

FITNESS IS FOR EVERYONE

According to an old saying, "a body in motion tends to stay in motion." Fitness experts have used that adage for years to tout the benefits of exercise to help us maintain our level of activity and ability as we age. It is perhaps even more the case for people with physical disabilities. That is why with the help of a grant from the Blue Ribbon Foundation, UCP's Adult Day Program has instituted a fitness program. One day a week, certified personal trainer Doreen Rakowski comes to the program to lead



Doreen Rakowski demonstrates an exercise in the Fitness Class at UCP's Adult Program. Dennis Genova is one of the participants.

an exercise class designed to help the consumers maintain and even improve their level of physical functioning. People with cerebral palsy often experience symptoms like muscle tightness or spasticity, gait and mobility impairment, and poor coordination and balance. The sessions blend stretching, weight lifting and other activities to help alleviate these conditions now as well as prevent future problems from falls due to balance problems, or other injuries which can be caused by lack of muscle tone. The Blue Ribbon Foundation is a program of Blue Cross of Northeastern Pennsylvania. The foundation assists programs that aim to improve community health and keep health care costs down by preventing illness. One of the objectives of the grant is "to



Assisted by Adult Care Technicians Donna Gerard and Sterling Wilson, Scott Kaminski, Stephen Marinchak and Ciera Dolan enjoy the class.

bring movement therapy to the special population." The program plans to have Doreen continue on a weekly basis once the grant is finished. This is just fine with the consumers, who thoroughly enjoy the classes, and with Doreen, who said, "The welcoming smiles of the consumers and staff make UCP my favorite place to exercise. The knowledgeable and caring staff aid the consumers to reach their full potential in exercise therapy and their lives."

**New Spring
Fund-Raiser
"Bonanza of Baskets"
Details page 3**

**UCP's 3rd Annual
Golf Tournament at Stone Hedge Country Club
Friday, July 18th -- 1:30 pm
Contact Tim McHugh at 570-347-3357 for info**



Telecommunication Device Distribution Program (TDDP)

Do you have trouble using a regular telephone? You may be eligible to receive specialized equipment free of

charge. Pennsylvania's TDDP provides free equipment such as an amplified, large button phone or a talking telephone to eligible Pennsylvanians whose disabilities impede independent access to telephone services. To be eligible, you must:

- ♦ Be a Pennsylvania resident with a disability that prevents you from making and/or receiving phone calls independently;
- ♦ Be six years of age or older;
- ♦ Have individual gross income of 200% of the federal poverty level or less;
- ♦ Have current telephone service; and
- ♦ Have the ability to learn how to use the requested device(s).

Devices available include:

- ♦ Several TTY's
- ♦ Several amplified telephones
- ♦ A variety of signalers
- ♦ Telephone Fluency System
- ♦ Talking Telephone
- ♦ Voice Activated Dialer
- ♦ Photo Phone
- ♦ Big Button Phone – black on white contrast



Crystal Tone Plus - amplified phone

The Assistive Technology Resource Center at UCP is the point of contact for this program in Lackawanna, Susquehanna, Wayne, Wyoming, Pike and Bradford counties. The ATRC can provide information and assistance in applying for services and has most of the equipment on the TDDP list available for demonstration.

Executive Director's Message

Hello Everyone:

I think the anonymous quote "Your current safe boundaries were once unknown frontiers" is one of the best descriptions of the people we serve and the work we do. In this newsletter you have the opportunity to read and learn a little bit about Sharon Fox, or Ms. Fox, as she is known at UCP. This year Ms. Fox celebrated 10 years of living in her own apartment. Eleven years ago, most people believed that living independently was not a "realistic option" for Sharon. But Sharon, along with all the people we serve and the family and friends who support them, has demonstrated that not all options have to be realistic to be achieved. I'd like to offer my congratulations to Ms. Fox! I would also like to thank her and all the people we serve for continually showing us: "If we only look at what is, we might never attain what could be" (anonymous).

Please keep Ms. Fox in mind when you're trying to decide if what you want is realistic!

Enjoy the spring and summer!

Sarah A. Drob

United Cerebral Palsy of Northeastern Pennsylvania

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A Special Thank-You to....

.... the organizers and participants of the Green Ridge Mile. Proceeds from the race, which takes place the day after Thanksgiving, were donated to UCP.

.... Trinity Lutheran Church which sponsored the food for the families who attended the Lekotek program's annual outing at Knoebel's Amusement Park.

