



THE ReHABILITATION CENTER

COMPASS

WINTER | 2017

A PUBLICATION FOR OUR FRIENDS AND SUPPORTERS

Interactive concert delights Day Hab

Rachel Bell's accordion sang into the halls of the Allegany building in a recent concert in memory of a former Day Hab friend. The packed Linwood Activity Room resounded with an enthusiastic response to Rachel's French and English country dance music played on her unique instruments.



The musical performance was offered in memory of the late visually-impaired David Shipley, who attended Allegany's day services several years ago and loved music and theater.

His family donated \$500 to the Foundation for a concert in his memory.

The afternoon event included an interactive opportunity for individuals to experience playing some of Rachel Bell's instruments.

"We had the chance to play dulcimers, drums, watch an accordion show and sing along with Rachel Bell," Elena Bombardier, Foundation director, said.



Comedy show lights up the night



It was a night of laughter, good food and great company, complimented by a gregarious pair of professional comedians who entertained dedicated friends of the Foundation who came out in support of the ReHab Center.

The Foundation's annual Comedy Night drew hundreds to this year's laugh-in featuring the two nationally-renowned comedians in a rave performance in early November.

The event, hosted at Good Times of Olean, offered the community an opportunity to laugh and dine together while making an important contribution to the ReHab Center's mission of supporting people with disabilities.

D. J. Demers, a Canada native, and his opening act and MC, Jose Barrientos, who is currently living in Los Angeles, were just as hilarious off stage as on.

While the audience was enjoying the fine Italian cuisine, the comedians casually slipped into the venue prior to the show and inquired about the Olean area to customize their act to the audience. That effort paid off later in uproarious laughter and applause.

Continued on Page 6

Drum Circles imitate nature, draw children's interest

Thunder rolled into a quiet Saturday morning in early December, chased by heavy rain. Softly it diminished, dancing rhythmically over a deep ocean wave.

And, this was all inside the Mezzanine of Good Times of Olean during one of several Drum Circles, which are presented by Faith Tanner-Thrush, a native of Black Foot and Iroquois nations and raised in a Lakota family. She uses her Native American name, She Who Hugs A Lot, as she warmly welcomes families arriving to her Drum Circles.

The Drum Circles are sponsored by the Family Peer Support Services' Parent Support Group and are funded through the Foundation on behalf of a Roger Hennig Memorial Arts Enrichment Award. The next Drum Circle is set for 1:30 p.m., Wednesday, Dec. 27 in the Youth Center in Salamanca.

"Drum Circles encourage creativity and increase relaxation," Jean Knapp, supervisor of Family Peer Support Services and organizer of the series of Drum Circles in Olean and Salamanca, said.

In addition to helping calm a child's anxiety, a Stanford study discovered an increase in concentration and higher academic performance in middle school boys with attention deficit disorder within 20 minutes of daily drumming.

Several drums on hand were North or South American, while others were from Africa. Some resonated by drumming on 80-year-old Buffalo skins, while others expressed deep bass sounds from large wooden drums.

There were tall rain sticks, tambourines, rattles made of bark or animal skins, plastic bottles filled with rice and beans to create light rain sounds. Another reflected the ageless Native American creation myth in a turtle which elicits a croaking sound when stroked with a stick.



Jean Knapp, left, and Faith Tanner-Thrush demonstrate to the children the unique sounds of nature reverberating from the drums. In photo below, Faith elicits a croaking sounce from a well-crafted wooden frog by running a stick down its ridged back. In bottom photo, Faith elicits the soft sounds of rain in the Rain Stick as pebbles glide down the carefully-crafted drum interior.



Faith also passed around the drum circle a carefully crafted talking stick inviting each participant to share thoughts. Following, she shared a brief explanation of the origins and antiquity of the Native American flute.

As the children, aged two to 17, eagerly explored the wide variety of musical instruments, many of which were designed over centuries to imitate nature, they immersed into a magical world of sound, likened to "Mother Earth's heartbeat" by Faith who explained the obvious reason for the universal appeal of the drum.

"The drum is Creator's favorite instrument," Faith said, as she played a children's song, "Listen to the Heartbeat," inspiring awe in parents and children. "Creator placed it in the heart to be the first sound a baby would hear in our mother's womb."

