she served as her husband's eyes for 15 years after his sight failed him.

Ed required assisted living care and was unable to return from a hospitalization to their home of 50 years in Cortland. A difficult decision was made to make the move Westwood Commons to which was located in the same community as their youngest daughter, Sandy Ferguson, who learned of Westwood Commons through a friend and liked what she saw.

"I prayed and prayed and the Lord brought me

here. I felt in my heart it was right," Sandy said. "My brothers and sister were all involved in the decision but it was the hardest weekend of our lives, as my mom wasn't quite ready to make the transition to leave their home but my dad needed the care. It was truly an act of sacrificial love that my mom made."

They lived together at Westwood Commons for 18 months and then Ed moved to skilled nursing for the next 18 months where Lorraine visited him four times a week until his passing in 2011. Her secret to a 66-year marriage — "I was a good wife," she said with a chuckle.

Today, the once-private Lorraine needs more assistance than five years ago but is fully engaged, participating in most activities at Westwood Commons, her favorites being bingo, playing rummy every afternoon (she's quite an ace) and attending Mass. "I love everything here," she said, "the activities, the meals, the friendly people."

"It's been a godsend," said Sandy. "You know when you have to do something, you believe it's the right thing, but still it's a step in faith. It truly was the best decision. We now have 100 percent peace of mind."



## Alma Usher Barclay and Frances Usher Monk ...

## Sisters ... Side by Side

Sisters Alma Usher Barclay and Frances Usher Monk, residents of Rolling Ridge, a DePaul Senior Living Community in Newton Grove, North Carolina, might remind one of the Baldwin sisters from the 1970s television series The Waltons - minus "Papa's moonshine recipe" of course! Genteel, sweet and gracious, Miss Alma, 96, and Miss Frances, 87, are women of great faith who epitomize Southern charm – topped off with a dash of feisty!

The sisters are Newton Grove natives, born to a farmer and a school teacher. Their mother passed away the year Miss Frances was born and their grandmother helped raise them. Both served as valedictorians of their senior class at Newton Grove High School, along with their three other siblings who were also valedictorians or salutatorians of their class.



Miss Alma went on to become a middle school teacher for six years and eventually worked for the federal government doing statistics. She and her late husband Charles were married for 28 years and had one son, Frederick Allen Barclay

who was a ringer for handsome Elvis Presley and perished at the age of 20 in Vietnam. He was subsequently awarded the Bronze Star and the Purple Heart and was laid to rest in Arlington National Cemetery.





Miss Frances worked as an anesthesia nurse for 40 years in the operating room of a hospital in Fayetteville, North Carolina before retiring to Newton Grove, building a home with Miss Alma whose husband had since passed away, and another sister Florence, who is now gone. Miss Frances' husband Buck took wonderful care of both his wife and sister-in-law, enabling them to live at home until Buck's passing in September 2013 when they immediately moved to Rolling Ridge. Their extended family remains close and the sisters receive daily visits from their nieces and nephews, along with a steady stream of cards and letters.

After a lifetime of independent living, it took a while for Rolling Ridge to feel like home but according to Miss Alma, "it's the next best thing." Miss Alma enjoys activities that feature music and singing, along with her favorite meal of fried chicken, while Miss Frances likes to work on crossword puzzles and eat a hearty breakfast.

> According to Miss Frances, "If you need to go somewhere besides home, this is the place. They take very good care of you here and they treat you as if you were family."

## **DePaul Recreation**

Recreational activities enhance a person's quality of life, providing proven health benefits and other positive outcomes such as confidence building, increased self-respect, self-reliance, trust, and the development of leadership skills.

DePaul's Recreation Program provides services to all DePaul programs, both at the recreation center and daily at program sites in the Rochester area. Nearly 6,000 units of service are provided each year at program sites.

