

## PROVISIONS EXPANDS TO PROVIDE NEW OPPORTUNITIES



At AccessCNY we pride ourselves on our community partnerships. Each year we support over 3,000 individuals with developmental disabilities or mental health issues. Their goals are our goals; to help each individual reach their unique level of success at home, school, work or play.

That's why we were excited when asked to collaborate with the Community Library of DeWitt and Jamesville to open a café at the new library. What they knew, but what many don't, is that AccessCNY operates Provisions Bakery and Restaurant in Armory Square.

For nearly thirty years Provisions has served as a supported work program for individuals with mental health issues. At Provisions lives are changed. AccessCNY staff support trainees who are learning to live with a mental health issue. Every chocolate chip cookie that comes out of the oven does more than satisfy your sweet tooth; it provides a path to recovery.

Last month when Provisions Express at the library opened, we expanded the mission of the bakery. The more cookies and coffee we serve the more individuals we can train to reenter the workforce. The new location on Jamesville Road in Dewitt will initially offer coffee, cookies and other fresh baked goods. In the future the bakery will expand to include to-go items such as wraps and salads. Provisions Express also features a complete catering menu.

Provisions Express will open up new opportunities for individuals with mental health issues to work in a more independent environment. We also hope to expand the mission to include employees with developmental disabilities. Society has created a stigma around mental "illness." It's time to change the conversation; it's time that as a community we combat this stereotype.

We shouldn't whisper about someone's struggles, we should extend a hand and talk about their hopes and aspirations. It's difficult to find light in the shadows, but as a community we can illuminate someone's path.

Stop by Provisions and now Provisions Express to grab a goodie and be part of the journey to help Central New Yorkers achieve greater independence. ☺

A handwritten signature in black ink that reads 'Paul Joslyn'.

Paul Joslyn, Executive Director

## 2017 ACCESSCNY GOLF CLASSIC A SUCCESS

"This year's AccessCNY Golf Classic was a huge success," according to Matt Seubert, Associate Executive Director of Development and Communications at AccessCNY. "We had more teams play this year than last year. That allows us to help more individuals with disabilities in our community."

This year of the Golf Classic saw over 100 golfers participate. As part of those fundraising efforts, the Golf Classic had its first ever helicopter ball drop. Over 300 golf balls were dropped from a helicopter onto the course to see who was closest to the pin. The winner, John Abdo, had lucky ball #86 and won \$250.

(continued pg. 3)



# OUR STORIES



## SABRINA'S STORY OF MENTAL HEALTH RECOVERY

Sabrina started her journey toward mental health recovery with AccessCNY four years ago. In that time, she will be the first to tell you she has made huge progress. Diagnosed with obsessive compulsive disorder, attention deficit disorder, a mood disorder and dyslexia; Sabrina wanted to go back to school. Now in her late twenties, she continues working toward the completion of her degree.

Thanks to support from AccessCNY staff like Denise in Supported Education, Sabrina has been able to register for classes, connect with supportive educational resources and navigate what can be a confusing and stressful system.

"I wouldn't be in college without Denise," Sabrina says.

In her time working with AccessCNY, Sabrina has also used AccessCNY's Community Support Services. For her, success means getting out in the community despite her mental health barriers. She attends yoga each Thursday and a coffee hour each month at Provisions Bakery, also an AccessCNY program.

Sabrina has made great progress in socialization, education and life skills learned through her work with Community Support Services. "AccessCNY staff are so willing to work with you and stick with you until you meet your goals."

All during the month of May, AccessCNY celebrated the successes of those in mental health recovery. 🌱





"I wouldn't be in college without Denise," Sabrina says.

For more stories visit: [www.accesscny.org/stories](http://www.accesscny.org/stories)

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[www.accesscny.org/donate/](http://www.accesscny.org/donate/)  
 or call us at 315.455.7591



## LUCAS' STORY PROGRESS AND GIVING BACK

At just 8 months old, Lucas came to AccessCNY for the first time. Born with a disability which altered the development of his legs and back, Lucas is expected to need physical therapy for life. Now 8 years old, he comes to AccessCNY every Tuesday for his therapy sessions—and he loves every minute of it.

"I love Miss Karen, and doing therapy!" Lucas will happily tell anyone who asks. When he comes for physical therapy, Lucas works on stability, motor movements and mobility. Due to his disability, it's not clear whether or not there is a limit to his progress, but he continues to improve by leaps and bounds.

"Lucas has really made stunning progress," says Dr. Karen Vecellio, Lucas' Physical Therapist. "In the 7 years I have worked with him he has always been one of my hardest workers. It's part of what makes Lucas super awesome!"

