



# DEPAUL

DETAILS

Fall 2012 Volume XVIII Edition III

## Serving the Needs of the Deaf Community

Plans are underway for the Rochester View Apartments, a 60-unit affordable housing project designed to serve the area's deaf population which will be located in Henrietta, New York. Although funding has not yet been finalized, DePaul is collaborating with the deaf community, the town of Henrietta, SWBR Architects, P.C., Rochester Deaf Club, Deaf Housing Advisory Committee, Finger Lakes Health Systems Agency, Woodcrest Commons, a DePaul Senior Living Community, the Monroe County Office of the Aging and St. John's Home in preparation for the future.

"We'll be applying for funding through New York State Housing and Community Renewal (NYSHCR)," said Gillian Conde, Vice President of DePaul Key Housing. "This project is a priority for DePaul."

This isn't DePaul's first foray into serving the deaf community. In 1981, DePaul opened a 14-bed community residence and has continued to serve the population ever since.

"The idea for the Henrietta project resulted from a conversation I had with staff who serve our deaf consumers," said Conde of the newest DePaul project. "We discussed how nice it is to have a community of people who are deaf, who can communicate, in a site that incorporates specialized safety features. I was interested in understanding the level of isolation that people feel and the need for community in order to feel integrated into your surroundings."

According to a recent report by the Rochester Institute of Technology, there are 43,000 deaf or hard-of-hearing residents in the Rochester metro area, which is slightly above the national average. Many providers in Henrietta offer enhanced services for the deaf, Conde said, so the town seemed like the perfect location for an affordable housing project geared toward that population.

"We look forward to providing this much-needed housing



option for persons who are deaf, knowing the positive difference it will make," said DePaul President Mark Fuller.

Conde began floating the idea of affordable deaf housing last year. The project was highlighted during Rochester Deaf Awareness Week in September.

"We're not building this for the deaf community but *with* the deaf community," said Conde. "We have to know what people want."

Under the current design, the 60 one- and two-bedroom apartments will include open floor

plans with high levels of visibility, strategic lighting, safety lights on appliances such as the garbage disposal, faucet, doorbell, video conferencing and calling, and pillows that vibrate during a fire alarm. Slated to be constructed on five acres of land on West Henrietta Road next to Woodcrest Commons, a DePaul Senior Living Community, the affordable housing project may also be equipped for deaf residents with low vision.

SWBR Architects, P.C. has a senior technical coordinator on staff who is deaf and is helping with the design. Christa Construction will be the general contractor. DePaul Key Housing board member and NTID Support Faculty, Diane Cinney, has also been assisting with the Rochester View Apartments project.

Joe Gibbons, Principal with SWBR Architects, P.C., said the firm has worked with the deaf community regarding housing specific to their needs, but that project never came to fruition.

"Sometimes things don't work out, but opportunities seem to come around again," said Gibbons. "We pulled the information from those initial meetings and are using that to kick-start the design process."

The grant application from NYSHCR is expected in the fall.

"Historically, DePaul likes to be out in front of things, so we hope to have a lot of the design concepts completed and ready for the application," said Gibbons.

# NOTA

# Open House



DePaul celebrated the recent opening of the newly-renovated DePaul Neighborhood of the Arts (NOTA) Apartments on University Avenue in Rochester, New York with an open house. The mixed-use housing campus includes 51 New York State Office of Mental Health-licensed beds and nine affordable apartments. SWBR Architects, P.C. designed the project and LECESE Construction was the construction manager. The project was funded in part by HOME funds from the city of Rochester, New York State Homes and Community Renewal (NYSHCR), and a donation from First Niagara Bank. “We are delighted to be a vital part of the NOTA community and are pleased to provide quality housing to people in need,” said Mark Fuller, President, DePaul.



L to R: Lenny Skrill, NYS Homes and Community Renewal; Christopher Marcello, NYS Office of Mental Health; Kathleen C. Plum, Ph.D., RN, Monroe County Office of Mental Health; Mark H. Fuller, DePaul; Bret Garwood, City of Rochester.

## Meet Gerald S. *By Justine Smith*



Everyone has their own definition of independence, and for Gerald S., it's about fully enjoying “little things” that most of us take for granted. His road to independence began when he joined DePaul in 2000, graduating from Continuing Day Treatment (CDT) to several DePaul community residences to his current residence, the DePaul

Neighborhood of the Arts (NOTA) Apartments. Although his decision to enter DePaul was a difficult one, Gerald professes that it has ultimately changed his life. “No one wants to be mentally ill, but once I got over the barrier of being angry and

frustrated, I started learning the skills necessary to maintain my life and gain independence,” he stated with conviction.

His high level of self-sufficiency allows him to participate in the activities he loves the most; you can often find him taking a peaceful walk around the “artsy and welcoming” neighborhood, whipping up a pan of his specialty, lasagna, or cheering on his favorite team, the Buffalo Bills. Gerald also enjoys his freedom and spends time with friends, because “mental illness can be a lonely disease and to have connections with other people is necessary,” he said.

Gerald's ultimate goal is to acquire his own apartment through the DePaul Supported Housing program. He is confident in himself and his goal. “DePaul has given me encouragement and structure, but it has also given me hope.”



