



# Life without Limits

*A biannual publication of UCP Central PA, dedicated to providing the community with news and opportunities to support our efforts to assist individuals with disabilities and their families...every day, in every way we can.*

summer/fall 2009

Issue 2

## Split Second Decision changes the course of a life forever

*0.98 seconds. That's how quickly the course of Keith Parson's life changed. It's less time than it took you to read the last sentence. It's also how long it took for his free-falling body to hit the asphalt parking lot from a drug-induced leap from a three-story building.*

*Fortunately, Keith has spent much of his time since then developing and refining a plan to help other young people avoid making similar choices... and having to live with similar consequences.*



Following his high school graduation in 1990, Keith and his friends drove to Ocean City, Maryland, for Senior Week. While there, he experimented with LSD for the first time. Under the influence of the drug, he suffered debilitating spinal cord injuries in his neck and back.

At first, *Keith thought all his dreams had shattered along with the vertebra in his back.*

He spent the next several months in and out of surgery and rehab. Slowly, he began to regain some of his abilities and, with them, his spirit and his independence. Over time, with a lot of love and support from his family--and with the aid of attendant care and assistive technology from UCP--Keith began again to pursue some of his dreams.

Those dreams included getting not one, but two college degrees, and finding a way to fulfill his passion to help others.

Today, Keith holds a BS in Management Science & Information Systems from Penn State University and a Masters in Education in Curriculum and Instruction, with a focus on Earth & Space Sciences, also from PSU. More importantly, *today, Keith is dedicating his life's work to helping students make better choices than he did.* His entrepreneurial undertaking as a motivational speaker allows him to meld his education, his desire to work with students, and his life experience to benefit others.

His goal is to reduce the incidence of substance abuse among teens and to prevent the suffering it causes both the users and the families who love them and who are left to care for them following a debilitating injury such as his.



**Keith is shown here at the start of his interactive presentation. For more information, contact him directly at [www.keithparsons.com](http://www.keithparsons.com).**

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## Split Second Decision (continued from page 1)

Keith's program has an apt name: **CAP... as in cap and gown**. It actually stands for **communicate, anticipate and participate**. Those are the essential three lifestyle prongs that form the core of Keith's interactive presentation to schools and civic groups. They are the concepts he believes will keep today's teens on the path to graduation... and to a full life.

### Don't change your nature. Just your choices.

It was in Keith's nature to be a risk-taker. He was highly inquisitive and adventurous as a child, and that didn't change as he entered adolescence. If anything, the urge to spread his wings and try new things only increased through the years.

**"I don't try to tell kids to change their nature. I don't tell them to avoid all risk; I know from my own experience that you might as well tell the ocean to hold back the tides."** Keith explains. Rather, he challenges students to channel their risky behaviors into healthy risk-taking opportunities, such as playing a sport, taking up an instrument, or getting involved in another supervised after-school activity.



By incorporating elements of pop culture, statistics, and science into his interactive presentation, *Keith serves as a powerful, memorable, and living testament to the dangers and potential consequences of substance abuse. He also shows humor, humility, and above all, the hope and resilience of the human spirit.*



If you are interested in learning more about Keith's program, or if you know of a school or civic organization that could benefit from his presentation, please contact him directly:

Keith Parsons  
30 Bonnywick Drive  
Harrisburg, PA 17111  
Tel: 717-303-3576  
Toll-free: 877-895-2914  
[keith@keithparsons.com](mailto:keith@keithparsons.com)

Or you may simply complete a Program Inquiry Form online at [www.keithparsons.com](http://www.keithparsons.com).

**"The professionalism of Keith's presentation ranked at the same level as that of nationally-known speakers. He is keenly aware of the need to be direct with his message and at the same time cognizant of the varied age levels of his audience.**

**As we prepare for the "rites of passage" that occur at the end of a high school career—prom, graduation, senior trip—it is vital that we provide our students with a message they will take seriously. Keith Parsons provided just such a message in an open and honest manner."**

- Beth L. DeLuke, Principal  
Duanesburg Central School District High School  
Delanson, NY

**"Keith Parsons' education, life experience, and his passion for students make him an ideal presenter on the topics of substance abuse prevention and making wise choices in life. The impact he makes is more than any other teacher, parent or book can. I highly recommend his presentation for all students from elementary to college age."**

- Ronnie Voigt, Student Teaching Supervisor  
Office of Curriculum and Instruction Field Experiences  
Penn State University  
University Park, PA

You may recall Keith as one of the featured success stories from the UCP DVD *Together We Are Changing Lives*. **The DVD also relates the journey of two other UCP "success stories"—people we have served who share in their own words what UCP has meant to them.** In addition to Keith's story, we also introduce:

\* **Jacob Weaver:** a young boy whose family turned to UCP for therapy and early intervention services following a diagnosis of pervasive developmental disorder;

\* **Michelle and Tom Stackfield:** a couple who were referred to UCP's in-home care and community support programs when Tom suffered a series of strokes that left him unable to care for himself independently;

To request a copy of the DVD, please contact UCP Marketing and Communications Coordinator Lynda Bowen at 717-975-0611 or [lbowen@ucpcentralpa.org](mailto:lbowen@ucpcentralpa.org).

**Please consider making a tax-deductible donation to the UCP Foundation of Central PA to help us get the word out about the vast array of programs and services we offer for individuals of all ages throughout our community.**

# Pediatric Treadmill Training Comes to the Mid-State

## UCP Joins Forces with Central PA Down Syndrome Awareness Group

**“Infants with Down syndrome begin to walk, on average, about one year later than typically developing infants. Treadmill training is an evidence-based technique that ideally should be available to all families of babies with Down syndrome. The treadmill provides repeated opportunities for the child to improve balance, build strength in the legs, and stimulate the nerve connections that are involved in independent walking. This stimulation results in babies who have experienced treadmill training being able to walk as much as 101 days sooner than children not participating in the training.”**

That’s Diane Isham, UCP staff Physical Therapist, talking about the benefits of treadmill training. The statistic about children being able to walk up to 101 days sooner as a result of such training was all the motivation she needed to begin exploring ways to adopt this practice with her clients.

Diane first became aware of the value of pediatric treadmill training in 2007 when working with Heather Fox-Kauffman and her son Carson, a baby with Down syndrome who was receiving physical therapy services from UCP. Together, Diane and Heather tried to implement the treadmill training with Carson using a regular size treadmill. Unfortunately, his weight made it too hard to hold him suspended over the treadmill.

