



COARC is a 501(c)(3) nonprofit organization that serves 500 individuals experiencing disabilities by expanding abilities, one person at a time, so they can achieve their individual goals. COARC offers Residential and Living Alternatives, Vocational and Employment Services, Contract Manufacturing, Day Activity Programs, Service Coordination, Advocacy and Legal Services, Children's Services, Recreation Opportunities, At-Home and Respite Services and Traumatic Brain Injury Services. COARC is the Columbia County Chapter of NYSARC, Inc. We are supported through state and federal funding, and also by individual and corporate members, donors and foundations. COARC, PO Box 2, 630 Route 217, Mellenville, NY 12544, 518-672-4451, www.coarc.org

45th Anniversary Celebration

Evelyn Donahue was one of many celebrants at a Mellenville lunch hosted by our **Blended Services** program on June 21st to mark COARC's 45th year of expanding abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals. Evelyn has worked at our Mellenville headquarters for 22 years in many jobs, ranging from filing to messenger to assembly. Once a month, Evelyn and the other members of the **Silver Foxes** social and recreation group take a break from their Mellenville jobs to bowl a game, visit a historical mansion or attend a play.

"I enjoy working here very much and I've met a lot of special people," Evelyn said.

Also on June 21st, COARC members continued the anniversary celebration at our Annual Membership Meeting. They honored **Lenore Whitbeck**, who retired from COARC's Board and who previously served as a Member of the Board of Governors of **NYSARC, Inc.** In the 1970's, Lenore helped establish COARC's Happy Day Pre-School for children with developmental disabilities, which was the first early intervention program in Columbia County. Our members also elected **Jennifer K. Harvey**, **Patricia Stockman** and **Mary Anne VanDenburgh** as three new Directors. Elected as new Board Officers for the coming year are **Mary Ann Harris** as President, **Annette Dennis** as Vice President, **Priscilla Moore** as Secretary and **Andrew Small** as Treasurer. The **COARC Education Committee Dollars for Scholars** awarded \$5,000 in scholarships and summer arts grants. Singer-songwriter **Chrissy Budzinski** performed.



Evelyn Donahue got a hug from **Smiles**, the COARC Butterfly, at the 45th Anniversary Celebration hosted by our **Blended Services** day program in Mellenville in June.



COARC Executive Director **Ken Stall** welcomed three new Directors (L to R) **Jennifer K. Harvey**, an attorney and associate at the firm **Couch White, LLP** in Albany; **Patricia Stockman**, co-founder of **The Executive Connection**, which specializes in direct placement recruiting and human resources consulting; and **Mary Anne VanDenburgh**, recently retired from **Taconic Developmental Disabilities Service Office** in Valatie.



Luke Whitbeck held flowers for his mother, retiring COARC Director **Lenore Whitbeck** (center), who was honored for her years of service by President **Mary Blass** and COARC members at our Annual Membership Meeting in Mellenville on June 21st.

Vocational Training for Teens

School to Work, the newest COARC service, launched this fall. Our **Columbia Work Link** program now offers School to Work vocational training for teenagers experiencing disabilities who are still in high school. These internship opportunities with local businesses are contracted with the students' schools, so the vocational training is coordinated with the students' class schedules. Our first partners for the launch of School to Work are **Ichabod Crane High School**, **Crazy Daisy** and **Hair Zone**, all located in Valatie. For more information, contact **Kevin Jones** at Columbia Work Link, 518-828-5087 ext. 103 or kevinj@coarc.org.



Hair Zone, Valatie, NY



Crazy Daisy, Valatie, NY



(L to R) **Eric Silkowski, Barbara Mason, Walter Mahar, Chazz Winfield-Cobbins, Cheryl Greene, Heidi Howard, Jacquelyn Saunders** and **Susan Williams** are members of the first class of our new Career Advancement Program (CAP) for individual professional development related to employees' careers at COARC. During the four-month program, each participant focuses on one of three different progressive modules, including one for Frontline Supervisor development. Upon graduation, each participant gets a \$2,000 bonus.



Sergio Rivera was honored on November 3rd as COARC's 2010 Direct Support Professional of the Year for his work at our **Middle Road Home**. **Suzanna Moe** (L) and **Carolynn Anklam** (R) presented the award.

KeyBank Foundation Grant

The **KeyBank Foundation** awarded COARC \$2,500 to support our workforce development programs. COARC was selected for this donation by the KeyBank Capital Region District Contributions Committee.



