

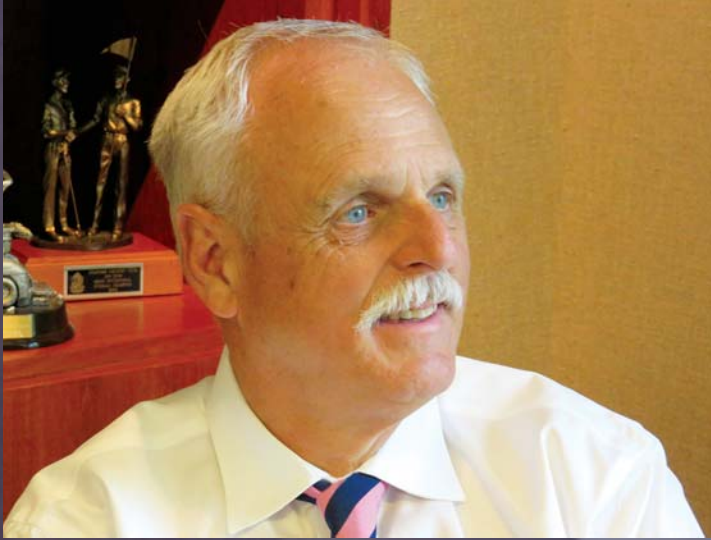


Be the Change



Annual Report 2015

A Message from the President



Dear Friends,

DePaul's mission is to deliver the highest quality care to people across a comprehensive array of integrated services in areas including senior living, mental health residential, treatment and support programs; vocational services, affordable housing and addiction prevention and support. DePaul positively empowers individuals while contributing to the overall health of the communities in which we have a presence. Our vision for the future is an environment without stigma that accepts and celebrates those we serve as valued, productive contributors.

DePaul was founded on quality and respect, commitment and caring, progress and forethought. We take a dedicated and big-picture approach to community support and service, proactively seeking partnerships that effectively meet changing needs and enhance success in critical areas.

Challenges exist for DePaul and other not-for-profit providers as funding often fails to keep pace with the growing costs of providing quality care and services. However, DePaul remains committed to serving those most in need in our communities. We adapt during times of ever-changing reimbursement systems to ensure that we thrive.

Our plan is straightforward:

Grow strategically. A larger footprint serving more regions with people in need will help those who require care and services, their families and DePaul.

Innovate. We're committed to finding ways to lead while bettering the services we provide.

Ensure we **diversify** our revenue streams and care venues.

Demonstrate greater **value.** We continue to increase quality and provide options that people desire.

DePaul is dedicated to ensuring that people in need in our communities don't slip through the proverbial cracks. As we advance DePaul's legacy of innovation and excellence, we proactively seek out ways to efficiently provide care in a changing environment while ensuring a greater focus on quality and initiating progress in residential and supportive care.

Through it all, we recognize and celebrate our selfless, committed team of employees, families, supporters, funders and volunteers who contribute toward the integral, supportive and vital role DePaul plays in so many lives. As Helen Keller once said, "Alone we can do so little, together we can do so much." Please join us on our journey.

Sincerely,

Mark H. Fuller
President

“There are two primary choices in life:
to accept conditions as they exist or
accept the responsibility for changing them.”

...Dr. Denis Waitley

Be the Change

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Our Mission

DePaul, a progressive, private not-for-profit organization founded in 1958, is committed to providing quality services including assisted living services for seniors; residential, treatment, and support services to persons with mental illness in recovery, some of whom have a history of homelessness; addiction prevention and support services, vocational programs and affordable housing. DePaul assists individuals in achieving their optimum level of independence and success in the environment of their choice, while remaining sensitive to assessed community needs and available resources.



DePaul Affordable Housing Programs



The benefits of **DePaul Affordable Housing Programs** are many, changing not only the lives of residents but also significantly benefitting the community by revitalizing neighborhoods and promoting economic and social integration. DePaul develops attractive, affordable housing options in urban, suburban and rural settings which encourage respectful community relationships. DePaul is committed to investing in communities and the many people in need who benefit from quality housing.

