

INSIDE THIS ISSUE:

Advocates in Action 1

J.P. Morgan Corporate Challenge 2

Employee Spotlight 2

Safety Committee 3

AccessCNY: A History of Service 3

Hawaiian Day 3

Executive Picture Match Game 4

2019 Morale Calendar

The Second Friday of Every Month

May 10th

Favorite Band T-shirt Day



Take a picture & send it to
Nikki Bomasuto:
(nikki.bomasuto@accesscny.org)
She will post on AccessCNY's Facebook page!

HAVE AN IDEA FOR THE NEWSLETTER?

Contact us via e-mail at newsletter@accesscny.org, or drop an idea in one of the suggestion boxes located at each of our administrative buildings.

FOLLOW ACCESSCNY ON FACEBOOK AND TWITTER!



Advocates in Action

AccessCNY is fortunate to have two champions for disability rights as part of our agency. Collectively, they have been working in our community since the mid-70's and their tireless advocacy has impacted many areas of disability rights including accessible public transportation, advancement of mental health care awareness and Consumer Directed Personal Services.

Sally Johnston, currently our Advocacy Coordinator, began her advocacy journey in 1975 when she became interested in activism and founded the civil rights organization Disabled in Action. She started with AccessCNY (then United Cerebral Palsy) in 1981 as a part-time Program Supervisor and part-time Recreational Specialist. During her time at our agency she has also served as a Program Director for Residential Services. In the mid-80's, Sally became interested in what was then a new program, Consumer Directed Personal Services (CDPS). With the support of County Executive Nick Pirro, she was able to get the first CDPS program in central New York up and running in 1992 (beginning as a pilot program). She then went on to become the Program Coordinator for CDPS. She continues to champion for CDPS and has an award given out in her name yearly at the annual Consumer Directed Personal Assistance Association of New York State conference!



Sally Johnston

Sally currently has a wide range of roles and responsibilities at AccessCNY. She coordinates our annual ADA celebration, organizes our yearly candidate forum, and works on individual advocacy issues such as housing and nursing home discharges. Sally states that two areas which have brought her a lot of personal satisfaction are her successes in making public transportation accessible, and bringing Consumer Directed Personal Services to upstate NY.

Carole Hayes Collier became interested in disability rights after she herself was hospitalized for a mental health diagnosis. Carole felt her hospitalization was actually detrimental to her recovery, but attributes her rehabilitation to obtaining gainful employment and beginning schooling at OCC. Post-graduation Carole became involved in the activist group Mental Patients Liberation Project (MPLP), a group whose goal was to change the psychiatric system.

In the early 70's Carole experienced two events that would "set the sails" for her activism efforts. She began work as a Graduate Assistant for The Center for Human Policy's Workshop on Human Abuse, and also became involved with The Willowbrook State School Scandal. At around this time (1973) many area non-profits banded together to form a new agency that would enable people with disabilities to live full lives outside of an institutionalized setting. This agency became Transitional Living Services (TLS) and Carole served as both Chair of the Personnel Committee and head of their advisory board. Carole credits much of her success to her friend and mentor Jack McCrea, who was with TLS for 25 years!



Carole Hayes Collier

Carole was instrumental in developing The Cerebral Palsy Center (which became the merged TLS/Enable, then AccessCNY), for which she became the Director of the residential program. Carole's career path eventually led her to become the Director of Outreach at TLS. During this time she also became involved in statewide policies developing alternatives to the traditional mental health system. She was able to travel abroad extensively presenting her ideas

Carole currently serves as Program Director for Community Based Peer Initiatives. In addition to working with the Berkana respite house, she develops peer services between agencies and supports peer initiatives throughout Onondaga County.

AccessCNY would like to extend its gratitude to two amazing champions. Thank you raising your voice for those in our community who often felt they were not heard.

For all...

Diversity/Controversial Issues

Wednesday 5/15/2019
9:00 am—11:30 am

1603 Court Street, Training Room
1/2 day review for MH Residential ONLY
Must have completed one day of Diversity Training

Understanding Addiction Individuals with MH diagnosis

Thursday 5/30/2019
9:00 am—12:30 pm

1603 Court Street, Room 108
For Staff Support Individuals with MH Diagnosis

For questions regarding these or any other trainings, please contact:
Crystal Baker, Employee Development Specialist
315-410-3372
crystal.baker@accesscny.org

MH Awareness Month

May is Mental Health Awareness Month!

Here are some tips for improving your mental health this month:

Diet: Eat plenty of fruits and veggies! Drink water!

Sleep: Strive to get at least eight hours every night!

Humor: Laughter has always been the best medicine!

Exercise: Walking, running, or dancing. Get moving!

Recreation: Sports, hiking, or camping. Get outdoors!

