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SPECIAL ANNOUNCEMENTS

* Annual Employee Benefits Fair!

* March 23, 2018
7:30 am - 11:00 am &
12:00 pm - 4:30 pm
Conference Room 108
1603 Court Street

* Contact Les Mitchell at
315-410-3328 for more
information.

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TWITTER!



Provisions Celebrates 30 Years!

On February 28th AccessCNY's Provisions Bakery and Restaurant celebrated its 30th anniversary with a customer appreciation day!

The bakery is a job training program of AccessCNY for individuals with a mental health diagnosis. Since 1988, it has sold more than 200,000 of its signature chocolate chip cookies. More important, it has helped over 1,000 people in mental health recovery.

Customer appreciation day featured free tastings of Provisions' signature coffee and samplings of the bakery's delectable cookies. Customers

grabbed prizes and signed up for a raffle of Provisions goodies. New to Provisions was the cookie club punch card and Provisions travel mug. The travel mug gives customers a discount on future refills.

Provisions trainees work alongside professional staff learning all aspects of the bakery, from cooking and baking to serving and cleaning. Those in recovery also learn broader employment skills such as time management, interpersonal skills and how to manage workplace expectations.

Provisions is open weekdays from 7:30 a.m. to 3:00 p.m. and

offers breakfast, lunch and delectable baked goods. Catering and delivery is also available (don't forget it when ordering for your next meeting!). Provisions also operates an express location at The Community Library of DeWitt & Jamesville at 5110 Jamesville Road in DeWitt, open Tuesday through Friday.



Provisions staff stop for a pic during the customer appreciation day.

We, The David Clark 10x2, Will Rock You

"When are we going to jam, man?" asks John McCarthy, one of the newer Members at David Clark Learning Center.

After joining DCLC, John soon asked for guitar lessons. He's been working hard on his strumming and rhythmic coordination ever since. But today, John is sitting in on drums with the David Clark 10x2, DCLC's signature band.

The drum section stretches halfway across the DCLC band room today: the inimitable Charlie Williams on the drum kit, Joe Muldowney playing tom-toms and cymbal, and Tony Lobello (and John) playing away on two more tom-tom drum

stations. And then across from the louder drums, Linda Barnes plays a djembe. Carol Broome, Clark Simson, and Jill Talmage also keep time with tambourines.

Another new Member, Charlene Graves, has added a heartfelt, soulful voice to the Band. She closes her eyes singing "Dock on the Bay," and transports us all to a timeless San Francisco.

The musical talent abounds at DCLC: you may also come in to find the enthusiastic rock-and-roller Mike Pinto playing drums or synthesizer, or singing the lead vocals on any Tom Petty song.

The band is much more than a Learning Center incarnation: it is an important part of the community. Some of the events they have performed for over the years include Brain Injury Coalition picnics and local marches for the Americans with Disabilities Act. More recently, the band raised over \$2,000 for AccessCNY at Allen Elementary school, and in the same week, played a community Valentine's Day dance at St. Lucy's Church.

The St. Lucy's Dance, which took place February 10th, was another rousing success for the 10x2 Members. **(cont'd on page 2)**



The new suggestion boxes are ready to go!

For all...

- ◇ Does your pet love people? Our Networks program loves pets! Contact Lynnette Sherwood at Isherwood@accesscny.org if you'd like to bring your pet in to visit our participants.
- ◇ The Education Department is accepting volunteers to read to the children in Exploring Your World. Contact Rachel Harry at rharry@accesscny.org for more information. Participants and staff are welcome!

Check Your Boxes!

There's a new way to contribute to *Inside Access*! At each of the main offices for AccessCNY there will be brand new suggestion boxes where you can submit ideas for articles. Use the slips provided or make one of your own, and let us know what you would like to see in next month's issue. The only requirement is that it focuses on AccessCNY. We're excited to see what you have to offer!

We Well Rock You (cont'd)

Drawing an audience of around 100 people from all over the Syracuse area, the band kept the dance floor full with a repertoire full of classic R&B, Rock, and Country songs. Families and friends of all ages and abilities swayed to the rhythms, anchored by perennial volunteer pianist Joe Reynolds' two hands.

Constantly evolving around its classic core, the David Clark 10x2 will rock on through 2018 and beyond. If you cannot see a performance, consider dropping by the "Sixes" for a Thursday rehearsal at 1pm. (Please introduce yourself to the DCLC Members if you do, as they like to know who is visiting their Learning Center!)

Upcoming DCLC 10x2 Gigs will be announced here, so stay "tuned"!



(L to R: Clark Simpson, Shawn Mack, Michael Scriven, Charlie Williams, and Ben Bassett)

What is Paid Family Leave?

What is Paid Family Leave?

Effective January 1, 2018, New York Paid Family Leave provides paid leave to employees for maternity and paternity leave (bonding leave). This includes leave related to adoption and foster care obligations prior to the child's placement with the family, care for a family member with a serious health condition, and assistance for loved ones when a family member is deployed abroad on active military leave.

What are the eligibility requirements?

Employees who regularly work twenty or more hours per week are eligible for coverage after they have been employed for at least 26 consecutive weeks preceding the first full day leave begins. Employees who work less than twenty hours per week are eligible for coverage if they have worked at least 175 days preceding the first full day the leave begins.

Are there limits?

The maximum pay for Paid Family Leave is 50% of an employee's average weekly wage, and the maximum amount of leave is eight weeks for 2018.

Want more information?

- HR-Works: (833) 820-5031
- Les Mitchell: (315) 410-3328
- Debbie Goike: (315) 410-3393

Employee Enrichment

Don't miss out on the April 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.