The **DePaul Rochester View Apartments (RVA)** in Henrietta, New York illustrates that a partnership between government funders, non-profit housing developers, community leaders and private financial institutions can create attractive, affordable housing that not only serves residents, but is an asset to the broader community. The \$17.6 million, 61-unit affordable housing project opened in September 2015 and provides

enhanced supports to accommodate persons who may be Deaf, hard of hearing and using American Sign Language (ASL). RVA serves income-eligible tenants and also provides services to tenants with behavioral health needs. The project, which had tremendous support from the Rochester Deaf community and persons who are Deaf from across the country, features work by local artists, sculptors and photographers, many of whom are Deaf.



Rochester View Apartments



Ebenezer Square Apartments

Construction continued on the **DePaul Ebenezer Square Apartments**, containing 100 apartments for income-eligible tenants in West Seneca, New York. The development includes New York State Office of Mental Health (NYS OMH) Community Residence - Single Room Occupancy Program services for 75 individuals. A long-vacant, former box store was demolished to accommodate the 102,000-square-foot, three-story structure with 96 one-bedroom and four two-bedroom units with kitchens and bathrooms. The site is anticipated to open in the fall of 2016.





Trolley Station Apartments

Construction began in 2015 on the **DePaul Trolley Station Apartments**, a 48-unit community featuring one- and two-bedroom apartments in Canandaigua, New York. Trolley Station will serve income-eligible tenants and offer on-site staff to accommodate tenants with behavioral health needs providing linkages to support services in the community. Funding for the project is being provided by the New York State Housing Finance Agency, New York State Office of Mental Health and First Sterling Financial, Inc. The anticipated completion date is summer 2016.



In late 2015, ground was broken on the **DePaul Joseph L. Allen Apartments**, a three-story, 51-unit community for income-eligible tenants on Albany Street in Schenectady, New York's Hamilton Hill neighborhood. A service partnership was established with Schenectady Community Action Plan (SCAP) to provide Office of Mental Health supported housing services on site, accommodating tenants with behavioral health needs and providing linkages to support services in the community. Funding for the project includes low-income housing tax credits, Community Development Block Grant funds from New York State Homes and Community Renewal, and funds from the New York State Office of Mental Health. Named for a beloved local councilman, a summer 2017 completion is anticipated.



Joseph L. Allen Apartments

DePaul received numerous awards for its affordable housing developments in 2015 including the Community Impact Award from the New York Housing Conference for the Rochester View Apartments in Henrietta, New York and 2015 Excelsior Awards by the American Institute of Architects, New York State (AIANYS) for historic preservation efforts on DePaul's Riverside Apartments in Buffalo, New York and DePaul's Carriage Factory Apartments in Rochester, New York. The Carriage Factory Apartments were recognized with a New York State Preservation League Award for Excellence in Historic Preservation, the J. Timothy Anderson Award for Excellence in Historic Rehabilitation by the National Housing & Rehabilitation Association in the category of Best Historic Rehab Utilizing Low-Income Housing Tax Credits, the Barber Conable Award from the Landmark Society of Western New York recognizing a large-scale rehabilitation of a historic building in the Rochester region completed in the last two years, an Excellence



in Historic Preservation Award from the NAIOP Upstate New York Commercial Real Estate Awards, and a 2015 Novogradac Journal of Tax Credits Historic Rehabilitation Award for Overcoming Significant Obstacles.

Oscar Gomez ... A New Beginning



Rochester View Apartments

Independent. Determined. Resilient. All are words that accurately describe Oscar Gomez, 31, and a native of Brooklyn, New York, who arrived in Rochester two years ago in search of greater independence and more enriching life experiences. Oscar is Deaf and he gravitated toward Rochester as a Deaf-friendly community with more opportunity.

Oscar displayed independence early in life, learning to navigate New York City via train, participating in many school activities, sports, cultural offerings and volunteering. He's thankful for the very close and supportive relationship he's always enjoyed with his family who taught him how to make Spanish food, maintain responsibilities, communicate using American Sign Language (ASL), and be a role model for young children.

Following graduation from high school, Oscar worked for several years at Sears and Delta Air. He got his own apartment but the cost of living was exorbitant so he moved to Rochester where he got a job and an apartment. His success was short-lived as he was laid off from his job. With no other options and determined not to ask his family for help, Oscar moved to a series of homeless shelters, hopeful the situation would be temporary. He eventually got a part-time stocking job at Macy's, to which he faithfully walked.

