

[Welcome]

New Staff!

Chambersburg Office: ISO – In Home Workers:

Robert Crider
Pamela Lake

Gettysburg Office: Attendants:

Stefini Bell
Lauren McCullen
Connie Taylor
Yvonne Wallace

Hanover Office:

Director of Development
& Communications:

Anita Savoldi Martin
Doreen Moody

Fiscal Director:

Early Intervention Program Manager,
Hanover & Adams:

Cynthia Bosserman
Michelle Ritter
Christina Hoover
Christina Stetler
Marcie Black
Julie Hersh
Jennifer Lawrence
Kate Sestrick

Fiscal Assistant:

Payroll Facilitator:

Special Events Coordinator:

Early Interventionists:

Michelle Chapman
Darcy Chambers
Lisa Hamberger
Laura Hackler

Lead Fiscal Assistant:

Fiscal Assistant:

Elks Home Service Nurse:

Nursing Home Transition Coordinator:

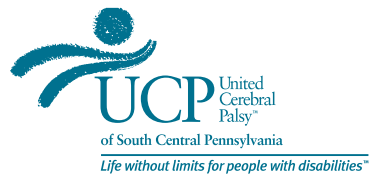
York Office:

Early Intervention Program Manager:
Program Secretary:

Early Intervention Teachers:

Kelly Boose
Chiquita Hopkins
Amy Crawshaw
Sheilie Marquez
Donna Bubans
Mallory Butts
Rachel Deller
Kathleen Fisher
Whitney Seipple

Attendants:



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788 Cherry Tree Court
Hanover, PA 17331
(717) 632-5552
www.ucpsouthcentral.org

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may be obtained from the PA
Department of State by calling toll
free, within PA, 1-800-732-0999.

Your comments are welcome and
may be addressed to:

Director of Development
717-632-5552 ext. 24.

UCP's INSIDER

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Our Mission:
United Cerebral Palsy
of South Central
Pennsylvania
advances the quality
of life and promotes
independence and
productivity for
people with
disabilities and
challenges throughout
their lives.

THE STORY OF "SWEET PEA"

Arianna Grace was born on January 30, 2003 to mom Bridget and dad Matt. From the first ultrasound, Bridget knew that her daughter would be different. A tumor appeared on the ultrasound in Arianna's heart at only 6 weeks gestation. By the time she was born at 37 weeks, 98% of her ventricle was blocked by the tumor. Thankfully, the doctors were able to remove the tumor, and although little "Sweet Pea" had a rough recovery, she was able to go home at 2 short weeks of age.

Bridget says, "Right before we left the hospital they did a CT scan of her brain. The day after we took her home, the neurologist called with news. They told me during Arianna's CT scan they found 6 tubers (tumors) in her brain. There weren't too many optimistic things that they could say, other than "we feel she has a rare disease called Tuberous Sclerosis, and there is no cure. Please understand that most kids that have this disease do not have a good quality of life, they have seizures, autism and often times are so mentally retarded that they can do very little to function in every day life". "It's been 2 years, and I still have those words burnt into my brain". Currently, Arianna has seizures and speech delays due to the tumors in her brain, and she also has polycystic disease and tumors in her kidneys.

Tuberous Sclerosis is a genetic condition characterized by lesions of the skin and central nervous system, tumor growth and seizures. Although the tumors resulting from TS are non cancerous, they still cause problems. Most people with TS, however, will live a normal life span. Since there is no cure, Early Intervention, like that offered by UCP, is helping to overcome developmental delays. Advancements in research are bringing new and improved therapeutic options.

Arianna's personality is affected by each seizure, big or small. Since her last bad seizure a month ago, she has had to relearn everything from the previous two years, but with that learning came a love of life. She laughs at a lot of things that before would have caused an emotional breakdown. She is full of love for everyone now, even if they are complete strangers.

UCP has been helping Arianna since she was 6 months old. That's when she met "the Lori's" from Early Intervention services. Bridget relays that "the

Occupational Therapy was the key factor in how well she is doing today. She was pretty delayed in all areas when she began seeing Lori T. on a weekly basis for intense therapy. Arianna had to learn trunk control as well as how to roll over and sit up on her own. Later, she began to work on eye/hand coordination. In the last couple of months, Arianna has begun Physical Therapy, in which she is relearning how to walk and keep her balance."

