



## DePaul Receives Grants & Awards

DePaul is proud to be the recipient of a number of awards and grants in recent months.

DePaul won the Frederic Schwartz Community Development Award from the American Institute of Architects of New York State which recognizes outstanding development projects that best help to create sustainable, thriving communities. DePaul received the award in recognition of its commitment to providing quality services through affordable housing options that maintain the independence and involvement of residents.

The Schenectady County Legislature recognized DePaul at the Hamilton Hill Neighborhood Association Dinner in Schenectady, New York. Marilyn Jones, Property Manager at DePaul's Joseph L. Allen Apartments, accepted both a New York State Assembly Certificate of Merit from Assemblyman Angelo Santabarbara as well as an award from the Schenectady County Legislature presented by Philip Fields, Deputy Chair of the Legislature.

The Daisy Marquis Jones Foundation and the M&T Charitable Foundation have awarded DePaul grants for elevator repairs and renovations at Parkside, a Community Residence-Single Room Occupancy Program in East Rochester, New York. These gifts will assist Parkside in providing the highest quality



care in a welcoming, supportive environment for its 85 residents.

Residents who move into DePaul's recently completed Upper Falls Square Apartments in Rochester, New York receive welcome packages with basic household items purchased with a donation from Wegmans.

On behalf of DePaul clients, residents and staff, sincere thanks for your contribution, recognition and for helping DePaul continue to make a difference!



Top left: Pictured accepting the Frederic Schwartz Community Development Award are SWBR Principal Joe Gibbons, DePaul Director of Project Management Melissa O'Geen, SWBR Senior Associate Dan Glading and SWBR Senior Interior Designer Cathy Dobrowal.

Above: Marilyn Jones, Property Manager at DePaul's Joseph L. Allen Apartments, accepts recognition from the Schenectady County Legislature.



From left to right: Wegman's welcome package, Upper Falls Square Apartments, Parkside and the Joseph L. Allen Apartments.





Recreation Director Dan Charcholla (right) presents the Holiday Hoops trophy to Paul E.



## 7th Annual Holiday Hoops Tournament

DePaul's Recreation Program recently hosted the Seventh Annual Holiday Hoops Tournament at DePaul's Recreation Center in Rochester, New York. Players from DePaul, the Finger Lakes Developmental Disabilities Service Office and East House participated in a three-game, round-robin format tournament.

# Stories of Hope: From the Streets to the Airwaves

There are places that haunt Lisa K. She's still coming to terms with the effects of years of abuse, drug addiction and violence which she experienced living in the inner-city of Rochester, New York.

She entered her first rehab at the age of 15. From age 19 to 41, Lisa was in and out of institutions, jail and halfway homes. About that same time, she was in a terrible car accident that left her with crushed vertebrae and chronic pain that still plagues her. She struggled with addiction and became homeless and destitute. By the time she was 41, she was diagnosed with severe post-traumatic stress disorder.

"I still struggle with an onslaught of memories of things that happened to me when I was an addict," she says. "I lost my mind. I lost everything."

With the help of DePaul's Supported Housing Program, Lisa moved out of the city and into a carriage house in the suburbs about a year and a half ago.

"I'm not consistently reminded when I walk out the door," she said. "I'm not smelling marijuana or hearing the booming bass. It's quiet where I am. I didn't even realize what it meant to feel safe until I got into a place without all those stressors."

Today, Lisa is nine years sober. She still struggles with anxiety and negative self-talk, which she refers to as the "monsters" in her head. She's found strength in her work creating support groups for women in the city, sharing her story in area prisons, treatment centers and halfway homes,

as well as doing one-on-one mentoring with individuals struggling with addiction. She credits God, her environment, her therapy dog and eye movement desensitization and reprocessing, a form of psychotherapy designed to alleviate the distress associated with traumatic memories, with saving her.

Once a week, she volunteers as the host of Transcendental Thursdays on Rochester Free Radio 106.3 FM. A certified recovery coach, Lisa shares her experiences on-air, as well as guided meditations, calming music and spiritual readings that resonate with her.

"I guess I found my purpose," she said. "I realized I have a lot to offer and a lot to learn too."

