



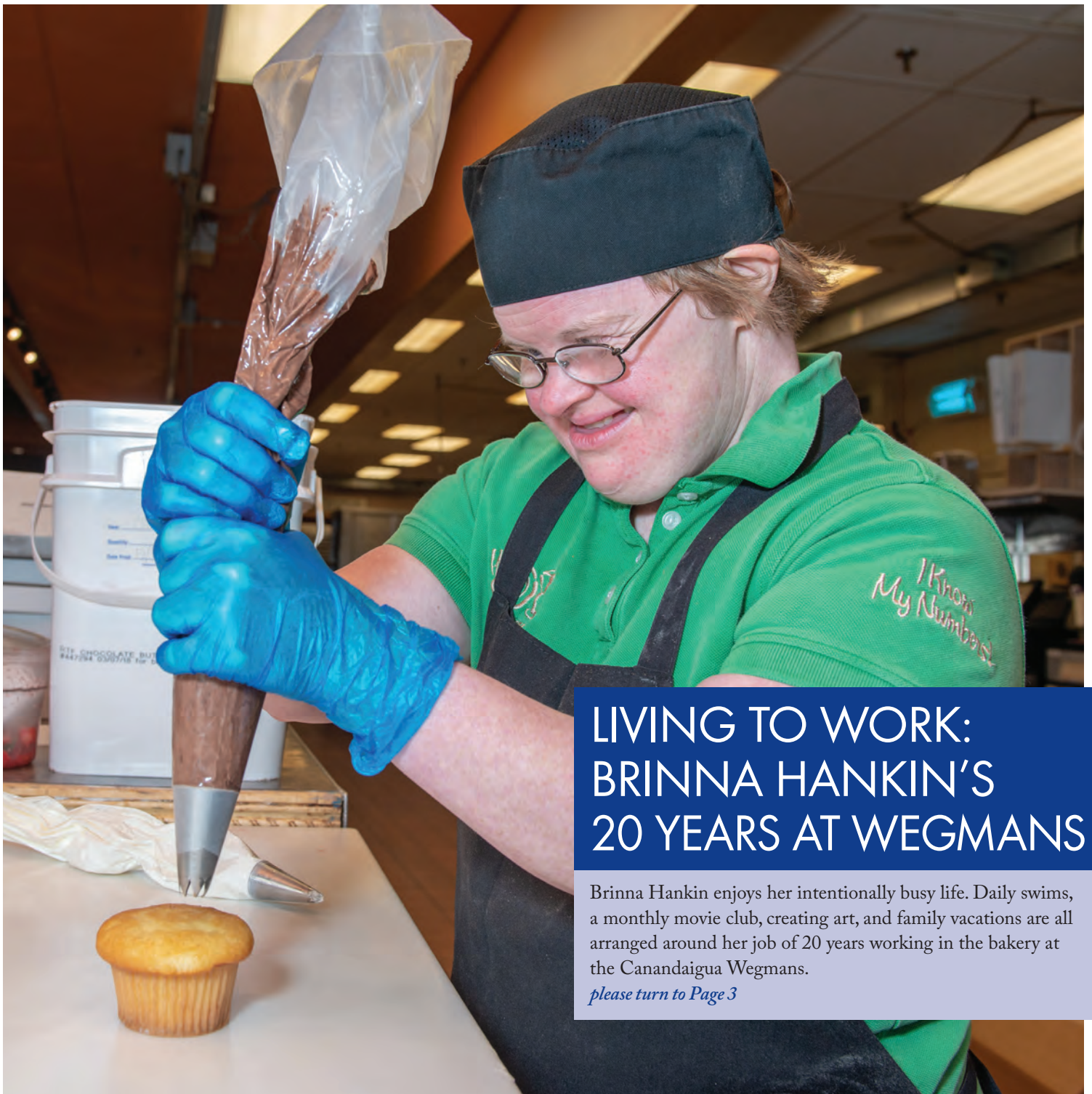
# ARC Life



APRIL | MAY | JUNE 2018 NEWSLETTER

VOLUME 9

ISSUE 2



## LIVING TO WORK: BRINNA HANKIN'S 20 YEARS AT WEGMANS

Brinna Hankin enjoys her intentionally busy life. Daily swims, a monthly movie club, creating art, and family vacations are all arranged around her job of 20 years working in the bakery at the Canandaigua Wegmans.

*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.