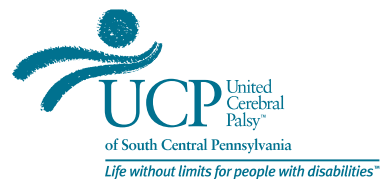
Bridget also says that UCP has made Arianna "more independent and willing to learn more things. Both "Lori's" from Early Intervention have been steadfast with their approaches on working with Arianna, even when she is being her most stubborn. We expect good things to come about with their assistance."

For other parents with children with disabilities, Bridget and Matt have this to offer - "Never give up and always work with your child any time, any way that you can. Try to set a pace at which you feel your child will be able to handle learning new things, but also compromise and allow your child to let you know when they can no longer handle learning at that pace. Your child might not be like everyone else's, but it's important to learn that that is OK".

When asked if they had any other thoughts about UCP and Arianna, they said "Arianna is a wonderful little girl who I don't think we would have in the way that we do if UCP were not around to work with her, and us, at every level possible, to make us who we are today. In good times the therapists are there to cheer and bring on new goals, and in bad times they are ready to start at step one and work again on things Arianna may have forgotten because of a seizure. They have become an extended part of our family, for which we will always be grateful".



By the time Arianna was born at 37 weeks, 98% of her ventricle was blocked by a tumor



MOVIN' ON!

Gettysburg Office finds new home in New Oxford

On March 31, 2005, the Gettysburg Office officially moved and started operations at its New Oxford facility. Located at 101 Berlin Road, New Oxford, the new Center provides a newer building for our Gettysburg staff. The New Oxford Center will continue to serve people with disabilities throughout Adams County. Call the office at 717-624-2140 or 1-800-223-0467.



The Spirit of Giving

Perhaps the most important benefit of donating is the satisfaction of knowing your gift will impact the quality of life and healthcare for children and adults with disabilities. Our thanks to the following individuals, organizations and companies that donated between December 14, 2004 and March 4, 2005.

Donations from Organizations: Steelers Fan Club of York, Car Program LLC, Tyson Lodge

Donations from Companies: Stitt and Stitt, Cox Inc., Harley Davidson Motor Company, Conrad Printing Company, PNC Advisors

Donations from Individuals: Jerome Rosenberger, Travis E. Sherman, Kinsley Foundation, Jacklyn Moore, David Keffer, Glatfelter Employees, Amanda King, Judy Kline, Louis Rudisill, Kris Shaffer, Pamela Van Pelt, Gary Feather, Raymond Shirey, Jr., Michael Goodstein, Tammy Diehl, Tammy Myers, Harold Cohen DMD, James A. Yost, William R. Walb, LL Thoms, Jr., Eli Cvijanovich, Esther Stetter, Jerry Orndoff, Diane Fake

Donations were received in Memory of Alan Beaver, Sr. and Glenn Longstreet

And thank you to our wonderful Volunteers who donate their valuable time to UCP!

Don't sell that Car, Truck, Boat, RV or Trailer! Donate it to UCP!

Did you know that we have a Vehicle Donation program? UCP of South Central PA and Car Program, LLC work together to take your car off your hands. All you have to do is call UCP at 717-632-5552 and talk to Anita Martin. Information will be taken on your vehicle, and then a towing company will call you within 4 days to schedule an evaluation and pick up. You will receive a donation receipt, which allows you to claim your vehicle as a tax deduction. That's it! UCP receives proceeds from the sale of the car after its sold within 60 days by Car Program, LLC. It's that easy!

A Gift for Tomorrow:

Charitable Gifts & Planned Giving

UCP of South Central PA welcomes all types of gifts and bequests to support our services for children and adults with disabilities. Some examples of charitable gifts include gifts of real estate, life insurance, or securities. Bequests are designated in your will.

There are three types of bequests that can be written in your will. These include:

- Specific Bequest – A specific dollar amount, percentage of estate, or property can be designated in your will to go to UCP of South Central PA.
- Residual Bequest – After the estate has paid all expenses, debts and taxes and honored all specific bequests, the remaining amount would be transferred to UCP of South Central PA.
- Contingent Bequest – Under certain circumstances, UCP of South Central PA would receive all or a portion of your estate.

If you have any questions, please contact your lawyer, financial planner, or UCP of South Central PA at (717) 632-5552.

DISABILITY NEWS

United Cerebral Palsy Sends Delegate to International Conference for Nonprofit Leaders National trustee Anne Rader represents UCP at Young Core Leaders summit in Japan

Washington, DC, February 22, 2005 – United Cerebral Palsy (UCP) national trustee Anne Rader joined an international delegation to the Young Core Leaders of Civil Society Groups conference on disability, youth and aging issues in Japan this month. The two-week summit, sponsored by the Japanese Office of Cabinet Affairs, aimed to network leading nonprofit executives from the United States, Australia, Sweden and Japan.

