



Lock 7 Apartments Now Open

Pictured above, left to right, are DePaul President Mark Fuller, Oswego County Department of Social Services Commissioner Stacy Alvord, Oswego Mayor William Barlow, Jr., Managing Member CSD Housing, LLC, Michael F. Dehmler, Vice President and Mortgage Officer of the Community Preservation Corporation Tracy Conley, Assistant Director, Bureau of Housing and Support Services, Office of Temporary and Disability Assistance Homeless Housing Assistance Program Dana Greenberg, MSW, New York State Homes and Community Renewal Upstate West Development Director Leonard Skrill, New York State Office of Mental Health Associate Commissioner for the Adult Community Care Group Chris Smith, Deputy Chief of Staff for New York State Senator Patty Ritchie (48th District) Logan Eddy, SWBR Architects Principal Joe Gibbons, and President of Christa Construction Mike Seaman.



Governor Kathy Hochul recently announced the completion of the Lock 7 Apartments, a \$26 million affordable and supportive housing development in the City of Oswego. Featuring 80 affordable apartments with 40 units reserved for seniors and individuals in need of supportive services, the newly constructed four-story building includes a mix of studio, one- and two-bedroom apartments.

"The opening of the Lock 7 Apartments continues the transformation of downtown Oswego into a vibrant mixed-use neighborhood that benefits all who live and work here," Governor Hochul said. "The addition of new affordable and supportive housing opportunities ensures that our economic development efforts in this beautiful waterfront city help us achieve a more equitable New York for everyone."

All apartments are affordable to households earning at or below 60 percent of the Area Median Income (AMI). Forty of the apartments are dedicated to seniors and individuals in need of supportive services. Rental subsidies and onsite services for these residents are funded through the

Empire State Supportive Housing Initiative (ESSHI) and administered by the New York State Office of Mental Health (OMH). Housing Specialists will help link tenants to community services.

"The Lock 7 Apartments includes onsite services for 40 households who need support to live independently and in so doing ensures that Oswego remains inclusive and diverse as it grows," said New York State Division of Housing and Community Renewal (HCR) Commissioner RuthAnne Visnaukas.

Residential amenities include free Wi-Fi throughout the building, laundry facilities, off-street, underground parking, a community room, lounges, and a computer lab. The development is in a residential area near many local amenities such as grocery shopping, schools, places of worship, medical care, banks, libraries, government agencies and stores.

The building was designed to meet the standards of the New York State Energy Research and Development Authority's (NYSERDA) Low Rise New Construction Program. Sustainable features include Energy Star or equivalent heating and

cooling equipment, appliances and light fixtures, water-conserving plumbing fixtures, and low- or no-VOC paints, primers, adhesives and sealants.

Financing for the Lock 7 Apartments included Federal Low-Income Housing Tax Credits that generated \$12.1 million in equity and \$9.1 million in subsidy from HCR. The New York State Office of Temporary and Disability Assistance provided \$3.6 million through the Homeless Housing and Assistance Program. NYSERDA provided \$68,000 in support and OMH provided a \$195,000 Project Development Grant. Additional financing includes a \$13.7 million construction loan from the Community Preservation Corporation (CPC) and \$800,000 from the Federal Home Loan Bank.

Lock 7 Apartments partners include DePaul, Christa Construction, the City of Oswego, CSD Housing, LLC, Federal Home Loan Bank, New York State Energy Research and Development *continued on the next page*

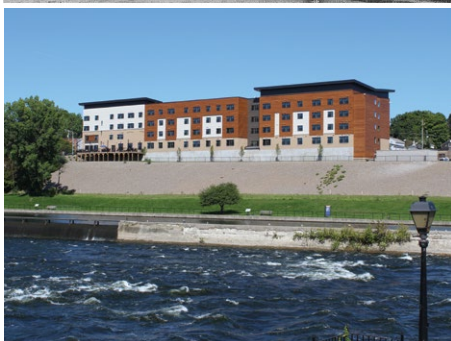
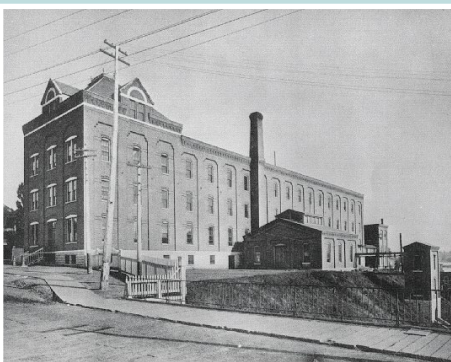
Lock 7 Apartments Now Open (continued)

