



ARC Life



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THE REWARDS OF BEING A DIRECT SUPPORT PROFESSIONAL

Ontario ARC's Direct Support Professionals work directly with the people we support, connecting with them, providing personal care, and encouraging them to be as independent as possible while reaching for their goals. These compassionate individuals have chosen to make a difference in someone's life, every day:

Please turn to page 3.





Ontario ARC is a not-for-profit organization dedicated to assisting individuals with disabilities or other challenges and their families. We offer personalized services and supports that foster life-long fulfillment through active citizenship and enriched community living.

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MESSAGE FROM ANN SCHEETZ EXECUTIVE DIRECTOR



Ann Scheetz

It's starting to feel like Fall, and with this change of season upon us, we are feeling extra grateful at Ontario ARC for those who support us in reaching our vision that all people with disabilities or other challenges are one with their communities. Our staff, including our Direct Support Professionals (DSPs), our generous community, donors, and board members all play an important role in making Ontario ARC the best it can be so that we can provide support for generations to come.

In this issue of ARC Life, you will hear from Direct Support Professionals from across the agency as they reflect on the rewards of working with people they support every day. Our DSPs are on the front lines working directly with people of all ability levels. They are the backbone of what makes Ontario ARC special. Their commitment goes beyond providing needed supports, it's a commitment to making life better! Recently, during Direct Support Professionals Recognition Week (September 9th – 15th), individuals submitted notes to staff members who have impacted their life or the life of their loved one. You can read their letters of appreciation online at ontarioarc.org/say-thanks.

Ontario ARC's financial future continues to look bright thanks to our staff and thanks to the generous support of our community who make contributions to our agency. Whether you support one of our signature fundraising events like Cruisin' for a Cause, make a donation in honor of a loved one during the holiday season, are a member of our Board, or submit a Qualified Charitable Donation, you are making a difference.

Your continued financial support allows the people we support to live their best lives. Lacey is a wonderful example of this, and we hope you will enjoy reading about her story! Hers is just one of many examples of individuals who are engaged in their community, learning, and growing each and every day; none of which would be possible without YOU! On behalf of all of us at Ontario ARC, I want to thank you.

Enjoy the beautiful colors of Fall. ✨

Sincerely,

Ann Scheetz, Executive Director

On the Cover: DSP Tina Jones with Daniel Ferraro. They work as a team, both growing and learning in the community.

The Rewards of Being a DSP from Cover

TINA JONES, 1 YEAR AS A DSP WITH ONTARIO ARC

“I tell people all the time that I love my job, which is by far my FAVORITE job of any I’ve had. Being able to work as a team and help change the lives of our individuals and watch them grow and learn in the community is a great feeling. Working for Ontario ARC has also taught me ways to



help and better understand the needs of my 3 year old nephew, who has Down Syndrome. I can’t say how truly grateful I am for that opportunity.”

SHAWN INGLESBY, 18 YEARS AS A DSP WITH ONTARIO ARC

“I became a DSP right out of high school—it was only supposed to be a summer job, but I absolutely loved it. The people I support teach me to take life one day at a time, to give



yourself space to learn at your own pace, and to never let the small stuff get to you. When they go home smiling, I know I’ve done my job. After all these years, I’m really proud of our agency, and of all the people I’ve supported.”

RUBY MORRISON, 3 YEARS AS A DSP WITH ONTARIO ARC

“I started as a substitute DSP after raising my kids, care-giving for my mother-in-law, and moving to this area. I have learned to really respect everyone wherever they are at a given time, and to put extra care into all my interactions and relationships. The people we support are so tuned into the nuances of life that we might skip over, like a simple song. And, they remember details about your life and what’s important to you. They make my world a bigger and more loving place.”



CINDY LAPP, 10 YEARS AS A DSP WITH ONTARIO ARC

“I work as a DSP at our Geneva Sit-A-Spell. I love that every day I come in and see everyone smiling, and then I get to be a part of helping them to succeed and reach a goal. In my own life, I’ve become more sensitive to my surroundings and to the people who are part of my community. Everyone says this work is rewarding—and it is! Making their day makes my day. This job is it for me! I’m happy here!” ✨

We are proud that our DSPs choose to support our people and our agency. Clockwise from upper left: Tina Jones with Donita Hollis; Ruby Morrison with Stephen Kirkmire; Shawn Inglesby with Gregory Clancy; Cindy Lapp with Mary Walsh.

WHY I GIVE

Fundraising is essential to maintain the quality of programs, services, and opportunities for the people who are supported by Ontario ARC. These members of the Friends of Ontario ARC Foundation Board, which oversees the agency’s signature fundraising events, the 1954 Society, annual fund campaign, major gifts, planned giving, honorariums, and memorial donations, share why they choose to give to Ontario ARC:

DEBBIE CULETON, Friends of Ontario ARC Foundation Board Member

“I joined the Friends of Ontario ARC Foundation Board in 2011. I wanted to be a part of helping the Foundation continue to grow so that Ontario ARC can continue to grow. I not only serve on the Foundation Board, I also donate because I feel that the agency wisely uses their dollars to provide the best services to the families who

need them. Much thought goes into new programs to ensure the decisions are fiscally responsible, so I know that my donations are a good investment in the future of the organization.”

KATHRYN WEGMAN, Friends of Ontario ARC Foundation Board Member

“Serving on the Friends of Ontario ARC Foundation Board keeps me close to my personal investment in seeing to it that my daughter Karen, who receives day services and lives in a community residence, and all others who are served by Ontario ARC, have a variety of opportunities as they create their best lives. This is also why I support the agency’s vision by donating—and because I want to model for other family members that Ontario ARC needs our support and we cannot take for granted the services they offer.”