Activities include seasonal sports, groups, a myriad of crafts including jewelry making and tie dying, themed socials including a spring fling, Valentine









dance and a black-and-whitethemed ball, and team experiences. Popular outings included trips to the Humane Society at Lollypop Farm, Lamberton Conservatory, Artisan Works, the Rochester Public Market, a Rochester Red Wings baseball game, Niagara Falls, apple picking at Whittier Fruit Farm, numerous festivals and parks, fishing, hiking trips and picnics. Attendees also participated in the annual Brian Salerno Memorial Basketball and Bill Smouse Memorial Softball Tournaments.

DePaul's Recreation Program also offers a day program two days per week, providing consumers with small group activities, crafts, sports, outings and team experiences. An average of 40 people attend per session.









## **DePaul Addiction Prevention and Support Programs**

### National Council on Alcoholism and Drug Dependence – Rochester Area

The National Council on Alcoholism and Drug Dependence - Rochester Area (NCADD-RA) works to reduce the impact of alcohol, other drugs and problem gambling by providing information, education, support and referral services to individuals, families and the community. In 2013, the program reached 3,800 people through educational sessions at community health fairs and presentations. Some 720 adults participated in professional



workshops and conferences, while community networks and coalitions reached 1,052 people.

NCADD-RA celebrated 68 years of service at its annual luncheon featuring keynote speaker Dr. Ruben Baler, from the Office of Science Policy at the National Institute on Drug Abuse who presented "Addiction and the Adolescent Brain: The Bigger Picture and Strategies for Communities." Over 120 community leaders, human services professionals, education professionals and criminal justice professionals were in attendance.

The Council worked collaboratively to create positive change

as evidenced by events with local and federal legislators including working with Monroe County Legislator Steve Tucciarello and presenting to the Monroe County Legislature in support of the Monroe County Synthetic Drug Law which is now in effect. In addition, the Council supported U.S. Senator Charles Schumer's proposed legislation to reschedule Hydrocodone and publicized the effort at a press conference on the topic.

A new NCADD-RA website (www.ncadd-ra.org) was launched in 2013 featuring ease of navigation, online registration and payment for trainings, and an RSS feed for current addiction medication information from the national organization, NCADD, Inc.

Problem gambling, fetal alcohol spectrum disorder, underage drinking and prescription and over-the-counter drug abuse were topics featured in four media campaigns. Over 500,000 impressions were made for each campaign using a variety of local and regional print publications, multi-plex movie theater advertising and collateral materials.



NCADD-RA Making a Difference

"This class helped me. I realize my mom is addicted and I have a lot of people I can talk to."

... Youth group participant in the Total Approach Family Program

"I learned that chemical dependency is a disease and I plan to use this knowledge to help my teenage son."

...Adult participant in the Total Approach Family Program

"I learned so much. I feel confident that I gained the insight I need to be a successful addictions counselor. Staff and instructors are excellent, always willing to help, very caring and understanding. Every presenter was top of the line in their field."

> ... Participant in the Addictions Counselor Credential Training Program

"Support and guidance from the FL PRC has enabled us to enhance the impact of coalition efforts in Seneca County. This relationship has grown, concentrating on effective prevention strategies and has led to a stronger coalition with broader involvement from community partners to include youth."

> ... Seneca County Coalition on the Finger Lakes Prevention Resource Center (FL PRC)

"The LifeSkills Training program was amazing! Milagros is reaching our students, providing knowledge about alcohol and drugs, and teaching our students both life skills and drug/alcohol refusal skills. We appreciate all her support for our students."

... Abigail Rodriguez, Rochester City School District

"Great trainings as always! The speakers NCADD-RA continues to bring are excellent!"