Life in a shelter was difficult but the challenges only propelled Oscar further forward. He eventually met Dr. Tamala David of the University of Rochester's National Center for Deaf Health Research during a community chaplain-sponsored Thanksgiving dinner where she and her family were volunteering. He seldom found people in a shelter environment who could communicate with him using



Art by Randy Dunham



Photo by Janet Cruz

ASL and their relationship grew over time, allowing Dr. David to assist Oscar in making community linkages.

When he retained a second job at Roberts Wesleyan College, Dr. David and her family often provided transportation, saving Oscar hours of daily walking and juggling bus schedules.

"She has made me so much happier and satisfied," he said. "I am so thankful for her support."

Ultimately it was Dr. David who told Oscar about DePaul's Rochester View Apartments (RVA) for income-eligible tenants. Fully equipped with sensory devices for those who are Deaf, hard of hearing and

using ASL, Oscar moved in when RVA opened in September 2015. "I was ecstatic, in shock, I didn't expect this experience," he said. "I was so relieved. It is such a great, secure place and has improved my life so much. I really like being able to socialize and be part of a Deaf community."

Oscar continues to work diligently toward achieving his goals and looks forward to his family visiting him at RVA. He holds down two jobs, has purchased a car, and enjoys bowling outings, movies and playing games at RVA. He's also considering continuing his education to possibly become a teacher.

"I met all of these adversities and proved I was able to succeed," he said. "I feel I can do anything."

DePaul Addiction Prevention and Support Programs

National Council on Alcoholism and Drug Dependence – Rochester Area (NCADD-RA)

Founded in 1946, the National Council on Alcoholism and Drug Dependence – Rochester Area 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 2015, 5,594 youth and adults were directly reached through presentations, health fairs, community networks and coalitions, and contact for information and referral. Over 16,000 people were reached through indirect venues including the distribution of newsletters, fact sheets and directories, while 1,039 people were reached through professional trainings. Four media campaigns covering Fetal Alcohol Spectrum Disorder, underage drinking, prescription/over-the-counter drug abuse and problem gambling yielded over five million media impressions. Finally, 9,096 were served with direct and indirect services by the Finger Lakes Prevention Resource Center in the twelve-county Finger Lakes region, with 2,821 in Monroe County.

NCADD-RA received a mini-grant in February 2015 from the New York Council on Problem Gambling allowing for the fourth collaborative outreach project targeting youth ages 12 to 17. The multi-pronged YOU(th) Decide Project aims to increase awareness to underage gambling and the importance of decreasing youth access to gambling among parents of school-aged youth and community leaders.

The 2015 annual NCADD-RA luncheon featured keynote speaker Andrew Kolodny, M.D., who presented “Responding to the Opioid Addiction Epidemic” to an audience of over 160 attendees.

NCADD-RA also participated in the Joint Senate Task Force on Heroin and Opioid Addiction held in May 2015 and maintained high visibility in the media on the opioid/heroin crisis. A highly-attended conference in October 2015 featured notable speakers

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



who presented on the timely topic of overprescribing pain medications which has played a major role in the increasing numbers of individuals addicted to opioids as well as local and state opioid fatalities.

NCADD-RA also co-facilitated a November 2015 Opioid Forum where Gloucester, Massachusetts’ Police Chief Leonard Campanello presented on the Gloucester Angel Project and the successful partnership between law enforcement and substance use disorder providers. This well-represented Community Opioid Forum sparked what would become the Monroe County Opioid Task Force. Facilitated by NCADD-RA, the Monroe County Opioid Task Force is represented by multiple sectors in the county and city including law enforcement, medical, substance abuse disorder providers, government and families.

NCADD-RA Making a Difference

“Members were at many different levels of understanding of the topics discussed prior to the meeting but left better informed and with resources to continue that learning curve.”

Beckie Schultz, Assistant to the Executive Director
Monroe County School Boards Association

Current Trends presentation to **Monroe County School Boards Association**

“The PRC has helped our Healthy Communities that Care Coalition of Livingston County by providing coalition members and staff with relevant trainings related to our strategic plans and connecting us with potential coalition members and colleagues working on similar strategies. The networking opportunities, technical assistance and feedback they provide to us are invaluable to our staff and coalition members.”

