



RISING ABOVE

Spring/Summer 2011

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Providing life-long, high-quality support services to ensure that people with developmental disabilities lead fulfilling lives and realize their vision of a desirable future.

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Teamwork reaches across Mainstay

Article by: Michelle Georgakis, Program Coordinator

While my coworker and fellow coordinator, Kim Vlcek, was on leave, I was given the opportunity to help support her homes. During New Year's weekend, a staff member who works at Mainstay Life Services' Rosecrest home became ill and had to request time off for the entire weekend. Saturday and Sunday were easily covered, but finding staff support for New Year's Eve into New Year's Day proved impossible. Fortunately, two of the men living at Rosecrest were on visits with their families, leaving only their two house mates (Todd and Steve) in need of support throughout the weekend. After careful planning and consideration of many factors, it was decided that Steve would spend the night and following day at our Highland home and Todd would go to our Carlton home.

The staff, Donna Hadix and George Marek who were working at Carlton that weekend and Jon Byrd from Rosecrest, developed a plan that involved packing neces-

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Making a difference

Article by: Becca Marnell, Associate Director of Community Services

Robert is a recent high school graduate and is beginning to learn about what he can offer to others. Robert, who lives with autism, has had some difficulties making the transition from school to an adult day program placement. At Robert's annual meeting, his mother suggested that he might find meaning in helping others and might do better if he understood that the work he was doing was making a difference for others.

Robert's habilitation aide at Mainstay Life Services, Mike Eversole,

contacted Jefferson Hills Nursing Home to inquire about volunteer opportunities. The nursing home staff was enthusiastic and welcoming of Robert. They designed a job for him where he began by rolling the silverware and preparing the trays in the dining room for the resident meals. Robert went to work with fervor. Each day he tried to go faster than the day before, even using a timer to beat his previous record, while still attending to quality. Robert became very efficient in this task and was quickly completing his assignment

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Teamwork across Mainstay

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sary items for the men, arranging transportation, and diligently reviewing each man's personal preferences and needs. The staff involved provided crucial support to, not only the residents involved, but each other to make this atypical situation work.

I believe this was our mission in action being demonstrated by the staff who considered the needs of our individuals ahead of everything else. I witnessed a display of care and understanding that was awe-inspiring. I saw teamwork in progress from two sites from opposite sides of town as the staff worked together to ensure that all individuals and staff involved were comfortable and confident with caring for an individual they did not know.

Mainstay Life Services is an organization for which I am proud to work,

and all the good that is Mainstay shined through that day! I am grateful to Jon Byrd, Donna Hadix and George Marek for working together to make the best of an unexpected situation.



Donna Hadix



Jon Byrd



George Marek

A 90th birthday celebration

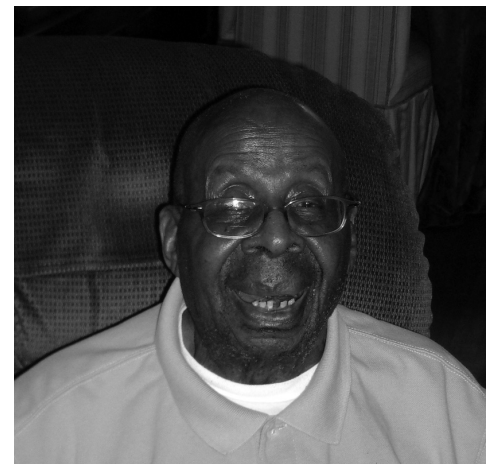
Ernest Garner, better known to his friends as Ernie, left Polk State Center 32 years ago to come and live at Mainstay Life Services. On June 15th, Ernie celebrated his 90th birthday. He has the distinct honor of being Mainstay's oldest resident. He is full of life and a very sociable gentleman who enjoys talking with people.

Ernie has a great fondness for jazz, particularly classic performers such as Billie Holiday, Sarah Vaughn, Nina Simone, and especially his late twin brother Erroll Garner. Like his brother, Ernie never learned to read music, but has the ability to play the piano beautifully.

When Ernie was younger he attended most of his brother's performances and met many of the great musicians with whom Erroll shared a stage in the heyday of Pittsburgh's jazz scene. Ernie loves to tell stories of his past. The staff

at Mainstay enjoys listening to Ernie as he reminisces about his earlier years and the times he saw his brother perform.