Lucas is not only interested in working hard for himself. This year, Lucas worked to make sure Anything That Rolls was bigger and better than ever. "I'm the ambassador," he explained. "and I am thankful for everyone who rolled with me on July 16."

Lucas was the first ever AccessCNY Ambassador for Anything That Rolls, the fundraising roll-a-thon in Onondaga Lake Park. This year, the event raised

nearly \$40,000. Now in its 6th year, the event continues to grow.

"I can't think of anyone better to be an AccessCNY Ambassador," said Nikki Bomasuto, Director of Development at AccessCNY. "He is always encouraging others, so working to make sure everyone gets involved totally fits with Lucas."

"Whenever Lucas rolls or walks into the Clinic, you can see how he lifts people up," Vecellio said. "Staff, other participants and family members are all smiles when he comes in."

Don't be surprised if you see Lucas here at AccessCNY. You'd better be ready to roll with him! 🌱

## 2017 ACCESSCNY GOLF CLASSIC A SUCCESS (continued from pg. 1)



Bill works the AccessCNY Golf Classic with AccessCNY staff

Seubert says that the real winners are the people who benefit from the money raised. "This year, we chose to highlight the David Clark Learning Center on the course. With the Grand Opening of the new Center, we want to make sure that people in the community understand how special the Center is. We were grateful to have Bill Anderson, one of the founding members of the Center, here to volunteer," Seubert said.

The David Clark Learning Center is a unique day program for individuals who have experienced a brain injury. The Center supports creative writing, memory enhancement activities and a state-of-the-art music and art program for recovery.

"I had a great time volunteering," Bill said. "I look forward to coming back next year!" 🌱

### THANK YOU TO OUR GOLF SPONSORS!

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### THANK YOU TO OUR ANYTHING THAT ROLLS SPONSORS

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**Michael Wirtheim**

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Executive Director

**Matt Seubert**

Assoc. Executive Director - Development



Students and Staff from Exploring Your World Preschool say thank you to Jim and Juli!

## THANK YOU JIM AND JULI!

At Exploring Your World Preschool, we have some big news! Thanks to the Jim and Juli Boeheim Foundation, we have a brand new SMART Board!

The portable smart board allows teachers to play video and use interactive learning programs. In addition, it's fun for the students to interact with. They can draw, create and learn.

"This is huge for our students," said Colleen Tedeschi, Associate Executive Director of Education Services. "The board allows our students to interface with technology early in their educational career, giving them a head start as we prepare them for kindergarten."

To celebrate using the smart board for the first time, staff and students at Exploring Your World wore orange to thank the Foundation.

"For us, it means we can teach in new ways. We are very thankful," Tedeschi said.



## Syracuse Auto Dealers Association Charity Preview

Join us for the Syracuse Auto Dealers Association Charity Preview on November 1, 2017. Visit [www.accesscny.org/events](http://www.accesscny.org/events) for more info!

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Communications & Development: 315.410.3383  
Consumer Directed Homecare: 315.410.3332  
DD/ABI Services: 315.410.3301  
Exploring Your World Preschool: 315.362.2664  
Human Resources: 315.410.3312  
Mental Health Services: 315.218.0880

### Agency Services

AccessCNY offers person-centered services that empower individuals of all ages and abilities to reach their full potential as part of our shared community. Services are provided with dedication, compassion, innovation and commitment.

#### Services for those with a Developmental Disability or Acquired Brain Injury

- |                                 |                                   |                             |
|---------------------------------|-----------------------------------|-----------------------------|
| Adaptive Equipment Loan Program | Environmental Modifications       | Preschool Evaluations       |
| Advocacy                        | Family and Individual Supports    | Self-Direction              |
| Assistive Technology            | Home and Community Based Services | Sensory Integration         |
| Augmentative Communication      | Inclusive Preschool Education     | Social Work Counseling      |
| Certified Residential Settings  | Individualized Support Services   | Speech and Language Therapy |
| Community Habilitation          | Medicaid Service Coordination     | Supported Employment        |
| Consumer Directed Homecare      | Occupational Therapy              |                             |
| Day Habilitation                | Physical Therapy                  |                             |

#### Services for those with a Mental Health Issue

- |                                |                        |                           |
|--------------------------------|------------------------|---------------------------|
| Certified Residential Services | Housing Supports       | Supported Education       |
| Community Supports             | Peer-Based Support     | Supported Employment      |
| Family Supports                | Social Skills Training | Vocational Rehabilitation |

#### Affiliations

- |  |   |
|--|---|
| Association for Community Living                         | New York Association of Psychiatric Rehabilitation Services |
| Association for Persons in Supported Employment          | Supported Housing Network of New York                       |
| Cerebral Palsy Associations of NYS                       | United Way of CNY   |
| National Association for the Education of Young Children |   |