Rachel Pena, Coalition Coordinator,
Healthy Communities That Care Coalition, Livingston County
Comments regarding the **Finger Lakes Prevention Resource Center**

Feedback on NCADD-RA Trainings

- “Fantastic topic and presentation. I’m taking back a lot of ideas!”
- “Great training. It was set up well and facilitated well!”
- “The information presented as well as the quality of the presentation was fantastic. Highly recommended!”

“Your lessons are a skill that is lifelong and beneficial. I have already noticed that some (students) are standing up for themselves and expressing themselves positively. Others are able to recognize when they are stressed and have reached out to a peer for support. We are ever so grateful for you coming in.”

Ms. Powell, 5th Grade Teacher, Rochester City School District #22 –
Comments regarding **HPEP/LifeSkills Training**



DePaul Mental Health Residential Programs

It's estimated that the number of adults with a diagnosable mental illness totals nearly 1 in 5, or approximately 43 million Americans. For nearly four decades, DePaul's Mental Health Residential Programs have provided a continuum of housing options for people with a psychiatric disability in recovery in Western New York, offering support and hope for the future. In 2015, nearly two-thirds of those served by these DePaul programs moved on to a more independent level of care. We are reminded daily that while the numbers alone are compelling, the personal stories of families and individuals affected by mental illness demonstrate why providing innovative care and housing for those in recovery is such a necessity.



To meet that need, DePaul opened a new 33-bed **Treatment Apartment Program at the Rochester View Apartments** in Henrietta, New York. Beds were transferred from the Lyell Road, Corn Hill and North Chili Community

Residences to this new program which was fully occupied within ten weeks.

Ten **short-term "crisis" apartments** in operation for one year in Livingston, Orleans, Wayne, and Wyoming counties received renewed funding due to the success of the program which serves people with a mental health diagnosis and their dependents who are experiencing a housing crisis.

Two **psychiatric crisis step-down beds** which opened one year ago at Cornerstone, a DePaul Single Room Occupancy Program in Rochester, New York, for patients deemed psychiatrically stable have become a well-utilized community resource. Purchased by Strong Memorial Hospital, the beds are non-licensed and accommodate patients leaving the hospital who have no place to go following discharge for an average length of stay of 45 days or less.



DePaul experienced growth in **Supported Housing** in 2015 with 30 people successfully placed in their own apartments as part of 40 new supported

housing beds awarded to DePaul in Niagara County through a New York State Department of Health grant serving Niagara Falls Memorial Medical Center's Health Home

- *Community Residences*
- *Permanent Supported Housing*
- *Single Room Occupancy (SRO) Programs*
- *Supported Housing*
- *Transitional Housing*
- *Treatment Apartments*



patients. This program is one of only eight in New York State and was created as a pilot project whose sole purpose is to provide stable housing to individuals who have a significant history of cycling in and out of homelessness. Niagara County also awarded DePaul seven additional supported housing beds. Thirty-two supported housing beds awarded in 2014 that cover Monroe, Orleans, Wayne, and Wyoming counties were filled in 2015. Over 100 people graduated from all of DePaul's Supported Housing programs in 2015 and either moved on to Section 8 housing or began living independently without the support of a residential agency.

DePaul's **Health Home Care Management Program** expanded in Rochester from 90 slots to 120 slots and in Buffalo from 60 slots to 80 slots.

Finally, as part of DePaul's focus on environment as a critical element for recovery, new fireplaces were added to the lobbies of **Edgerton Square** and **Cornerstone**, both DePaul Single Room Occupancy Programs in Rochester, New York, creating a homey atmosphere.



Fireplaces at Cornerstone and Edgerton Square
Single Room Occupancy Programs

Carrie G. ...

Embracing Opportunities for Growth

With detailed accuracy, Carrie G. relays her challenging odyssey into the world of mental illness that began in fifth grade, when emotional pain and unrest manifested in physical symptoms and eventually a multifaceted diagnosis. She would experience crippling depression and anxiety along with an eating disorder, cutting behaviors, and recurring issues with addiction before she found supports that would help her turn the corner toward recovery.

