



## DePaul Selected as a Mother Cabrini Health Foundation Grantee

**S**eniors at several DePaul Adult Care Communities in western New York are leaping into the 21st century thanks to new engagement technology purchased with a \$150,000 grant from the Mother Cabrini Health Foundation.

The Mother Cabrini Health Foundation is a private nonprofit organization with the mission to improve the health and well-being of vulnerable New Yorkers, bolster the health outcomes of targeted communities, eliminate barriers to care, and bridge gaps in health services. The Foundation – which is named in memory of a tireless advocate for immigrants, children, and the poor – provides flexible support for new and innovative approaches that enhance health and wellness across New York State.

“As the largest healthcare foundation in New York State, it is a vital part of our mission to be on the front lines assisting during this pandemic,” said Alfred F. Kelly, Jr., Chief Executive Officer of Visa and Chair of the Mother Cabrini Health Foundation Board. “We are working to get urgently needed funds across the state to organizations supporting New Yorkers most in need.”

Technology can encourage increased engagement and higher quality interactions

for seniors including video calls with loved ones, games requiring memory, strategy and skill, music therapy, virtual travel and cultural enrichment, spirituality connections and much more. Throughout the pandemic, DePaul staff across the agency assisted in facilitating video chats between residents and family members using computers, smartphones or tablets.

“DePaul recognizes the importance of technology in increasing engagement, minimizing social isolation, and providing quality interactions for seniors,” said Regional Director of Operations for DePaul Adult Care Communities Stacie Major.

Thanks to the support of the Mother Cabrini Health Foundation, DePaul Adult Care Communities, Inc. has been able to purchase additional technology to serve seniors in New York at Glenwell in Cheektowaga, Westwood Commons in North Chili, Wheatfield Commons in North Tonawanda and Woodcrest Commons in Henrietta. The grant is also being used for training to support staff in helping residents effectively use the new technologies.

Eversound wireless headphones are assisting DePaul residents with hearing and focus during conversations with staff and other residents, in viewing programming on TV, and video chats with *continued on the next page*



*Shown above from left to right:*

Residents of Wheatfield Commons in North Tonawanda, New York, have enjoyed virtual hot air balloon rides to destinations including the Bahamas and the Florida Keys with Rendever virtual reality headsets, being used here by Clara Swazey.

John Smith of Westwood Commons in North Chili, New York, tunes into audio programming with Eversound headphones.

Also at Westwood Commons, George Donohue tours Zen Places Worldwide using a Rendever virtual reality headset.

Paul Armbruster of Glenwell in Cheektowaga, New York, enjoys a casino experience without leaving home or spending a dime!



Josef Poslinski of Glenwell in Cheektowaga, New York, listens to some traditional Polish folk music using a pair of Eversound headphones.

## Mother Cabrini Health Foundation Grantee *(continued)*

family and friends. Eversound also provides an extensive programming library with live-streamed events and on-demand videos.

Rendever virtual reality headsets are allowing DePaul residents to check off bucket list items and engage with the world in ways they never thought possible including hot air balloon rides to destinations such as the Bahamas and the Florida Keys to viewing the Northern Lights, and even visits back to their family's ancestral homelands!

DePaul staff are utilizing content-driven engagement technology, iN2L, which features

person-centered interaction aimed at supporting cognitive and physical exercise and therapy, education, reminiscing, memory and more. Using a touch screen system, residents are participating in exercise classes, sing-alongs, happy hour trivia, and games including Family Feud.

"We are thrilled and grateful for the Mother Cabrini Health Foundation's support as we continue to integrate and experience the benefits of cutting-edge engagement technology at DePaul," said Major.

## Clinton Avenue Apartments Now Complete

**G**overnor Andrew M. Cuomo announced the completion of a \$56 million rehabilitation of 70 historic row houses operated by Home Leasing, LLC on Clinton Avenue in Albany, New York. The Clinton Avenue Apartments feature 210 safe and affordable homes for families with 40 apartments set aside for residents who are formerly homeless or at risk of homelessness, and those with mental illness who will receive on-site supportive services.

Forty households will receive rental subsidies and supportive services through the Governor's Empire State Supportive Housing Initiative (ESSHI) administered by the New York State Office of Mental Health. On-site support is provided by DePaul Community Services, Inc. which coordinates health care, employment, educational, vocational rehabilitation, and clinical services. The project was developed by Home Leasing, LLC.