At that time, there was no money available or any other means of obtaining the necessary equipment—a walker with suspension system—that would make the training possible for Carson. So, with mounting frustration and great regret, the training was discontinued. At that point, Heather made it her mission to find a way to purchase the suspension system so that other children facing similar challenges would experience a different outcome.

In 2008, Heather and her husband Steve joined two other families of children with Down syndrome to form the **Central PA Down Syndrome Awareness Group**. A key element of the Group’s mission is to provide grants to families of (and agencies providing services to) children with Down syndrome. The funds are granted on an individual request basis to aid in promoting personal development of individuals with Down syndrome.

**The group’s first such request--and the first approved--was Diane’s request for funding to enable the purchase of a pediatric treadmill and suspension system.**

In approving the grant application from UCP, the Down Syndrome Awareness Group agreed to provide funding to cover the full costs of the walker/suspension system and half the costs of a pediatric treadmill machine. That still left half the cost of the treadmill to cover.

**In a moment of serendipitous timing, retired PA Representative Jerry Nailor and his wife Donna sent an unsolicited donation to the UCP Foundation of Central PA.** Their only request was that the funds be designated for use by childhood programs. Their donation was sufficient to cover the remaining costs of the pediatric treadmill machine.

Finally, it looked like Diane and Heather’s shared dream of bringing pediatric treadmill training to the midstate was going to become a reality for some lucky family.... That’s when Diane came up with a brainstorm: **why not make plans to house the newly funded treadmill equipment at UCP’s Capital Area Children’s Center, where it would be accessible for multiple families to use?**

During this time, Diane began working with Ed and Wendy Corcoran, parents of Melodie, an 18-month old girl adopted from Korea. The Corcorans were owners of an adult treadmill and were working with Diane on treadmill training with Melodie. Once

again, the baby’s growing weight was becoming an issue. But this time, the outlook is much better. Thanks to the pediatric treadmill and suspension system, Melodie is able to continue her training.

The treadmill training takes place in eight one-minute increments a day, with the child eventually building up to eight minutes at a time. The remainder of the time the equipment is left idle.

*(continued on page 4)*



**UCP Physical Therapist Diane Isham works with Melodie Corcoran using the suspension system.**

*We extend our gratitude to the following individuals and organizations for donating their time and money to this effort:*

- Central PA Down Syndrome Awareness Group
- The Corcoran Family
- Our own Diane Isham
- The Jerry and Donna Nailor Fund of TFEC
- Woodworker Sam McCorkel

The manufacturer of the pediatric treadmill equipment is Sam Carlin of Carlin’s Creations, LLC, at [www.carlinscreations.com](http://www.carlinscreations.com)

## Treadmill Training (continued)

Under Diane's plan, rather than just one family being able to avail themselves of the equipment, any number of families can schedule the training at the Children's Center at their convenience. In fact, the Corcoran family "test-drove" the new equipment for a week in August... and the results were amazing. *"Using the treadmill suspension system made all the difference in our treadmill time with Melodie. Rather than becoming frustrated within a minute or two of training, she giggled and smiled the entire time we used the system," Wendy marveled. "Our family is so grateful to Diane Isham and all who made this innovative tool available to children in our community."*

Just as exciting, it is anticipated that this service will be expanded for use by families of children with other physical disabilities, such as cerebral palsy, in the future.

**Way to go Diane!** Talk about fulfilling a mission... both her own and that of the agency that employs her.

For more information about the treadmill training, or to take advantage of this opportunity, please contact:  
Diane Isham  
717-975-0611 / 800-998-4827  
Email: disham@ucpcentralpa.org

**UCP's childhood programs and services are highly regarded throughout the Central PA community. And for good reason. We provide:**

- **Early Intervention Services** that support and educate children from birth to age three who are experiencing or are at risk for developmental delays.
- **A variety of therapies** (speech, physical, developmental, occupational) in the child's natural environment--whether at home, at childcare, in the classroom, or other community setting. The therapists show family members and daycare providers how to make therapy part of the child's everyday routine.
- **Inclusive onsite childcare and preschool** that allows children with special needs to learn, play, and grow alongside their typically developing peers.



Paul Emberger Photography

**If you or someone you know has a child** with special needs... or just a need for great child care... give UCP a call. Our 50-year history of providing professional therapies and support has enhanced the lives of many children throughout Central PA. **We can do the same for your little one.** But don't just take our word for it... we've been voted **Readers' Choice for Child Care Center** in the Harrisburg Magazine 2009 Simply the Best Poll!

For more information about the Central PA Down Syndrome Awareness Group, or if you are interested in supporting their efforts, please contact:

**Brian Guillaume**  
Central PA Down Syndrome Awareness Group  
175 Briarwood Lane  
Carlisle, PA 17015  
Tel: 717-218-0242  
Email: [cpadsag@comcast.net](mailto:cpadsag@comcast.net)  
Web: [www.cpadsag.org](http://www.cpadsag.org)



## Calling all Wrappers!

At the UCP Foundation of Central PA Holiday Gift Wrap Booth, *the spirit of the season lasts all month long.* The best part is... **every package wrapped represents a measure of hope for people with disabilities in our community.** In 2008, more than **300** volunteers, individual wrappers and groups representing **33** companies and organizations, helped out at our booth at the Capital City Mall.

**Now, we're getting ready for the 2009 holiday season!**

**The Gift Wrap Booth hours are:**

**Nov 27 - Dec 11**  
10 am - 10 pm

**Dec 12 - Dec 24**  
8 am - 10 pm

All packages are wrapped by volunteers for a minimal suggested donation. In addition to seasonal holiday wraps, we offer gift wrap for other occasions as well, including birthdays, showers, and general gift giving.

**Please consider having some packages wrapped at our booth.** Or, if you're interested in volunteering, we still have a few shifts available. Contact Casey Hurst at 975-0611.



*The "Red Hat Classy Ladies" from Shiremanstown United Methodist Church signed up for several shifts in 2008!*



*UCP Employee Crystal Collins shares the duties of wrapping a package with UCP program participants Kimberly Foreman and Bill Lawyer.*

# Magic Night 2010

## Planning for Black Tie Event in the Works

UCP Central PA's Magic Night Committee, under the able leadership of Chair **Sarah Watkin** and Co-Chair **Danielle Fishel**, is in the throes of planning our largest fundraiser of the year. Our 24th annual gala dinner/dance known as Magic Night will be held on Saturday, March 20, as we return to a familiar venue: the recently renovated West Shore Country Club.