#### BOARD OF DIRECTORS

Barbara Risser EdD, President  
Elizabeth Palmatier, Vice President  
Gretchen Daugherty, Secretary  
Charles McCausland, Treasurer  
Kathryn Wegman, Assistant Treasurer

#### BOARD OF GOVERNORS

Deborah Wilbur  
Marie O'Horo, Alternate

#### DIRECTORS

Patrick Boyle  
Lynne Erdle  
Edward (Russ) Kenyon  
Robert McFadden  
Kyle Meath  
Mary Kate Morrell  
Michelle Raeman  
Deborah Rought

#### EXECUTIVE DIRECTOR

Ann Scheetz

#### PUBLISHING TEAM

Writing, design and layout  
In House Graphic Design, Inc.  
Photography  
Jan Regan Photography

**Share your e-mail address with us and receive agency news and information. Visit [ontarioarc.org](http://ontarioarc.org) to sign up today!**

If you prefer not to receive agency news and information call 585.394.7500 or email [jturretsky@ontarioarc.org](mailto:jturretsky@ontarioarc.org).



Find us on Facebook!  
[facebook.com/ontarioarc](https://facebook.com/ontarioarc)



Participate in our blog at  
[ontarioarc.org/blog](http://ontarioarc.org/blog)



Follow us on Instagram at  
[instagram.com/ontario\\_arc](https://instagram.com/ontario_arc)

#### Ontario ARC

3071 County Complex Drive  
Canandaigua, NY 14424  
585.394.7500

[www.ontarioarc.org](http://www.ontarioarc.org)

A chapter of  
 The Arc  
New York

United Way  
United Way  
of Ontario County

Accredited by  
 CQL  
The Council on Quality  
and Leadership

## MESSAGE FROM ANN SCHEETZ EXECUTIVE DIRECTOR



Ann Scheetz

Celebrating a *milestone* work anniversary. *Reaching your fitness goals*, enjoying life, and shedding over 80 pounds along the way. *Raising your voice* and being an advocate for others. These are the types of accomplishments we see at Ontario ARC every day! We are thrilled to be providing support as people reach for their goals, but it is truly *their* drive and determination that makes these achievements possible. Read on to learn about these incredible stories and more in this edition of ARC Life!

In June, we recognized North Star Coffee which marked its first anniversary with a week-long, birthday-themed celebration. Customers enjoyed a variety of deals and discounts, a special birthday bash and the coffee shop was even featured on Good Morning Rochester with Ashley Doerzbacher (check out the video on our website!).

We continue to be grateful for the support our community shows to Ontario ARC. Recently, our agency was chosen as the recipient of two grants: one which will allow us to build a sensory room at our main facility, bringing a calming atmosphere to those who need it; The other will allow Pet Connections to expand its reach to physical and occupational therapists as well as social workers who want to incorporate therapy dogs into their practices.

We also want to say thank you to everyone who supported our Canandaigua Wine Mixer. From volunteers, to guests, to sponsors, the evening would not have been a success without YOU! We introduced new and creative fundraisers and heard an incredible performance by our Creative Expressions musicians.

We hope you'll join us at Cruisin' for a Cause coming up on August 16th for even more new ways to make a difference for people with disabilities or other challenges! Plus, be on the lookout for information about our exciting new Fall-themed event coming in October to Lincoln Hill Farms in Canandaigua! This casual event will have something for the entire family! You can learn about all of our upcoming events online at [ontarioarc.org/events](http://ontarioarc.org/events).

Until then, we look forward to all that summer has to offer and want to thank you for the many ways you contribute to Ontario ARC. We would not be able to support people in achieving their dreams without you! ✨

Sincerely,

Ann Scheetz, Executive Director

On the Cover: Brinna Hankin has worked in the bakery department at Wegmans Canandaigua for 20 years.





*Brinna is dedicated to her job, and to the busy social schedule made possible in part by making her own money.*

### *Living to Work: Brinna Hankin's 20 Years at Wegmans from Cover*

On work days, Brinna gets up, has breakfast, and is focused about being on time for her 8:00 A.M. to noon shift, which she works typically three days per week. "Brinna absolutely does not like to be late, calling in sick only once in the last three years—and she was not happy about having to do that," says Felicia Navarro, Brinna's job coach. "She loves her job and her coworkers, and at Wegmans she really feels loved and cared about. It's a place where she knows she can ask for assistance, though she rarely needs it."

Brinna is dedicated to her job and is ever thankful for how it completes her life. Going to work to make her own money is also a great motivator for Brinna, who is an avowed shopper and gift-giver. She likes to add to her expansive superhero and fantasy movie DVD collection for the movie club she started with a friend, and she is famously organized about shopping ahead of time for birthdays and holidays.