"Drumming promotes a positive method of releasing negative feelings and emotional trauma," Jean said. "Studies have shown drumming can help

one achieve a relaxed state where one feels safe enough to soften the emotional barriers which prevent emotional healing. Many feel it also provides a spiritual connection, helping people flow with the natural rhythms of the earth. The positive experience of drumming contribute to increased feelings of gratitude."

Captivated by the sounds of nature emanating from the Native American drums and musical instruments of all shapes and sizes, originating among indigenous cultures around the world, the children danced and played as they explored drumming techniques with their equally engaged parents.

Families came to the Drum Circle out of curiosity with no idea the extraordinary experience would open their ears and minds to something so new, yet extremely ancient.

Enterprise Holdings Foundation supports sensory room

Young people grappling with behavioral issues at the ReHab Center's Youth Residence will find a calming environment in an innovative sensory room thanks to a \$1,500 grant from the Enterprise Holdings Foundation, Inc.

The new calming/ sensory room provides a nurturing and recovery-oriented therapeutic environment which includes vital elements for crisis de-escalation and minimizing behavioral episodes. It also is a space where adolescents can regain a positive focus on new skill acquisition.

Studies indicate sensory rooms help individuals destress, explore sensory tools, identify personalized coping tactics and learn stress management strategies.

"It is a place to go to learn to reduce strong emotions such as anger, fear or feelings of being overwhelmed. It is effective for calming anxious, agitated, or potentially aggressive individuals and is particularly helpful for people with trauma histories, PTSD, and self-harming behaviors," Kristina Vosler, supervisor of the Youth Residence, said.

Adolescents at the Youth Residence will now have a safe space to get away and use items they can touch, squeeze, snuggle up with, listen to, and play with in a recreational context for self-soothing and anxiety reduction.

"The room includes fiber optic lighting, music, furniture, combined with therapeutic activities designed to facilitate self-directed behavior management and control," Russ Hahn, Chief Operating Officer, said.

"We've painted the room and have a big bean bag, bright blankets to chill in, sensory putty that feels different and changes color, and a chalk board wall," Janet O'Rourke, RN at the Youth Residence, said.

"We're also using aroma therapy with essential oils, and a blue tooth light which allows us to play different music, including nature sounds for young people residing at the Youth Residence," Pam Pacer, Senior Youth Counselor at the Youth Residence, said.

The new sensory room includes soft overhead lighting which also plays music from an i-Pad to create a positive, calming atmosphere. There are also hand held items which



Pam Pacer, top, and Janet O'Rourke, from the Youth Residence, put the final touches on stocking the sensory room with a wide variety of items to create a calming and inviting environment for young people. Some of those pictured above include a weighted blanket (above in blue), essential oils (above left) and large bean bags, all of which create a safe, comforting and focus-inducing environment. There's also an i-Pad-controlled sound system and chalk board wall among other stress-reducing toys and specialized items.

allow the holder to expel anxiety and stress, which have been found to be helpful for stressed young people.

The Enterprise Holdings Foundation is the philanthropic arm of Enterprise Holdings Inc., which through its integrated global network of independent regional subsidiaries and franchises, operated the Enterprise Rent-A-Car, National Car Rental and Alamo Rent-A-Car brands. Begun in 1982 by the company's founder Jack Taylor, today the company gives 71 percent of its charitable funding to health and human services.

Foundation assists miracles in SubCon worker's life

While a miracle may have saved his life almost 50 years ago, today it's a compassionate community who make generous donations to the Foundation which has provided the vitally important safeguards John Ross needs most.

In 1966, while walking home from school, John spotted his brother and some friends on the other side of the street. He waved, then darted across the street. The next thing he remembers is waking up from a coma in the hospital three months later.

"It's a real miracle he lived," Nova, his mom, said, wincing at the memory of that terrible afternoon when her seven-year-old son lay close to death in the street after being struck by a car near their home in Brandon, Vermont.

John suffered a traumatic brain injury and significant damage to his left cerebral hemisphere inhibiting the voluntary use of his right hand and arm.

"At the time of the accident, the doctors told us he would be in a vegetative state if he lived," Nova said, adding he had been knocked unconscious and his right hip, knees, and pelvis area were crushed.

