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**SPECIAL ANNOUNCEMENTS**

\* Don't forget!  
AccessCNY will be closed on February 19th, 2018 for President's Day.

## A New Space for UP

Unique Peerspectives (UP) is a mental health program of AccessCNY established in 1996 when Transitional Living Services was awarded a contract from Onondaga County. It offers the services of peer support staff who promote self-help, natural supports, and alternatives to the mental health system. Staff and members of the center feel free to share their experiences, strengths, hope and support with each other so that each may take charge of their own health and wellness.

The center is a place for peers who have lived experience with the mental health system to connect to other peers in a safe,

secure, and non-judgmental environment. Unique Peerspectives offers general peer support groups and specialized groups such as the Hearing Voices Group, Veteran's Group, Men's Group and Women's Group, Wellness Group, and individualized one-to-one peer support. There are also yoga classes, movies, games, and parties. UP provides community outreach by facilitating groups at Upstate Community, Upstate University, and the Justice Center.

UP will be moving soon into a brand-new space on the first floor of the former Chamber of Commerce building at 572 South Salina Street. The Veterans

Administration is upstairs, which gives UP referrals. A computer lab with five online computers and WiFi access will be available. Computer training and support for novice users will be provided by staff.

Unique Peerspectives is open Monday 10:30am-4:30pm, Tuesday -Thursday 9:30am-4:30pm, Friday 11:30am-4:30pm, Saturday 9:30am-4:00pm, and Sunday 9am-3pm.

Everyone is very excited and looking forward to this new adventure!

For more information, contact Diane O'Brien, Program Director, at (315) 218-0823.



**Unique Peerspectives' new location at 572 South Salina Street**

## Call for Donations

Multiple programs at AccessCNY need some commonly available household items that you could donate.

Check out the following list to see if you could help! If you have an item for donation, please bring it to Court Street and ask for Chris Axtman-Barker.

Does your program have needs that could be filled by household items? Questions? Let Chris know by email or phone at [caxtman@accesscny.org](mailto:caxtman@accesscny.org) or 315-410-3392!

Programs currently need:

- Books
- Board games
- Gloves/hats/mittens (adults and children's sizes)
- Toothpaste
- Gently used children's clothing (sizes 2T to 7)
- Adaptive toys/equipment
- Sensory equipment (such as a weighted vest)



Painted rocks completed at the Kids Space are ready to go!

## Painting for Positivity

Stuck Inside? Not sure what to do while you're waiting for spring to arrive? How about painting rocks!

That's what Heather Hoyt (Community Habilitation/Harmony in the Home – Program Manager) has planned for her younger participants in the Kids Space. Children who receive services are able to choose from an array of activities that assist them with community integration and social skills.

You might ask, "How does painting rocks help with community integration or social skills?"

Well, once each participant chooses a rock they wish to paint, they are encouraged to think of a quote or inspiring words to add in hopes of making someone's day better. When the rocks are finished, the participants find hiding places within their community to stow their creations. Other community members can find the rocks and follow directions that are attached to take a picture of the rock and post it to Facebook, spreading the positivity to an even larger audience.

Rocks have already been placed and

are waiting to be found, and Heather hopes to have many more completed and hidden once spring arrives.

Heather stated that "the kids really seem to be enjoying it," and is hopeful that once the rocks are found and posted it will help the kids to relate with others in their community.

So, if you're out and about and you happen upon a painted rock, be sure to take a picture and post it to either the Regan's Act of Kindness or 315 Rocks Facebook page!

## For all...

- ◇ Want to contribute to the newsletter? Share your stories, photos or news with *Inside Access* by contacting the Newsletter Committee at [newsletter@accessny.org](mailto:newsletter@accessny.org).

## March is Developmental Disabilities Awareness Month

In 1987, President Reagan made a public proclamation naming March as Developmental Disabilities Awareness Month to "increase public awareness of the needs and potential of Americans with developmental disabilities."

The National Association of Councils on Developmental Disabilities (NACDD) has released a press statement reminding everyone that while

the mission for this month remains the same, there have been significant strides and efforts made since 1987. While awareness is still important, the focus has shifted to the importance of inclusion and living life side by side.

This year's theme is "See Me for Me!" with a goal of looking beyond someone's disability and seeing them as a person, not a

person with a disability. People are encouraged to share stories, photos and resources on social media and within their communities to expand the conversation of inclusion and accessibility.

Remember to use the **#DDawareness18** on Facebook, Twitter, Instagram and other platforms throughout the month to further the discussion!

## Employee Enrichment

Don't miss out on the March training opportunities! Call or e-mail Crystal Baker to sign up!

\*Prior to signing up for any of these trainings, please obtain approval from your supervisor.