Once her shift is over, Brinna is on to the activities she has planned for her day, which always includes a trip to the YMCA. She also enjoys reading and painting, and

regularly attends dances, bingo, cooking clubs, and other activities at Ontario ARC.

"Brinna thrives on her routine," says Lenny Bills, Residence Manager at Ontario ARC's County Road 28 home, where Brinna has lived since it opened in 2000. "She is very independent and her job at Wegmans is a big part of her doing all the things she wants to do with her life."

Brinna recently celebrated receiving her 20 Year pin from Wegmans.

*Congratulations, Brinna!* ✨

## GRANTS UPDATE

Ontario ARC has recently received the following grants:

### **DENNIS MORGA MEMORIAL FUND**

The Dennis Morga Memorial Fund awarded us \$30,000 in funding support to build a sensory room at Ontario ARC's main facility. The room is specially designed and equipped with soothing sounds, fragrances, and furniture to calm someone who may be having a bad day, experiencing uncomfortable behaviors, or to provide a calming atmosphere for those who may just need a break.

### **F.F. THOMPSON FOUNDATION**

The F.F. Thompson Foundation awarded Ontario ARC \$1,600 through its Mary Clark Thompson Community Grants. The grant will support the Pet Connections program and the development of a training curriculum for physical and occupational therapists and social workers who want to incorporate certified therapy dogs into their practices. There are a growing number of trained therapy dogs in the region since Ontario ARC began providing certification in January. The funding will support both educational materials and hosting training sessions to help therapists put these dogs to work. ✨

## CONGRATULATIONS TO NORTH STAR COFFEE ON CELEBRATING ITS 1<sup>ST</sup> BIRTHDAY!

North Star Coffee marked its first birthday on June 19, 2018, with celebrations and specials taking place throughout that week. Since opening a year ago, the coffee shop has hired 4 employees and provided internship opportunities to 23 people supported by Ontario ARC. ✨



**NORTH STAR**  
COFFEE

A DIVISION OF ONTARIO ARC



Ontario ARC's Creative Expressions Musicians and Music Specialist, Nathan Merrill perform "My Girl" with The Swooners.

## CHEERS TO A SUCCESSFUL CANANDAIGUA WINE MIXER!

We are pleased to announce that over \$58,000 was raised at this event for the Friends of Ontario ARC Foundation and Ontario ARC's growing menu of programs and services for people with disabilities or other challenges.

The fundraiser, which was held April 21st at the New York Kitchen (Formerly New York Wine & Culinary Center), featured food and wine samplings, live music from The Swooners and Ontario ARC's Creative Expressions music program, and exciting live and online silent auctions. ✨

**ONTARIO ARC THANKS THE HONORARY CHAIRS OF THE CANANDAIGUA WINE MIXER, LAURA AND RUSTY BARONE, AS WELL AS EMCEE FOR THE EVENT, MIKE RUSINKO, FOR THEIR GENEROSITY AND COMMITMENT TO ONTARIO ARC.**

Many thanks to our event sponsors for their generous support of the Ontario ARC Canandaigua Wine Mixer:

**SOVEREIGN SPONSOR**  
Constellation Brands

**IMPERIAL SPONSORS**  
Brian, Kelly, & Kyle Meath  
Finger Lakes  
Partners, LLC.  
M/E Engineering

Relph Benefit Advisors  
Shepard Ford  
The Bonadio Group

**JEROBOAM SPONSORS**  
Alesco Advisors  
Ashley Home Store of the  
Finger Lakes  
Geneva Club Beverage  
Graham Plastic Surgery  
HEP Sales/North Main  
Lumber/Bright Ideas  
Jachles Imperial  
Flooring, Ltd.  
Mike Mooreland's  
Lawn & Landscape  
Nationwide Retirement  
Plans – Dan Cavaretta  
Wegmans – Canandaigua

**MAGNUM SPONSORS**  
Barbara & John Beca  
BCI Koch Division

Canandaigua  
Financial Group  
Canandaigua National  
Bank & Trust  
Dawn Santiago-Marullo &  
Thomas Marullo  
Doyle Security  
Systems, Inc.  
Frank J. Marianacci, Inc.  
Greg & Stephanie  
Constantino –  
Northwestern Mutual  
Hunt Engineers  
Architects & Land  
Surveyors, P.C.  
IDI Billing Solutions  
Lawrence Cargnoni  
Leonard's Express  
Scott & Sarah Greene  
The DiMarco Group  
USA Payroll, Inc.