*Pictured left to right, President of the Arbor Hill Neighborhood Association Dr. Brenda Robinson, Home Leasing CEO Bret Garwood, Capitalize Albany Corporation President and City of Albany Industrial Development Agency CEO Sarah Reginelli, New York State Homes and Community Renewal Commissioner RuthAnne Visnaukas, DePaul President Mark Fuller, Home Leasing Community Leader Danae Nickens, NYSOMH Executive Deputy Commissioner Moira Tashjian, MPA, program tenant Michael Maynard, Assemblymember John T. McDonald III (District 108), Albany Mayor Kathy Sheehan, and other officials.*

## Boxcar Apartments Now Accepting Applications



**I**n preparation for a fall opening, DePaul's Boxcar Apartments are now accepting applications.

Named for its proximity to the village's railroad corridor, the Boxcar Apartments is a 40-unit development in Albion, New York, offering one- and two-bedroom apartments. There are Housing Specialist staff on site to assist 20 tenants with special needs to connect to services in the community.

All apartments feature a fully equipped kitchen with a range, refrigerator and microwave, a wall-mounted flat screen TV and in-unit storage. Heat, air conditioning, hot water, electric, local TV channels and basic Wi-Fi are included in the rent and on-site laundry facilities are available at no cost to the tenant. There is also off-street parking. Tenants have access to a community room, lounges and a computer lab. The building is 100 percent smoke free. There is a designated smoking area outdoors.

All utilities are included in the monthly rent. A security deposit equal to one month's rent is required at the lease signing and the applicant must meet the eligibility requirements of the Low-Income Housing Tax Credit Program. Income and occupancy requirements apply.

For more information, please contact DePaul Properties, Inc. at 1-855-348-4452 or at [depaulproperties@depaul.org](mailto:depaulproperties@depaul.org). Visit [www.depaul.org/locations/boxcar-apartments/](http://www.depaul.org/locations/boxcar-apartments/) to download an application.



# Healing Through Hobbies



**M**ay was Older Americans Month and the 2021 theme was “Communities of Strength.” DePaul residents have found strength, joy and comfort through rekindled hobbies or newfound creative outlets over the past year.



**At Glenwell** in Cheektowaga, New York, Cynthia Magrum found fulfillment in her cross stitch while Mary Matre discovered a love of coloring.

“I’m creating something, and it made me feel good that I could do that,” Mary said.

**At Wheatfield Commons** in North Tonawanda, New York, Betty Miller has completed over 50 pieces of coloring art and counting over the past year. Her work is on display next to the nursing station.

“I love to see people stop by my art gallery wall and smile,” she said.

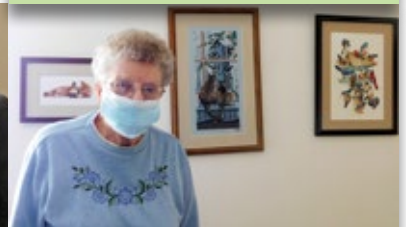
**At Rolling Ridge** in Newton Grove, North Carolina, Eloise Clifton has puzzled her way through the pandemic!

“Puzzles have kept my mind sharp,” she said. “They keep me alert and happy here at Rolling Ridge.”



**At Southfork** in Winston-Salem, North Carolina, Gene Settle has been grateful for his hobby of playing the keyboard. Playing music has been a great outlet for him when he is feeling “melancholy.” Other residents have enjoyed hearing the hymns and other tunes coming from his room, radiating joy into the hallway.

Meanwhile, Southfork resident Brenda Bailey has been brightening people’s days with her coloring art. In the past year, a day has rarely gone by where she has not created a new art piece to share with someone who she feels might need it!



**At Westwood Commons** in North Chili, New York, three residents were inspired by the arts during the pandemic.

The author of several books including *The Kitchen 46 Cookbook* which is currently for sale on Amazon and at Barnes & Noble, John Smith penned poems for staff and family over the past year.

All-around artist, Peggy Aradine continued to make progress on her cross stitch and quilting, completing four pieces over the past year.

And Marilyn Fegyo discovered a love of coloring, completing hundreds of pictures since COVID-19 began. The pictures line her walls and each day, she selects three new ones to display on her door.

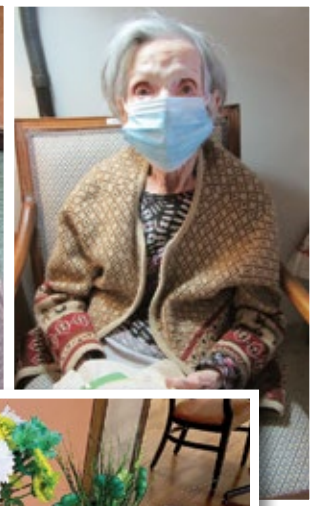
“It’s relaxing to make beautiful things,” she said. “I enjoy focusing on making it perfect, and that focus takes the stress away.”

For the full story, please visit the DePaul Blog at [depaul.org/blog/](http://depaul.org/blog/).



**At Heritage Manor of Lockport** in Lockport, New York, Ken Duncan has been staying busy rediscovering a love of wood carving, puzzles, and writing down his memoirs.