Bruce Meyers, Supervising Registered Nurse for our **Residential Program**, was chosen by *Hudson Valley Magazine* as a finalist for their 2010 Excellence in Nursing Awards. Bruce was honored at the magazine's awards ceremony in Poughkeepsie during National Nurses Week in May. The nurses in our Residential Program provide support and assistance to ninety individuals experiencing disabilities.



Andrea Simmons is now Service Coordinator for COARC's **Traumatic Brain Injury Services** program for residents of Columbia and Greene Counties.



At our **Falcon Hall** and **Evergreen Hall** Employee Awards event in June, Exemplary Employee Award recipients **Beth Marr-Blish** (in white) and **Heidi Howard** (in pink) were congratulated by (L to R) **Ken Stall, Charmaine Hemmings, Bruce Drake, Tony Merante** and **Joy Toothill**. Tony was later honored with our annual Management Award.

2010 Employee Awards

Outstanding COARC employees were honored in a series of annual award presentations in June. 2010 Exemplary Employee Award recipients were **Lisa Ahrberg, Jamie Budai, Joseph Ciampaglione, Christy Erdmann, Donna Morgan, Dominic Merante, Vernea Diehl, Kathleen Bennett, Cheryl Greene, Luz Cruz, Bobbi Reed, John Schedler, Bruce Benton, Adam Klein, Jose Dominguez, Heidi Howard, Isaiah Mackey, Walter Mahar, Beth Marr-Blish, Ginette Puckett, Kristie Scutt, Katrina Sheldon, Alissa Wildenrad, Joshua Christiana, Deborah dePeyster, Natalie Fores, Mary Greene, Tracy Holsapple, Helen Judisky, Linda Mesick, Marion Moore, Lorinda Platti, Matthew Quirk, Stephanie Slater** and **Cynthia Wheeler**.

Employee of the Year recipients were **Lisa Ahrberg, Joseph Ciampaglione, Melissa Ellsworth, Kathleen Bennett, John Schedler, Heather Jennings, John Nagle, Debra dePeyster, Jennifer Clark, Dawn Reeves, Renee Ciccimarro, Jacquelyn Saunders, David Brannen, Kevin Jones** and **Deborah Grau**.

Other award recipients were **Eric Sieber** for our Volunteer Award, **Christine Bower-Kirch** for the Quality of Services Award and **Tony Merante** for our Management Award.



Above: **Danny Cuadrado** took a break from his job at our **Training Center** to attend the COARC picnic at the Claverack Town Park on September 17th. **Evelyn Donahue** performed with singer-songwriter **Chrissy Budzinski** at the picnic, below (see story, page 1).



SunDog Solar installed solar power panels at COARC sites this year, shown here at our **Shasta Drive Home** in Claverack. Panels were also installed in Hudson at our **Ravish Road Home**, **COARC Contract Manufacturing** on Second Street, **Promenade Hill Center** on Warren Street and our **Prospect Place Offices**, home of **The Starting Place** and **Cardinal Hall**.



Right: **Ben Ferris** and **Gerry Dam** of our **Maintenance Department** replaced a skylight at our Mellenville headquarters, scheduled next for solar panel installation.



Above: **Daniel Murray** and **Beth Anne Murray** displayed their drawing, "Ghost House," at the second annual COARC Artists' Group Exhibition at our **Promenade Hill Center** in Hudson on October 9th. The show was curated by volunteers from the **COARC Arts Endowment Committee**.



Left: **Robert Smith** and **Jean Hicks** danced to music by **King of the Forest** at the third annual Spring Dance, hosted by **Joanne DeIRossi** and **Linda Möller** at **Kozel's** in West Ghent in May.



Right: **Matt Palmer** showed off a trophy catch at our ninth annual Fishing Derby at Upper Rhoda Pond in Copake on June 26th. The derby is hosted by volunteers from the **COARC Maintenance Department**.

coarc
Expanding abilities one person at a time

opportuniTees

Gerald J. Dieffenbach Memorial Golf Tournament

COARC OpportuniTees Golf Tournament Committee

Mickey Dennis, Chair
Karen M. Blass
Diana Coughlin
Mary Ann Harris
Michael C. Howard
Stephen E. Nelson

Barbara G. Roemer
Michael Rybka
Andrew Small
Richard Van Alphen Sr.
Dorothy Wheeler
Nathan Winch



(L to R) **Ron Prior**, **Howie Gregg**, **Linda Möller** and **Bill Dennis** formed the first place gross scoring team.



(L to R) **Ken Stall**, **Nate Winch**, **Andrew Small**, with **Brennen Parker** of Platinum Sponsor **Rose & Kiernan, Inc.**, were the second place net scoring team.