Carrie, 33 and a native of Rochester, had a self-described happy childhood with a very supportive family. Despite the internal pain and conflict with which she wrestled, she graduated from high school and pursued several degrees largely focused on the medical field but found her college studies derailed by her diagnosis.

She developed an addiction to pain medication following surgery and entered a treatment program from which she graduated. Carrie became a single parent to her adored son who is now six, but repeatedly relapsed, eventually finding herself addicted to heroin and cocaine. Following completion of a treatment program at a halfway house, Carrie sought support for the mental health issues that were at the root of her addiction.

She has been a resident of the DePaul Main Street Treatment Apartments since 2014 and also graduated from the DePaul Personalized Recovery Oriented Services (PROS) program in 2015 after spending three years in the program. "The staff at DePaul are amazing and I learned a lot of coping skills," she said. "There are days I have to fight to get out of bed but the support I get has made a big difference."

With an engaging smile and shining eyes, Carrie discusses her goals which include moving into a more independent setting and having her son, who currently resides with her family, live with her. She's pursuing vocational support and hopes to retain a job in medical billing and coding. An avid reader who also enjoys coloring



and puzzles, Carrie has not used in three years, is working hard at managing her mental health symptoms and is committed to tapping into her many supports to ensure a healthy future.

"I'm a whole different person," she said. "I'm proud of the progress I've made."



DePaul Mental Health Treatment, Rehabilitation and Support Programs

• PROS Program • Care Management • Representative Payee Program

DePaul PROS Program

The DePaul Personalized Recovery Oriented Services (PROS) Program provides state-of-the-art, evidence-based clinical and support services to individuals working to achieve recovery from a serious mental illness. Participants engage in services that can immediately and directly capitalize on strengths and experience to eliminate barriers created by 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.

In 2015, many long-time enrollees completed their treatment at DePaul PROS with the program helping over 70 people stabilize the symptoms of their mental illness, develop and practice skills to remain stable, and return to meaningful roles in the community. Accomplishments included completing an associate's degree from Monroe Community College and finding a job within three weeks, returning to nursing school full-time, finding a part-time job in a

medical office; receiving a promotion to assistant office manager, returning to work as a home health aide, finding volunteer roles in the community, returning to college studies and starting a family.

DePaul PROS has truly changed lives based on the comments received ...

"PROS saved my life. Now I know I am capable of success."

"PROS helped me get my life back."

"More than words can say, Mom was treated with such dignity and support. She needed that — and we'll always be thankful."

"Thanks for the work you do. We're so grateful for your organization's support of my mother. We feel very blessed."

STEVEN M. — A New Life Revealed



After 35 years of living behind a proverbial mask triggered by the burden of depression, anxiety and addiction, Steven M., 52, is finally free. The youngest of ten children and a Rochester native, Steven was the baby in a large, loving family, yet he always felt "less than." Those feelings led to alcohol and drug abuse. He left school prior to graduating and grappled with the effects of his mental health diagnosis and addiction.

Steven eventually earned his GED and completed some college courses in addition to holding down positions as a cook, in a factory and as a nursing assistant but he recognized

that where he was in life was not where he wanted to be. "To be totally honest, I had to be totally honest with me," he said.

After completing several supportive programs including a halfway house, Steven entered the DePaul PROS Program in 2015. "Everyone was really so welcoming," he said. "They made me feel good. It fit me and I found so many tools and things I needed to learn."

Sincere, articulate and stylish, Steven enthusiastically describes the PROS classes that have helped him on his journey including cognitive behavioral therapy, creative coping, relapse prevention and his favorite, mindfulness.

"You have to be open-minded and willing to receive," he said. "I accept the challenges."

Steven has always loved to travel and now he's applying his interest to a career. He's taking online courses through the airline academy with the eventual goal of becoming a flight attendant or airline employee, a perfect fit for someone who once studied hospitality management.

An avid gardener, cook extraordinaire and community volunteer, Steven was recently baptized. His faith is his foundation to becoming a "new person." He's been in what he calls true recovery for just under a year.

"I had lost everything and was essentially homeless," he said. "I realized I needed to change my thoughts to break the obsession. You get out of something what you put in. Recovery requires patience. I am right where I am supposed to be. It took 35 years to overcome my mental health issues and escape addiction — and I am ecstatic."