Ernie still plays the piano on occasion. He also enjoys attending Elderberry Junction senior center on weekdays and participating in a variety of social and cultural activities with his house mates and staff.



Ernie

Mainstay says farewell to a long-time staff and friend

Article by: Tracy Sabich, Program Coordinator

Twenty-seven years ago, Donna Francis began her employment with Mainstay Life Services. Now, it is a bitter-sweet occasion as we honor her retirement. Donna has always worked in some capacity of caring for people, and we are happy that she chose to care for the individuals at Mainstay. According to her former supervisor, Hope Ruedy, in March of 1987, "Donna is well respected by the individuals and her peers." As early as 1988, it is documented by many managers that "Donna is an asset to the program and a dedicated and loyal employee for Mainstay who excels in treating the individuals with respect and teaching them age appropriateness." That is the best way to express the type of employee she has been for the past 27 years.

Moreland Drive, as well as other homes, will be emptier places without Donna. She has been a pillar for many years at these homes. The ladies, as well as staff depend on her. She saw the potential within each individual and encouraged their growth to become more responsible and independent. Her down to earth style has always been refreshing.

Donna has been a "Mainstay" at Mainstay. She will never be replaced, but will forever be appreciated for the differences she has made in lives of people she has touched.



Donna with Associate Director of Program Operations, Dave Cochran. Sadly, a few days after this article was written, Donna passed away. She will be deeply missed by all who knew her.

Mainstay enhances systems for efficiency

Article by: Sandy Stuhlfire, Director of Finance & Administrative Operations

Mainstay Life Services will be going through several system enhancements and implementations over the summer to help improve efficiency, safeguard data and "go green."

ADP Workforce Now & Pay Expert is ADP's web-based payroll and human resources processing software. We are currently an ADP customer, but all of our programs are installed on individual computers with the database housed on a local server. Moving to a web based product allows staff to securely access information from any computer with an internet connection. This is a great feature that will allow payroll to be processed remotely in the event of inclement weather or a power failure at the office. The data will be housed on a dedicated server housed by ADP in a secure, clean environment with multiple backup capabilities.

ADP Enterprise E-Time is an automated time and attendance program where staff will "punch" in and out through a telephone call or computer entry. This will eliminate the need for paper time sheets and save lots of trees in the process! Automating attendance will also reduce time that managers

need to spend checking math and signing off on time sheets, as well as having to drive the time sheets to the office to meet payroll deadlines. E-Time interfaces directly with Pay Expert, eliminating the need for time sheets to be keyed in by payroll staff. Another feature of these internet products is that staff will be able to log onto the system and view their time sheets, pay stubs and available leave time from home or any office computer.

The Financial Edge (TFE) is Blackbaud's accounting package. Like ADP, this product is web based and the data will be hosted on a dedicated, secure server at Blackbaud's data facility. The system will allow for information to be imported from ADP and other systems to reduce the need for creating spreadsheets then re-keying journal entries. TFE is a fully integrated system including accounts payable, general ledger and fixed assets modules and features powerful and easy to use reporting capabilities that can be easily shared with executive and management staff.

We will continue to assess and improve upon our information systems to help staff to more efficiently carry out the agency's mission.

Valued employee retires

Article by: Sue Boyer, Program Coordinator

Charles Weber started his career with Mainstay Life Services in 1993. He has worked at the McFarland site for 17 of those 18 years and has become a father figure to many of the individuals who reside there. They appreciate Chuck for so many reasons, including the help he provides with dinner and his advice about relationships, work issues, money and countless other things. He is always available to help promote the independence of the individuals, while assisting with difficult life choices and decisions.

Chuck was the Senior Community Living Specialist for many years and worked closely with both Program Manager, Bill Rudolph and me. He was always available to assist with managerial tasks and was the go-to guy when it came to spending reports and maintenance issues. We are quite fortunate that Chuck will only be leaving us on a full-time basis. He will remain on the substitute list, working as needed, allowing him maximum flexibility as he embarks into his new life of retire-

A friend remembered

Article by: Alyssa O'Toole, Director of Development

When I came to Mainstay Life Services six and a half years ago, one of the first board members I had the pleasure of getting to know was Charlie Ross. We worked together in preparing for the organization's annual golf outing that Charlie initiated nearly 25 years ago. Charlie's dedication to this organization and his compassion for those we serve was inspiring. For two years, planning the golf outing with Charlie was the highlight of my employment with Mainstay and it does not seem possible that he has been gone for over four years. Suzanne Ross, Charlie's wife, recently said it best, "we have all carried on without Charlie, but some of the sparkle is gone."