# The Long Road to Recovery

Seated in her kitchenette at a table adorned with a vase of colorful flowers from a friend's garden, Ricki C. reflects on the long and winding path that led her to DePaul's Ridgeview Commons Treatment Apartment Program. An old photograph hanging on the refrigerator is a reminder of just how far she's come.

The picture of Ricki and her two sisters at a wedding dates back to her first attempt at recovery. She was 30 at the time with just one year of sobriety under her belt. She still remembers being ashamed because she did not have a dress appropriate for the occasion and was forced to borrow one.

"What keeps me sober now is that I remember what it did to me before," she said. "They say remember the worst before you pick up the first drink."

Now 56, Ricki is close to celebrating five years of sobriety and keeping her mental health in check. She's well-spoken, optimistic and not afraid to talk about her struggles with schizoaffective disorder and addiction in hopes of helping dispell the myths and stigmas associated with mental illness. Living on her own since she was 19, Ricki furthered her education at Monroe Community College and Bryant and Stratton, and also worked as a bank teller.

"They didn't like a hungover bank teller," she said, so she was fired.

As her mother would have said, there's always a silver lining to every cloud. Ricki qualified for disability and achieved 22 years of sobriety. When she lost her health care, she



relapsed again. Eventually, Ricki was arrested and wound up in the hospital for over three months.

Before coming to DePaul, Ricki was involved with the Rochester Psychiatric Centers' Family Care program. A little over three years ago, she moved into Edgerton Square, a DePaul Single Room Occupancy Program.

Since then, she's graduated from DePaul JobZone - a Personalized Recovery Oriented Services (PROS) Program, accomplishing her goal of moving into her own apartment. She moved into Ridgeview Commons in May.

"It was hard work on everyone's part," she said. "I feel a sense of accomplishment. I feel at ease now."

Ricki said she is enjoying her independence and a place to call her own where she can do more painting, her passion. "My artwork gave me self-assurance and self-confidence," she said.

Ricki has been using Recovery International, a mental health, self-help organization, and surrounding herself with sober people as much as possible.

DePaul has been good to her, Ricki said, from helping her secure her own apartment and self-medicating, right down to moving her belongings from Edgerton Square to Ridgeview Commons.

"I don't take anything for granted," she said. "Each day is a blessing. Even though I'm not super religious, I know there are blessings in life, especially with people like those at DePaul around."

## Holiday Helpers Needed!

You can make a difference for a DePaul client in need this holiday season by becoming a Holiday Helper! Sign up and you'll be matched with a holiday wish that includes the individual's gender, age and size if appropriate. Or, you can donate generic items such as hats, gloves, scarves, socks or personal care items. Past wish lists have included requests as simple as a piece of chocolate cake, cat toys or socks.

For more information about how you, your family, your workplace, or your community group can adopt someone in need, contact Amy Cavalier at (585) 719-3102 or [acavalier@depaul.org](mailto:acavalier@depaul.org).



# Home Improvements to Benefit Residents

Chatham Commons, a DePaul Senior Living Community in Cary, North Carolina acquired in 2006, is wrapping up a renovation project. Improvements include updates to residents' rooms and bathrooms, and new furnishings in the bedrooms, and dining, living and activity areas. A new 2,500-square-foot addition includes new living, dining and activities rooms. Thirty assisted living beds were also converted to memory care beds. In addition, Chatham Commons received a new beauty salon, wellness station, medication room, Memory Care Coordinator office and an outdoor courtyard.



Built in 1983, the 80-bed community is the oldest of all of DePaul's facilities in North Carolina. Chatham Commons underwent a fairly extensive renovation in 2009 involving entrance areas, corridors and common spaces.

Other DePaul Senior Living Communities will begin renovations in the coming months. Acquired in 1999, Hickory Village, a 56-bed community solely dedicated to providing memory care in Hickory, North Carolina, will receive aesthetic improvements starting this fall, as will Westwood Commons, a DePaul Senior Living Community in North Chili.



*“We’re excited about the opportunity to provide affordable, quality memory care services for the residents of Cary and the surrounding community,” said Regional Director Melissa Silverman-Connolly. “Residents and families appreciate the new look and visitors are impressed as well.”*

## National Council on Alcoholism and Drug Dependence — Rochester Area

### IN THE NEWS



L to R: Jennifer Faringer, NCADD-RA Director, WROC-TV Reporter Caroline Tucker and a staff videographer.

With growing community concern around synthetic drugs of abuse, the National Council on Alcoholism and Drug Dependence - Rochester Area (NCADD-RA) worked extensively with local news media, submitting articles, being interviewed for stories, etc. while increasing community awareness around the risk of prescription drug misuse and abuse!