.... Penn State University's Alumni Association, which sponsored Thanksgiving dinner for two families of children in our Early Intervention program.

.... Ben and Alicia Polansky Cole, who in lieu of wedding favors, made a contribution to UCP.

“Bonanza of Baskets”

UCP’s spring fund-raiser this year will be a “Bonanza of Baskets” raffle. We will be selling raffle tickets at the 2nd floor entrance to Boscov’s in the Mall at Steamtown on Friday, May 9th and Saturday, May 10th. You can also purchase tickets at the office and from Board and staff members.

Donors of raffle prizes include Mohegan Sun at Pocono Downs, Comfort Suites, Secret Garden Designs, and Coopers Seafood House. A number of local businesses and organizations have also put together baskets including Allied Services, Hazzouri Dental and the YMCA.

Tickets will be available until the drawing at the end of May.



Adult program consumers Josie Stupar and Stephen Marinchak show off the blanket the program made for a picnic themed basket they are putting together for the upcoming Bonanza of Baskets.

2008 MEMBERSHIP CAMPAIGN

UCP’s Services Support the Goals of People with Disabilities.....

.....Will You Support UCP?



Sharon Fox recently celebrated 10 years of living in her own apartment. Sharon, who previously resided in one of United Cerebral Palsy’s Community Living Arrangements, receives assistance through UCP’s Supported Independent Living program, another component of our Residential Services.

Sharon says she always wanted to live on her own and enjoys being able to do what she wants.

Zachary Kongvold just turned 14 years old and has been coming to Lekotek for 13 years. He has made steady progress through his developmental goals and has developed a real love of computers. Zach began accessing the computer thru programs including a keyboard overlay. These programs opened up technology for Zach and gave him the confidence and motivation to tackle mouse skills. Those skills have put him on the same level as his peers and siblings. Zach and his siblings Bryce, Annika and Evan regularly attend Compuplay Camps together.



All of UCP’s services strive to help children and adults with disabilities and their families to make their goals and dreams reality. Whether it’s enjoying family time or living independently, working or playing, going to school or participating in community activities, UCP tries to help in any way that is needed to achieve whatever is wanted.

Your membership contribution helps support:

- ◆ **Children’s Services** – Early intervention, Lekotek, Compuplay
- ◆ **Adult Services** – Day Program, Community Options, Supported Employment
- ◆ **Residential Services** – Community Living Arrangements, Supported Independent Living
- ◆ **Elks Home Services Program**
- ◆ **Assistive Technology Resource Center**

Please support UCP’s 2008 Membership Campaign.

A return envelope is included in this newsletter for your convenience.

HOLIDAY FUND-RAISERS & FESTIVITIES

Angel Tree Effort Filled Needs, Wishes - and the Conference Room!!

These are just some of the gifts donated for UCP's Angel Tree project. More than 230 children who receive services from UCP also received Holiday gifts thanks to:

Employees of
General Dynamics



Moses Taylor Hospital
Obstetrics Department



Trinity Lutheran Church



Staff of UCP



Annual Gift Wrap Successful — Thanks Volunteers!

Despite several tricky weather days, the event, held at the Viewmont Mall in Scranton from “Black Friday” thru Christmas Eve, raised over \$8,500 with the help of our many volunteers, both community groups and individuals.

Volunteer groups included:

Students from Abington Heights High School

Members of the All Star Cheer Academy

Employees of Bank of America

Students from Carbondale Area High School

Employees of Gertrude Hawk Chocolates

The Gilgallon Family

Members of Girl Scout Troop #48

Members of Girl Scout Troop #281

Members of Hickory Street Presbyterian Church

Members of the Kiwanis Club of Scranton

Students from Lackawanna College

Students from Mid-Valley High School

Members of North Pocono High School FBLA

Employees of Prudential Asset Management

Members of Trinity Lutheran Church Youth Group

Members of United Presbyterian Church

Students from Wallenpaupack Area High School

Students from West Scranton High School

Students from Western Wayne High School

Our thanks to all our volunteers and to the management of the Viewmont Mall for donating the space for us to hold this event every Holiday Season for the past 22 years.

Lekotek Holiday Party

This year's Holiday Party was a great success because of the generosity of our area's businesses, our Lekotek families time and efforts, and the support of our staff and friends.