Co-hosting the evening's events for a fifth time will be **Valerie Pritchett** and **Nancy Ryan**. Guests will also be treated to a sixth return appearance of the wildly popular Jersey shore band **The Chatterband!**

*Please consider joining us for a spectacular evening!*

**For more information, to sign on as a sponsor or advertiser, or to donate items for our silent and live auctions**, please contact UCP Community Relations Coordinator Casey Hurst at [churst@ucpcentralpa.org](mailto:churst@ucpcentralpa.org).

**Save the Date: Saturday, March 20, 2010**  
**West Shore Country Club**

## Winning Attitudes receive just rewards

The 2009 **Annual UCP/SchmidtKramer Attitudes Essay Contest** was another success, with 12 local participants receiving top honors, certificates, and monetary awards. **Winners were announced and prizes awarded in May 2009 as follows:**

- \* **Tessa Cicak**, Central Dauphin High School, 1st Place (9-12)
- \* **Andrew Noel**, Central Dauphin High School, 2nd Place (9-12)
- \* **Alex Snow**, Cumberland Valley High School, 3rd Place (9-12)
- \* **Danielle Pesavento**, Eagle View Middle School, 1st Place (7-8)
- \* **Rachel Wolfgang**, Eagle View Middle School, 2nd Place (7-8)
- \* **John Logan**, St. Margaret Mary, 3rd Place (7-8)
- \* **Sydney Rukas**, St. Margaret Mary, 1st Place (5-6)
- \* **Rachel Smyth**, St. Margaret Mary, 2nd Place (5-6)
- \* **Victoria Wojciechowski**, St. Margaret Mary, 3rd Place (5-6)
- \* **Elizabeth Vera**, St. Catherine Laboure, 1st Place (3-4)
- \* **Kaitlin Hudak**, St. Margaret Mary, 2nd Place (3-4)
- \* **Rachel Washington**, St. Catherine Laboure, 3rd Place (3-4)

Congratulations again to all the winners, and to all the students and schools who participated. **To learn how you can be part of the 2010 contest**, please contact UCP Marketing and Communications Coordinator Lynda Bowen at 717-975-0611 or email [lbowen@ucpcentralpa.org](mailto:lbowen@ucpcentralpa.org).

# UCP Walkers turn out in full force

## Walk for a Healthy Community presented by Highmark Blue Shield

May 30 was a beautiful day on the Island (City Island, that is), as 2,000 walkers participated in the 2009 Walk for a Healthy Community presented by Highmark Blue Shield. UCP Central PA was one of 27 participating local health and human service agencies. **Our supporters came out in full force; 106 walkers raised over \$9,000 for our cause.**

Thanks to Highmark's generous underwriting of the event, 100 percent of the money raised by walkers went directly to support the missions of the participating organizations. To date, more than \$2 million has been raised through the Walk for a Healthy Community.

UCP received two special certificates for our participation in 2009: **Best New Organization** (for raising the most money of the five new participating organizations) and **The "100" Club** (for being one of only six organizations that had over 100 walkers participate in the event).

Our success was largely the result of two teams of walkers: **Chasing Hope** and **Karly's Kause**, who each raised significant sums of money. Thanks to both teams!

The date for next year's event has not yet been determined. But based on this year's success, we will definitely be back... and we'd love for you to join us! Please keep your eyes and ears tuned for more details about next year's Walk!

**For information on how you can form a team of walkers next year**, please contact UCP Community Relations Coordinator Casey Hurst at 717-975-0611 or [churst@ucpcentralpa.org](mailto:churst@ucpcentralpa.org).



**"Chasing Hope" team of walkers on City Island on May 30**



**Representing "Karly's Kause" are Jim, Jenn, Ethan and Karly Shellenberger.**

## Showing our appreciation

Like many human service organizations, UCP relies on the good will and huge hearts of caring volunteers to help provide programs and services throughout 15 counties in Central PA and to raise monies to support these endeavors.

We don't often take the time out of our busy schedules to let our volunteers know how much we truly do appreciate the time and talents they dedicate on behalf of our cause. *But on Wednesday, April 22, we made the time.* Our first annual Volunteer Appreciation Event at the Susquehanna Art Museum was an evening of gratitude. People mingled, browsed the art exhibits on display on two gallery floors, and gnoshed on finger foods.

More than 80 volunteers were on hand for the event. More than 25 volunteers were individually recognized for their hours of service, including one extraordinary gentleman who was honored for more than 250 hours in one year. (You can read more about him on page 15 of this newsletter; he's also the focus of our *Spotlight* column this issue.)

UCP President and CEO Jeff Cooper welcomed the volunteers and acknowledged that there was much to celebrate. *"This event is our way of showing our volunteers how much we appreciate their tireless support, unwavering optimism, and commitment to community,"* he said.



L to R, Doris Brunner, Marion C. Alexander, and Marie Schleicher, were recognized for volunteering their time and talents on behalf of the UCP Foundation of Central PA.

UCP is always looking for additional volunteers to help out in three key areas:

- board and advisory volunteers
- program volunteers
- event volunteers

To learn more about specific volunteer opportunities or to request a copy of our volunteer brochure, contact Casey Hurst at 717-975-0611 or by email at [churst@ucpcentralpa.org](mailto:churst@ucpcentralpa.org).

*UCP volunteers are  
ordinary people  
with extraordinary  
hearts.*

*Volunteer Appreciation Event  
April 22, 2009*

*We'd like to use this space and this opportunity to thank Leadership Harrisburg for developing a Volunteer Handbook for us!*

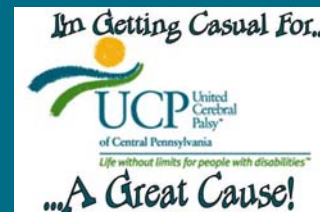
## casual day 2009-2010

*Get casual for a great cause!*

We've recently resurrected an old fundraising idea... called Casual Day. If your company or organization is looking for a simple way to visibly demonstrate your support for UCP, it doesn't get any easier than this!

Just pick a day, any day, that works best for your group, and let us know. The cost to register is just \$5 per participating individual... *there is no separate organization fee.*

In addition to showing your support, you will also help us raise awareness of UCP and our efforts to enhance the lives of individuals with disabilities throughout Central PA. We will provide all Casual Day participants with



stickers that boast *"I'm Getting Casual for a Great Cause"...* so your customers and others you come in contact with will know why you are dressing down.

Thanks to these participating organizations:

- \* Brown Schulz Sheridan & Fritz
- \* Drayer Physical Therapy - Carlisle
- \* Drayer Physical Therapy - Hummelstown
- \* McKonly & Asbury, LLC
- \* Orthopedic Institute of PA (OIP) - Union Deposit

To register your company or organization, contact [churst@ucpcentralpa.org](mailto:churst@ucpcentralpa.org).