In planning for this year's golf outing, now named in Charlie's memory, I reached out to Suzanne as I have done for the past four years for her input and support. Suzanne and her children have worked tirelessly with me in planning this annual event, carrying on the legacy that Charlie began.

For me, it's been an honor to work with and get to know Charlie's family. His children are as inspirational as he was. Kelly, the oldest, recently graduated from the University of Pittsburgh School of Medicine and is living in Pittsburgh while she completes her internship and residency at the University of Pittsburgh Medical Center. Megan, the next eldest, is working at Carnegie Mellon managing a lab and preparing to apply to dental schools. Patrick is a sophomore at the University of North Carolina in Chapel Hill with a double major in Psychology and German. And last, but definitely not least, the youngest, Erin, is a junior at Fox Chapel Area High

ment.

Thank you to Chuck for all of his hard work and dedication; all the best health and happiness in your retirement.



Program Coordinator, Sue Boyer with Chuck and his wife, Mary

School. Erin plays volleyball and is "generally being a good teenager," according to Suzanne. Most recently, both Kelly and Megan accepted an invitation to join Mainstay Life Services' Board of Directors.

Each of Charlie's children realizes how important Mainstay Life Services was to him. I believe that is why they became involved when I reached out to them in 2007 requesting their permission to rename our golf outing in their father's memory. I also believe that they continue to support Mainstay because they have had an up-close experience with the individuals we serve, their families and our staff by attending the golf outing each year. It's more than their father's legacy now...it's their personal dedication that keeps them involved.



The Ross Family: Patrick, Kelly, Suzanne, Erin & Megan

A reason to celebrate

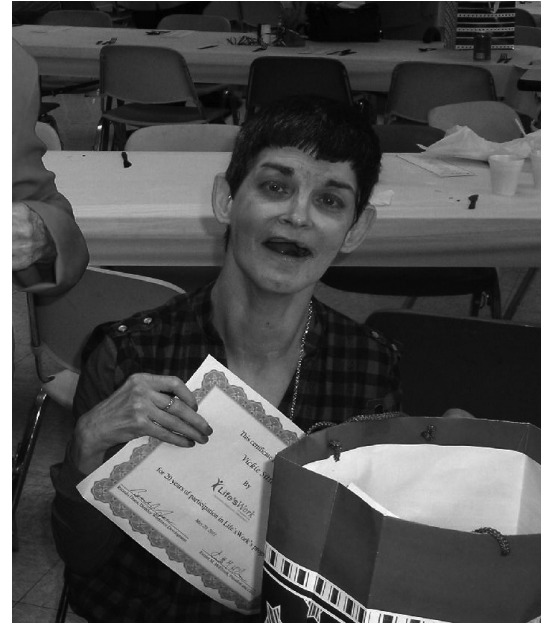
Article by: Carissa Especto, Program Manager

Mt. Lebanon resident, Vickie, has been receiving supports from Mainstay Life Services for over 34 years. This past May, Vickie was honored at a luncheon for her 20 years of hard work, dedication and accomplishments at Life'sWork.

Vickie enjoys her employment at Life'sWork and finds a great deal of satisfaction in her daily assignments which include her use of adaptive equipment to assemble a variety of items. Her supervisor, Mary Leake, is very proud of Vickie and states that Vickie's work is always exemplary. "She is always diligent about how she completes her tasks," says Mary. Vickie has proven to be a very hard worker and enjoys showing her paycheck each week to her Mainstay Life Services' staff.

The Mainstay staff members who work closely with Vickie describe her as happy-go-lucky and always willing to help out when asked. She has an active social life and most enjoys attending dances and watching movies. She can also often be found simply relaxing on her porch swing. Vickie is a fan and

frequent user of Facebook where she maintains contact with her family and friends. Vickie looks forward to spending time with her family and is a very proud Aunt to niece, Piper and nephew, Henri.