## Celebrating Our Centenarians

**D**ePaul's Senior Living Communities are honored to help celebrate several milestone birthdays in recent months!

Good genes and a young mind are Naomi Dice's (*top left*) secret to longevity. The centenarian at Heritage Manor of Lockport in Lockport, New York said she's not surprised to have lived to 100. Her father survived the 1918 influenza outbreak, even though he did come down with the illness. Naomi's hobbies are reading and knitting.

Family, cake, flowers and gifts are just the icing on the cake for 104-year-old Aileen Badgett (*second from the left*), a resident of Twelve Oaks, in Mt. Airy, North Carolina.

"God blessed me, maybe because I drink a lot of milk, never smoked and stayed busy," she said.

In Newton Grove, North Carolina, Rolling Ridge resident Yolanda Turlington, (*second from the right*) a native of Cuba, recently celebrated her 100th birthday! Among her greatest accomplishments is raising her two sons. Her advice for longevity is to follow your instincts and do what you love.

"I just want to be happy, have people be happy around me, and love me, because I surely love other people."

A centenarian at Wexford House, in Denver, North Carolina, Jane Johnson (*top right*) has lived in over 20 states over the past century! Her father was a full colonel in the Inspector General's office and Jane worked on many of the bases that her family was stationed at, living in over 17 states by the time she graduated from high school in Ft. Lauderdale, Florida!



At 101 years old, Lenora 'Nonnie' Carroll's advice is to "be kind to your neighbor." A resident of Wheatfield Commons, in North Tonawanda, New York, Nonnie has spent a century practicing what she preaches. She and her late husband Hank were very involved in their community and church with Nonnie being named Citizen of the Year for Volunteer Services in 2013, one of her proudest accomplishments!

**Congratulations for over five centuries of life well lived!**

## To Mothers and Fathers, With Love

**W**hen it comes to mothers and fathers, residents across the agency have a lot of loving memories to share!

For more recollections, advice and quotes from DePaul residents, visit us on Facebook at [www.facebook.com/depaul.org](http://www.facebook.com/depaul.org).

"I'll always remember how pretty her smile was!"

### Celebrating Father's Day!

My Dad was always my hero and still is to this day.

"She taught me to be respectful, to love others and to never lie."

"NOBODY could fry chicken like my Mama."

### Celebrating Father's Day!

One of my favorite memories of my Dad was working on the farm when he taught me the ways of living off the land. He would say, 'We don't have much, but we have each other.'



# Celebrating Mental Health Awareness Month



YOU ARE  
**NOT**  
ALONE

## A Message From DePaul President Mark Fuller...

*May was Mental Health Awareness Month and the very appropriate theme this year was "you are not alone."*

*It's so important to understand that personally, people are there for us, and professionals are available to provide treatment and support. We need each other, especially when dealing with the stress of the pandemic and all the associated worries. One in five adults in the United States experience mental illness each year. If you or someone you love is one of these 20 percent of Americans, please know you are not alone.*

Read more about the ways to take care of yourself on the DePaul Blog at [www.depaul.org/blog/](http://www.depaul.org/blog/).



## Awareness Around the Agency

### Supportive Housing Specialist Elizabeth Wiatrowski

distributed goodie bags containing resources and activities in May aimed at celebrating Mental Health Awareness Month to residents at the Trolley Station Apartments in Canandaigua, New York. Each day of the week had a different theme, including Music Mondays and Thinking Cap Thursdays.



## Remember Garden Cleanup

**M**any thanks to the fantastic group of volunteers from Bond, Schoeneck & King, PLLC and DePaul who helped clean up the Remember Garden in Rochester, New York for the United Way of Greater Rochester Day of Caring! The garden recently received a full facelift thanks to a team of businesses and organizations led by Christa Construction!

The garden is a living memorial to those who died while institutionalized over a century ago at the Monroe County Insane Asylum, Almshouse and Penitentiary, the approximately 700 unnamed graves that were discovered at Highland Park, and the strides that have been made to erase stigma surrounding mental illness.



## United Day of Hope

**T**hank you to all those who supported DePaul's participation in the NAMI Walks United Day of Hope on Saturday, May 22. A fundraiser for the National Alliance on Mental Illness and their efforts to help end the stigma, this year's event encouraged individuals to participate in a number of virtual activities including walking a "5K their way" across their local hometowns and communities.

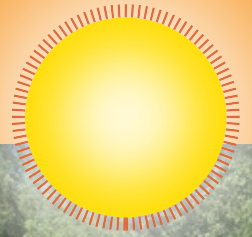
Much appreciation to the DePaul Recreation Department for coordinating the agency's NAMI Walks team and congratulations to Parkside in East Rochester, New York for contributing the most donations in a fundraising contest.





