



A Message from the President

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Forty-five years ago, a small group of Columbia County parents and interested community members worked together to provide a place for their children who experienced developmental disabilities to live, work and be educated. These first members founded Coarc in 1965 as the Columbia County Chapter of NYSARC, Inc. Today our members and our employees continue working towards our vision of a society that recognizes people with different degrees of abilities as full contributing members of their community.

Beginning with Camp Mahican and the Happy Day School children's programs, Coarc members have helped us expand our range of programs and services. Now, in addition to young children, we support teenagers, adults, seniors and families with a wide variety of options, individually tailored to their goals and dreams. Coarc members fulfill many needs as volunteers for committees, fundraising for our programs and services, building public awareness and assisting with special events. As our membership increases, so does our public voice at the state, local and national levels on behalf of Columbia County individuals experiencing disabilities. Coarc members build relationships within our community as a resource for expanding opportunities and enriching individuals' lives through the sharing of common values and interests. We are grateful to all Coarc members for forty-five years of achieving our mission to expand abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals.

As parents of a child with disabilities, Dave and I are extremely grateful for the support of a generous community. Our son has grown up with the help of Coarc since the age of three months. He now lives and works in the community on his own, with his wife, in an apartment provided by Coarc and overseen by Coarc staff. He lives HIS life and HIS dream, thanks to all of you. Thank you from a grateful heart.

Mary Ann Harris
President
Coarc Board of Directors



A Message from the Executive Director

Coarc has grown from the grassroots initiative of a few parents and individuals who wanted more for Columbia County children experiencing disabilities to an organization that now supports over 500 individuals with varying needs. The first program was Camp Mahican, begun in 1966 at Oakdale Beach in Hudson. Now located on two acres by Upper Rhoda Pond in Copake, Camp Mahican continues to offer free summer day camp activities to children ages six to sixteen who experience disabilities.

The Happy Day School was created to give preschool children with disabilities the skills they needed to enter public school. Today we operate The Starting Place in Hudson, our preschool, universal prekindergarten and daycare center for three- to five-year-olds and their families in classrooms that integrate children who experience disabilities with those who do not.

Throughout the years Coarc expanded services for people with disabilities to provide adults with supervised and supportive living alternatives, vocational training, employment services and Day Habilitation activities. Service Coordinators and our Advocacy & Legal Services program assist individuals and families in accessing all available resources. Our Recreation and Athletic Program (RAP) and our respite services give caregivers a break from constant duties, while Community Habilitation provides personal, in-the-home supports and integration with our local community.

This year we launched a wellness initiative, promoting healthier lifestyles to foster happiness and improve quality of life. Our new Coarc program, TBI Services, brings our forty-five years of experience supporting individuals with developmental disabilities to adults who are recovering from traumatic brain injuries such as strokes or accidents. This widens our circle of Columbia County services, supporting individuals to lead the most independent lives possible.

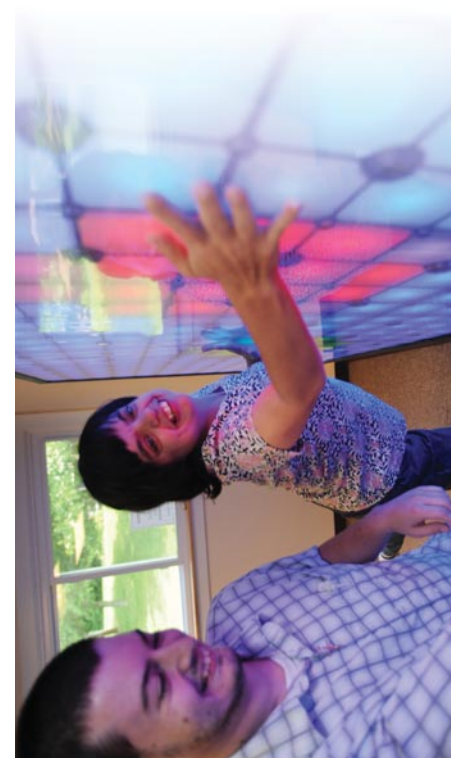
Over the coming years Coarc will be challenged to continue to provide these critical services in addition to establishing new and unique, person-centered supports in an ever-tightening fiscal and highly compliance-oriented environment. These challenges pale in comparison to the challenges our founders faced when they established Coarc and services to individuals with disabilities forty-five years ago. We will follow their lead and continue our tradition of providing quality, individualized services to individuals and their families in Columbia County.