WorkGuide - a DePaul Vocational Program

Work is a fundamental right, greatly contributing to a person's overall well-being. Vocational rehabilitation can help a person with a disability gain independence while surmounting potential barriers to employment.

DePaul WorkGuide has decades of experience assisting people in finding employment, encouraging the exploration of educational and career goals. WorkGuide's Supported Employment program assists people with disabilities in obtaining and maintaining competitive employment and has relationships with over 100 area employers, placing people in a wide assortment of jobs, ranging from entry-level positions such as retail and food service to careers requiring degrees such as nursing, accounting and engineering. WorkGuide's Transitional Employment program assesses areas of interest, experience and aptitude to identify jobs, careers and eventual internships prior to seeking paid employment. WorkGuide is an approved Employment Network

and also employs Certified Benefits Counselors to help ensure a smooth transition for those receiving benefits and moving to self-sufficiency through employment.

In 2015, DePaul WorkGuide placed 88 individuals into competitive employment and 41 people into internships where they gained real work experience, built job tolerance and explored career options. Placements continued to show diversity that reflected customer choice including food service, security, nursing, carpentry, data entry, truck driving, hair styling, HVAC and work as a teacher's assistant. Thirty-one people exceeded the ACCES-VR goal of earning \$9.50 per hour and 32 people exceed the ACCES-VR goal of working over 30 hours per week. In addition, grants were received from M&T Bank and First Niagara Bank allowing DePaul WorkGuide to assist more individuals with disabilities in finding and retaining gainful employment.

JOSHUA RANDOLPH...

Ever Forward Toward the Future

With a poignantly genuine quality to his words and mannerisms, Joshua Randolph, 26, describes his patient and successful hurdling of challenges that accompany his diagnosis of high-functioning autism and retaining employment.

A client of DePaul WorkGuide since May of 2015, Joshua grew up in the quaint town of Avon, New York with his parents and sister. An excellent student, he graduated with a 3.74 GPA from the State University of New York at Brockport with a Bachelor of Science degree after majoring in chemistry and mathematics. Finding a job was challenging as positions in his chosen field of chemistry proved limiting.

While pursuing taking his GREs in preparation for graduate school, Joshua connected with Adult Career and Continuing Education Services – Vocational Rehabilitation (ACCES-VR) where he was linked with DePaul WorkGuide's Transitional Employment Program whose counselors assisted him with goal assessment, resume development and interviewing skills. Joshua's interest in coding and computer science became evident and WorkGuide coordinated an internship with the University of Rochester Medical Center where he coded a program allowing users to run univariate statistics on data within a clinical database that is used for research. He also completed a PowerPoint presentation for faculty as a final project. It was a pivotal experience.

Joshua is now part of WorkGuide's Supported Employment Program and pursuing a career in computer programming or web design having learned to code in a variety of languages including Java, HTML, PHP, CSS, SQL and Python.

"Joshua has an extensive education and truly enjoys coding," said DePaul WorkGuide Vocational Counselor Cathy Gillow. "He finds coding a way to communicate without words which can sometimes be challenging. Joshua is extremely motivated and his



long-term goal is to be successful either by pursuing a career in computer programming or perhaps teaching. He is truly his own motivator and treats autism not as a disability but rather as a challenge he will conquer."

An avid reader, his favorite being "The Foundation" series by Isaac Asimov, Joshua is also a fan of heavy metal and blues rock music. He epitomizes perseverance and commitment and has not allowed his diagnosis to deter him from focusing on the future.

"I hope to be more independent and live outside of my parents' house, hopefully have a career and family, and live a normal life. I think the autism is a hindrance but it doesn't mean it ends that possibility," he said.

DePaul Senior Living Communities

- *Licensed Adult Homes* • *Independent Senior Living*
- *Memory Care* • *Assisted Living Programs (ALP)*

The baby boomer generation is poised to engulf the senior living industry, increasing demand for assisted living and memory care services. It is estimated that by 2030, 19 percent of the population will be 65 and older as opposed to 13 percent today. In 2015, DePaul served over 2,000 individuals in 18 senior living communities in New York, North Carolina and South Carolina, providing the comforts of home and personal care services in supportive, affordable environments.