"The common concern of including people with disabilities in every facet of society transcends barriers of language and culture," said UCP trustee Anne Rader. "It was a privilege to share the work of United Cerebral Palsy in areas of direct service and support, advocacy, and empowerment with our peers."

Other American participants included Easter Seals, the Jewish Federation for the Blind, Boys and Girls Clubs and state vocational rehabilitation agencies.

The Japanese forum engaged political leaders, nonprofit managers and caregivers in a dialogue on best practices and performance outcome measurements for nonprofit organizations. The group toured several service-provider facilities and met with professionals and people with disabilities in various cities throughout Japan.

Rader, who is an appointed member of President Bush's National Council on Disability, also met with Japanese Parliament Member Mr. Eita Yashiro with other delegates. Yashiro stated his strong support for a formal United Nations (UN) convention on the rights of people with disabilities. An ad hoc UN committee will consider the measure throughout 2005.

"It is my hope that this exchange, along with my personal experience as a professional woman with a disability, will serve as a stimulus for even greater inclusion and opportunity for all our citizens with disabilities," added Rader.



"The common concern of including people with disabilities in every facet of society transcends barriers of language and culture"



2004 Holiday Gift Wrap - Wrap Up!



We were able to raise over \$19,000 to support our Mission...

From Black Friday through Christmas Eve, UCP held its Annual Gift Wrap Event at Malls in York, Chambersburg, and Hanover. We were able to raise over \$19,000 to support our Mission of "Life without Limits for People with Disabilities"!

On behalf of all the families and staff at UCP, thank you to all the wonderful volunteers who took time out during the bustling Holiday season to run this event. Without you, Gift Wrap would not be possible!

It's never too early to start thinking about the Holidays! If you, your organization, school or business would like to volunteer for Gift Wrap 2005, contact the Special Events Coordinator at 1-800-333-3873.

GROWTH through Grants

UCP's Sensory Room

In late May, Sound Beam U.S.A. SensoryExpressions, Inc. will be creating a multi-sensory environment room at the UCP Hanover Center. The room will be equipped with state-of-the-art resources, including a Bubble Sensory Tower, Tactile Interactive Panel, Fiber Optic Water Cascade, and more.

Funded through a grant, the Room will be available to serve children and adults with a variety of issues, including learning disabilities. Among the range of reported benefits from the use of sensory rooms are greater social interaction and communication, increase in adaptive behaviors, improved sense of self, and improved task concentration.

Once installation is complete, UCP will offer an open house and introductory training. Look for more information on our website and the next issue of cornUCoPia!



Donating a Wish list item is a great way for an individual or business to help those in their community, and get a tax deduction in the process.

We Wish For...

United Cerebral Palsy of South Central PA has created a "Wish List" for in-kind donations. Donating a Wish list item is a great way for an individual or business to help those in their community, and get a tax deduction in the process. If you have any questions, or would like to make a donation, please contact Anita Martin at 717-632-5552.

Books

Who doesn't love to read a new book? Children use books to learn how to read and develop their imaginations. Adults read books to relax and unwind or to learn about somewhere they've never been. We are always in need of books in good to new condition for our programs.

Used Computers and Computer Equipment

Next time you upgrade to a new computer, think about donating your Pentium, Mac, or laptop to UCP. Just as you use computers for various daily activities, our consumers do too. Computers are used by children in our classrooms, by adults to gain employment skills, and by many as a means of communication. We also need printers, monitors, scanners, keyboards, and software in good condition.

Televisions, VCRs, DVD Players, Camcorders, Cameras, and Other AV Equipment

Televisions, VCRs, and DVD Players are put to good use as audio-visual aids in the classroom and during staff trainings. Camcorders are used both in and out of the classroom and program centers for increasing communication skills, for staff and parent training, and for learning video production skills.

Wheelchairs and Adaptive Equipment

We are in need of manual and power wheelchairs, adaptive strollers, adaptive chairs, standers, shower chairs, walkers and canes in good condition. These items assist both children and adults with disabilities to lead more independent lives.

Tickets to Local Events

The children and adults participating in our programs welcome the opportunity to visit a theater or museum, attend a sporting event, or catch the latest movie. By donating tickets to attractions like these, you will be opening up a world of culture and recreation to people with disabilities.

Arts and Craft Supplies/ Painting Supplies

Arts and craft projects are an important part of program activities for many of our consumers, both children and adults. It is a way for them to express themselves creatively. We are in need of supplies such as construction paper, paints and crayons, glue, ribbon and felt.

