



## ➔ Sustainability at DePaul



Pictured (left) is Operations Director Sarah Plantz with a Skybird Landing Apartments reusable bag.



**L**ook beyond the walls of DePaul's properties and you'll find great care has been taken to incorporate "green standards" focused on increasing energy efficiency and reducing the agency's environmental footprint. From installing solar panels, occupancy sensors to reduce electricity usage, water bottle filling stations, and ENERGY STAR rated fixtures, DePaul is committed to sustainability practices that will make a difference for generations to come.

"With 'green building' here to stay, owners and developers are recognizing that creating sustainable buildings is a must," said Christa Construction Assistant Project Manager Paul Fowler. "This allows them to stay competitive and offer their tenants a healthy, productive environment."

## ➔ Renewable Energy

Under New York State Governor Andrew Cuomo's Reforming the Energy Vision (REV) program, by 2030 half of all electricity consumed will come from renewable energy sources. In an effort to combat climate change and build a cleaner, more resilient and affordable energy system, the program has completed over 85,000 solar projects which will produce enough energy to power nearly 200,000 homes and reduce carbon dioxide to the equivalent of taking nearly 160,000 cars off the road.

DePaul heeded the call from the State starting in October 2015 with the Rochester View Apartments in Henrietta, the agency's first community to incorporate roof-mounted solar panels. Since then, solar panels have been included at the Ebenezer Square Apartments in West Seneca, the Trolley Station Apartments in Canandaigua, the Joseph L.

Allen Apartments in Schenectady, the Packet Boat Landing Apartments in Lockport and the Upper Falls Square Apartments in Rochester. According to Sustainable Energy Project Manager with O'Connell Electric's Renewable Energy Division Lane Young, those solar panels have produced an estimated 1.8 megawatts of power, enough to power roughly 150 homes for one year.

***DePaul is aware  
of our impact on  
the environment  
in all we do...***



While the cost savings might not outweigh the cost of equipment and installation yet, Young estimates the return on investment from going solar to be about seven years. Diversifying DePaul's energy portfolio can also help the agency ride out the uncertainty of electric rates in coming years.

"All renewable energy is good energy," said Young. "Even on somewhat cloudy days, solar still generates energy."

## ➔ Sustainable Design

Beyond solar, DePaul properties are designed to meet or exceed efficiency standards of the ENERGY STAR Certified Homes program by incorporating "green" features, including high efficiency heating and cooling units, ENERGY STAR rated appliances and lighting fixtures, low or no VOC paints, primers, adhesives and sealants, and green label plus carpeting.

"Integrating the right materials into a building design gives the opportunity to get it right, right from the start," said Fowler. "Items

like eco-sealing which seal all the joints within the walls create an air-tight building envelope which keeps conditioned air in, reducing the loads on the HVAC systems, and therefore increasing the efficiency in which they operate."

Other design elements being incorporated into DePaul buildings to increase sustainability include items like high efficiency appliances and HVAC equipment that operate using less energy and at a higher efficiency, and Pella double-hung, Low-E, Argon-filled windows.

In the past four years, DePaul's Upper Falls Square Apartments in Rochester, the Skybird Landing Apartments in Geneseo and the Knitting Mill Apartments in Perry have all been awarded LEED (Leadership in Energy and Environmental Design) for Homes Silver Certification in New York State and the Ebenezer Square Apartments in West Seneca achieved Platinum Certification. The LEED rating system is the foremost program for buildings that are designed, constructed, maintained and operated for improved environmental and human health performance.

"Investing in solar, increasing the use of renewable energy, and designing buildings to be more energy efficient is the responsible thing to do," said DePaul President Mark Fuller. "DePaul is aware of our impact on the environment in all we do, from how we build to implementing green practices in our day-to-day lives. Whether it's the engineers and architects helping to design sustainable buildings, encouraging staff and residents to recycle or installing refillable bottle stations in DePaul's communities, everyone plays a role in our agency's efforts to make DePaul a more sustainable organization across all of our programs."

# DePaul Wins Reshaping Rochester Award

DePaul's Upper Falls Square Apartments in Rochester, New York won the 2019 Reshaping Rochester Award for Urban Innovation from the Community Design Center of Rochester! The Reshaping Rochester Awards recognize exemplary projects and initiatives in the nine-county Finger Lakes region that make a positive impact on people, neighborhoods and communities.

Since opening in October 2018, the Upper Falls Square Apartments have revitalized the community and surrounding neighborhoods, created jobs, provided homes for many, and most importantly, changed lives. Congratulations to all who made this special project a reality!

Pictured (left to right) accepting the award are SWBR Principal Joe Gibbons, DePaul President Mark Fuller and Christa Construction President Mike Seaman.