DePaul is committed to providing home-like, well-maintained settings that promote wellness and comfort for those in our care. A number of substantial renovations were completed in 2015 including a 12-bed addition at Pee Dee Gardens, a DePaul Senior Living Community in Florence, South Carolina, as well as renovations and a 19-bed addition at Rolling Ridge, a DePaul Senior Living Community in Newton Grove, North Carolina. A smaller-scale renovation project was also completed at Twelve Oaks, a DePaul Senior Living Community in Mt. Airy, North Carolina.



Villas at Rolling Ridge



DePaul's first foray into independent senior living was launched with the completion of the **Villas at Rolling Ridge** in Newton Grove, North Carolina. The eight newly-constructed units are spacious, one-bedroom, single-level apartments that include fully-equipped kitchens, 24-hour emergency maintenance, individually-controlled heating and air conditioning and an inviting porch and patio.

The New York State Department of Health granted approval for the Certificate of Need to begin development of **Wheatfield Commons**, a 114-bed senior living community in Wheatfield, New York, Niagara County, serving those requiring assisted living and memory care. Other potential sites for market-rate senior housing and assisted living were also explored.



Fresh Ideas for Fun!

Engagement in community life makes for a vital environment throughout all DePaul Senior Living Communities with offerings that include intergenerational activities with youth from area schools, day care centers and scout troops, volunteering in the greater community, faith-based activities and services, socials, pet and garden therapy, music, exercise and the all-time-favorite, bingo. Many residents also enjoyed outings including baseball games, classic car shows, fishing trips, the airport, farmers markets, senior lunches, shopping and area zoos. Performances included community entertainers, dance groups, musicians and Elvis impersonators. Arts and crafts included quilting, beadwork and other Pinterest-worthy projects. The highlight of the year was the celebration of a wedding between two residents who found love at a DePaul Senior Living Community!



Jean Carol Jones ...

She weighed just one pound when she was born 80 years ago, in Pikeville, North Carolina, the ninth of nine children. Tiny Jean Carol Jones' crib was a shoebox. Her ears were not fully formed which resulted in Jean being Deaf, growing up in an era when services and supports were more limited. Her father was tragically killed in a train accident when she was two.

Their small, tight-knit community banded together to help the Jones family, while Jean's mother sewed and took in jobs and her brothers worked to provide food. Times were not always easy but Jean loved her family very much. They have always been the focus of her life.

Jean attended school until the eighth grade and left when communication with her teachers proved challenging. Over the course of her life, she lived with various family members including her mother and two sisters who have since passed. In 2015, Jean's remaining sister Geraldine, with whom she lived 15 years, could no



Independent and Thriving



longer care for her. Jean's family and Rolling Ridge Administrator Laura Anderson both worship at the same church and they turned to Laura to see if Jean might find the care she needed at Rolling Ridge, a DePaul Senior Living Community in Newton Grove, North Carolina.

She arrived in 2015 and quickly came to love her new home. She's a fan of the fried chicken at Rolling Ridge, along with activities such as crafts and doing word searches. Jean also enjoys needle work, quilting and jigsaw puzzles which are framed and proudly displayed around Rolling Ridge. She's a friend to all, loves her roommate and mealtime tablemates, and hugs the staff goodnight before retiring for the evening.

Jean's family reflected that she is a different person now that she has independence for the first time in her life. All her needs are being met and family members no longer have to focus on care-giving but instead on spending quality time together. Jean recently went to visit her family for a few days and every day said she was ready to come back "home"!

Shirley Merton ... Celebrating Life



Shirley Merton is proof positive that a great attitude makes all the difference. A spry 76, Shirley lived for more than 50 years on Main Street in quaint Palmyra, New York caring for her aging parents, a commitment she lovingly fulfilled. A self-described "single girl all of her life," Shirley held several positions during her career - producing hand-made bellows, working in a candy kitchen where she had all the ice cream she could eat, and finally 31 years at Harris RF Communications where she was an incoming inspector.

Following her mother's passing, Shirley was encouraged by her niece and nephew to seek the support of assisted living after having a negative reaction to medication. She arrived at Woodcrest Commons, a DePaul



Senior Living Community in Henrietta, New York, four years ago and it's been home ever since. Shirley is now Woodcrest's unofficial welcome wagon, helping new residents become acclimated to their new surroundings. "If they're not friends, I make them friends," she said with a mischievous twinkle in her eyes.