# UCP/SchmidtKramer Golf Tournament 2009

Yet another great day on the links...

The venue for the 23<sup>rd</sup> Annual UCP/SchmidtKramer Golf Tournament changed in 2009 to the Carlisle Country Club. Despite the heat, the shotgun tournament on August 10 resulted in some impressive rounds of golf, with **prizes for excellence awarded to:**

**Men's 1<sup>st</sup> place:**

Mike Guman, Monte Garrabrandt, Jerry Tressler, Jeff Goyette

**Men's 2<sup>nd</sup> Place:**

Scott Micklewright, Tom Holtzman, Bill Mac Avoy

**Men's 3<sup>rd</sup> Place:**

Barry Claypool, Brandon Claypool, Terry Bennett, Bill Bennett

**Mixed 1<sup>st</sup> place:**

Karen Horan, Merci Madar, Dick Sebastian, Manny Cordeiro

**Mixed 2<sup>nd</sup> place:**

Shelly Karsnitz, Scott McManamon, Jim Eichelberger, Cal Ritter

**Women's Longest Drive:**

Merci Madar

**Men's Closest to the Pin:**

Dick Sebastian

**Men's Longest Drive:**

Dennis Neiman

*Even more important than the golf itself, this year's event proved to be a success in all the ways that count most.*

The Golf Committee was able to secure eight Diamond Sponsors, one Double Diamond Sponsor, 119 registered golfers, and gross event proceeds of \$45,000.

A buffet dinner, live and silent auctions, and an awards ceremony hosted by **Committee Co-Chairs Gerry Kramer** and **Scott Thompson** rounded out the day. Auctioneer (and SchmidtKramer attorney) **Tom Cook** took to the mic and rallied the crowd: The live auction brought in \$2,700; the silent auction another \$1,120. All golfers had an opportunity to participate in the Hole-in-One competition for a chance to win the use of a new car for a year, courtesy of **Sutliff Auto Group**.

Tournament player **Cal Ritter** had an especially good day... not only did his foursome come in second place in the Mixed Division, but he was also the winner of the 50/50 raffle, taking home \$222 and change!



*Dennis Neiman, Chief Operating Officer, Coldwell Banker Commercial Bennett Williams*

Special thanks to SchmidtKramer partners **Gerry Kramer and Chuck Schmidt** for their years of support, both of the Tournament and of UCP Central PA. We want to extend our appreciation to Gerry for his many years chairing the Golf Committee, and to Committee members for their hard work in putting together yet another successful Tournament in 2009.

We'd also like to offer a special round of kudos to **UCP Life Board Member Doris Brunner** who once again braved the withering heat to greet golfers and sell Mulligans... this was her 17th year doing so. *Her efforts brought in \$970 this year!*

Finally, we would like to thank the many civic-minded businesses and individuals who in some way contributed to the success of the event.

**Save the Date 2010:**

*Date to be determined  
Carlisle Country Club*

Pre-Tournament Happy Hour at Cantone's  
*featuring*



A new innovation to this year's Golf Tournament was the introduction of a pre-event Happy Hour at Cantone's. The brainchild of **Steve Schmidt**, the happy hour featured Steve and his brother, Chuck, as Celebrity Bartenders.



About 30 supporters showed up to test the brothers' prowess at mixology and munch on free wings and baked *Ziti a la Nick*.

**Proceeds for the evening (including bar tips and the sale of 50/50 tickets) came to \$540.**



*Thanks to SchmidtKramer and Cantone's--and, of course, to all who supported the event!*

## around the agency

Coming soon!

### UCP Prepares to Introduce Respite Program at Branch Creek Neighbors Adult Day Program

This month... after extensive planning, the Branch Creek Neighbors Adult Day Program in Shippensburg begins providing evening and overnight respite to families who have a relative with a disability.

The program is the brainchild of **Assistant Director of Adult Services Kathy Seiderer** and **Director Barry Claypool**. Learn more in the next issue of *Life Without Limits*... or visit our web site at [www.ucpcentralpa.org](http://www.ucpcentralpa.org).



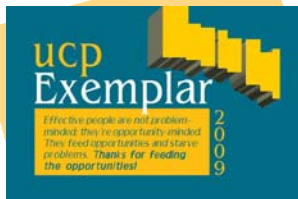
**All smiles:** Dennis Schwarz at Mechanicsburg Alternatives and Erin Hinaman at Hanover Street Neighbors, two of UCP's Adult Day Programs.



## UCP Board and Staff Events

Capital Area Christian Church in Mechanicsburg is once again host of the **Annual UCP Staff Retreat** on October 23. It also serves as the setting for a reprisal of *"UCP's Got Talent."* Other planned activities include the United Way Campaign kick off, Exemplar Award presentation, staff service award presentations, and several break-out sessions.

Also coming up in the fall is the **Annual Meeting of the UCP Board of Directors**, to be held at the Country Club of Harrisburg on November 12, from 11:30am to 1:00pm.



## UCP and Harrisburg Senators Team Up to Raise Money

The 23rd Annual **UCP/Harrisburg Senators Sports Auction** was held at the Carousel Pavilion on City Island on May 2. Presided over by **Life Board Member Billy Kaldes**, the event attracted a crowd of 200+ and raised \$43,000, bringing total Auction proceeds to over \$1 million!

The two organizations teamed up again at the July 20 Senators home game for **Community Night to benefit UCP**.

*Lauren Speakman, 2002 graduate of UCP's Capital Area Children's Center (CACC), threw out the first pitch. Foundation Board Chair John Hickey and UCP President/CEO Jeff Cooper were on hand to provide moral support!*



## A Donation from the Heart for the Heart



Shown receiving the donation of AED equipment from Exelon Corporation are: UCP Safety Team Chair Eleanor Robinson; Site Nurse at Three Mile Island Nuclear Generating Station Dawn Schmeichel; UCP President/CEO Jeff Cooper; Site Safety Advisor at Three Mile Island Rick Miller; and UCP Options Childcare Manager Kelly Hummert. **A "heart"-felt thanks to Exelon for this potentially lifesaving donation!**

On May 26, 2009, two representatives of **Exelon Corporation/Three Mile Island Unit 1 Nuclear Generating Station** traveled to UCP's Quaker Office location to personally deliver a donation of six Automatic External Defibrillators (AEDs) valued at \$6,000.