Authority, New York State Homes and Community Renewal, New York State Office of Mental Health, New York State Office of Temporary and Disability Assistance, Oswego County Department of Social Services, Oswego County Industrial Development Agency, Oswego County Office for the Aging, Red Stone Equity Partners, LLC, SWBR Architects, Community Preservation Corporation and the Housing and Homeless Coalition of Central New York.

“DePaul is grateful to Governor Kathy Hochul and partners for assisting us in increasing our ability to provide permanent housing where residents can access the support services they require to live successfully,” said DePaul President Mark Fuller. “We look forward to changing even more lives for individuals in Oswego and across New York State by offering housing stability for the most vulnerable populations.”

Named for the neighboring portion of the Oswego Canal, the Lock 7 Apartments are located on the former site of the Breneman Company building, a fabric and window shade factory which closed in 1981 and was later demolished. The property had remained vacant for over two decades.

“It has been a pleasure for the City of Oswego to work with New York State Homes and Community Renewal and DePaul to bring the new Lock 7 Apartments to completion,” said Oswego Mayor William Barlow, Jr. “This project fills a large void in the local housing market and gives individuals and families an opportunity for quality and affordable housing in a great location.”



Abbott is Heritage Manor of Lockport Administrator Shannon Radlich.



New York State Assemblymember Sarah Clark recently took a tour of Ridgeview Commons in Rochester. As a member of the Assembly's Committee on Mental Health, Clark was eager to learn more about how she could advocate for mental health housing and support services in next year's budget. Pictured from left to right, are DePaul Executive Director/Vice President Chris Syracuse, Assemblymember Sarah Clark (136th District), Associate Executive Director of the Association for Community Living, Inc. Douglas Cooper, Ridgeview Commons Program Director Rebecca Barnes, Ridgeview Commons Operations Manager Elisa Easton and DePaul Senior Program Director Julie Edwards.



Emergency responders and community agencies joined DePaul for the second annual Bean Bags and Barbecue event at the Trolley Station Apartments in Canandaigua. Following a barbecue, representatives from the New York State Troopers, Ontario County Sheriff's Office, Canandaigua Fire Department and the Finger Lakes Area Counseling and Recovery Agency (FLACRA) joined DePaul staff and residents for a little friendly competition. Pictured left to right, are Trolley Station Property Manager Melissa Dymond, Ontario County Sheriff's Office Sergeant Mark Taylor, New York State Troopers Sidney Bright, Brian Hotchkiss and Ryan Dougherty, DePaul President Mark Fuller, Trolley Station Supported Housing Specialist Elizabeth Wiatrowski and Canandaigua Firefighter Ryan Foster.

Be Our Guest

DePaul recently played host to a number of dignitaries and emergency responders.

The Gates Police and Volunteer Ambulance Service pictured at Lyell Road in Rochester enjoyed LuGIA's Ice Cream with residents and staff as a way of showing appreciation for local emergency responders.

Lockport Mayor Michelle Roman and District Legislator Rick Abbott stopped by Heritage Manor of Lockport to meet residents and staff and enjoy Lil' Jenny's Ice Cream! Pictured with Mayor Roman is resident and 'mayor' of Heritage Manor of Lockport Carol McCarthy, and pictured with Legislator

Coming Full Circle at Lock 7 Apartments

By Amy Cavalier, Communications Coordinator

Photographs by Janet Cruz



DePaul President Mark Fuller with Communications Coordinator Amy Cavalier and her mother Marion Pooler.



The grand opening of DePaul's Lock 7 Apartments symbolizes so much for its future inhabitants – secure, stable housing, renewal, and hope for a brighter future. For many residents of Oswego, a city situated on the Oswego River and Lake Ontario, it also symbolizes a rebirth.