Shirley finds the recipe to good living is to keep life interesting and fill it with kindness, noting that it's the best antidote to "the sadness in the world." She's very involved in the activity program at Woodcrest and has high praise for Activity Director Lindsay Lown referring to her as a "super individual who is always caring, kind and conscious of residents' needs."

As she enthusiastically shares her many artistic creations that decorate her walls, Shirley reveals her new passion - intricate coloring book pictures with everything from exotic animals to flowers and stained glass done in crayon, marker and colored pencil. She also enjoys pet therapy at the community and many outings with the Woodcrest gang, going to ice cream parlors, to Mendon Ponds Park to feed the birds, and on a boat ride, to name a few.

"People miss so much by not being sensitive to the simple things in life," she said. "I try to enjoy it all." She's actually looking forward to helping with gardening, another passion.

A two-time cancer survivor, Shirley is a woman of great faith who says she's here on "a wing and a prayer." She is fast friends with her roommate at Woodcrest Commons and plans on staying a vital member of the senior living community until they "throw her out." A self-described "character" who believes in the value of good friendships, Shirley is truly grateful for everything and helps spread good cheer at Woodcrest Commons.



DePaul Recreation

Research strongly supports a correlation between recreation and leisure activities and an increased quality of life. Individuals with mental illness may have reduced access to opportunities that can positively impact their physical and mental well-being. DePaul's Recreation Program provides support to DePaul's mental health programs at both the DePaul Recreation Center and at residential sites in the Rochester region, enhancing quality of life, yielding health benefits, building confidence and self-respect, and developing skills.

A wide variety of activities at DePaul appeals to many interests. Highlights include seasonal sports, groups, arts and crafts including jewelry-making, intricate coloring projects, and painting; themed socials such as the Valentine's Day dance and summer luau party, games, outings to Corbett's Glenn, Webster Park, Cobbs Hill Park, Sea Breeze Amusement Park, and Lamberton Conservatory, fishing at Black Creek Park, concerts at Ontario Beach Park, a visit to the Buffalo Bills training camp at St. John Fisher College, fall trips to Stokoe Farms and Kelly's Apple Farm, exploration at the Rochester Museum and Science Center, and a holiday lights tour. Clients also



participated in the Annual Brian Salerno Basketball Tournament and the Annual Bill Smouse Memorial Softball Tournament.

The DePaul Recreation Program also provides a day program two days per week, offering consumers small group activities, games, crafts, sports, outings and team experiences. An average of 40 people attend per session.



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DePaul by the Numbers – 2015

Founded
in 1958

Over
5,000 served

1,520 employees
987 full-time employees and
533 part-time employees

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

Services in
20 counties
spanning
three states

DePaul Beds

Senior Living Communities

| | |
|----------------|-----|
| New York | 584 |
| North Carolina | 963 |
| South Carolina | 80 |

Independent Senior Apartments 8

Mental Health Residential Programs

| | |
|---------------------------------|-----|
| Crisis Apartments | 13 |
| Single Room Occupancy Programs | 575 |
| Step-down | 4 |
| Supervised Community Residences | 30 |
| Supported Housing | 469 |
| Transitional Housing | 30 |
| Treatment Apartments | 314 |

Short-term Transition 14

355 people served by DePaul PROS,
spanning a five-decade age range

5,066,783 media impressions for
NCADD-RA awareness campaigns

Provided professional training to 1,039
people through NCADD-RA

Directly served 5,594
through NCADD-RA's programs

Served 9,096 through
Finger Lakes Prevention Resource Center

DePaul Affordable
Housing Units 540



341,224
reached on
Facebook and 94,000 impressions
on Twitter



32,760 activities for our seniors

8,600 attendees
completed nearly
300 trainings

Completed 5,507 audits
and 4,072
utilization reviews

Served 1,650
in DePaul's
Representative
Payee Program

In the last year, DePaul processed 2,261,247 emails.

That's an average of 6,200 email messages per day!

Of that volume, 1,407,167 emails were SPAM.

Only 32% of the email we send and receive is
considered valid email.

9,456 Recreation activities

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