Vickie celebrates her 20 year milestone

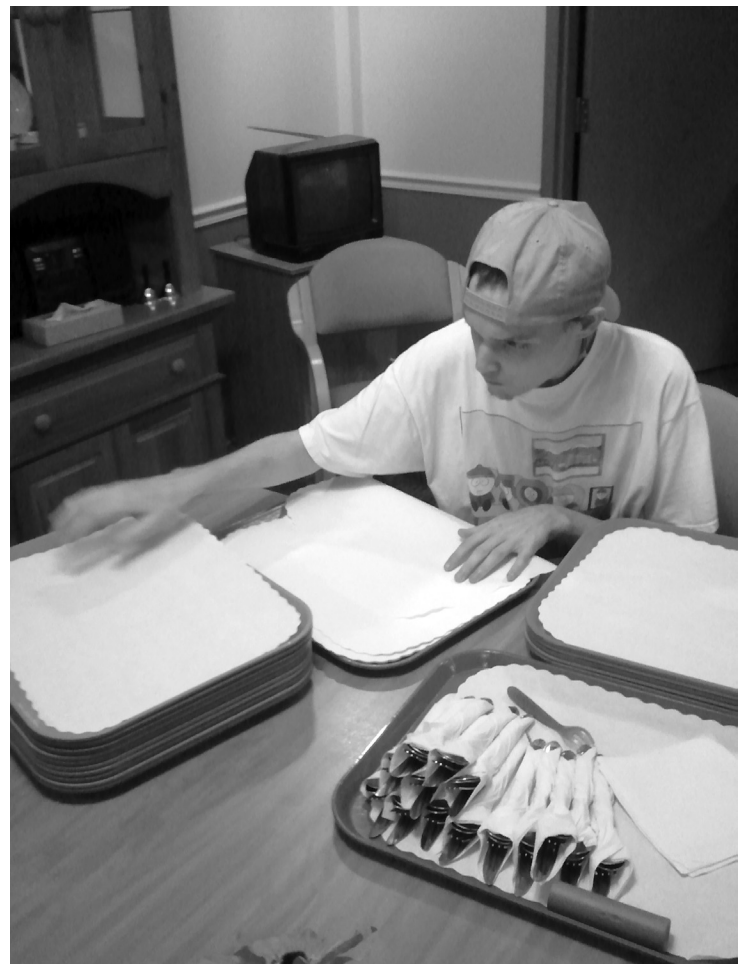
Making a difference

with time to spare.

Mike and Robert then approached the Volunteer Coordinator at the nursing home and suggested that Robert might enjoy working directly with the seniors living in the facility. Robert began by helping some of the residents get to and from activities. He picks a person up at their room, escorts him/her to the activity, and then returns the person to their room following the activity. As time went by, Robert became more comfortable and started to talk with people as he was escorting and began to get to know a little bit about the residents. The residents, in turn, started to get to know Robert.

Now, when Robert is not busy preparing trays, rolling silverware, or escorting people to and from activities, he spends his time visiting and socializing with his new friends at Jefferson Hills. They look forward to seeing Robert and ask about him when he is not there. Robert works hard and rarely misses an opportunity to volunteer because he knows that what he is doing makes a difference. With Mike's support, Robert is successful in his first volunteer endeavor and feels very positive about his responsibilities and the relationships that are developing with the people he supports. Hopefully, one day Robert will be able to find employment where his experiences and skills will be put to use to help others while earning a paycheck. Congratulations to Robert on a job well done.

Continued from page 1...



Robert, completing his volunteer assignment

Thank You Mainstay Life Services Contributors!

Mainstay Life Services thanks all of its contributors for their generous support. Listed below are those who contributed between January 1 and June 14, 2011. If your name has been misprinted or omitted, please contact the Development Department at 412-344-3640 ext. 313.

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Sue Boyer
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Richard Wagner
Cindy Weigl
Marion Gran
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Board News

Mainstay Life Services welcomes three new board members: **Janna Chiurazzi, Kelly Ross and Megan Ross.**

Janna was born and raised in Bethel Park and now resides in Nevillewood, Pa. She attended Bowling Green State University where she obtained her Bachelors' of Science degree in Business Administration. Janna is a 24-year employee at PepsiCo where she has held numerous Sales, Marketing and Operations positions. She currently manages the Lipton brand throughout the country for all National Restaurant PepsiCo customers. Janna has been a long-time supporter of Mainstay and is thrilled to expand her involvement within the organization.