AED's are lifesaving devices which are used by minimally trained rescuers to save victims of Sudden Cardiac Arrest. The portable devices are small, lightweight, run on a lithium battery, and automatically determine whether the patient needs defibrillation. A computer chip employs "talk-you-through" technology that actually speaks to the operator, guiding him or her through a few simple steps. According to the American Heart Association CPR rescue attempts using electric defibrillation or AEDs improves survival rates by as much as 49%. ***It's easy to see why the devices have become one of the most exciting rescue tools on the market today!***

The donated AEDs were distributed to six program sites in Camp Hill, Carlisle, Lewistown, and Harrisburg.

UCP Central PA and Arooga's Grille House/Sports Bar  
Team Up for a Funds 4 Friends Fundraiser

Join us  
for a  
**Winning**  
Funds 4 Friends  
Fundraiser!

Flyer Good For  
Dine in or carry out!

**Bring this flyer...**

along with your family and friends.

**You must have a flyer--one per check is fine--**in order for UCP to be credited with the proceeds from your receipt. Arooga's will donate 15% of all receipts submitted with a flyer... **at any of their three locations!!!**

**Date:** TUES, NOVEMBER 10

**Time:** ALL DAY LONG!  
11am to 11 pm

**Place:** All Three Locations!

**AROOGA'S<sup>15</sup>**

GRILLE HOUSE & SPORTS BAR

1300 Camp Hill ByPass, Camp Hill  
Call ahead seating: 730-9464

**AROOGA'S<sup>22</sup>**

GRILLE HOUSE & SPORTS BAR

7025 Allentown Boulevard, Harrisburg  
Call ahead seating: 920-9464

**AROOGA'S<sup>39</sup>**

GRILLE HOUSE & SPORTS BAR

4301 Linglestown Rd., Harrisburg  
Call ahead seating: 909-9464

[www.aroogas.com](http://www.aroogas.com)

If you want additional copies of the flyer to distribute to family, friends, or co-workers, please contact:  
Lynda Bowen  
717-975-0611  
[lbowen@ucpcentralpa.org](mailto:lbowen@ucpcentralpa.org)

## Forget "cash for clunkers"

Through our partnership with **Melwood's Car Donation Processing Center**, UCP Central PA is now in a position to accept vehicle donations.

If you've got a used car, van, truck, boat with trailer or recreational vehicle that you no longer have a use for, please consider making a tax-deductible donation to UCP. We've got a system in place that makes it easy as can be!

### Free Pick-Up and more:

- \* **Free towing**, whether the vehicle is running or not.
- \* **Donate anytime, anywhere.** You can donate your vehicle to UCP from anywhere in the U.S.
- \* **No more hassles** with repairing, advertising, and selling your vehicle. Let Melwood's courteous, trained staff handle all the details.
- \* **Qualify** for an IRS tax deduction.
- \* **Support UCP's vision** of a world where people with disabilities live life without limits. The proceeds from your vehicle donation are funneled directly into UCP programs and services.

To learn more, or to schedule a donation, simply call our toll-free number: **1-877-UCP-CAR1** or **1-877-827-2271**. Our operators will walk you through the process and can schedule a convenient time to pick up your vehicle. Or you can make an online donation at our web site: **visit [www.ucpcentralpa.org](http://www.ucpcentralpa.org) and click on the online vehicle donation banner.**

### Who benefits from your vehicle donation?

Contributions to this vehicle donation program help support UCP programs and services, and in turn support the mission of Melwood Enterprises to empower people with disabilities. Melwood helps individuals with disabilities to earn their own way. Each year, Melwood provides job training, employment, housing and recreation for more than 2,100 people with disabilities.

## Community Night Fundraisers: An Update



Mrs. Jay Swisher, winner of the UCP Community Night Fundraiser Raffle at Texas Roadhouse on March 25, receives her package of goodies from Marketing and Communications Coordinator Lynda Bowen.

## Bowling for UCP

*Putting the fun in "fun"draising!*

The UCP Safety Team held its first Bowling fundraiser at ABC North Lanes on Saturday, August 15. We raised \$455 toward the purchase of equipment that will help us reduce back strains here at UCP. Plus, the **manager of ABC North, Earl Burger**, generously waived the fees for our event. That means that all the money raised is ours free and clear!

*Not too shabby for a first-time event!* **RuthAnn Ryan** and **Mike Skalka** deserve a big **THANKS** for all the work they did to make the event happen.

*We're planning another bowling event for the spring, so mark your calendar now: The date is April 17, 2010, from 1pm to 3pm, again at ABC North Lanes in Harrisburg.*

We've also started chatting informally about the possibility of forming a mini-league over the winter months. There is nothing definite to report on at this point. **If you're interested in possibly participating on a UCP league team for 10 or 12 weeks, let Eleanor Robinson know** at 717-737-3477 or email her at [erobinson@ucpcentralpa.org](mailto:erobinson@ucpcentralpa.org).

## Ways you can give online:

UCP has a variety of mechanisms through which you can make online donations to our organization. These include:

- \* **UCP web site:** Visit [www.ucpcentralpa.org](http://www.ucpcentralpa.org) and click on DONATE NOW!

- \* **UCP on Facebook:** If you are a member of Facebook, and subscribe to the "causes" application, then you can join our cause, and donate to UCP Central PA.

- \* **Goodsearch:** Visit [www.goodsearch.com](http://www.goodsearch.com). Enter "UCP Central PA" and click to verify. Then Search the web... just as you normally would. Goodsearch will donate \$.01\* per search to UCP.

UCP's first foray into Community Night Fundraisers proved to be quite the success... and a rousing good time for all who ventured out to **Texas Roadhouse** on March 25. We raised over \$700 for the evening and made some great new friends at the same time. Friends such as **Mr. and Mrs. Jay Swisher** and their adopted granddaughter Melodie Corcoran. Yes, that's one and the same Melodie who is featured in our story on page 3. *Small world isn't it?*

**We encourage all our staff, friends, and supporters to consider joining us for our next fundraiser to be held November 10 at ALL THREE AROOGA'S locations in the area. (See page 9 for the flyer you need to bring... and for more details!)**

# UCP Foundation of Central PA

It's been a difficult year for charities and foundations throughout the state and across the nation. So it comes as no surprise that donations to the UCP Foundation of Central PA **Family & Friends Endowment Campaign** have suffered. Still, since the time of our last newsletter, three individuals and organizations have stepped up to the plate and made the decision to invest in our mission. That brings the total number of investors to 47 with total pledges of \$398,798.