## Wise Mentors at Batavia



Pictured at the December meeting are (from left to right) Robert Brewer, Edith Hill, Mike Henry, Carol Bradley, Richard Cummings, Sally D. and Mark Neider.

The Wise Mentors, a social group for seniors aged 62 and over living at DePaul's Batavia Apartment Treatment Program in Batavia, New York, have been enjoying comradery and conviviality with one another on a monthly basis. From playing card games to getting out into the community, the group is supporting each other in making healthy lifestyle choices and connecting with resources aimed at supporting seniors in the community.

## Living Opportunities of DePaul Recognized

Living Opportunities of DePaul was awarded the Monsignor Henry Gugino Award from the Homeless Alliance of Western New York (HAWNY) in December 2019! The award recognizes the achievements of an agency or program that has provided exceptional service to homeless persons or worked toward the elimination of homelessness at its root causes in the past year.



Pictured (left to right) are HAWNY Executive Director Dale Zuchlewski, DePaul Executive Director/ Vice President Chris Syracuse and Community Housing Director for Living Opportunities of DePaul Reno Tabone.

## 13th Annual Living Opportunities of DePaul Art Show

Living Opportunities of DePaul hosted its 13th Annual Art Show at Kensington Square in Buffalo, New York in November 2019. Over 25 certificates of participation were presented to those who submitted artwork, sewing projects or photography, recited poetry and shared their talents. Artists and attendees came from DePaul's Edgebrook Estates, Wyoming County and Riverside Apartment Treatment Programs, and Ebenezer Square, Kensington Square and McKinley Square Community Residence-Single Room Occupancy Programs.



Pictured (left) is a painting by Blaine B. of McKinley Square and (below) Mary R. of Kensington Square with her framed puzzle artwork.



# Help is on the Way: *Arlena Cole*

There's no formula for success. It's not a destination on a map. Success is different for everyone and can change from moment to moment. For Arlena Cole, success is being clean for six months and stable for two years in her apartment at DePaul's Edgerton Square Community Residence-Single Room Occupancy Program in Rochester, New York.

"I turned 50 years old on Thanksgiving Day (2019)," she said. "I thought I'd never see 50. I'd been through so much in my life, and then there came a time when I started putting myself through so much."

Arlena's childhood was filled with instability, foster homes, abuse and a five-year stay at the Rochester Psychiatric Center, all before she turned 20 years old. Eventually, she got her own apartment, and began abusing crack cocaine. That's when her life spiraled downward.

"I didn't care about nothing," she said. "I didn't like anyone, and no one liked me. I hated life."

When things went wrong, Arlena did what she knew best.

"I packed up and ran," she said. "No matter how good the place was, I'd be gone. I didn't deal with anything. I just went from one place to another."

Arlena landed at Bethany House, spending the next 22 years transitioning in and out of the homeless shelter for women. Then, over two years ago, Arlena hit rock bottom. She said she felt ready to make a change and she knew DePaul was the place where she could feel at home and pursue new opportunities.

"Thanks to the grace of God, this place is here," she said. "I'm happy DePaul accepted me. It was the best thing that ever happened to me. I like the people here. I like the residents here. They're like a great big giant family."

With Arlena gaining some stability in housing, her worry of where she was going to safely sleep every night was taken away, and she could use that energy to address her addiction, said Edgerton Square Program Director Vanessa Nobrega. "It has really changed her overall outlook on life," Nobrega adds. "Although our primary focus is not chemical dependency, our focus with Arlena was to be sure to cover and address anything that she felt was most important to work on, and for her, that was staying clean."



***I'm happy DePaul accepted me. It was the best thing that ever happened to me. I like the people here. I like the residents here. They're like a great big giant family.***

Arlena's health suffered over the years as a result of her drug use and diabetes. First, they amputated toes. Recently, she lost a foot. While she was in the hospital recovering, she took refuge in the chapel, where she wrote out her life story.

"It felt good and it felt shameful," she said. "I wanted to share it for someone who has had similar issues so that maybe they could give things a try, put their health into someone else's hands for a little while, see what they can do."

Now that she's back home at Edgerton Square, she's more committed than she's ever been to her health and sobriety. She just moved to phase two of her outpatient drug treatment plan.

"It's a strange feeling that using is not an option," she said. "I have to find a different option."

She's taken to visiting Walmart where they all know her name. Back at Edgerton Square, Nobrega said Arlena is someone she considers the "mother" of the other

clients. "Arlena has her own troubles on a daily basis but is the first to notice when another client doesn't seem like themselves, and come to staff with concerns," Nobrega said. "She wants to be sure that everyone is safe and healthy and does her best to keep everyone around her motivated."