From the early 1830s to 1981, the two-acre site overlooking Lock 7 on the Oswego Canal was home to a number of manufacturing operations, including the Breneman Company, a fabric and window shade factory. According to Oswego Illustrated 1890, at the height of its operations, the factory's two mills produced 75 percent of the country's shade cloth.

Growing up in Oswego, I vividly recall riding in the backseat of my parents' car on the Utica Street Bridge taking a right hand turn onto East 1st Street and passing by the old, crumbling ruins of the former factory, remnants of Oswego's bygone industrial manufacturing heyday. Phill Parkhurst of New Haven went to work in the factory at the age of 17 in January 1967 and stayed until 1977.

"They called me 'Breneman's Baby' because I was the youngest person working there," he said. "I worked just about every job in the place over the ten years I was there."

Phill recalls some of the factories that were situated on the Oswego River back then, including a steel plant and a chocolate factory.

"We worked on the fourth floor at Breneman's," he said. "The smell of chocolate would waft in the windows. It smelled like being in heaven."

The Breneman factory consisted of two mills – the bleachery down by the river and the upper mill, with a bridge connecting the two. High-quality textiles were shipped in

from across the country for use in blinds and shades, and for fulfilling contracts with the military, Fort Dix in New Jersey and Fort Drum in New York, Phill recalls.

"I would bring home the ends of the textiles and my mother, who worked at a sewing factory, loved using them to make sheets for the beds."

As competition from overseas picked up, business slowed. At some point, a fire damaged the south end of the building and eventually the factory was abandoned, sitting vacant for years before finally being demolished.

Various attempts to redevelop the site over the years were impeded by the remnants of pollution left behind from the manufacturing days. In 2013, a portion of the site was remediated through New York State's Brownfield Cleanup Program, and the remainder of the site has been cleaned-up as part of DePaul's development of the Lock 7 Apartments.

While it's hard to let go of the past, Phill said, he's been watching with great interest as new life returns to the former Breneman site with the construction of the apartments.

"I long for the world I grew up in, but we've got people everywhere and they need places to live," he said.

Oswego native and resident Teresa Oleyourryk worked at the Breneman factory from 1966 to 1974 as a switchboard operator/receptionist.

"At one time, it employed so many people," she said. "It was a great place to work."

Watching the site come back to life has brought back memories for her and others.

"You can't help but think of it every time you go by now," said Teresa. "A lot of people have commented that it looks like the Breneman factory. It takes you back."

Attending the grand opening of the Lock 7 Apartments as an Oswego native and DePaul employee brings me full circle. As I passed through the hallways adorned with Janet Cruz's beautiful photography highlighting local

landmarks, historic monuments, and tourist attractions, and stepped out onto the deck overlooking the Oswego River, I welled with pride to be part of an agency that is bringing quality, affordable, supportive housing, new life and hope to my hometown.

Did you know...

- Oswego's heritage can be traced back to Native Americans who settled in the area. Derived from an Iroquoian word, osh-we-geh means "pouring-out place."
- Oswego is home to Fort Ontario, built on the ruins of three earlier fortifications which were the site of three French and Indian War and two War of 1812 battles, and occupied by the U.S. Army during World War II, serving as the only camp in the United States for refugees of the Holocaust from 1944 to 1946.
- The 23-mile-long Oswego River features eight locks and six dams along its length, providing a route from the Erie Canal to Lake Ontario.
- Dating back to as early as the 1700s to the early 19th century, the City of Oswego and surrounding area played a large part in the Underground Railroad, aiding African American men, women and children fleeing slavery who settled in the area or continued to Canada in search of freedom.
- The Port of Oswego is the first U.S. port of call and deep-water port on the Great Lakes from the St. Lawrence Seaway. Accessible from any international port in the world, nearly 120 vessels carrying more than one million tons of cargo pass through the port on an annual basis.
- The Oswego harbor features the West Pierhead Lighthouse built in 1934 to replace an earlier lighthouse constructed in 1880. It stands at the end of a 2,000-foot-long breakwater at the mouth of the Oswego River.

