

Keyviews

Serving People with Developmental Disabilities Since 1964



Spring 2011

A Message from the President/CEO



Keystone is very fortunate to have many staff members who have decades of service, including administrators and management, clerical and fiscal support, nursing, direct care professionals, and others. Every year, Keystone hosts a reception honoring these individuals for their dedication and contributions to enhancing the lives of the individuals we serve.

One of the benefits to those of us (including yours truly) who have worked at Keystone for ten, twenty, thirty, and in some cases, forty years is that we witnessed the growth and development of residents who have been in our program as long as we have. We experience tremendous joy and sense of pride as we watch those in our programs actualize themselves and become valued and appreciated members of our community.

Living up to our mission statement means providing those in our care with diverse opportunities to lead fulfilling lives. But our residents have so much talent, creativity, and so many valuable skills in their own right, that we truly offer them a means and an environment for self expression.

Part of this newsletter is devoted to telling some of these stories by focusing on a handful of our residents. We are proud to be able to help them express the gift that was there all along.

Bob Fleese

Inside This Issue:

- Celebrating the many talents of our residents.
- Remembering Kevin P.
- Determined to get CPR certified.
- A leader in advocacy
- Pride and passion in the workplace
- Keystone is recognized for positive growth in the community.



"Two Chickens" water color and marker by Jackie Kuretsky



"Jungle-Rama" water color and marker by Ethan Gerber



"Spring Garden" water color and pencil by Ingrid Koch



"Penguins" water color by Kevin Picone

In Memoriam

Kevin Picone 1965-2011

Kevin Picone found great personal satisfaction from his involvement in the arts during his life. He was one of the original participants in the drawing and painting classes held at Keystone City Residence, from about 1980 until 1995, a period of fifteen years.

During that time Kevin exhibited annually at the ARC/NEIU Art Exhibitions, and won several awards. On several occasions he also sold his work at those annual shows, and one of his sold paintings, "Penguins," (which luckily survived in our slide archives) was licensed as the KCR holiday card for 2010. One of Kevin's highlights was the experience of competing in the Lackawanna Arts Council annual juried show, and winning second prize in painting against the adult competition.

It doesn't matter, but for our purposes here it's worth noting that Kevin was the only "disabled" artist in the competition. The third-place winner, Judy Youshock, whom Kevin beat out for second place, currently teaches here at ArtWorks. So when Kevin identified himself as "an abstract artist," he did so with some justification.

He attended our drawing and painting classes at ArtWorks from the beginning, and, while his skills and his conception of painting had atrophied somewhat since he last had instruction in 1995, he was beginning to map out a new direction, with a new interest in watercolor. At his ISP meeting last fall he expressed a deep interest in being involved in the "day option" art studies program at ArtWorks, and he began attending those sessions on January 18th. His health was already beginning to give him problems at that point, and he was able to attend only intermittently.



Kevin (standing) and Gary enjoying art class at ArtWorks.

His drawing style was making a strong comeback with renewed instruction, however, and his last painting, "Nine Pears," watercolor on Fabriano paper, displays all the strength of the earlier Kevin. Artworks has framed that painting as a gift to his family.

(submitted by Nicole Sawicki)



"Nine Pears" watercolor by Kevin Picone



Kevin standing by his work at an opening at ArtWorks.

A Display of Determination

Getting certified in CPR was his goal



Donald, a man in his fifties who has dealt with progressing cerebral palsy, recently expressed a desire to become re-certified in CPR; yes, re-certified. In his youth, long before the Cerebral Palsy took such a toll on his body, Donald earned a certification in CPR.

This was discovered when one of our staff development specialists was visiting Donald's home. He pulled this individual aside and began demonstrating his knowledge of CPR through the use of hand movements and gestures. Despite his struggle to communicate verbally, Donald managed to share his story with staff through his photo albums and as it turns out, he did receive CPR certification when he was a boy scout. At the end of their discussion, he promptly asked that Keystone begin offering CPR classes for residents and thanks to his determination, the course was soon put on the training calendar.

Donald chose the first training on January 24th, which also happened to be his birthday. There were other dates available to him but he wanted to start right in on the first date available. He showed up ready to go and was often ahead of the video when practicing the skills that

he remembered so clearly. Although there have been some changes to CPR since Donald had it years ago, he caught on quickly and progressed seamlessly through the course.

With an overwhelming feeling of accomplishment after completing the course, Donald finished his day with yet another surprise. Staff and peers from his home showed up with cake, candles and gifts to celebrate his birthday and congratulate him on his "Re-Certification." Donald is an inspiration to many and won't let his daily physical struggles get in the way of living life to the fullest.

Donald is also considered a "Puzzle Making Extraordinaire" as he can put together rather large sized puzzles with lots of very tiny pieces.

Despite his struggles with muscle spasms and coordination, he can be found putting these puzzles together almost every day, even after a long day at work. Donald especially enjoys making these as gifts for others.