# Springing into Summer

The sun is out shining its rays and DePaul staff and residents are soaking up the season!



**Garden therapy is a big hit with residents.** Planting flowers are Rodger Stoll of Heath House in Lincolnnton, North Carolina, Loris Duke of Woodridge in Monroe, North Carolina and Danny Barnes of Cambridge House in Hildebran, North Carolina. Tending to the garden beds are Earl Huckins of Wheatfield Commons in North Tonawanda, New York and Earnest Hundley of Twelve Oaks in Mt. Airy, North Carolina.



**Residents from the Neighborhood of the Arts (NOTA) Apartments** in Rochester, New York enjoyed a day on the farm at Heritage Christian Stables. Pictured checking out the horses are Jon and Michelle N.



**DePaul's Recreation Department** has been bringing fun on the road around Rochester, New York with activities including seed planting for Earth Day. Pictured decorating their flowerpots are Amy S. of Halstead Square and Trudy of Edgerton Square. Also pictured is Annette G. of the Trolley Station Apartments in Canandaigua, New York.



**Seniors at Cambridge House** in Hildebran, North Carolina are hooked on fishing! Thanks to some ingenuity, staff kept the fishing outing tradition going strong with an adaptive fishing day. Richard Gilbert is pictured showing off his big catch.



**The Trolley Station Apartments Maintenance Specialist Phil Durso** purchases produce from Foodlink's Curbside Market in Canandaigua, New York.



**Dona Doll checks in on the tulips** a day before a final dose of winter arrived at Wheatfield Commons in North Tonawanda, New York.



# 2020 Annual Report Now Available



## Coronavirus Kindness

**T**he outpouring of support and donations from families and community members in recent times has truly been overwhelming. We are beyond grateful for the food and cards, acts of service, and donations of personal protective equipment and supplies! Thank you to community members, places of worship, businesses and organizations. Thank you to DePaul staff for going above and beyond to brighten each day. Space does not permit us to name every donor, but all contributions are known and appreciated.

Thorn Bauser  
 Greg Best  
 Blended Harmony  
 Bonnie Boles  
 Roger and Debbie Carroll  
 The Chapel at  
 Lockport Campus  
 Charity Alumni Association  
 Churchville Chili  
 High School Leo Club  
 City of Hickory Parks,  
 Recreation & Sports  
 Tourism  
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 Glen Swazey  
 Frederick and Angela  
 Thornton  
 Trader Joe's of Buffalo  
 Westport Baptist Church  
 Preschool Class  
 West Forsyth High School  
 Girls Service Club  
 Lisa Johnson, Ann Marie  
 Smith and Jo White



**A**t our very core, we at DePaul are dedicated to working hard to make a difference for our people and our communities. In these unprecedented times, we are forever grateful for the countless acts of humanity that continue to raise our spirits and make each day brighter. We hope you'll join us in celebrating the good that we see daily at DePaul, as we navigate this ongoing journey together.

Learn more about DePaul, our commitment to those we serve, and the good we see daily in the 2020 Annual Report, now available online at [www.depaul.org/publications/annual-reports/](http://www.depaul.org/publications/annual-reports/).

### Reverend Diana Fletcher

It is with sadness that we share news of the passing of Reverend Diana Fletcher, mother of Councilwoman Marion Porterfield and a steadfast supporter of DePaul's Joseph L. Allen Apartments (JLA) in Schenectady, New York. Reverend Fletcher was also deeply involved in community service and received numerous awards for her work, and DePaul is grateful for her continued support in establishing JLA as a vital part of the community. She will be missed but her compassionate work will live on through everyone she touched.





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 1931 Buffalo Road  
 Rochester, NY 14624  
[www.depaul.org](http://www.depaul.org)

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## WorkGuide Receives M&T Grant

**A** sincere thank you to the M&T Bank Charitable Foundation for awarding DePaul's WorkGuide Program a \$7,000 grant to provide supported employment with extended services to individuals with a serious mental illness. DePaul's WorkGuide Program has decades of experience providing vocational support to individuals with mental, developmental or physical disabilities seeking assistance with gainful employment in Monroe County.

Along with the financial benefits and self-sufficiency, employment also assists individuals in gaining a sense of purpose and fulfillment, and a sense of pride in themselves and their work. Thank you to the M&T Bank Charitable Foundation for supporting WorkGuide in making a positive, long-term impact on the individuals, neighborhoods and communities that DePaul serves.



## DEPAUL *Details*

Mark H. Fuller, *President*  
 Amy Cavalier, *Copywriter*

Marcia Dlutek, *Editor*  
 Crissy Welzen, *Designer*



[www.depaul.org](http://www.depaul.org)

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 email 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.