Debbie Culeton



Kathryn Wegman

LIVING HER BEST LIFE SELF-DIRECTION: LACEY JACKSON

Lacey Jackson has been attending arts and crafts classes at JoAnn Fabrics in Canandaigua. When her life got busy and she was unable to attend a few classes in a row, a group of regulars from the class reached out to ask when she could attend; they said class just wasn't the same without her. The experience made it clear to Lacey, her family, and her Self-Hired Staff, Heather, how much she had really become one with her community, thanks to Self-Direction.

Lacey, who lives with her parents in Stanley, enjoyed her traditional day program and her friends there, but was ready for the next step in her life. Self-Direction was the answer so that she can fully engage with her community in all the ways that align with her dreams and her strengths.

Now Lacey's days are filled with activities of her choosing, which she carefully plans out in her budget. She began by choosing Heather, a close family friend, to be her Self-Hired Staff—together they plan day-to-day



Taking ukulele lessons is just one recent adventure for Lacey Jackson. [Pictured] Lacey (middle) with her staff Heather Watters and music instructor Robert Pickert.

activities, growing together by encouraging each other to push to the edges of their comfort zones.

Each week, Lacey attends a yoga class at the Canandaigua YMCA, sorts items and stocks shelves at the Canandaigua ReStore, and—as an affirmed animal whisperer—socializes cats at the Yates County Humane Society in Penn Yan. She also recently began ukulele lessons, and has already learned a number of traditional favorites such as Twinkle-Twinkle-Little-Star, Happy Birthday, and Over the Rainbow.

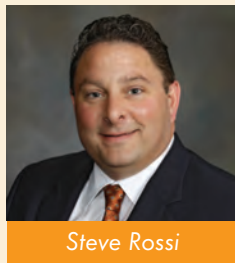
Lacey even plans special activities like visiting the Rosamond Gifford Zoo in Syracuse and out-of-state trips for family events. She keeps her connections with friends from her day program while attending daily occupational, speech, and physical therapy at Ontario ARC, often followed by group lunches.

Designing her life to actively take advantage of all her community has to offer is how Lacey lives this next step of her “best life,” and everyone in her community is enriched by her presence. ✨

FAQs ABOUT QUALIFIED CHARITABLE DISTRIBUTION DONATIONS

WHAT'S A QCD?

Otherwise known as Qualified Charitable Distribution, a QCD is a tax-free, charitable distribution from your Traditional IRA account that can be sent directly to a charity, including the Friends of Ontario ARC Foundation.



Steve Rossi

WHAT IS THE BENEFIT TO MAKING A QCD?

Most people, age 70 ½ and older, must take a Required Minimum Distribution (RMD) from their Traditional IRA (IRA) account each year and pay tax on 100% of the distribution. A QCD allows the donor AND the charity to avoid tax on 100% of the distribution, in most cases.

IS THERE A MAXIMUM QCD AMOUNT THAT A DONOR CAN CONSIDER EACH YEAR?

A QCD of up to \$100,000 per taxpayer is allowed in any single tax year.

HOW DO I GO ABOUT MAKING A QCD TO ONTARIO ARC?

Contact the custodian of your Traditional IRA account and have them issue a check from your account, made payable to the Friends of Ontario ARC Foundation, in an amount that you feel is appropriate. Have them mail the check directly to The Friends of Ontario ARC Foundation and make sure that the check is not made payable to you; otherwise, it will be treated as a taxable distribution.

Ontario ARC's address is as follows:

Ontario ARC
3071 County Complex Drive
Canandaigua, NY 14424
Attn: Michele Wistner

HOW IS A QCD DIFFERENT THAN WRITING A CHECK DIRECTLY TO THE CHARITY OF MY CHOICE?

For the most part, writing a check from your personal account may only be partially deductible against your taxable income (i.e., only partially tax-free, if at all), while a QCD is typically 100% tax-free, provided that you follow all of the rules above.

More questions or ready to get started on your gift to Ontario ARC? Contact Michele Wistner at (585) 919-2156 or contact the custodian of your Traditional IRA.

THANK YOU FOR JOINING US AT CRUISIN' FOR A CAUSE!

Ontario ARC's Cruisin' for a Cause signature fundraiser returned August 16th to the shores of Canandaigua Lake. The evening at the Canandaigua Country Club featured fabulous food and wine, live music by Nik and the Nice Guys plus a special guest appearance by Ontario ARC's Creative Expressions musicians, a festive wine and spirits ring toss, and our ever-popular online auction.

We would like to thank all of our friends, both old and new, who joined us for the exciting evening benefitting The Friends of Ontario ARC Foundation and our growing menu of innovative services for people with disabilities or other challenges. Our sincerest thanks to our honorary chairs for the event, Brian, Kelly, and Kyle Meath. ✨



Cathy C. and Jeanne Gustaferra dance along to party music performed by Nik and the Nice Guys at Cruisin' for a Cause.

A very special thank you to our generous sponsors for making this event possible:

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With the holiday season approaching and the season of giving almost here, we hope you will consider a gift to Ontario ARC.

A donation to Ontario ARC is a thoughtful way to remember a loved one who has passed away, or to honor someone special in your life. Every donation brings us closer to our vision that all individuals with disabilities or other challenges are one with their communities. ✨

To make a tax-deductible donation, contact Michele Wistner at 585.919.2156 or mwistner@ontarioarc.org or visit ontarioarc.org/online-donation.