Property Manager at DePaul's Upper Falls Square Apartments Krystal Kinder worked with Lisa for over a year as a Senior Supportive Scattered-Site Housing Specialist through DePaul's Supportive Housing Program in Monroe County.

"I have noticed Lisa's growth since I've been working with her mostly in how she lends herself in service of others," said Kinder. "She continues to adapt and find new coping skills to meet not only her needs, but also to make sure that she is in a good place to be able to assist others—which takes a lot! Lisa has done more outreach than I ever could have imagined and has been able to grow into other goals that she did not even see herself reaching when we first began working together."



Lisa has a 21-year-old daughter, which is a big motivating force in her getting and staying sober. While she's building a new life, she still has bad days when the seeds of self-doubt sneak in and she's anxious. On those days, she worries that the street life will call her back.

"It's nasty, dark and awful, but that's where I felt important," she said. "At least I know what to expect there."

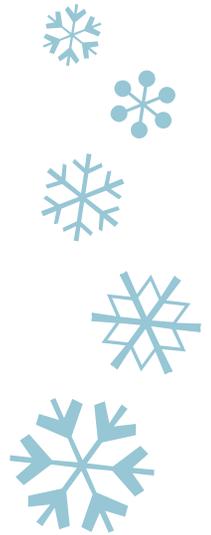
Yoga, meditation, reading the Bible and going to church have helped her with the feelings of shame and paranoia. She's begun writing down her experiences for a possible book, and hopes to begin working outside the field of addiction in the future.

"I'm learning how to enjoy life, how to be more grateful and how to move away from the past," she said.

Read more at: [www.depaul.org/blog](http://www.depaul.org/blog)

# 'Tis the Season

Clients in DePaul's Mental Health Residential Programs were feeling merry and bright at the annual DePaul Community Services Holiday Party held at the Burgundy Basin Inn outside of Rochester, New York in mid-December. Residents enjoyed appetizers, a buffet dinner followed by dessert, dancing and contests for best dressed and most festive holiday attire. A DJ provided the music and residents captured memories in a photo booth. Fun was had by all!



Left: Monica Masterson  
Center: (top) Hannah A. and Victoria Proulx (bottom) Claude F.  
Right: Activity Coordinator Cristal Starling, Stephen Lloyd and David Condello



From left to right:  
Hamzah Aljumaili  
Mary Roach and  
Brittany Snead

## 12th Annual LOD Art Show

Living Opportunities of DePaul hosted its 12th Annual Art Show at Kensington Square in Buffalo, New York. Over 50 residents and staff attended and 20 certificates of participation were presented to those who submitted artwork and photography, performed music, sang, told jokes, recited poetry, shared their talents, and there was even a model train set on display! Participants and attendees came from DePaul's Wyoming County and Riverside Apartment Treatment Programs and Ebenezer Square, Kensington Square and McKinley Square Community Residence-Single Room Occupancy Programs.



# Senior Olympians Go For the Gold!

DePaul seniors participated in the 11th Annual Senior Olympics in October 2018 at the DePaul Recreation Center in Rochester, New York. Woodcrest Commons, a DePaul Senior Living Community in Henrietta, took home the trophy, competing against residents from four other DePaul Senior Living Communities – Westwood Commons in North Chili, Glenwell in Cheektowaga, Horizons in Canandaigua and Wheatfield Commons in North Tonawanda. Events included a spelling bee, word search, ladder golf, shuffleboard, a putting green, bean bag toss, keep up and Wii bowling.



**Top:** Woodcrest Commons Senior Olympics team included (front row, left to right) Renie Stanbrook, Bill Cummings, Rosanne Bourne, Diane Urban, (back row, left to right) Marketing Director Tanya Passarell, Activities Director Lindsay Lown, Doug Kurlan and Andrea Heath.

**Bottom row (from left to right):** Horizons resident Garda Houston accepted a medal for her first-place finish in the word search. Westwood Commons resident Joyce Vembre shows off her medal for a third-place finish in Wii bowling. Wheatfield Commons resident Douglas Wright accepts a medal from Activity Coordinator Austin Pettigrew for his first-place finish in shuffleboard. Glenwell resident Karen Mozingo competes in the bean bag toss.