Kenneth R. Stall
Executive Director

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P.O. Box 2, 630 Route 217
Mellenville, New York 12544
(518) 672-4451 info@coarc.org
www.coarc.org



2010 ANNUAL REPORT

Forty-five years of expanding abilities in Columbia County, NY, supporting individuals experiencing disabilities



Forty-five years ago, a group of parents and community members in Columbia County worked together to provide a place for their children who experienced developmental disabilities to live, work and be educated. These Coarc members received an official charter from NYSARC, Inc. on May 5, 1965. Coarc is a 501(c)(3) nonprofit organization, now serving more than 500 individuals experiencing disabilities and employing over 400 staff members as the Columbia County Chapter of NYSARC, Inc., the largest not-for-profit organization serving individuals who have intellectual and other developmental disabilities and their families. Coarc is supported through state and federal funding, membership, individual and corporate donors and foundations. www.coarc.org

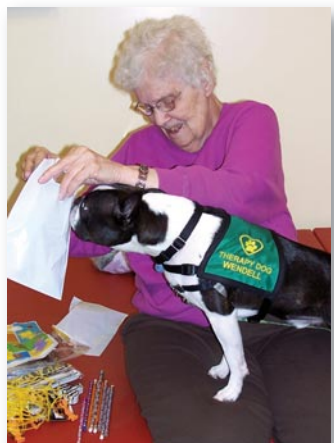


Our Mission To expand abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals.

Our Vision To be an ethical organization that is part of a society that recognizes people with different degrees of abilities as full contributing members of their community.

Catherine Bagnasco

Catherine Bagnasco and Wendell, a Boston terrier, worked together for the past three years at the Evergreen Hall Day program. Wendell began working with Catherine when Certified Occupational Therapist Assistant Gretchen Seibel brought him to the program as a puppy and the two have bonded ever since. Catherine looks forward to their time together. Her endurance and balance have improved because with Wendell she spends more time in Physical and Occupational therapy. Catherine prefers to be called "Grandma" when they are together, exercising, going for walks or just enjoying one another's company. She is always willing to help with any project Wendell is involved in, from decorating cupcakes for Wendell's birthday celebration to making over fifty Valentine's cards for residences at Maplewood Manor where Wendell also volunteers. In March, with Catherine's help, Wendell became a Certified Therapy Dog. Catherine is one proud Grandmother who enjoys sharing stories about Wendell or showing off photos of the two.



Antonio Maikels

Antonio Maikels began receiving early intervention services as a toddler at home. He was non-verbal and had great difficulty interacting with his family and therapists, becoming frustrated and angry when he could not convey his message. He would refuse to follow directions, throw himself on the floor, and was unable to play cooperatively with others. When he was three, Antonio enrolled in The Starting Place, Coarc's preschool, prekindergarten and daycare center. There Antonio continued speech services and began social work services. His classroom focused on total communication and he began using both pictures and speech to communicate.



Antonio progressed to the The Starting Place Blue Room last fall, where he showed excellent progress in his speech, sound awareness and language skills using new vocabulary. He loves books and enjoys sounding out words. Antonio is more compliant with teacher directives and more cooperative in group learning times. He enjoys learning tasks and is internally motivated to do well. Antonio has had tremendous growth with his social skills and ability to transition between activities. He has a great sense of humor, imaginative ideas, and enjoys playing with his classmates and staff. Antonio is a positive role model who teaches younger students how to share and take turns.

Jarrold Tompkins

Jarrold can be counted on to perform a variety of different jobs in the Blended Services Program at the Coarc Training Center in Mellenville. Every Monday, Jarrold collects and separates all of the shredding and paper for recycling throughout Coarc's Training Center, a job specifically assigned to him because he is so good at it. He is also employed at Chatham Bowl two days a week with supports through Coarc's Columbia Work Link program. Jarrold has recently been elected by his peers as secretary of the 4 Ourselves self advocacy group. His interests include computers, crafts, bingo and bowling. He sets a wellness example in physical activity for his peers by working out regularly in Coarc's exergaming room. Jarrold volunteered to swim in Upper Rhoda Pond at Coarc's Polar Plunge fundraiser for the past three winters.



Helen and Frank VanEtten

Frank VanEtten came to Coarc in 1985. His best memories are working in the video department at the Coarc workshop. He also worked in the kitchen at Evergreen Hall and then Dove Hall until he retired. Helen has been with Coarc since she was 18, starting in the Hudson workshop before it moved to Mellenville where she still works today. She likes the training she receives at Coarc's Training Center because it prepared her for the different types of jobs she has done there, especially her favorite past job of cooking at the workshop.

Helen and Frank VanEtten met at a friend's home and soon began dating. They live in their own apartment, supported by Coarc Supportive Community Services. During their 24th wedding anniversary on March 12, 2010, Helen and Frank began planning to renew their wedding vows for their 25th anniversary. Throughout the year, they wrote their guest list, lined up a DJ, rented a hall and hired a caterer. Together they shopped for invitations and decorations, planned the menu buffet and shopped for a cake and flowers. Helen bought her dress and jewelry. She was excited about getting her hair done and wearing a tiara. The couple looked forward to the upcoming ceremony.