(L to R) **David Hawes**, **Nancy Colarusso**, **Emil Meltz** of Bronze Sponsors **Ghent Wood Products, Inc.** and **Meltz Lumber Company**, and **Norman Merritt** at the first tee.



19 Holes with COARC

Our fourth annual **COARC OpportuniTees Gerald J. Dieffenbach Memorial Golf Tournament** at **Columbia Golf & Country Club** in Claverack on September 14th drew golfers, sponsors, donors and volunteers who raised over \$17,000 to fund programs and services for individuals who experience disabilities. **Marc Levesque**, Head Golf Professional, named **Bill Dennis**, **Howie Gregg**, **Linda Möller** and **Ron Prior** as the first place gross scoring team with a score of 62 and a winning skins contest. The second place gross scoring team of **Tim Cahill**, **Larry Longo**, **Dan O'Donnell** and **Pete O'Donnell** scored 63 and also won a skins contest. **Josh Akin**, **Jim Gagne**, **Chris Howard** and **Cory Wheeler** won the third place gross scoring team prize with a score of 64.

The first place net scoring team was **Shari Franks**, **Richard Reiner**, **Barry Rings** and **Joe Rings**. The second place net scoring team was **Brennen Parker**, **Andrew Small**, **Ken Stall** and **Nate Winch**. The third place net scoring team was **Roger Coleman**, **Bruce Meiswinkel Sr.**, **Bruce Meiswinkel Jr.** and **Mike Sanders**. Recognition for the most honest team went to **Charlene DeForest**, **Donald Hamilton**, **Karen Hamilton** and **Helen Mihalko**. **Ken Stall** won the putting contest, **Jim Gagne** and **Darryl Proper** tied for closest to the pin on the 7th hole and **Beth Matthews** won closest to the pin on the 13th hole. **Dan O'Donnell** won the contest for closest to the line. **Kevin Amanna** won the men's longest drive, while **Linda Möller** won the women's longest drive.

Rose & Kiernan, Inc. was the Platinum Sponsor for the tournament. **Dopkins & Company, LLP** was the Silver Sponsor. **CDPHP**, **Tip Top Furniture/America's Mattress**, **Ghent Wood Products, Inc.** and **Meltz Lumber Company** were Bronze Sponsors. Cocktail Hour Sponsors were **Kinderhook Bank** and **Todd Farrell's Car Care Center**. **Jeff Gabriels**, **Ed Zaik** and **AXA Advisors** sponsored the Beverage Cart. Snack Shack Sponsors were **David Harris Electrical Contracting, Inc.** and **Gregg's Handyman Service**. Hole-in-One Sponsors were **Kinderhook Toyota**, **MetzWood Harder Insurance** and **Price Chopper**. Many other businesses and donors sponsored flags and tees or contributed raffle prizes.

Platinum Sponsor

Thank you to our 2010 Sponsors & Donors!



ROSE & KIERNAN, INC.
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Gerald J. Dieffenbach Memorial Golf Tournament

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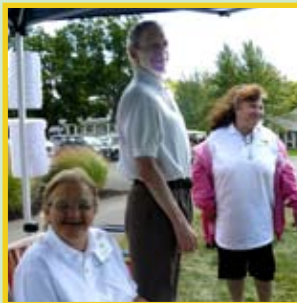
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Steve Nelson of The Bank of Greene County, a Tee & Green Sponsor, P.J. Birmingham, David Colby and Perry Lasher.



Volunteers MaryEllen Harris, Tom Sanders and Betty Ann Shook sold raffle tickets.



Shawn Spratt and Janet McCabe of Bronze Sponsor CDPHP, Bill Palmer and Tony Marino of KeyBank.



Mark, Pat, and John Dieffenbach played in this tournament that honors the memory of Gerald J. Dieffenbach, former COARC Board President.



Golfers Karen and Donald Hamilton.



Foursome Scott Wiley from HVC Construction Services, a Tee & Green Sponsor, with Bill Moon, Bob VanWie and John Bartis.



Assemblyman Pete Lopez drew the winning golfer registration raffle ticket from our Raffle Chair Karen Schoonmaker.



NYSARC, Inc. foursome David Pascale, Beth Matthews, John Kemmer and Paul Kietzman.



Mickey Dennis, Chair of the COARC OpportuniTees Golf Committee, and Marc Levesque, Head Golf Professional for Columbia Golf & Country Club.



James Harris, Mark Harris, COARC Board President Mary Ann Harris and David Harris Sr. of David Harris Electrical Contracting, Inc., a Snack Shack Co-Sponsor.