Jenny Greer is enjoying a transformed life thanks to meeting her fitness and nutrition goals.

## FITNESS GOALS FOR A NEW LIFE: JENNY GREER

Jenny Greer loves two things: amusement park rides and shopping for clothes. In the last three years, dedication to her fitness goals has resulted in getting back to doing the things she loves.

Being unable to ride some amusement park rides because of safety restrictions related to height and weight was a major motivator for Jenny to make a change. With the help of her physician, dietician, and her family and support team, Jenny has shed more than 80 pounds to get back to the amusement park, and along the way has found many new ways to have fun while staying active.

Walking her neighborhood or by the lake, playing basketball, riding a stationary bike,

swimming at the YMCA, and gardening are part of her daily fitness routine, often involving her housemates at Ontario ARC's Hickox Road Home. Weekends are for walks with her mother and the family dogs.

Taking initiative to explore new food choices by trying new recipes and food preparations has also been an important part of Jenny's path to good health. Jenny also advocated starting a vegetable garden at the house for everyone who lives there. The Food, Fun, and Fitness program at the Canandaigua Salvation Army is part of her plan as well.

Because Jenny has been able to donate her old clothes, she now loves shopping for new outfits that look good and fit her well.

"Jenny is so happy and excited about the results of her hard work," says Jamie Tutty, residence manager. "Pursuing healthier choices is a passion of hers and she includes everyone around her." ✨





Patrick Zufelt passionately promotes his mission of inclusion by hosting a group game night, open to everyone he meets, in the rec room at his apartment complex.

## PATRICK ZUFELT: MY SELF, MY WORLD, MY DREAMS

Patrick Zufelt is driven by one simple goal for everyone he meets: inclusion. It's easy for him since he defines his own life the same way, throughout all of his work as an active member of the Ontario ARC Speak Up, Speak Out Self-Advocacy Group, his educational path, and his full social schedule.

Patrick is intentional about including everyone in everything he does. Since writing the Self-Advocacy Group's new mission statement entirely on his own, Patrick has thrown himself into being a great advocate for others as well as himself. He contributes a Teach Piece at every Self-Advocacy Group meeting, and created a program to issue laminated emergency contact cards as a service for people inside and outside the group.

Patrick's favorite way to spread this message about inclusion is to do it out in

the community. So much that when preparing for a car wash fundraiser, the event was planned at a centrally located site in the community in order to reach more people. He personally supports this mission by hosting a group game night, open to everyone he meets, in the rec room at his apartment.

Setting and achieving his goal of getting out into the community and being more independent is a goal that Patrick encourages for everyone. Within the last six months at his job with Spot On Cleaning Company, he grew from working with a group cleaning at the Ontario ARC main facility to single-handedly managing a 4-6 hour shift cleaning at Ontario Honda and Ontario Mazda. Patrick credits Ontario ARC for helping him to take ownership of this goal and now that he has reached it, he knows he can rely on support if he needs it.

Next for Patrick is getting his driver's license and enrolling in college to further pursue his interest in history—both of which will help him to reach more people.

"Patrick is really flourishing here," says Michael Dowdle, Person Centered Specialist

at Ontario ARC. "Everything he does is about including people and everyone really looks up to him." ✨

Ontario ARC is proud to be accredited by CQL, whose mission is to support individuals in achieving their life goals and dreams.

### Speak Up, Speak Out Advocacy Group Mission Statement:

At Speak Up Speak Out, we believe in standing up for people who cannot stand up for themselves or have a voice for themselves. We believe people should not judge based on your race, religion, sexual orientation, abilities, or gender. We believe that differing abilities should not affect and change your life nor should you be judged by it. We believe in attitudes and beliefs that are inclusive of all.

Ontario ARC

3071 County Complex Drive  
Canandaigua, NY 14424



Prsrt Std  
U.S. Postage

**PAID**

Permit No. 780  
Rochester, NY

## MARK YOUR CALENDAR FOR OUR UPCOMING EVENTS!

### CRUISIN' FOR A CAUSE

Cruisin' for a Cause returns on Thursday, August 16, 2018. Our annual party with a purpose has a NEW look at the Canandaigua Country Club, a NEW menu, and fun NEW ways to support Ontario ARC, all for the same great cause! For more details about this exciting event or to purchase tickets, visit [ontarioarc.org.cruisinforacause](http://ontarioarc.org.cruisinforacause).

### FALL FEST

Please watch [www.ontarioarc.org](http://www.ontarioarc.org) for details about this family-friendly event coming this fall! ✨