◇ **Person Centered Thinking**
Wednesday, 4/4/18, 9:00 am-3:30 pm
Training Room, 1603 Court Street
(For staff supporting
Individuals with MH Diagnosis)

◇ **Professionalism and Professional Boundaries**
Wednesday, 4/18/18, 9:00 am-12:30 pm
6666 Manlius Center Road
(For ALL employees)

More than Money, Sharing Our Mission

by Matt Seubert, Associate Executive Director of Communications, Development and Advocacy

The Communication, Development and Advocacy department shares all of the great accomplishments of our participants and staff with the community. Our jobs are dependent on you.

As a department, we raise money to support our agency programs. These donations help fill gaps that traditional funding cannot meet. Money is raised through events like “Anything That Rolls” and our “Golf Classic.” We write grants, we meet with donors, and we send thousands of letters encouraging the community to support AccessCNY.

We manage the agency website and social media platforms, produce our community newsletter, and design AccessCNY brochures. We work with the media to make sure the success of our participants is seen, heard and understood by the community.

Our advocacy activities include meeting with elected officials so that they understand the issues impacting those we serve. One recent focus has been on increasing wages for Direct Support Professionals (DSP’s). These efforts resulted in about 600 AccessCNY direct

service staff in mental health and developmental disabilities programs receiving a 3.25% salary increase in January. Staff and participant involvement were vital in creating this positive change. We continue to advocate for DSP wage increases, which will impact all staff whether they deliver services, or work as part of an administrative team.

We thank you for doing the work that you do, so that we can do the work that we do.

On the Move...

It has been said that the only constant in life is change. As our agency evolves over time, the key to embracing this change is to maintain an open mind and an open heart. We are currently in the midst of merging two agencies, and as a result some of our departments have changed location. So, in the spirit of openness, please remember to welcome your new neighbors with open arms.

Sue Schultz, COO, shared with us that, "the Executive Team learned a lot during our last merger; both what to do and what not to do. We are striving to keep the lines of communication open in order to allow for a smooth transition, and we will continue to keep everyone updated. We welcome any questions or feedback that anyone may have regarding these changes."

An Overview of Department Locations

Court Street	420 E. Genesee St.	6666 Manlius Center Rd.	Basile Rowe
3 rd floor: Finance & Quality Enhancement	Employment Services (MH/DD)	Com. Hab. Adult Services Com. Hab. Children’s Services	Service Coordination
2 nd floor: Communications, Development and Advocacy; Consumer Directed Personal Services; & DD/ABI Residential	Outreach (MH)	Outreach (DD/ABI)	Self Direction Support Services
Other departments: Networks, Facilities, Clinical Services, Executive, EYW, HR, etc.	MH Residential	David Clark Learning Center	

Nurse’s Corner

AccessCNY will be hosting our **Spring Blood Drive** on **April 5th, 2018!**

The drive will be at our Court Street location, and it will run from 9:00 am - 2:00 pm in room 108. I could still use a few more volunteers to make this a successful drive, so if you’re interested, please email me at ajones@accesscny.org with your blood type and time preference for donation.

(Please allow for at least an hour for donation from start to finish.)

This will be our third blood drive, and each one so far has contributed to helping so many people. Thanks to all of you who have helped in the past to make this partnership with the Red Cross a success. Let’s make this year’s another great achievement!

Meet Our Department: Bridge Services

by Eric Boye, Program Director, Mental Health and Employment Services

Bridge Services, a program that was created to “Bridge the Gap” between supervised residential housing and living more independently, works with adults who are diagnosed with mental illness and who already receive other AccessCNY services but want additional help with day-to-day living. Bridge staff members work one-on-one with each participant to provide support in managing a wide range of concerns that include strategies for handling finances, medical issues, and housing, and developing a network of community supports. Employees at Bridge Services are available to provide advocacy and help program participants find new resources, sometimes during the most difficult times of their lives. The goal of the program is not just to offer these services, but also to help people

gain greater independence in our shared community.

The program is flexible, voluntary, and works with participants to meet their needs in a way that is comfortable to them. When someone comes to Bridge, seeking any sort of help, the staff will help them to identify steps they can take to achieve their goals and support them in doing so. For instance, if someone is struggling to find a psychiatrist because they can’t afford the cost, their Bridge Worker may help them enroll in an insurance program and accompany them in meeting doctors to determine which one is the best fit. If the same person then has difficulty with attending their appointments, Bridge Services will assist them in learning bus schedules and

obtaining a bus pass with a reduced fare to manage the cost. When a crisis happens, such as a housing eviction or loss of financial benefits, the staff at the Bridge program will advocate on that person’s behalf to negotiate extensions or find community supports who can provide solutions.

People who work with Bridge Services are often able to make great progress through their lives, including those who have utilized the program to help them transition from homelessness into managing their own homes while advancing careers and starting families. No problem is too small (or too big), and a Bridge Worker is available to find person-centered solutions to the many challenges we all face together.

Welcome to AccessCNY

We’re excited to welcome the following new employees who joined our agency in February:

- Mikayla Bittel, Direct Support Professional - Relief
- Jeffrey Custer, Direct Support Professional - Community Habilitation
- Ryan Finch, Janitor
- Charlotte Fragale, HR Representative
- Laurie Goetz, Children’s Support Specialist
- Charlie Bleu Hooks, Self Direction Support Staff
- Casey Keegan, Children’s Support Specialist
- Alexis Lewis, Program Manager
- Adam McKeon, Residence Counselor
- Tina Pride, Direct Support Professional - Networks
- Tekia Sheard, Direct Support Professional - Relief
- Lori Winslow, Teacher Aide Substitute

QUOTE OF THE MONTH

“One of the sincerest forms of respect is actually listening to what another has to say.”

- Brian H. McGill