Frank Pocarobba

In June of 2008, Frank Pocarobba had major heart surgery. Although he recovered from the surgery, Frank suffered a massive stroke in his back yard, causing a traumatic brain injury that left him paralyzed in his dominant left arm and leg. Frank began recovery at Sunnyview Rehabilitation Center in Schenectady. He used a wheelchair until he relearned how to walk using a cane. He also had to relearn how to do daily tasks with his less dominant right hand. When Frank returned home, he struggled with dressing, writing, walking, remembering appointments, following conversations and focusing when more than one person was in a room. He felt at a loss.

Frank began Independent Living Skills Training (ILST) with Coarc's Traumatic Brain Injury Services in 2009. With the help of ILST, Frank made dramatic improvements, meeting many of his six-month goals. Frank now makes his own coffee and breakfast without verbal cues from staff. He is proud of keeping his own schedule book and consistently refers to it day to day. Frank has also learned to write legibly and type with his non-dominant hand to use his computer more efficiently.

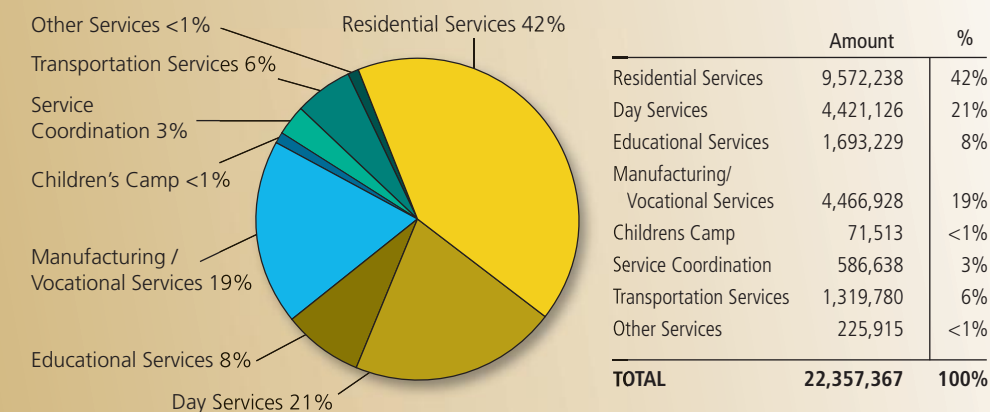


Sarah Palmer

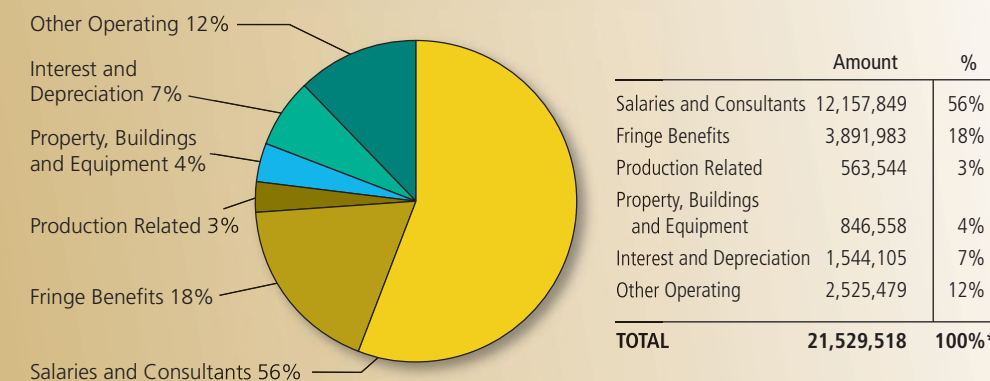
Sarah Palmer is developing independence and vocational skills through Coarc's Blended Services Program, volunteering weekly in the activity department of Livingston Hills Skilled Nursing facility and at the Alight Center in Hudson. She performs a variety of jobs at the Coarc Training Center in Mellenville, including material handling, shredding and covering in injection molding. Recently she has been learning clerical skills by assisting the Blended Services Administrative Assistant Bleu Andersen with filing and various other office tasks. Sarah is an active member of the 4 Ourselves self advocacy group. Her interests include sewing, yarn crafts, cooking and social networks sites like Facebook. Sarah's hours of training in Coarc's new exergaming room have made her a fitness role model for her peers.

2010 Coarc Financials

Income by Program Services



Expenses by Category



*91¢ of every dollar is spent on direct program services.