Resources include:

- www.oswegony.org/explore/history
- www.britannica.com/place/Oswego-New-York
- parks.ny.gov/historic-sites/fortontario/details.aspx
- www.dec.ny.gov/outdoor/41044.html
- townofoswego.com/underground-railroad-station/
- portoswego.com/about-us
- www.oswegony.org/sites/Oswego-Lighthouse/details

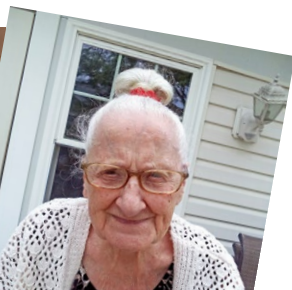
Celebrating National Assisted Living Week



DePaul's Adult Care Communities celebrated National Assisted Living Week September 11-17 by creating joyful moments and happy memories.

At Heritage Manor of Lockport, seniors celebrated with a variety of Spirit Week activities including Mismatch Day, Animal Print Day, Beach Day, Patriotic Day and Tie-Dye Day. Vera is pictured in her hand-dyed shirt.

Seniors at Glenwell in Cheektowaga hit the jackpot of fun with a trip to Hamburg Gaming. Pictured are Barb Kruezer, Helen Scolino, John Gerhardt, Carol Fazio and Dolores Dominiak.



In the Blink of an Eye!



Don't blink! That's the advice of 103-year-old Angeline Cruver when it comes to aging.

"Once you get to be 100, it all goes by so fast," she said.

A resident of Glenwell in Cheektowaga since October 2013, Angie enjoys playing bingo and visiting the hairdresser.



Walk to End Alzheimer's Disease

On September 24, several Glenwell staff members and residents' family members participated in the Walk to End Alzheimer's in Buffalo. Pictured left to right at the walk are Marketing Director Stacy Jasinski, Resident Care Director Monique Washington-Mathews, Administrator Tina Hagen and Assisted Living Program Director Dominique M.

Glenwell was mentioned at the walk for having one of the top fundraising efforts with a total of \$3,191 raised for the Western New York Chapter of the Alzheimer's Association through hot dog, ice cream, chocolate and bracelet sales.



Congratulations Wheatfield Commons

Wheatfield Commons, a DePaul Senior Living Community in North Tonawanda, was the winner of two awards at the Network in Aging of WNY 'Taste of the Network' event. The community took home the People's Choice Award for vegetarian mushroom sliders created by Dietary Director Tara Casey. Wheatfield Commons also won the President's Choice Award for Best Table Presentation with a Key West Theme including piña colada cupcakes with pineapple custard filling topped with buttercream frosting, toasted coconut and macadamia nuts, paired with jalapeño margaritas.



Is Fantasy Football an Addiction?

by Jennifer Faringer, MS.Ed, CPP-G

A staggering 114.5 million viewers tuned into Super Bowl 56 in February 2022, breaking all records for the most viewed broadcast in American history. Super Bowl 57 in 2023 is expected to have an even larger viewing audience.

While many are watching the game for fun, illegal wagers in prior years were estimated at over \$3.8 billion, and that includes gambling on big games such as the Super Bowl. Rodney Paul, Ph.D., from Syracuse University's Falk College of Sport and Human Dynamics, estimated that over 2.5 million fantasy leagues exist in the United States. The Fantasy Sports Trade Association (FSTA) estimates 56.8 million people in the US and Canada participate.

Research has found that there is an association between participating in fantasy sports and gambling problems. The National Council on Problem Gambling (NCPG) estimated that two million adults in the United States meet the criteria for a gambling addiction, with between four and six million people being impacted by problem gambling. The criteria for problem gambling or a gambling addiction includes preoccupation with the game, increased tolerance, loss of control, restlessness, irritability when stopping, and neglecting family or work.

If you are concerned that your gambling habits or those of a loved one have become a problem, help is available. For more information on local resources and referrals to counseling or treatment, contact the National Council on Alcoholism and Drug Dependence – Rochester Area (NCADD-RA) or the Finger Lakes Problem Gambling Resource Center. To learn more and/or request a presentation for your community group, contact NCADD-RA or visit our website at www.ncadd-ra.org. Coming soon to NCADD-RA's Education and Training calendar will be Gambling Brief Intervention to Treatment (GBIRT) workshops to provide a baseline of information and steps to engage, intervene and refer.

For the full story, visit the DePaul Blog at www.depaul.org/2022/10/18/is-fantasy-football-an-addiction/.