Children's Toys

We are in need of age appropriate toys for the infants, toddlers, and preschoolers in our programs.



Paulette Houghton
Executive Director

Our Center locations:

Hanover Center
788 Cherry Tree Court
Hanover, PA 17331
717-632-5552

York Center
605 S. George Street
York, PA 17403
717-846-6062

Adams County
(New Oxford Center)
101 Berlin Road
New Oxford, PA 17350
717-624-2140

Franklin/Fulton County
(Chambersburg Center)
871-B Stanley Avenue
Chambersburg, PA 17202
Early Intervention 717-261-0931
Adult Programs 717-267-2672



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Cynthia Bosserman,
El Program Manager

A MESSAGE

from the Executive Director

Despite the continuing gray wet weather we have experienced in March, spring is right round the corner and we will quite happily be working in our gardens and on our lawns. However, spring also is the time of year both the federal and state governments are engaged in budget preparation. This year, we will be requesting additional dollars to meet the increasing demand for services that we have experienced. UCP continues to grow and offer more services for children and adults with disabilities or special needs.

UCP is strongly moving forward with the implementation of a an Intermediate Service Organization (ISO) program for adult consumers in Franklin County, and a new Nursing Home Transition Program in York County through the York County Area Agency on Aging. We also recently learned UCP of South Central PA has the honor of having been selected Nationally, from many affiliate applicants, as one of seven UCP affiliates to be a Home-Ability site. The selection will provide our adult staff with specialized training through a national UCP and Fannie Mae partnership, and access to additional resources to assist consumers with housing and homeownership issues.

We are also very excited about our "state of the art" Sensory Room that will be available for use in June for children therapies and adult therapies. Look further in our newsletter for additional information.

—Paulette Houghton

Volunteer Spotlight:

Featured this Quarter: Peggy Moyer – UCP Volunteer of the Year in 2004

How did you get involved with UCP?

I was with my grandson at a gift shop, and he saw a person that he recognized as a volunteer from school. The volunteer asked me if I had a job, and when I said "no", they told me about being a volunteer. I've been with UCP ever since.

How long has that been?

I've been with UCP South Central PA for 10 years this August.

What is your role at the office?

I work from 8-12:30 Monday through Friday in Hanover. From 9:00 to 11:00 I help in the children's play group, and I help Kate (Early Intervention Secretary) with clerical duties for the rest of the time.

What are some of your fondest memories at UCP?

The moments with the kids. The innocence and the lovability of the kids in the playgroup is just wonderful. Over the past 10 years, I've met so many people that always have time to say hi and talk to me, even outside of the office. UCP is truly like a family to me – you have no idea how great that makes me feel!

Be a Volunteer!

- Share your Talents
- Assist with our Events
- Teach a computer skill
- Help with Mailings



2004 Volunteer of the Year, Peggy Moyer, with Paulette Houghton, Executive Director

Call the Center closest to you to become a volunteer today!

Program Profile:

Mentoring Children - The Power of One!

The Mentoring program is off to a great start!

Currently, we have thirteen volunteers that have started the process. They are anxiously awaiting application completion, and are already scheduled to attend training.

Additionally, we are recruiting the children to be mentored from agency counselors, parents and the schools.

The training to become a Mentor is a ten-hour course and is specifically written for the Mentor of Children of Prisoners Program. It covers the following topics:

- Mentoring Children of prisoners:
What it is, what it can be and what it is not
- Who Are The Children of Prisoners?
Characteristics and Variations
- Family Matters
- Honoring the significance of the parent-child relationship
- Meaningful Differences: The impact of race, class, ethnicity and language on children of prisoners and the mentoring relationship
- Relationships are Key: Establishing Trust, Promoting Attachment and Building Emotional Strength
- Encouraging Competence and Confidence
- Sustaining Faith, Hope and Meaning
- Supporting the Parent/Child/Family relationships of children of prisoners.
- Ready to Go and The Really Hard Stuff (such as)
 - Recognizing the possibility of Mental health/mental illness issues for the mentees and their parents
 - Responding to substance use abuse and addictions
 - Reacting to sexual abuse and sexual acting out patterns
 - Managing aggression and rage

The following Saturday trainings are scheduled in the York Office: April 23, May 7, and June 4, 2005.

For more information on the Mentoring Program, please contact Christine Blystone at 717-846-6062, 1-877-877-0287 or email at cblystone@ucpsouthcentral.org

The Mentoring Program is recycling ink jet cartridges, toners and old cell phones. Call for information on this project and see how easy it is to help!