While campaign contributions are down, **the good news is that the vital work of the Foundation continues apace:**

\* *Campaign Chair Dwayne Keller developed and introduced the concept of networking sessions to reach out to a broader Central PA community.* The goal of the sessions is to make attendees aware of the Foundation mission to sustain the growth and future of UCP Central PA. The first such session was held on March 16 at Rillo's Restaurant in Carlisle. There were 16 attendees, including current and prospective investors. A highlight of the evening was UCP Family Support Services employee Karen Beaston sharing the story of her two sons who benefited from services they received from UCP.

\* *One of the Foundation's first funding projects, **Adventure Zone Playground in Cumberland County, celebrated its Grand Opening on May 30.*** This fully-accessible playground was built solely by volunteers and was funded by hundreds of individuals and businesses who chose to make an investment in a better community. *Among the 1,000+ supporters who attended the Grand Opening were local dignitaries **Senator Patricia Vance, Representative Jerry Nailor (retired), and Representative Glenn Grell.***

The playground is open...but our fundraising work is not finished.... there are still components, pavers, tiles, and fence posts for sale. For more information, we encourage you to visit the Adventure Zone Playground web site at [www.adventurezoneplayground.com](http://www.adventurezoneplayground.com).

\**The Foundation developed and installed new signage to showcase its legal address at 925 Linda Lane in Camp Hill.*

## You give so much...

### Thank you

When times get tough, UCP's loyal supporters stand strong. We are honored and gratified by the show of support of all the sponsors, donors, and other contributors who have demonstrated their faith in us by continuing to support us financially.

**Suffice it to say we wouldn't be here without you.**

And we certainly wouldn't have had nearly the impact on the community that we have had over that time.

So please indulge us as we direct you to our web site at [www.ucpcentralpa.org](http://www.ucpcentralpa.org) for a complete listing of our donors and contributors for 2009 to date (as of the printing of this newsletter).

We do wish to give special thanks and acknowledgement to the following individuals and organizations who have--through event sponsorship, grants, or a significant gift to the Foundation--provided funding that has resulted in the development of new programs and services, as well as provide for our ongoing operations:

- \* Ames True Temper
- \* Mr. and Mrs. Larry Bitner
- \* BJs Wholesale
- \* Carlisle Area Health & Wellness Foundation
- \* The Foundation for Enhancing Communities
- \* Mr. Ben Francavilla and Ms. Jan Hodges
- \* RL Snyder Electric
- \* SchmidtKramer Law
- \* Mr. and Mrs. Mark Singel
- \* Sovereign Bank
- \* Mr. and Mrs. George Sweeney
- \* United Way of the Capital Region
- \* United Way of Carlisle & Cumberland County



We encourage you to consider investing in our shared community by making a pledge to the UCP Foundation of Central PA. *You never know when your donation may be precisely what is needed to infuse new life into a vital program, just as Rep. Nailor's timely donation to our childhood programs helped bring pediatric treadmill training to Central PA.*

To learn more, contact:

UCP Foundation  
Executive Director  
Dr. Ray Kathiresan  
717-737-3477  
[rkathiresan@ucpcentralpa.org](mailto:rkathiresan@ucpcentralpa.org)

Development Director  
Janeen Latin  
717-975-0611  
[jlatin@ucpcentralpa.org](mailto:jlatin@ucpcentralpa.org)

around the  
agency

## Changing Hands

**The CHANGING HANDS web site is now Live!**

**As a result, we've made Changing Hands, and changing lives, easier than ever!**

**Among the types of items available on the web site are:**

- \* wall-mounted grab bars
- \* canes and walkers
- \* bedside commodes
- \* low vision cane
- \* youth-size jogging stroller
- \* touch monitors for Windows-based computers
- \* CCTV magnifier

**Items we are always in need of include:**

- \* manual wheelchairs
- \* bath seats
- \* overbed tables
- \* rollators (walkers with seats)

**Whether you have a need for an item or have something to donate, you can do it all online at:**  
**[www.changinghandscentralpa.org](http://www.changinghandscentralpa.org)**

UCP Assistive Technology Specialist Jackie Wardle can be reached at 717-737-3477 or 800-998-4827, or by email at [jwardle@ucpcentralpa.org](mailto:jwardle@ucpcentralpa.org)

*Changing Hands is a participant in the Reused and Exchanged Equipment Partnership (REEP), a program of Pennsylvania's Initiative on Assistive Technology (PIAT).*

## Holiday Wish List

It seems impossible, but the holiday season is just around the corner... and the needs in the community are great.

**Any one of our 13 adult day programs and 3 group homes are always on the lookout for these items:**

- \* art and crafts kits and supplies
- \* small appliances (toaster ovens and blenders)
- \* quiet time activities (books, puzzles, cds, games)
- \* small electronics (CD and DVD players)
- \* magazine subscriptions
- \* exercise equipment
- \* baking utensils (baking pans and trays, measuring cups)

**For a more specific listing, visit our website at:**  
**[www.ucpcentralpa.org](http://www.ucpcentralpa.org)**

## UCP Awarded Contract to Provide Free Phone Equipment to Qualified PA Residents

**Would you like to be talking more, but your phone isn't a good match for you?** Pennsylvania's Telecommunication Device Distribution Program (TDDP) just may be the answer! You could even qualify to receive specialized equipment, free of charge, if you are an eligible Pennsylvania resident who has a disability that impedes independent access to telephone services.

**TO BE ELIGIBLE, you MUST meet these requirements:**

- Be a Pennsylvania resident with a disability or disabilities that prevent 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 (low income);
- Have current telephone service; and
- Have the ability to learn how to use the requested devices(s).

**Following is a partial list of equipment** that is available to qualified individuals through TDDP:

- TTY
- Voice Carry Over TTY with Loud Adjustable Ringer
- VCO Telephone
- CapTel Telephone
- TTY with Large Visual Display
- TTY with Braille Display
- In-Line Amplifier
- Amplified Large Button Speaker Phone
- Signalers – Loud Ring, Light, or Vibrating
- Hands-Free Speaker Phone
- Telephone Fluency System
- Hearing Carry Over TTY with Speakers
- Cordless Phone with Amplification
- Cordless Headset Phone
- Talking Telephone
- Voice Activated Dialer
- Photo Phone
- Big Button Phone – Black on White Contrast

**UCP Central PA administers the TDDP contract in the Central PA area**, which includes residents of Adams, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lebanon, Mifflin, Snyder, Perry, and York counties.