Recognizing Extraordinary Achievements

Congratulations to Jason Gamble on being recognized with a Commissioner's Community Care Award from the New York State

Office of Mental Health (OMH). DePaul's Program Director for Single-Site Supportive Housing, Jason has distinguished himself as a tireless advocate for the people he serves, finding creative ways to reach people who have been resistant to treatment.

The award recognizes the extraordinary achievements of individuals and organizations who have furthered the OMH mission and made a positive contribution to the mental health system in their communities.

DePaul Seeks Holiday Helpers

You can make a difference for a client in need in a DePaul community-based mental health residential program 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. You can also donate generic items such as



hats, gloves, scarves and socks for adults, or personal care items. Past wish lists have included requests as simple as chocolate cake, books, cat toys or socks.

For more information about how you, your family, place of worship, club or workplace can adopt someone in need, contact Amy Cavalier at **(585) 719-3102** or acavalier@depaul.org. Tax-deductible financial contributions can be made by check and mailed to "DePaul Holiday Helpers Program," 1931 Buffalo Road, Rochester, NY 14624, or made online at www.depaul.org/donate/.

Apple Blossom Apartments Awarded

LEED for Homes Silver



Cheektowaga, New York

DePaul's Apple Blossom Apartments in Cheektowaga were recently awarded LEED for Homes Silver Certification from the U.S. Green Building Council (USGBC). The Leadership in Energy and Environmental Design (LEED) rating system is the foremost program for buildings that are designed, constructed, maintained and operated for improved environmental and human health performance. Apple Blossom Apartments include three buildings named after apples grown in New York State.

Story of Hope: Nothing Stops Kadie Tower



For someone who was never expected to walk, Kadie Tower has covered a lot of miles and cleared many hurdles over the past 36 years. She was born with a rare spinal condition Klippel-Feil Syndrome, the congenital fusion of two or more cervical vertebrae, and Sacral Agenesis, a congenital disorder impacting the lower spine. Kadie was also born Deaf. In late fall, she was finally able to get surgery to repair issues with her colon that she's had since she was a baby which had been delayed for two years due to COVID.

"All of these things are just part of who I am," she said.

She defied expectations when she taught herself to walk at the age of five.

"I remember being very little, holding onto my parents' hands," she said. "I don't remember a walker or wheelchair. There are pictures of me with them, but I don't remember myself."

Although she can stand and walk on her own, she uses a wheelchair to navigate longer distances to avoid causing herself pain. Over the years, Kadie admits, she's gotten frustrated advocating for herself, which has taken a toll on her mental health.

"I have had difficulty getting treatment for my rare condition, and though I was frustrated, I'm glad I didn't give up," she said. "It's not easy."

Despite her limitations, she enjoyed participating in sports like softball and basketball growing up in Lyndonville and Albion and attending school at St. Mary's School for the Deaf in Buffalo. She attended college at the Rochester Institute of Technology and graduated from Medaille College in Buffalo. She first came to DePaul in 2017 when she moved into a house in Batavia through DePaul's Supported Housing Program.

"DePaul changed my life when I moved in," she said. "I appreciate how DePaul and the staff have helped me."

Kadie moved to DePaul's Rochester View Apartments (RVA) in Henrietta in June 2019. She said the first few years were a tough transition going from growing up in the country to living in the city. She's found that spending time in nature and staying active are helpful coping tools.

Always seeking out new adventures and experiences, Kadie's been involved in a number of sports through a variety of agencies focused on creating accessible adventures for individuals with a disability. She's tried wheelchair fencing and sled hockey with Rochester Accessible Adventures and Endless Highway Inc., as well as taken part in virtual reality activities. She was introduced to rugby through Wrecker Wheelchair Rugby. She also enjoys kayaking.

More recently, Kadie has taken up biking, going so far as to cover 90 miles on the Erie Canal this summer via the Canalway Challenge. She was recently interviewed on the Erie Canal in Pittsford by WXXI for a story focused on adaptive tourism.