The Mentoring Children Program is brand new to UCP. It serves children of incarcerated parents who are under State or Federal jurisdiction. It's funded in part by the U.S. Department of Health & Human Services.

Children with incarcerated parents need role models. They need mentors who believe in them – to be a teacher, a counselor and a friend.

The mentor-child one to one match focuses on a positive youth development approach and aims to help the child develop a positive sense of identity, self-confidence, and self-esteem to reduce school failure and negative behaviors, such as drug and alcohol abuse.

The Mentoring Program recruits, trains, matches and then monitors the mentor and child relationship. The children the Mentoring Program serves are between 4 and 15 years of age, and reside in York or Adams County. Children may be referred by parents, schools, human service agencies or correctional sources.

"The original picture used with this article was the incorrect picture, and that child and his family are unaffiliated with the UCP Mentoring Program"

Upcoming Events Make it Happen!

Get Casual for a Cause! UCP's 14th Annual Casual Day is set for June

Sponsored by: Memorial Hospital, The Beard Miller Company LLP, Community Banks, The Bank of Hanover, Kain, Brown & Roberts LLP, Donald B. Smith Roofing, Wal-Mart, Strickler Agency, Inc. and 98.5 The Peak

Casual Day is our largest fundraiser of the year! Over 150 businesses and schools and 3500 employees participate annually across the 4 counties that we serve. For a \$5 employee donation, businesses allow their employees to dress down to benefit UCP.

This year Casual Day will be:

June 9th for Adams County (in Gettysburg Square), June 10th for Franklin County (in Chambersburg), June 16th in York (Boscov's parking lot at the Galleria AND Downtown at Continental Square) and June 17th in Hanover.

All participants receive a "Dressed Casually for a Cause" Sticker, a hot dog lunch, a coupon book from Gettysburg Village Factory Stores, and entry into the door prize drawings!

For a \$15 donation, employees can purchase a Casual Day T-shirt. Why buy a t-shirt? ONLY those who purchase a t-shirt will be entered in the GRAND PRIZE drawings. (Some of the grand prizes in the past have been complete vacations to Ocean City, Maryland, Bed and Breakfast weekends, family memberships to the YMCA and more!)

Call 1-800-333-3873 and talk to the Special Events Coordinator to get your business or school registered!

Hanover UCP's 3rd Annual "Nearly New" Yard Sale

To raise money for UCP's Hanover Child Development Group, it's time once again for the annual yard sale! The Sale will be from 8-3 on Friday, June 24th, and 8-12 on Saturday, June 25th, rain or shine. Last year the group was able to raise around \$2,000 to benefit the Program!

If you would like to help by making a donation of clothing, toys, furniture or other gently used items, please call **Cynthia Bosserman at 717-632-5552**. For more information on having your own table at the Sale, please contact Cynthia for more information.

Love Golf? You'll Love our Tournament!

Sponsored in part by: Adams County National Bank

UCP of South Central PA will be holding its 1st Annual Life Without Limits Golf Tournament on Wednesday, July 13, 2005 at The Links at Gettysburg. Individuals and Corporate sponsored foursomes will compete in a scramble format.

This first-class tournament is \$200 per golfer and includes: Green fees and Cart for 18 holes, Full Practice Facility, Door Prizes, Refreshments and Beverages throughout the day, a fabulous Awards Dinner after the event, a Photo of your foursome, and Tee Gifts. Course contents include a Putting Contest (win a Golf package to Bulle Rock – a \$600 value), Beat the Pro (win a Zero Restriction Rain Suit), and Hole in One (win a Car from Davidson Motor Company of Gettysburg!).

100% of the money raised goes toward UCP of South Central PA.

Limited Sponsorships at various levels are available with fantastic perks! Contact Anita Martin or the Special Events Coordinator at 1-800-333-3873 to register today! Registration deadline is July 1st, 2005 - Space is limited to 144 golfers.

The Ducky Derby is coming in July!

A combined effort between UCP and the Hanover Kiwanis, this annual event will be held on July 30th, 2005 during Dutch Days in Hanover. Ducky Adoption Certificates are sold and prizes are awarded to the first ducks to cross the finish line! For more information or to purchase a "Flock", contact the Special Events Coordinator, at 717-632-5552.

UCP's 1st Annual Celebrity Auction

This event, originally scheduled for March, is on hold. More details to follow in the next issue of the Insider, or check our website, www.ucpsouthcentral.org, for updates.