**To get more information and assistance in selecting the right phone for you, contact:**

Terry Heffelfinger at UCP Central PA,  
Tel: 717-737-3477, ext. 352 or toll-free: 800-998-4827  
TTY: 717-737-3564 or fax: 717-737-9017

*This program was created through PA ACT 34-1995, the TDDP is implemented by Pennsylvania's Initiative on Assistive Technology (PIAT), a program of the Institute on Disabilities at Temple University, in conjunction with the PA Public Utilities Commission (PUC).*

## around the agency

### Family Support Services Pool Party Goes Swimmingly!

On August 5, Koons Memorial Park in Linglestown was the site of a pool party for families living with disabilities hosted by the Family Support Services Department of UCP. Nearly 70 people, including individuals with disabilities and their family members, enjoyed the event which featured a summertime menu of grilled hot dogs and hamburgers, salads, baked beans, chips, and watermelon.

Kids of all ages enjoyed themselves as they played in the pools with each other and their siblings. Families were able to eat, swim, and enjoy each other's company for four hours...and everyone left exhausted from the festivities!



(above) Kelsey Thomas and her brother Austin Nicholas enjoy the water at Koons Memorial Pool on August 5.

(left) Dennis Hursh gives his son John a wet ride.

(below) Krista Latin strikes an engaging pose.

We want to extend our thanks to **the management of Koons Pool** for providing a warm welcome, along with a staff of life-guards and nonstop music. A fun time was had by all!



## Training Tips & Tools Employee Self-Service Web Site

- Jennifer Brubaker, Human Resources Director

As an employee of UCP, you have access to your own personal employment information on the Employee Self Service website (affectionately known as ESS). You may recall a letter or memo you received as recently as June of this year, providing your ESS user name and password.

ESS provides most of the employment information you need... **and it's available to you 24/7.**

If you are not using ESS, you are either calling your supervisor or the payroll department for what you need, and running the risk of getting voice mail. You then either leave a message, not sure if you were clear in your explanation of what you want... or you hang up, intending to call back, but then you don't. Or it's midnight on Saturday, and you need to remember to call first thing on Monday. Of course, you never make that call. In all these scenarios, you are without the information or answer you need when you need it.

**To gain access to ESS today, go to:**

[www.hrpselserve52d.adp.com/UCPp/ADP\\_SelfService.asp](http://www.hrpselserve52d.adp.com/UCPp/ADP_SelfService.asp) and follow the on-screen login instructions using the unique user ID and password that was provided to you. If you no longer have that information, please call me (Jen Brubaker) at 717-975-0611 or email [jbrubaker@ucpcentralpa.org](mailto:jbrubaker@ucpcentralpa.org).

**ESS lets you:**

- \* Verify you received a paycheck, and the pay amount.
- \* Verify your benefit deductions.
- \* View benefit information.
- \* Link to benefit provider directories and websites.
- \* Change your address.
- \* Add dependents to your record.
- \* View the Agency calendar.
- \* Download Personnel Policies and other documents.
- \* Find contact information for payroll and HR departments.

### ESS USER TIPS:

- ✓ To change your user ID and/or password, click on **Change id/pwd** at the top right of the web site.
- ✓ Keep all of your personal information up to date – this will update the main HR/Payroll database.
- ✓ Keep your password and user ID in a safe place; to obtain a new one can take 3-5 business days.

*The response from coworkers who have taken advantage of this service has been favorable... so I encourage you all to try it out!*

\* \* \*

Thanks, Jen, for the reminder!  
- Editor

## books in brief

### *Grown Man Now*

by Jane B. Schulz, Ed. D.

Hillary Clinton infamously declared “it takes a village” to raise a child. Author and mother Jane Schulz narrows that down a bit...

*“The message is that it takes a family to raise a child who has a disability. I believe all of our experiences add to who we are and help us deal with our challenges and our victories.”*

-Jane Schulz  
Author, educator, and loving mother

*Grown Man Now* is the heartwarming, inspirational book that chronicles the first 50+ years in the life of Billy Schulz, a Down baby born in 1956. It also relates the journey his family has taken in raising him to adulthood.

It wasn't until Billy was 18 months old that a doctor made the diagnosis of Down syndrome. At that point, the Schulzes were told to take their son home and love him... so love him they did.

Armed only with the pediatrician's simple advice, Bill and Jane took Billy home and did the best they could to care for him. At that time, there were no services available to Billy or his family and only minimal services for people with any type of disability. They had no idea what their future would hold, nor the struggles they would have raising their son.

The bleak situation inspired Jane to become a special education teacher. She graduated with honors, then earned a Master's degree and finally a doctorate in education. Throughout this time, the family learned and they grew together. It was a family effort then, and it's a family effort today.

As much as Billy has learned from them, they also have learned from him. *“He's taught us that you can slow down and sometimes you have to slow down. To really be open to people, not to make judgments about people... to be concerned about all people, particularly those who have been disenfranchised,”* Jane says.

## online update

<http://www.mychildwithoutlimits.org>

The *My Child Without Limits* web site was recently launched by UCP National and serves as a wonderful new resource for families of young children with disabilities in communities across the country.

The web site was developed both as a guide for parents who suspect that their child might have some type of developmental disability but don't know where to turn... as well as a resource for those who have a child who has already been diagnosed with a disability.

The web site provides a wealth of information that allows parents and other family members to:

**understand** -- the jargon and language that defines a child's special needs;

**plan** -- what to do once they've got a diagnosis;

**act** -- on the many resources available to them to help their child reach their full potential;

**communicate** -- with others who are experiencing similar challenges.

*“I can't think of a better way to reach parents of children with disabilities who are so desperately seeking credible information they can trust. My Child Without Limits will be the one-stop shop for parents and professionals, and help children with disabilities start achieving a life without limits at an early age.”*

- Stephen Bennett, President & CEO  
United Cerebral Palsy, Inc.

The web site provides access to a support community of parents, caregivers, and experts who are in the process of finding--or may already have found--early intervention services that might also benefit your child. It also provides parents with a Resource Locator which enables them to quickly and easily find services and resources in a specific geographic (zip-code based) area.



### **We at UCP Central PA welcome your feedback.**

If you have any suggestions we can pass along on ways to make the *My Child Without Limits* web site more useful or user-friendly, please contact UCP Marketing and Communications Coordinator Lynda Bowen at 717-975-0611 or email [lbowen@ucpcentralpa.org](mailto:lbowen@ucpcentralpa.org).

Today's Spotlight is on UCP's "everyday hero" and long-time Program Volunteer Richard E. "Dick" Radcliff.