John was airlifted to Children's Hospital in Burlington, 50 miles away, where he was placed in a medically-induced coma to relieve the swelling in his head. In the meantime, the family did what they did best. They prayed ceaselessly. Since John's dad was a Wesleyan Methodist minister, the family had a strong and outgoing faith community who supported them, soaking them in prayer.

"We just let them pray and watch God work," Nova said, adding she and her husband knew any recovery John would make would be miraculous.

John's recovery was better than anyone expected. While he had 12 operations to repair his right hip, knees and pelvis, his mind was clear and strong.

"I was in the hospital so long, I needed to repeat second grade," he said, grateful for his life and whatever providence he's found subsequently. He completed high school, attended United Wesleyan College in Allentown, Pa. for three years in pursuit of a pastoral ministry degree when he had to stop.

But, miracles are like water that find another way. John would not be a victim of his misfortune and looked for and found the light in his situation.

"God has given me a talent for writing up a poem on the spot, and singing," he said, sharing a song he wrote.

"I have a CD with background country gospel and hymns," he said, in his typical spunky enthusiasm.

While today he is able to walk slowly with the use of a cane, while working at SubCon he self-propels using a wheelchair for safety. He admits there are times when he's less upbeat. His accident had taken so much from him and there are times when he's felt depressed. Even then, he said, his faith pulls him through.

"Without the Lord being in my life, I'd be dead because of the depression," he said, indicating it stemmed from the frustration he feels at his inability to walk.

"We both were depressed," Nova said, "but, we have a wonderful living God who always helps us."

He likes his job at SubCon where he has worked for 22 years, often lidding mugs and rewrapping jewelry.

"SubCon is beautiful," he said, adding he is often called on to offer a song or poem for a special event or someone's birthday.

Lately, as Nova is getting older, she wanted to ensure John would continue to have the support she has always given him.

In September, thinking more of her than himself, John decided to obtain services from Medicaid Service Coordination.

During an initial ISP in his home, it was discovered his bathrooms – one on the first and another on the second floor – were not properly equipped with handrails.

"Due to Nova's age and declining health, she is unable to assist John in the bathroom," Molly Martinelli, his MSC, wrote in her application to the Foundation for funds to install handrails.

"The family is limited with their financial resources and are unable to purchase the necessary handrails and pay a contractor to have them installed," Molly wrote.

"Due to John's physical limitations, having the handrails installed as quickly as possible is imperative to ensure his safety."

The Foundation responded quickly and by October the handrails were installed.

Due to Molly's compassion and foresight and generous donors to the Foundation, John and Nova now have greater mobility and safety through the use of handrails, allowing John to get around without leaning on Nova. And, Nova has the assurance her son will be supported as she becomes less able to help him, which she considers another miracle in John's life.

To help support others like John, please make a donation to the Foundation on the website: www.rehabcenter.org/donate



Leadership Cattaraugus tours Agency production sites

Leadership Cattaraugus, comprised of more than 20 area professional members, toured the Charles Ried Center for Social Enterprise and SubCon campus in late September to gain a greater understanding of the entrepreneurial social enterprise in which the Agency is engaged.

"The ReHab Center has been a long-time community partner and an active supporter of Leadership Cattaraugus," Brian Eddy, director of marketing and business development, said.

"Each year we host site tours from this group at SubCon Industries and The Employment Connection. This year we presented to a large group of 20 representatives from a variety of area businesses. Their mission is to "grow a network of informed, active leaders who work collaboratively to build a better community."

Nancy Miller, director of the Employment Connection, gave an overview of the Employment Connection's broad scope of services, including the many successful partnerships with area businesses for job opportunities, unpaid work experiences, and volunteer activities.

"We gave this group, 2017 class, a quick overview of our agency," Nancy said, noting several of the business leaders in attendance have provided the ReHab Center with competitive jobs or volunteer work for individuals in its programs on an ongoing basis.

Nancy Giardini, production manager, followed up with a tour, which included Brian Eddy, director of marketing and business development; Diana Enders, director of industrial operations of InTandem Solutions; Kathy Melvin, InTandem Solutions' sales

representative; and Terry Johnston, contract manager.

The group watched as the production team put lids on cups, assembled small packages using the



Terry Johnston, Kathy Melvin, Diana Enders, Brian Eddy, and Nancy Giardini proudly teamed up to show off InTandem Solutions' new branding.