Arlena said she's finally starting to put the advice and lessons she's learned the hard way into practice.

"I would like to start living life on life's terms," she said. "A lot of people have helped me get to this point. I've done a lot of work and I'm proud of myself."

A Clinical Coordinator at DePaul, Linda Donahue said Arlena's courage in being open to accepting help has allowed her to make tremendous progress in her recovery and serve as an inspiration to all.

"The great work both Arlena and the staff at Edgerton have done together has been a reminder to all of the value in safe housing, perseverance and positive relationships," added Donahue.

Even in the darkest hours, Arlena said, she maintained hope by remembering "help is on the way."

"Hang in there, because things do get better," she said. "Things will turn around eventually. You just have to hang in there."



# Holiday Cheer Across the Agency

Holiday spirit was in heavy supply across the agency this year!



Residents and staff of DePaul's Mental Health Residential Programs were feeling festive at the annual DePaul Community Services Holiday Party in Rochester, New York! Attendees enjoyed appetizers, a buffet dinner followed by dessert, dancing, and contests for best dressed and most festive holiday attire.

Pictured (left) are Molly F. and Michelle N. of DePaul's Neighborhood of the Arts Apartments.

'Twas the season to get crafty at Rochester View Apartments in Henrietta, New York where residents and staff made homemade holiday cards and residents at Seneca Square in Buffalo, New York decked the halls!

Pictured (below) are Megan Lazzaro, Carol N., Luciano, Maria C., Susan B. and Samantha Norway. Pictured (below, right) are Patricia Zindle and Joseph Kline.



Santa Claus, represented by Ed Nichols, brought a special helper-in-training, his grandson McCray Peterson, to Rolling Ridge, a DePaul Senior Living Community in Newton Grove, North Carolina.

Ed Nichols and McCray Peterson are pictured (right) with Brenda Sullivan.

Residents at Horizons, a DePaul Senior Living Community in Canandaigua, New York, helped make the holidays brighter for children affected by war, poverty, disaster, famine and disease through Operation Christmas Child.

Pictured (right) preparing boxes for Operation Christmas Child is Horizons resident Carole Flint.



Pictured (from left to right) Glenwell resident Karen Mozingo accepts gold for her first-place finish in ladder golf, Horizons resident Garda H. cheers for her teammates and Wheatfield Commons resident Dona D. accepts a bronze medal. Westwood Commons Activities Director Cathy Toney accepts the winning trophy. Interim Director of Recreation for DePaul Community Services Austin Pettigrew watches as Woodcrest Commons resident Richard Marsh competes in Wii Bowling.



## Senior Olympians Go for the Gold!

Competition, sportsmanship and team spirit were on display at the 12th Annual DePaul Senior Olympics, held in Rochester, New York in late-October. DePaul's five New York Senior Living Communities participated in the annual games including Glenwell in Cheektowaga, Horizons in Canandaigua, Westwood Commons in North Chili, Wheatfield Commons in North Tonawanda and Woodcrest Commons in Henrietta. Events included a spelling bee, word search, ladder golf, shuffleboard, a putting green, arm archery and Wii Bowling.





# Project <sup>2019</sup> Thank You!

Clients and residents throughout DePaul were the recipients of much generosity during the 2019 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 DePaul's 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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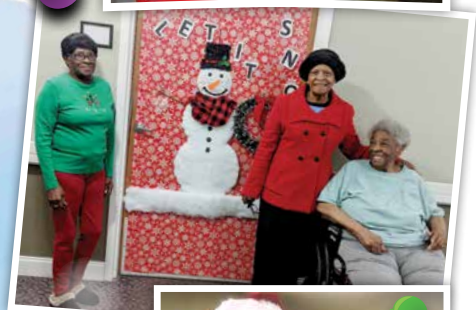


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Permit No. 1323

## Save the Date: NCADD-RA Presents 74th Annual Luncheon

The National Council on Alcoholism and Drug Dependence-Rochester Area's (NCADD-RA) Annual Luncheon will take place from 11:30 a.m. to 2:00 p.m. on Friday, May 22 at the DoubleTree by Hilton in Rochester, New York. Keynote speaker Stephen L. Dewey, Ph.D. has conducted research on the effects of addictive drugs on the human brain during his 23-year tenure at Brookhaven National Laboratory. He is Director of Research Education at Seaford Center, the largest in-patient treatment facility on Long Island, and has published more than 250 peer-reviewed scientific research articles, book chapters and abstracts. For more information or to register, contact Elaine Alvarado at (585) 719-3481 or [ecalvarado@depaul.org](mailto:ecalvarado@depaul.org). You can also visit [www.ncadd-ra.org](http://www.ncadd-ra.org) to register online.



Stephen L. Dewey, Ph.D.



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