Kelly and Megan Ross are the two eldest daughters of former board member Charlie Ross. Following Charlie's passing in April 2007, his daughters took an active roll in participating in our annual golf outing renamed in their father's memory. Please see the story on page four for additional information about Kelly and Megan.

Mainstay Life Services' board of directors recently elected: **Marvin Gold**, an independent fund raising consultant, to Chair; **Henry Johnston**, an attorney with Cohen & Grigsby, P.C., to Vice Chair; **Bryan Cox**, Vice President of Association Book Distributors International, to Treasurer and; **Linda Zane**, an Assistant Professor at Slippery Rock University, to Secretary.

The following board members requested the opportunity to continue to serve beyond term limitations and were elected to an additional term of three years: **Thomas Junker**, a partner at the law firm of Bucey & Junker; **Richard Swartz**, Executive Director of the Bloomfield-Garfield Corporation and; **Linda Zane**.

Seeking board volunteers

Mainstay Life Services actively recruits board members on an ongoing basis. Individuals who are interested in being considered for board membership should contact Jim Kirk, CEO, by phone: 412.344.3640, or send a resume to:

Mainstay Life Services
200 Roessler Road, Pittsburgh, PA 15220
email: jkirk@mainstaylifeservices.org

Mainstay Life Services is currently looking for interested family members of persons with developmental disabilities to participate on the board. The organization is also seeking board members with expertise in the areas of finance, social services, marketing, information technology, or property management.

Contributors, continued from page 6...

Peter Hughes
Tara Keibler
James Kirk
Clifford Leeson
Aldo Malventano
Rebecca Marnell
Carrie Miller
Ann Murphy
Linda Murphy
Renee Murphy
Jim Muth
Patsy Noonan
Alyssa & Denny O'Toole
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Linda Zane

If you would like to make a general donation to Mainstay Life Services, or give a gift in memory or honor of someone, please complete this form and mail it with your contribution to: Mainstay Life Services, 200 Roessler Road, Pittsburgh, PA, 15220.

Donated by:

Name _____

Address _____

City / State / Zip _____

Email _____

Amount of Donation \$ _____

(Please be advised that your gift will be used for the general purposes of Mainstay Life Services, other than those for which state or federal funds are specifically or generally provided.)

General Donation Enclosed

In memory / honor of (circle one):

Please notify:

Name _____

Address _____

City / State / Zip _____

Contributions are tax deductible. Please make check payable to Mainstay Life Services.



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Mainstay golf August 26th - reserve your spot today

Mainstay Life Services 5th Annual Charlie Ross Memorial Charity Golf Outing will be held on Friday, August 26, 2011 at Quicksilver Golf Club. This year's event will include 18 holes of golf with a cart, lunch, dinner, skill prizes (including the chance to win a new car), a putting contest, raffles, and silent auction.

Our 2010 outing netted over \$35,000 for people with developmental disabilities. The money raised at our golf outing pays for special therapies and provides for unmet medical needs including dentures and eyeglasses. It also allows for the purchase of clothing and other personal items for those who might not otherwise be able to afford them. It also helps provide the means for making the necessary accessibility improvements to homes enabling our individuals to live in a safe environment suited to their needs.

Please contact Alyssa O'Toole at 412-344-3640 or visit us on the Web at www.mainstaylifeservices.org for more information or to reserve your spot.

Raffle tickets on sale now

Hurry ! Time is running out to support Mainstay Life Services through the purchase of raffle tickets.

Tickets for the first raffle are \$3.00 each or 2 for \$5.00.

Prizes include...

1st Prize: Two Steelers' tickets to the Dec, 24th vs. St. Louis Rams and an overnight stay and dinner for two at the Fairmont Pittsburgh Hotel.

2nd Prize: Bose Wave Music System

3rd Prize: Mountaineer Get-A-Way includes two days/one night stay at the Grande Hotel and a \$50 gift card.

Tickets for the second raffle are \$20.00 each and only 300 will be sold. The prize includes...

A \$1,000 Nemacolin Resort & Spa gift certificate that may be used for any activities at Nemacolin including golf, dinner, lodging.

To purchase tickets, call 412.344.3640.
Raffle drawings will occur on August 26th; winners need not be present