Oishei Foundation-funded blister machine, and peeked into the wood shop where fences are built. In the Charles Ried Center for Social Enterprise they learned about the fulfillment process where orders are processed Amazon-style by the InTandem Solutions work crew.

The Leadership Cattaraugus group also received a lesson in the state's changing regulations leading to transitioning the Agency's busy manufacturing sector from SubCon to InTandem Solutions.

As New York State policy calls for phasing out traditional work centers such as SubCon



Industries by 2019, which is perceived as segregating, the Agency has responded proactively by creating InTandem Solutions which is an integrated work site.

InTandem Solutions, a social enterprise business model which utilizes a workforce of people with disabilities and people without disabilities, offers customized supply chain solutions for assembly, packaging, order fulfillment, warehousing, and liquidated goods processing.



Foundation exceeds goals on #NYgivesday



On “Giving Tuesday,” The Rehabilitation Foundation surpassed its fundraising goal of \$1500 by participating in #NYgivesday.

#NYgivesday is a 24-hour challenge to celebrate nonprofits across New York State. The day brings together nonprofits to raise awareness, collect donations, and build a stronger sense of philanthropy throughout the local communities.

The Cattaraugus Region Community Foundation (CRCF) brought a local touch with “Cattaraugus Gives,” the first giving day in Cattaraugus County.

“Year-round these groups work hard to provide services that make our community better. Take the opportunity to give back during Cattaraugus Gives!” Kirk Windus, Communication and Fund Development Coordinator, said.

To encourage participation, The Cattaraugus Region Community Foundation offered \$5,000 in incentives to participating organizations.

The Rehabilitation Foundation took on the challenge, and beat their originally set goal amount. A generous donation from Peterson Roofing Co., Inc. started off the day and the remaining came in from various community donors.

Participating local organizations raised a total of \$28,560, according to the CRCF.

NY Gives Day occurs the same day as Giving Tuesday which is the national holiday occurring after Thanksgiving, Black Friday and Cyber Monday that is powered by social media and collaboration.

All of the money raised by the Foundation goes to people in the community with disabilities and The ReHAbilitation Center which is the largest supporter of individuals with developmental disabilities and behavioral health issues in Cattaraugus, Allegany and Chautauqua counties.

“It is really based on the needs at the time and benefits a combination of ReHab Center and individuals and families,” Elena Bombardier, Foundation director, said.

Comedy show lights up the night

From Front



“When they walked on that stage, they didn’t hold back and had the crowd laughing from start to finish,” a member of the audience said.

Barrientos warmed up the crowd by satirically poking fun at growing up Mexican in America. His act continued to stir laughter without compromising its meaning with a comedic rendition of his reaction if he was ever mugged.

Following Barrientos, Demers, who is hearing impaired but dynamic and natural, kept up the comedic momentum. By making fun of his hearing aids at times, his gentle, self-deprecating humor showed just how the once America’s Got Talent contestant has succeeded against stiff competition.

A special THANK YOU to our sponsors for a wonderful evening:

VIP PLATINUM

OneGroup
Northwest Bank
Mazza Mechanical Services, Inc.
Peterson Roofing Co., Inc.
Kinley Corporation
The Bonadio Group, LLP
Nephrology Services Medical Group of Olean & Bradford
A Jason Clemons Salon
Bryans & Gramuglia CPAs LLC

GOLD

Fairfield Inn & Suites
Kel-Kur Electrical Contracting
Community Bank N.A.
PeaceMaker Mediation
The Law office of Carl R. Vahl
Kessel Construction
Olean Medical Group
Armor Building Supply
Valley Tire Company
Olean Times Herald
Orthodontists Associates of Western NY

SILVER

Mallery’s Auto Body and Repair
YMCA of the Twin Tiers

Mari Howard honored with C-Level Business First award

Mari Howard has been a visionary and driving force behind the ReHAbilitation Center's rise as an emerging leader among NYSARC chapters in the state and vital collaborative partner in the Western New York community.

Her significant achievements have been well noted by other leaders in the Western New York business community. She has been named among 20 of Western New York's most effective business leaders by Business First. She was honored with the prestigious C-Level award at Business First's Buffalo 612,' the newspaper's sixth annual awards luncheon on October 19.