Stress Reduction: Meditation, deep-breathing, or yoga!

Social Connections: Spend time with friends & family!

Animal Companionship: Adopt a furry friend today!

Spirituality and Religion: Search for a higher truth!

J.P. Morgan Corporate Challenge

By: Melanie Greene, Program Manager



Spring is upon us and so is the 37th running of the J.P. Morgan Corporate Challenge at Onondaga Lake Park. The 3.5-mile road race – open to employees of local businesses – was first run in 1982 with 600 entrants, while last year 6,754 runners and walkers from 260 companies registered.

In 2018, AccessCNY had 60 employees participate, as well as several who volunteered at the event, helping to cheer everyone on to the finish line. The Corporate Challenge is FREE to AccessCNY employees (the agency is covering the registration fee), as we want to promote our mission and the great services we provide.

Participating companies use the event to promote health and fitness in the workplace, and to foster goodwill and camaraderie among their employees. The Corporate Challenge also strives to make a difference through a donation to a not-for-profit organization in each host city.

What could be better than two cool t-shirts, a swag bag, taking care of yourself physically, spending time with co-workers, meeting new friends, and being treated to snacks and drinks afterward?

We look forward to seeing you at the starting line on Tuesday May 21st at 6:45 p.m.!

Employee Spotlight

David Selover, Program Specialist in the Outreach Department, recently received the Ronald E. Hughes award from NYS AHPERD (Association for Health, Physical Education, Recreation and Dance) for the Central North Zone. Dave was nominated by an Adaptive Physical Education Teacher from the North Syracuse Jr. High School. Dave works with many school districts with the TRAIID program that he has been involved in for the past twelve years. One of Dave's projects was working with a student to adapt their wheelchair so they could actively participate in gym class soccer. During the evening award presentation, they stated how grateful they were to have Dave as their "911" when they

needed suggestions or help in getting a piece of equipment or learning about technology. Dave is definitely their go-to person for this type of support and guidance.

Congratulations Dave!



Safety Reminder

By: The Safety Committee

The days are getting longer, and the outside temperatures are increasing as we get closer to summer. The change of seasons is always a good time to think about safety - and how our concerns shift with changes in temperature and amount of daylight each day.

Your personal safety is important when you are arriving to work, and when you are leaving, too. Before leaving your car to begin your shift, make sure to:

- ⇒ Lock your car doors
- ⇒ Roll up windows
- ⇒ Make sure any valuable items in your car are put away in your trunk or glove box, or under a seat.



Having valuable items visible can make your vehicle more attractive to a burglar.

When you are leaving at the end of your work day:

- ⇒ You are responsible for making sure your office windows are closed.
- ⇒ Can you walk to your car with a buddy?
- ⇒ Or can a co-worker observe you as you get in your car to leave?

Before you leave a building, have your keys in your hand (not in a bag or purse). If you have any concerns, you can contact your supervisor.

AccessCNY: A History of Service

By: Matt Seubert, Associate Executive Director—Development

AccessCNY is unique in that we are a “new” agency and one with a rich history. The agency came to be in 2015 with the merger of Enable and Transitional Living Services. In the last few months we’ve grown again with the merger of Spaulding Support Services and Onondaga CASA.

As an agency we have a combined 135 years of experience! While our name and logos have changed over the years; the heart and soul of who we are remains the same as it was when our first legacy agency was formed in 1948.



Hawaiian Day

By: The Employee Engagement Committee

The winners were picked at random through a computer software program because there were just too many awesome entries to choose from!



1st Place Winners: Clinic



2nd Place Winners: Lynnette Sherwood & Stephanie Silverman

Executive Picture Match Game

How well do you know our agency executives??? Below are 5 members of our Executive Team and 4 baby(ish) pictures! Try to match the correct person with their adorable baby head shots.

To make it a little more complicated this month...one executive team member doesn't have a picture, so you have to figure out which one grew up without cameras in the household (kidding, of course)! Email your guesses to Newsletter@AccessCNY.org by May 6th. Because we are hopeful you will want to play, we will draw one winner at random from all correct guesses. Correct answers will be found in next month's issue. The winner will receive 2 Regal Cinema Movie Tickets!!!

1. **Paul Joslyn**

Executive Director

2. **Mike Wolfson**

Chief Financial Officer

3. **Ken Mack**

Associate Executive Director, MH Services

4. **Joe Gross**

Associate Executive Director, Clinic & CDPS

5. **Matt Seubert**

Associate Executive Director, Development



Last month's Match Game winner was: Noella Simone Congratulations, Noella!

Answers: 1-C; 2-E; 3-D; 4-B; 5-A

QUOTE OF THE MONTH

"My mission in life is not merely to survive, but to thrive..."

- Maya Angelou