(submitted by Heather Hite)



Sara Wolff

A Leader in Advocacy.....

The Institute on Disabilities at Temple University is a Center for Excellence in Developmental Disabilities Education, Research and Services. They have an Advocacy Leadership Development Program called C2P2 EEL: Competence and Confidence: Partners in Policy making, Emerging and Established Leaders Program. C2P2 EEL is a free training for individuals with disabilities who want to develop Leadership skills in Advocacy Work.

I heard about this Program through Steve Surorvic and M.J. Bartelmay from The Arc of Pa located in Harrisburg, Pennsylvania. I'm on their board of directors and asked me if I am interested in doing this program. I responded "YES" I am interested on doing this program. They both contacted the people who are doing this program and Donald Broderick who is the Executive Director for The Arc NEPA. Don and the others got me a scholarship to do their Program.

Emerging Leaders are individuals with disabilities ages 18-30, beginning their careers in the field of Advocacy and How to be a Leader in Leadership.

- Emerging Leaders must:
 - Attend all 5 training sessions
 - participate in a summer internship
 - be matched with an experienced leader

Established Leaders are individuals with disabilities experienced in their chosen fields.

- Established Leaders must:
 - attend 3 sessions tailored to enhance leadership skills
 - mentor and coach a future leader.

For This Program you must stay overnight with a mentor or assigned roommate. It was a 5 weekend Leadership course for every other month. They booked The Hilton where it's connected to Temple

University Harrisburg Campus. I stayed with a roommate and we both had a great time and learned a lot from this experience. For this Program we are required to do an 80 Hours Summer Internship. I did my Internship at 2 different organizations called The Arc of NEPA & Keystone Community Resources.

During my Internship at Keystone Community Resources I planned & developed a Library Power Point Presentation. It was called Spread the Word to End the R-Word Campaign. The title of the Presentation was "I DON'T LIKE BEING CALLED RETARDED. DO YOU!" I did this Presentation at the Green Ridge Library in Scranton, Pa. During the presentation I did a Group activity that requires drawing with the audience. At first people didn't want to draw but once they started the activity they had fun.

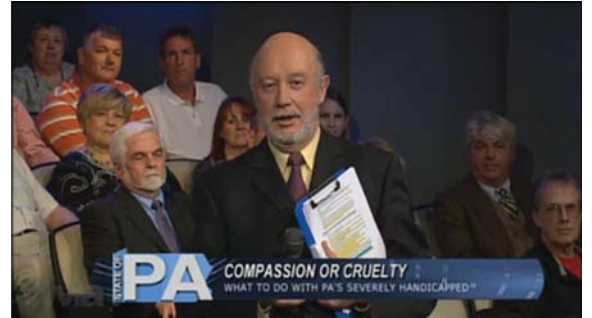
Sara Wolff



Here, Sara conducts her presentation at the Green Ridge Library. This paved the way for part time employment with Keystone leading our advocacy efforts.

Doing What She Loves to do

On April 28th at 7:00PM, Sara was part of a panel discussion at WVIA Public Television of Northeast PA titled "Compassion or Cruelty – What to do with Pa's severely handicapped?" The discussion centered on topics relating to Intellectual & Developmental Disabilities (I/DD) and the system of supports and services available.



The program was moderated by Bill Kelly, President & CEO of WVIA, and panelists were Fred Lokuta, Director of White Haven Center, Pamela Zotynia, Executive Director of The Arc of Luzerne County, Tom Kashatus, White Haven Center Relatives & Friends, and of course Sara Wolff who is a self advocate residing in the community.

The panel discussed the recent partnership developed through the Day of Sharing as everyone strives to create a bridge between the community and the state center systems in an effort to improve the quality of life for all people who have I/DD.



There were many self-advocates, families, professionals, and other interested community members that attended the program and there was lively discussion around the problems associated with the issues surrounding this critical matter in today's society.

Sara received questions and feedback from the audience as well as from viewers calling in to the studio and she spoke openly about her mission to advocate for those with intellectual disabilities. "I love what I do as an advocate," she said. "I advocate for all people with intellectual disabilities, Down's Syndrome, Autism and the people at White Haven Center."

She shared her own story about inclusion in the school system as well as the support she received from family, friends and the community. She also talked about her career for the last ten years at a local law firm and her recent employment with Keystone Community Resources. One caller said Sara was "a true inspiration" to her and her family as she has a daughter with Down's syndrome.

Bill asked Sara, "Do you feel the rest of us, the public at large, doesn't understand or care enough about people with intellectual disabilities?" "That's hard to answer, indicated Sara." People that don't understand should learn more about services and programs and why they are out there and just to create a better awareness for people with any other intellectual disability."

Art is a Part of Her Life

Ingrid has been creating art since the early 80's.

Ingrid has lived very nearly most of her life at Keystone, the majority of the time at Clover Apartment on Madison Avenue. She was part of the Keystone painting classes for the fifteen years they took place in the "art room" at 406 North Washington Avenue.