Previously, Business First named Mari among its 250 most influential business leaders in 2017, honoring her with the "Power 250 award." For three consecutive years, the paper



named Mari among its "Power 100 Women," which honors Western New York's 100 most powerful women.

The ReHab Center is proud and grateful for Mari's passion, wisdom and energy in steering the Agency through the merger with Opportunities Unlimited of Niagara, and the development of a timely response to New York State Medicaid changes which will affect the structure of Agency business.

She has also prioritized the Agency's commitment to the development of a social enterprise business model to offer integrated work opportunities to the people we support.

Since assuming leadership as President and CEO in 2014, Mari has been an outspoken champion for people with disabilities. Her compassion and knowledge of the issues have equipped her to address any challenges facing the Agency.

THE REHABILITATION CENTER

The ReHAbilitation Center is a non-profit agency supporting people with developmental disabilities, behavioral health issues and Autism Spectrum Disorders. The Agency provides comprehensive services to more than 850 people.

Since 1958, the ReHAbilitation Center has been improving the quality of life and maximizing independence for people in our community.

OUR MISSION

Enhancing the lives of people with disabilities through supports and services.

BOARDS OF DIRECTORS

The Rehabilitation Foundation

Megan Stevenson, Chair
Louis DeRose, Vice-Chair
Kyle Henzel, Secretary/Treasurer
Dr. Ahmad Hilal
Shelley Pollock
Nick Lyons
Dr. Muhammad Javed
Mari Howard

NYSARC, Inc.

Cattaraugus County Chapter

Raphael Smith, Chair
Margie Proto, Vice-Chair
Steven J. Straight, Secretary / Treasurer
Patricia Thierman
Dr. Thomas Delaney

Cattaraugus Rehabilitation Center, Inc. HUD Corporations

Mary E. Smith, Chair
Rick Jozwiak, Vice-Chair
James Ried, Secretary / Treasurer
Thomas Mahar

Dr. Donald Grzankowski, Chair
Doug Price, Secretary / Treasurer
Carol O'Connell
Mari Howard

The Compass is a quarterly publication of The ReHAbilitation Center
Victoria Kearns, Communications Specialist
Elena Bombardier, Director of Development, Rehabilitation Foundation

Administrative Office & Residential Services

1439 Buffalo Street, Olean, NY 14760
716-375-4747

Continuing Day Treatment Day Habilitation Lifeskills

The Linwood Center
Mental Health Services
3799 South Nine Mile Rd.
Allegany, NY 14706
716-375-4740

Medicaid Service Coordination Rehab Center Clinic SubCon Industries

338 North 15th Street
Olean, NY 14760
716-375-4770
info@subconindustries.com
www.intandem.org

The Employment Connection

301 N. Union Street, Ste. 201
Olean, NY 14760
716-375-4770 ext. 424

Subcon Industries - Salamanca Day Habilitation

65 South Avenue Salamanca, NY 14779
716-945-4430



THE ReHABILITATION CENTER

1439 Buffalo Street
Olean, NY 14760

Non-Profit Org.
U.S. Postage
PAID
Permit No. 5
Olean, NY



Like us on facebook!
@therehabilitationcenter

WWW.REHABCENTER.ORG



Attitude of gratitude endears friends and workers

With a little help from his friends, Larry lives independently in a home with three other people, volunteers for Meals on Wheels and enjoys a full and active life.

In return for the support, friendship and kindness of Amy Rowe, who has been his MSC for more than a year, and others who help him get by, he returns the favor generously with pizza, donuts and cider parties.

"I admire Larry's friendliness and outgoing generosity," Amy said, adding "most mornings, Larry will call me just to tell me 'good morning and to have a good day.' He genuinely cares about other people."

Larry's attitude of gratitude



has a long history. It's something he's always done, and yet, as the father of a child with Spina Bifida, his own life has had its share of ups and downs. But, you'd never know it by his cheerful thoughtfulness and generosity.

"He doesn't ask for anything for himself," Amy said, "but instead, he asks what he can do for others."

Why does Larry do it - have parties to thank those who support him and his friends, make pictures for people, even before he meets them, or take meals to the homebound?

"I don't know. I do it because I like it," he said, smiling shyly as he passed a brilliantly colored picture of a Thanksgiving cornucopia across the table.