- June 2012 In Good Health – cover story on synthetic drugs
- July 2012 WHAM 13 – story on new synthetic drug laws
- July 2012 Healthy Living – article published “Prescription Painkiller Misuse on the Rise”
- August 2012 WROC 8 – story on new New York state regulations on synthetic drugs
- September 2012 – Monroe County Medical Society’s Bulletin published “Synthetic Drugs of Abuse: An Emerging and Alarming Trend”
- September 2012 - Partnered with local Drug Enforcement Administration on National Take Back Day



# The Universal Language of Music

It's mid-afternoon and a crowd has gathered in the front foyer of Cornerstone, a DePaul Single Room Occupancy Program. In the spotlight is resident Jim K. With his eyes trained on his left hand forming a semi-circle around the neck of the guitar and his fingers settling on the frets to make notes, Jim easily strums some chords for his eager audience.

"How about a Beatles song, Jim?," one resident requests.

Perhaps it's because they share a name, but Jim prefers the music of Jimi Hendrix. Jim has long had an interest in music, especially the guitar. He recently received an acoustic guitar donated by a generous person in the community who heard about Jim's wish to have one.

"He's always had an interest in music," said Jim's brother Timothy. "He's had radios and things he can listen to music



with and over the years he's encouraged many friends to play the guitar. It helps increase his concentration."

Jim's former Residential Service Coordinator (RCS) Melissa Corkish said the instrument helps Jim focus.

"This is truly an honor, not just for me as his RCS, but to see Jim's growth since receiving his guitar," she said. "It's allowed him to strive a little harder each day and to escape into his own world when he's playing music,

which he so loves and enjoys."

Jim can't read music, so he plays by ear. He's set a goal to learn how to play the guitar even more proficiently. The next step is arranging for lessons which will hopefully be taught pro-bono.

When asked how having the guitar makes him feel, Jim replied, "like I'm on B-flat."

## Welcoming Two New Board Members

Kevin Einbinder of Brighton, New York has joined the Board of Directors of DePaul Adult Care Communities. Einbinder holds a bachelor's degree in communications from the State University of New York at Geneseo and a master's degree in communications from Kent State University. Einbinder has served as director of communications for Children's Memorial Hospital in Chicago, Illinois and as an adjunct marketing communications instructor at SUNY Geneseo, the Rochester Institute of Technology, Columbia College and Kent State University.



Komekia Peterson of Greece, New York has joined the Board of Directors of DePaul Community Services. A school-based counselor with The Center for Youth Services since 2008, Peterson holds two bachelor's degrees in Psychology and African American Studies, as well as a master's in counselor education from the State University of New York at Brockport.



A graduate of the African American Leadership Development Program (AALDP), Peterson is also a mentor and college bound specialist, program committee member and volunteer coordinator for Women Helping Girls.

## Helping Change Lives



Our agency has now grown to serve some 5,000 people annually in programs that encompass mental health residential and treatment services, senior living residential services, programs for those with developmental disabilities, addiction prevention and support programs, vocational programs and affordable housing. In all of our endeavors, we are proud to have helped people go beyond what they believe is possible.

When you receive the DePaul Annual Giving Appeal later this year, we ask that you consider a gift to help DePaul continue caring for those we serve. Every time we make a difference, every life we change for the better, every achievement great or small is a triumph. We invite you to be a vital part of making a difference.

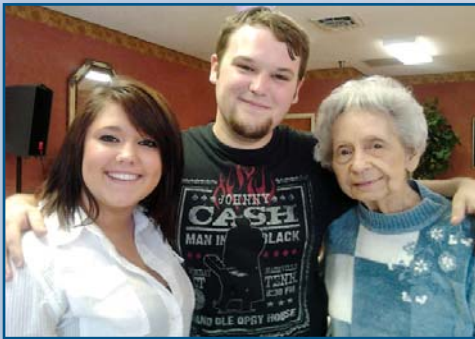
For more information on making a donation, contact Marcia Dlutek at (585) 426-8000 or [mldlutek@depaul.org](mailto:mldlutek@depaul.org).



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## Musical Delights for Our Seniors



### Celebration of Life

Charlotte Music Awards' 2010 Country Artist of the Year singer/songwriter Trey Calloway, 20, performed classic country and gospel songs for residents at Wexford House in Denver, North Carolina during the senior living community's Celebration of Life, a monthly resident birthday party. Pictured with Calloway and Wexford House resident Lois Setzer is volunteer Brooke Owenby.



### Elvis Has Left the Building

Famed Elvis Presley impersonator Terry Buchwald played to a crowd of admirers at Glenwell, a DePaul Senior Living Community in Cheektowaga, New York, in July.

## Bullshead Commons Campus Lauded

DePaul's Bullshead Commons Campus in Rochester, New York received the Mayor's Award for Urban Design from AIA Rochester - A Chapter of the American Institute of Architects. Congratulations and special thanks to SWBR Architects, P.C. and Christa Construction. DePaul President Mark Fuller and DePaul Group Board member Jim Yarrington accepted the honor at the 2012 Design Excellence Awards on May 12 at the Memorial Art Gallery.



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DePaul is a not-for-profit organization that provides senior living residential services, mental health residential and treatment programs, addiction prevention and support services, programs for those with developmental disabilities, vocational services and affordable housing. To receive DePaul Details electronically, please contact Lynette Wilson-Cox at [lwilson-cox@depaul.org](mailto:lwilson-cox@depaul.org) in DePaul's Communications Department and provide her with your name and e-mail address.

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