A good example of her great love of painting was her response, in the art room, when her transportation would arrive at the end of her class. She refused to leave until her artwork was complete! She has enthusiastically taken up painting again at ArtWorks.

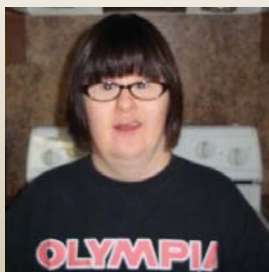


Jungle Cat is a recent work done in a mixed-media technique that showcases her wonderful drawing skills.



Recognized for her

Pride and Passion in the Workplace



Kathryn, an employee of Lowes Distribution Center in Pittston since January 2010, was recently recognized for demonstrating Passion towards her work.

Kathryn resides at Carol Street and has been with Keystone for over 20 years.

She was nominated for this award by a co-worker at Lowes who truly values Kathy's enthusiasm for work.

Kathy is known throughout the distribution center as an outgoing person with heaps of energy. No matter how busy the warehouse gets, Kathy has a smile on her face, and is offering pep talks to her coworkers!

Kathy truly is considered an outstanding employee by her peers and the management team at Lowes.



(submitted by Stephanie Chunca)



A. J.'s Success Story

A.J. is a young man with Autism who presents significant behavioral challenges. We were first introduced to him in a hospital setting after he had already been in a number of previous residential placements. Aggression, limited communication skills, self injurious behavior, and intense OCD were some of the challenges that prompted so many placements. Planning for A.J. in our program proved to be difficult, but not impossible.

The journey began when A.J. came to our program, in a home specialized to meet his needs, with individual staffing around the clock. Two staff members were present to work with him on a given day and getting to know A.J. was their first priority. Our clinical department staff also assisted in the transition from hospital to residential setting and worked closely with him to address specific behaviors.

With his limited communication, A.J. was soon able to display a comfort level with staff as he started to show emotion by laughing out loud and allowing them to help him with his everyday skills. He would engage staff more every day by trying to communicate and eventually the staff learned to read his signs and respond

to his needs. His sense of pride soared as he started to pick out what he wanted to wear each day and his self care skills were improving. Everyone was seeing real progress.

Getting out into the community took a bit more time but A.J. started attending school for longer periods of time each day. Because he likes trains, staff would take him to the Steam town National Historic Site to see the trains up close. He really enjoyed this but like the other aspects of his life, it was a process and it took some time before he would get out of the vehicle and get closer to the trains. He was so excited when he finally took his first ride on the train.

His long term goal is to begin to interact and live with other people. Right now, he is beginning to visit other group homes and sharing use of the sensory room with others. A.J.'s family has been visiting more frequently and staying for longer periods of

time. Sharing a meal and enjoying the company of his siblings is something they all benefit from.

While these accomplishments may not seem very significant to some, to A.J., his family and staff that work closely with him, the overall improvement in his quality of life has been a huge success.



A.J. with staff member LaLa Mines

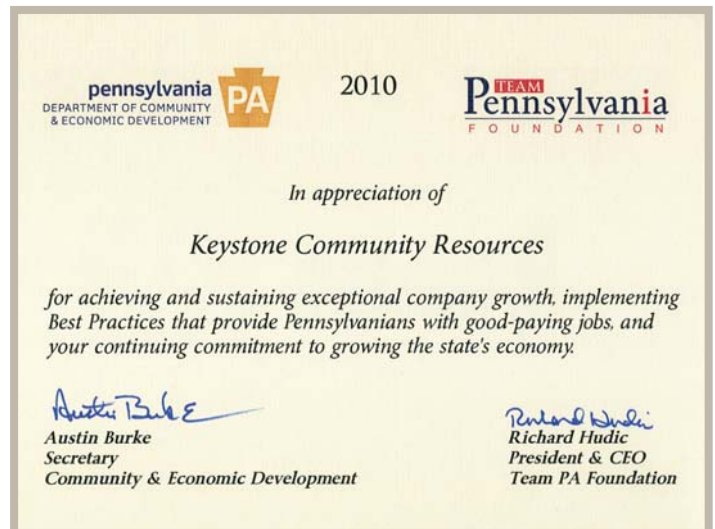


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Keystone is Recognized for Positive Growth in Pennsylvania!

Keystone was recently recognized by the Team Pennsylvania Foundation as being among the fastest growing businesses in the state. We are among a group of Pennsylvania businesses that together created nearly 60,000 new jobs in the commonwealth over the past five years.

Team PA was created in 1997 to bridge the gap between government and the private sector to allow both sides to work together for the betterment of the citizens and businesses of the Commonwealth of Pennsylvania. Team PA is the only statewide private/public organization where the governor serves as co-chair of the board of directors.



Keystone Community Resources, Inc.- Editor; Lisa Cunningham
See more about our programs and services on our website at
www.keycommres.org