## Applications Now Being Accepted for Skybird Landing Apartments

DePaul Properties is now accepting applications for the Skybird Landing Apartments in Geneseo, New York, a 60-unit community for income-eligible tenants. The name pays homage to Geneseo's National Warplane Museum, a warbird and military history museum founded in 1994.

Thirty of the apartments are Empire State Supportive Housing Initiative (ESSHI) units and will provide long-term or permanent housing where residents can access on-site support services they require to

live successfully in the community. On-site Supportive Housing Specialists will teach skills and assist tenants in linking to community services.

The one- and two-bedroom apartments feature a fully equipped kitchen with a range, refrigerator and microwave, a wall-mounted flat screen TV including basic cable service, and in-unit storage. Heat, air conditioning, hot water and electric are included in the rent and community laundry facilities are available at no cost

to the tenant. Tenants will have access to a computer lab. Complimentary Wi-Fi is available in common areas in the building. The building is 100 percent smoke free. There will be designated smoking areas provided outdoors.

For more information, email [skybirdlanding@depaul.org](mailto:skybirdlanding@depaul.org), call (585) 348-4452 or visit [www.depaul.org/affordable-housing/](http://www.depaul.org/affordable-housing/) to download an application.



# Project <sup>2018</sup> Thank You!

Clients and residents throughout DePaul were the recipients of much generosity during the 2018 holiday season. Many thanks to DePaul staff members, scout troops, schools, places of worship, community organizations, businesses and individuals who came together to bring joy to all. Everyone who gave of themselves to those in our care made a tremendous difference in New York, North Carolina and South Carolina!



**DePaul is the grateful beneficiary of countless donations of time, talent, gifts and monetary contributions that make the holiday season brighter for those in our care. Space does not permit us to name every donor in this publication but please know that all contributions are known and appreciated. You truly make a difference.**

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# Project *Thank You!* continued



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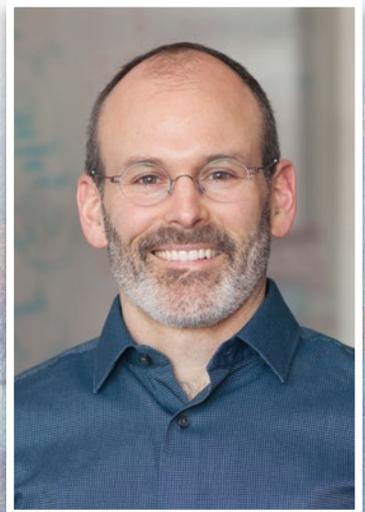
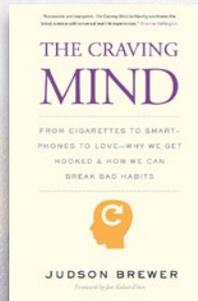
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## NCADD-RA Presents 73rd Annual Luncheon

DePaul's National Council on Alcoholism and Drug Dependence-Rochester Area Annual Luncheon will be held on Wednesday, May 22 from 11:00 a.m. – 2:00 p.m. at the Doubletree Inn at 1111 Jefferson Road in Rochester, New York. The keynote speaker will be Dr. Judson Brewer, the director of research and innovation at the Mindfulness Center and associate professor of psychiatry at the School of Medicine at Brown University. Brewer is internationally known for his work in mindfulness training for addictions. For more information or to register, contact Elaine Alvarado at (585) 719-3481 or [ealvarado@depaul.org](mailto:ealvarado@depaul.org). You can also visit [www.ncadd-ra.org](http://www.ncadd-ra.org) to register online.

Judson Brewer, MD, PhD



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DePaul is a not-for-profit organization that provides senior living residential services, mental health residential and support programs, addiction prevention and support services, vocational services and affordable housing. To receive DePaul Details electronically, please provide your name and e-mail address to Monica Bulger at [mbulger@depaul.org](mailto:mbulger@depaul.org) in DePaul's Communications Department.

Please direct comments to the Communications Department at [communications@depaul.org](mailto:communications@depaul.org) or call (585) 426-8000.