...NCADD-RA workshop participant



- Addictions Counselor Credential Training 
   Community Education for Adults and Youth
- Finger Lakes Prevention Resource Center Hispanic Prevention/Education Program
  - Problem Gambling Prevention Program Professional Continuing Education
- - Total Approach Family Program

## Why I work for DePaul...

It's rewarding to help people. • Every day is different. • The family-friendly atmosphere. • The teamwork of all employees is wonderful. • DePaul puts residents FIRST! • I enjoy the interaction with all the residents. • Great work atmosphere and supportive administrative staff! • The people are happy and friendly! • Seeing a client succeed in any way brings an irreplaceable smile to my face. • Giving encouragement and assistance to individuals in need. • I enjoy assisting residents achieve their goals. • The residents teach me something new every day about their mental illness. • I work with very caring, compassionate and professional staff. • I really love my boss, co-workers and residents. • DePaul provides professional job



opportunities plus we have wonderful residents. • Making a positive impact in the lives of others. • I feel welcomed and interconnected for a greater purpose. • We are family! We be kin now. • A great family network between residents, staff, and families! • To assist in enhancing a life forever! • I enjoy the teamwork, communication across lines, the fairness and most of all just being a part of an ever-growing agency like DePaul I feel is reassuring. • Support, respect, encouragement, acceptance of using my creative side! • I value the time I spend with the residents. They are like my family away from home and I love them like my own. • DePaul is a company that genuinely cares for its residents, clients and staff. • A chance to make a difference in a person's life. • I make a difference. • It makes me feel valuable as a person to others • Teamwork, structure, commitment. Care/caring and opportunity!
 There is never a boring day!
 Because it is my utmost honor to serve!
 The satisfaction that you get when you see the residents happy that we have stopped from our busy day just to ask them how they are doing, or saying something so simple as a "hello." The smiles on their faces are unforgettable, thank you. • Loving and kind residents; great management team. • Knowing that I may make someone's day a little brighter. • Through helping others improve their lives, I improve myself daily. • The delight in a person's eyes when they are successful. • The company is committed to quality for staff and residents. • DePaul is a friendly, respectful, selfless, and accepting company. I'm new, but I have already realized how great DePaul is to work for. • Offering hope when a person feels hopeless. • I enjoy the work and mission. • I feel we are making a true difference in people's lives by helping them work again which gives meaning and self-esteem to our consumers. • It's a great team. • DePaul staff have widespread compassion for others. • It's the people here at DePaul that make work a delight. • DePaul cares. • My coworkers are great and I have the best supervisor! • I feel that I make a difference with staff and residents. • I like the positive and pleasant people I work with. • Meaningful and challenging work in a supportive environment Making a difference in the lives of others.
 Helping the residents that can't help themselves.
 The residents first and foremost. • DePaul is a top notch company; they make a difference in the lives of others on a daily basis. • I'm able to help residents live their lives to the best of their abilities. • Feel blessed when I see our residents as happy and healthy as they can be. It's rewarding working with Alzheimer's patients.
 We have a great bond and we're here for them.
 Committed to quality for staff and residents. • The happiness not only you bring to the residents, but they bring to you. • It's simple...the residents. My team and residents make me smile and laugh.
 It gives me value as a person.
 My residents are like my extended family.

I love bringing joy and happiness to the residents. They're like family to me and I cherish them as such.

We employ some of the best!



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## Did you know this about DePaul?



DePaul was founded in Rochester, New York in 1958.

DePaul's primary areas of service are senior living, mental health residential, treatment and support services, a PROS Program, addiction prevention and support programs, vocational programs and affordable housing.



DePaul provides services in 20 counties spanning the states of New York, North Carolina and South Carolina.

DePaul employs over 1,600 dedicated people committed to providing quality care.

DePaul used 40,222 pounds of coffee, 60,333 gallons of milk and 64,355 loaves of bread in 2013!

DePaul manages the administration of over 15 million medications annually.

DePaul employees have been with the organization for an average of 5.3 years.





DePaul serves over 5,000 people each year.

### Statistics 2013

### Program Beds

DePaul Senior Living Communities
New York 584
North Carolina 1,084
South Carolina 61

1,729

### **DePaul Community Services**

Mental Health Residential Programs

	1,369
Treatment Apartments	254
Non-Licensed Housing	450
Supervised Community Residences	90
Single Room Occupancy (SRO) Programs	575

Affordable Housing	42
Fotal number of beds	3,140

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