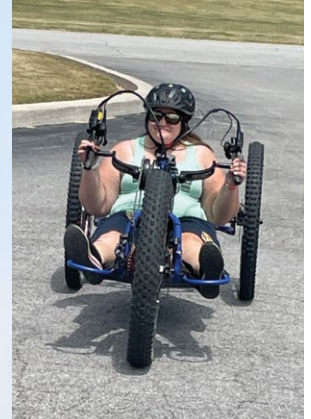
In searching for an adaptive bike to meet her needs, Kadie researched, found and applied for a scholarship through the Challenged Athletes Foundation to get a handcycle bike which keeps the pressure off her spine and relies more on her upper body muscles. The bike was shipped to RVA in May where Kadie assembled it in the community room.

The longest ride she's done so far was 22 miles on the Erie Canal, from Camillus to Jordan and back again in about four-and-a-half hours.

"I'm attracted to the old history on the canal near Syracuse," she said. "I enjoy it because it's peaceful, there's not a lot of traffic and less people."

Next year she's hoping to cover 180 miles. There is also a 360 mile challenge, something that Kadie says she wouldn't rule out in the future. She's also hopeful she can find a grant to help her purchase an e-bike kit which will allow her to both pedal and propel her bike with an electric powered motor. Being on her bike makes her feel empowered, she said. It's not a competition. Sometimes she rides solo, other times with a friend, and she's made new acquaintances with those she's met along her travels.

"I hope my experiences will highlight the need for making more recreational activities accessible to those with disabilities and encourage people to attempt the Canalway Challenge and learn more about the history and recreation opportunities in the area," she said. "I love to motivate and learn alongside others."




**Deaf
Awareness
Month**



Join us as we recognize and remember DePaul's rich history of serving individuals who are Deaf in Western New York in honor of Deaf Awareness Month in September and International Week of the Deaf which was observed from September 19-25.

To follow the journey of how DePaul has come to be known as a statewide leader in the provision of residential and vocational services for adults who are Deaf and hard of hearing, visit the DePaul Blog at www.depaul.org/2022/08/31/honoring-deaf-awareness-month/.

Take Me Out to the Ballgame

Whether it's spectating or participating, nothing says summer better than a trip to a ballfield.

DePaul Recreation program participants had the best time visiting the Buffalo Bills training camp at St. John Fisher University. Pictured is Karle from the Neighborhood of the Arts Apartments, Kurt Luechauer of Halstead Square pictured with Buffalo Bills player Marquel Lee, and Patrick Ortiz of Halstead Square.



DePaul residents have been cheering on the Rochester Red Wings this summer! Pictured are Adam Gunther of the Rochester View Apartments, Victoria P. of Halstead Square and Simeon Kolko of Woodcrest Commons.



Good-spirited competition and camaraderie were on display as DePaul staff and residents enjoyed a friendly game of softball. The final score of the five-inning game was 14 to 9 with residents taking home the trophy. Pictured are Parkside Residential Services Coordinator Jennifer O'Brien up to bat, Justin Maldonado of Elmgrove and Mike M. of Ridgeview Commons as pitcher.



Walk on the Wild Side

Critters large and small have captured the delight and merriment of DePaul seniors and residents. Pictured, Michael Miller of the Rochester View Apartments in Henrietta, Jane Way of Heritage Manor of Lockport and Sam C. of Parkside in East Rochester, take in the sights at the Seneca Park Zoo, and (lower left) Bishop John Parker of Woodcrest Commons in Henrietta enjoys feeding wildlife on a Hidden Valley Animal Adventure safari.





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DePaul's Annual Giving Appeal

Our agency has grown to serve over 5,000 people annually in programs that encompass mental health residential and support services, senior living residential services, addiction prevention and support programs, vocational programs and affordable housing. In all of our endeavors, we are proud to help people go beyond what they once thought was possible. When you receive the DePaul Annual Giving Appeal, please consider a gift that will 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. For more information on making a donation, contact Marcia Dlutek at **(585) 426-8000** or mdlutek@depaul.org. To donate online, visit www.depaul.org/donate/annual-appeal/.



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www.depaul.org

DePaul is a not-for-profit organization that provides senior living residential services, mental health residential and support programs, addiction prevention and support services, vocational services and affordable housing. To receive *DePaul Details* electronically, please provide your name and email address to Monica Bulger at mbulger@depaul.org in DePaul's Communications Department.

Please direct comments to the Communications Department at communications@depaul.org or call **(585) 426-8000**.