We had a visit from Santa and the Abington Lion and our favorite DJ Gerald Gryczko played the best music ever. Our delicious food was catered by Countryside Catering, owned by Barry Klonoski's mom and dad Sue and John. The Abington Lions came through once again with a donation that enabled us to purchase gifts and table activities for the children in attendance. Pepsi donated puzzles, t-shirts, coolers and more. We raffled door prizes, toy baskets and centerpieces. The festivities took place at the Clarks Summit United Methodist Church which graciously allows us to use their fellowship hall each year. We thank the church and their staff for their help.



DONOR PAGE

All contributions were received between September 1, 2007 and January 31, 2008

Memorials

In Memory of Dorothy Dixon Klatt
Florida Doctors Insurance Co.

In Memory of Dorothy Dixon Klatt
Ralph W & Frieda K. Robertson

In Memory of Ann Marie Turi
Michael Krafjack

In Memory of Mrs. Ellen Madzin
Ralph W & Frieda K. Robertson

In Memory of Mary Loftus Butler
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In Memory of Mary Loftus Butler
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In Memory of Mary Loftus Butler
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Bill and Doris Lindsley

In Memory of Paige Szuhay
and Noel Szuhay
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In Memory of Karen Staff Ross
Sheryl Gross and Family

In Memory of Karen Staff Ross
Dianne Horan Duffy

In Memory of Helen Mann Himchak
Dianne Horan Duffy

To the Susan D. Keller Fund

From Melodee S. Dixon

From Ruth W. Fetzer
with fond remembrance and in
honor of Susan's birthday

From Frieda K. Robertson:
In Memory of Robert Melisky
and

In Memory of Eleanor Levis

Michael Bryant, who in childhood received services at our Honesdale Children's Center, passed away in 2007. We extend our sympathies to his family. The following have made contributions to UCP in memory of Michael.

Howard R. Patton, MD
Daryl and Judith Gustin
James and Rhonda Kroeger
Peter and Nancy Turner
Peter and Nancy Wilken
Stacy Wilcox
Waymart Horizons 4-H Club
Doris Bryant

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Charles Gries, Jr.
Fred and Nancy Neely
Lorraine Arado Walker

Michael Erbach & Dr. Kristin Erk Erbach
Jay and Emily Montgomery of Calkins Creamery
Dr. Andrew Nebzydoski, Dr. Patricia Morgan, and their children
John & Grace

General & Membership Contributions

If we have omitted or misspelled your name, or if you would prefer not to be listed, please call us at 347-3357. Any corrections will be made in the next issue.

Donor Levels

\$2,500 – Benefactor
\$1,000 2,499 – Partner
\$500.00 - \$999.00 – Associate
\$250.00 - \$499.00 – Friend
\$100.00 - \$249.00 – Patron
\$50.00 - \$99.00 – Donor
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The Mission of UCP

To provide opportunities and resources to individuals with disabilities as they build and lead their lives in the community. We do this by providing advocacy, home and community supports, and education.

UCP's Vision

UCP respects each person, her/his choices, and her/his contributions.

Non-Discrimination Statement

No person shall be excluded by UCP from services due to race, color, creed, sex, disability, age, national origin or limited English proficiency.



How to Contact UCP

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425 Wyoming Avenue
Scranton, PA 18503

for the staff, volunteers and friends of this agency. Barbara Siarkiewicz, *Editor*
We welcome your comments and suggestions. If there is an error in your address label, or if you have any questions regarding agency programs or services, please contact us.



Please recycle

United Cerebral Palsy of Northeastern Pennsylvania
a non-profit, voluntary health agency serving those with cerebral palsy and other disabilities since 1953.

Robert Schwartz, *President*

Sarah A. Drob, *Executive Director*

Member of – United Cerebral Palsy Association, Inc. • United Cerebral Palsy of Pennsylvania
Pennsylvania Association of Child Care Agencies • Pennsylvania Association of Resources: Autism - Intellectual Disabilities

Licensed by - Pennsylvania Department of Public Welfare • Pennsylvania Department of Education

Primary program funding provided by: the Mental Health/Mental Retardation Program of Lackawanna and Susquehanna Counties
the Mental Health/Mental Retardation Program of Wayne County • the Human Services Development Fund of Lackawanna County
the Human Services Development Fund of Wayne County • the Office of Vocational Rehabilitation
the United Way of Lackawanna County • the United Way of Wyoming County
the Pennsylvania Elks State Association • Pennsylvania's Initiative on Assistive Technology (PIAT)

UCP is registered with the Pennsylvania State Bureau of Charitable Organizations.

A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

A United Way Agency

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Scranton, PA

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