Dick began his "career" as a volunteer following his retirement in 1992 from Eastman Kodak, where he worked as an engineer for 30 years. He initially approached RSVP (Retired Senior Volunteer Program) in Rochester, NY, to learn where his skills and experience could best be put to use. He was given a lengthy list of nonprofit organizations in need of volunteer assistance; among the organizations were several UCP affiliates. Dick ended up providing services to all of them.

In 1995, after Dick and his wife Ann relocated to Gettysburg, he inquired about volunteer opportunities in the area. UCP Central PA was among the organizations with a need. Now, nearly 15 years later, the rest is history.

**Do you have a personal investment in UCP (in other words, do you know someone who has received or is currently receiving services from us)?**

No, actually I don't. In fact, when I first decided to do volunteer work for UCP affiliates, I wasn't sure how I would do working and being around people with so many different kinds of disabilities. But you know, they pull you in. And it's been a love affair ever since.

**Is there any especially poignant or memorable moment from your volunteer career that you'd like to share?**

There isn't one particular instance, really. I just picture in my mind so many moments when you realize you've touched someone's heart. You may not think you've done anything special, but to the other person, it means the world. Some of the old folks I deliver Meals on Wheels to live for the 15 minutes we get to chat. The same with the kids I tutor, who want to pay me. Or the residents in the homes. They're all just so appreciative, and it shows.

**What do you believe to be UCP's greatest asset to the community?**

In my capacity as a volunteer, I travel to a number of UCP locations to fix or build or install something, and just seeing so many things the organization does makes it difficult to pick just one. The community homes, the adult day programs, the children's center, the way you 'evangelize' to the community... **it's all terrific.**

The same thing I'd say about volunteering, **the more you get involved, the more need you see.** The need in the community today is beyond enormous. Whether you stuff envelopes, do what I do (building maintenance and repairs), teach, tutor, read, whatever it is you like to do... the opportunity is there. Personally, my motivation for doing this is simple: Jesus said 'help each other'. That's why I do what I do.

\*\*\*\*\*

In addition to his commitment to UCP, Dick also serves as a volunteer for the Adams County Office of Aging, where he serves as Board President, does maintenance and in-home repairs for seniors, delivers Meals on Wheels, and provides computer trouble-shooting assistance at seven senior centers. He also works as a math tutor for students of Fairfield High School and New Oxtord Middle School.

In recognition of his significant volunteer efforts, Dick was the recipient of the prestigious Jefferson Award in 1998. He has recently been selected as a recipient of the 2009 S.A.G.E. Award which is jointly presented by Messiah Village and Harrisburg Magazine. This award honors Savvy, Active, Growing, and Enlightened older adults who have made important contributions to the economic, cultural, spiritual, and social progress of the Greater Capital Region.

One definition of an Everyday Hero is "one who works tirelessly to help keep our communities safe, productive, and enjoyable" and who does so "not for public recognition, but for the personal fulfillment they receive in helping others." Dick Radcliff fits that description to a tee.

**We join so many others who owe Dick a huge debt of gratitude. Personally I thank him for agreeing to step outside his comfort zone and have a well-deserved "Spotlight" shone on him! – Editor**

## top twelve conditions/diagnoses

For over half a century, UCP has been meeting the needs of individuals of all ages with all types of disabilities and special needs, from pediatric to geriatric. A listing of the **12 most prevalent diagnoses or conditions of the consumers who benefited from our services over the past year** includes:

- \* Speech and language delay
- \* Premature birth
- \* Arthritis
- \* Multiple Sclerosis
- \* Stroke
- \* Cerebral palsy
- \* Mental retardation
- \* Diabetes
- \* Developmental delay
- \* Traumatic brain injury
- \* Down syndrome
- \* Depression



Won't you consider sending a donation to offset the cost of producing and distributing this newsletter?

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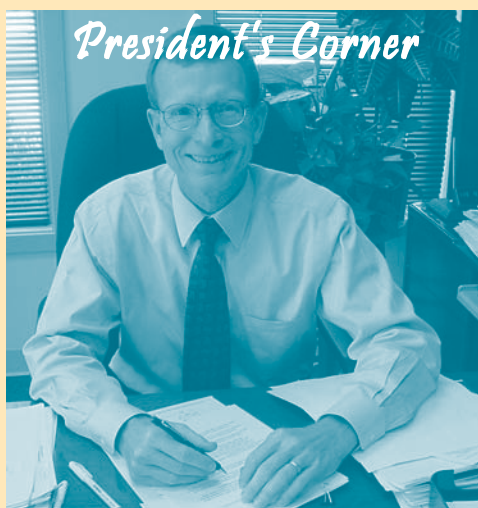
*Life without Limits is published biannually.*

**Lynda K. Bowen**  
*Editor and Designer*

**John M. Murphy**  
*UCP Board Chair 2009*

**Jeffrey W. Cooper**  
*President/CEO*  
*UCP Central PA*

*Inside:*  
Find further proof that together we are changing lives.



As the head of a human services agency that relies on the generosity of committed volunteers and donors to help bring our programs to life, I can certainly appreciate Dick Radcliff's take on the world of volunteerism: *the more involved you get, the more need you see.* (See our Spotlight column on page 15 for more of Dick's insights.)

*But I'd take that sentiment one step further and say the same is true in the area of fundraising: the more you give, the more need you see.* That's why the success of our Family & Friends Endowment Campaign is so vital to our agency's mission to serve individuals with disabilities and their families throughout Central PA.

It's also why, despite the difficult economic climate, I'm so very proud of our UCP staff, who continue to do what they do best: find ways to deliver programs and services that meet needs throughout the community. Just some of the examples featured in this newsletter include:

- \* pediatric treadmill training comes to the midstate (pages 3-4)
- \* new respite program in the works (page 8)
- \* development of a *Changing Hands* website which gives people the ability to search online for AT devices (page 12)
- \* our selection as an administrator of free TDDP equipment (page 12)

If you haven't already done so, I would encourage you to considering making a donation or a pledge (payable over four years) to the Foundation Campaign. In tough economic times such as these, it is the nonprofit world--and especially the people served by these organizations--who can least afford cutbacks, but who often bear the greatest burden when they occur. Please consider giving as much as you possibly can, so that we may continue to offer quality programs and services to families throughout our community. *You'll find a variety of ways to donate online on page 10 of this newsletter.*

*Thank you for your support.*

*- Jeffrey W. Cooper*  
*UCP Central PA President & CEO*

*We are UCP Central PA.*  
*And we wouldn't be here without you.*