- ◇ **Aspects of Communication & Personal Awareness**

Thursday, 3/8/18, 9:00 am-12:30 pm  
6666 Manlius Center Road  
(For ALL employees)

- ◇ **Diversity/Controversial Issues**

Wednesday, 3/21/18, 9:00 am-12:00 pm  
Room 2027, 1603 Court Street  
(For MH employees - 1/2 day review)

# What is Quality?

by Amy Eells, Associate Executive Director, Quality Enhancement

According to John F. Kennedy Jr., “Quality is defined at the point of interaction between the staff member and the individual with a disability.” This is personally my favorite definition of quality, and although we don’t all work directly with participants, every single one of us has an impact on the work being done.

We are experiencing an exciting time in healthcare. The focus is moving away from a model in which providers are paid for how many patients they can see and how

many procedures they perform, to a model in which they are rewarded for helping their patients live happier and healthier lives; providing **quality care**. This is great news for us because this is where we shine!

At AccessCNY we are preparing for this shift. Many programs are now completing their documentation using a variety of electronic health records. Why is this important? Having our data available electronically will allow us to see where we excel and where we may need some

improvement. We will be able to set goals and showcase our successes; proving our value.

I challenge you to think about the quality of service you are providing. Did the interaction you had with a co-worker, participant, community or family member improve the quality of their day?

Thank you for all you do and keep up the great work!

## Expanded Offerings at Provisions!



Visit Provisions Bakery in Armory Square or Provisions Express at the Community Library of DeWitt and Jamesville to experience new and exciting changes! You can sample new to-go lunch options including salads and wraps at both locations. They are a great way to get lunch on the go and support an AccessCNY employment training program.

If you don’t have time to stop in, you can also order delivery! Provisions Bakery and Restaurant is now on Grubhub, which delivers anywhere roughly 15 minutes from downtown.

Want to learn more about the restaurant offerings or spread the word? Check out [www.provisionsbakery.com](http://www.provisionsbakery.com) for more information.

## Nurse’s Corner by Arlene Jones

Increased flu activity continues to be very prevalent this season. Many people have died as a result of flu complications. Here are some tips if you should get sick, according to the CDC.

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider. People who are at

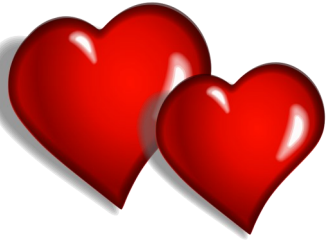
high risk for flu-related complications include young children, people over 65 and older, pregnant women and people with certain medical conditions. If you are in this high risk group and develop flu symptoms, it’s best to contact your doctor early in your illness. Remind them about your high risk status for flu. The CDC recommends that people at risk for complications should get antiviral treatment as early as possible, since benefit is greatest if treatment is started within 2 days after illness onset.

The emergency room should only be used for people who are very sick. You should not go to the emergency room if you’re mildly ill.

Some of the warning signs in adults: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms that improve but return with fever and worse cough. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it. Remember, getting the flu shot doesn’t mean you won’t get the flu, it will only help to alleviate the symptoms of it.

Do your best to keep this season a healthy one!

# Thank You Employee Givers!



This Valentine's Day, we wanted to say a big **thank you to all Employee Givers**. Your support means so much to us, and helps make sure services are always personalized for AccessCNY participants.

Enjoy the notes and treats!

- Matt Seubert



## Welcome to AccessCNY

We're excited to welcome the following new employees who joined our agency in January:

- Savannah Borza - Peer Specialist, Crisis Respite
- India Bradford - Program Manager
- Scott Carter - Peer Specialist, Crisis Respite
- Jamie Dickerson - Self-Direction Support Staff
- Aja Everson - Program Manager
- Shawna Gressel - Direct Support Professional - Community Habilitation
- Linda Harbach - Assistant Manager
- G. Bryan Honold - Peer Specialist, Crisis Respite
- Crystal Kennedy - Self-Direction Support Broker
- Lisa Ligoci - Direct Support Professional Certified - Relief
- Santina Lindsey - Direct Support Professional - Community Habilitation
- Kate Maybury - Program Director
- Timothy Minnick - Peer Specialist, Crisis Respite
- Sayana Neal - Assistant Manager
- Courtnee Notaro - Direct Support Professional - Certified
- Ryan Pulver - Program Manager
- Kathy Royal - Assistant Manager
- Nicole Schroder - Direct Support Professional - Networks
- Kadashea Smith - Direct Support Professional - Community Habilitation
- Carl Stathum - Direct Support Professional Certified - Relief
- Akebulynn Stephens - Teacher Aide Substitute
- Sally Sweet - Teacher Aide Substitute
- Lashona Thompson - Direct Support Professional - Certified
- Erin Tuttle - Residence Counselor
- Dana Wheelock - Peer Specialist, Crisis Respite Relief

### QUOTE OF THE MONTH

*"Once our highest level of independence is achieved, we can give back to the world that which we've received."*

- Anonymous