Foursome Mike Sanders, Bruce Meiswinkel Sr., Bruce Meiswinkel Jr. and Roger Coleman were the third place net scoring team.



Golfers Chris Howard, Cory Wheeler, Jim Gagne and Josh Akin formed the third place gross scoring team.



Foursome Richard Reiner, Barry Rings, Shari Franks and Joe Rings were the first place net scoring team.

Grants and Gifts to COARC

AXA Foundation
Dollars for Scholars Challenge Grant

KeyBank Foundation

Rose & Kiernan
Rose & Kiernan Employees

Stewart's Foundation
Holiday Match Program

The Bank of Greene County
Charitable Foundation

United Way Donors

Cynthia L. Bryan
in memory of William H. Young Jr.

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Linda K. Earley

Burt & Jean Krafte
in memory of Concetta Baker

Danielle Palleschi

Sidney & Anne Richter

Ken Stall



COARC was among the 63 non-profit organizations from the Columbia County area that received donations from **The Bank of Greene County Charitable Foundation** in May. The checks were awarded by **Donald Gibson** (President & CEO), **Kres Bjornsson** (VP Municipal Banking), **Brian Stickles** (Lending), **Amy Conte** (Branch Manager), and **Sarah Van Alphen** (Assistant Manager). Pictured L to R are **Katie Weklar** (Alzheimer's Association), **Katrin Hecker** (Animalkind), **Jim Mackerer** (Hudson Dollars for Scholars), **Sarah Van Alphen**, **Donald Gibson**, **Roy Brown** (Town of Germantown), **George Sharpe** (Town of Germantown), **Christy Parrish** (COARC), **Jennifer Post** (Claverack Free Library), **Kathleen Popow** (Literacy Connections), **Sandy McKnight** (Columbia Arts Team), **David Gregorie** (Alzheimer's Association), **Christina Dellea** (Columbia Arts Team), **Brian Stickles**, **Kres Bjornsson** and **Amy Conte**.

Officer Shane Bower, a Hudson City Bike Officer, taught traffic safety to our students at **The Starting Place** during their St. Jude's Trike-a-Thon in May. The children raised \$1,239 for **St. Jude's Cancer Research Hospital** during this event, which was organized by **Lee Bielefeldt**.



Below, left: **Columbia Golf & Country Club**, represented by **Bill Gerlach**, Vice President, and **Diana Coughlin**, Board Member/House Committee Chairperson, was honored at our Annual Membership Meeting in Mellenville on June 21st with the 2010 Opportunity for Community Excellence Award, presented by **Alex Schneider**, COARC Director of Development & Community Services. Below, right: **Gus Ellsworth** and volunteers from Claverack's **A. B. Shaw Fire Company** and the **Mellenville Volunteer Fire Company** demonstrated emergency equipment to **Donna Opitz** and other individuals in our **Blended Service program** in Mellenville during an October fire drill. Also that month, the **City of Hudson Fire Department** brought two trucks to show the children at **The Starting Place**.





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 www.coarc.org

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Save the Date!



3rd Annual
 Frozen Fundraiser
 Sat., February 12, 2011
 Upper Rhoda Pond
 COARC Camp Mahican
 3 Cross Street
 Copake, NY 12516
 www.coarc.org

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- Mary Ann Harris**, President
- Annette Dennis**, Vice-President
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- Andrew Small**, Treasurer
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- Patricia Stockman**
- Mary Anne VanDenburgh**
- Dorothy Wheeler**
- Elizabeth Young**

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- Carolynn Anklam**
Associate Executive Director
of Development, Clinical and
Children's Services
- Bruce Drake**
Associate Executive Director
of Waiver and Support Services



Encouraging Health,
 Happiness & Quality of Life



**COARC
 Live Well Fair**

COARC's Wellness Committee brought health screenings and 21 wellness vendors to Mellenville on June 30th. Counterclockwise from left: **Patricia Shook, Tommy Miller** and the **CDPHP** Health Plans table; **Dr. Brandon Manson** of **KB Chiropractic** with **Jill Murray**; a Zumba dance lesson with instructor **Melissa Donovan**; **Bruce Robertson** of the **Cornell Cooperative Extension** Eat Smart New York program with **Karen dePeyster** of **Rip Van Winkle Tobacco Free Action**; and **Ed Zaik** and **Jeff Gabriels** of **AXA Advisors** financial planning.

Our Wellness Belief

We recognize and value WELLNESS, promoting healthier lifestyles that foster overall happiness and improve the quality of life for everyone in the community.

