



Clelian Heights Newsletter

Shavings

Spring 2013

Mission

The mission of Clelian Heights is to provide spiritual, educational, and vocational programs for children and adults with intellectual/developmental disabilities that enhance their quality of life and maximize their potential for independent living.

Vision

The vision of Clelian Heights is an atmosphere of choice, mutual acceptance, respect, and love that will make a lasting difference in the lives of persons with intellectual/developmental disabilities.

Non-Discrimination

Clelian Heights offers services to all without discrimination on the basis of race, color, age, religious creed, disability, sex, ancestry or national origin.

United Way

Clelian Heights can receive United Way Campaign donations. On the pledge form list, use United Way Designation #403.

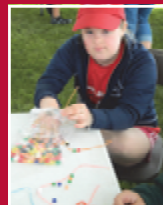
Write in our address:
135 Clelian Heights Lane
Greensburg, PA 15601.

Publication Statement

This publication is produced by the Clelian Heights School Mission Advancement Office.

Clelian Heights is a non-profit organization. No copy or distribution of this publication is permitted without permission. It is mailed several times a year. For information contact us at: Clelian Heights School 135 Clelian Heights Lane Greensburg, PA 15601 or 724-837-8120 or visit www.clelianheights.org.

Winter-Spring Activities



Clelian Heights Lady Crusaders Softball



Lady Crusaders congratulate Clairview.



The Lady Crusaders hit and ran the bases well.



Coach Melissa Fligger is on hand to encourage and give pointers to her team as they try to gain points and field plays.



LADY CRUSADERS VS. CLAIRVIEW

On Wednesday, April 17, 2013, Clelian Heights' Lady Crusaders softball team played their annual game with the students of Westmoreland Intermediate Unit's Clairview School.

The Lady Crusaders is a team of 17 spirited girls who, according to Head Coach, Melissa Fligger, "have continued to develop their skills as they practice. They have a better understanding of the rules of the game as well.

"Clairview won the game," said Fligger, "but all of our players have really come a long way this year and the new players are committed to learn what it takes to play softball. Their overall confidence individually and as a team has increased tremendously. They are excited to play and to have a lot of fun while doing it."

LADY CRUSADERS VS. CLELIAN STAFF

The team also played a skill-building and very exciting scrimmage against the staff on May 3rd. The players on each side kept the fans on their feet with the game ending in a tie of 10-10.

"Many of our team members have the opportunity to compete in other sports for Special Olympics or possibly even an organized ball program in their community for the developmentally disabled," says Coach Fligger. "But to have the chance to play for your school, in front of your friends as a student athlete, just like in any other school, makes these girls so happy."

CLINIC WITH FRANKLIN REGIONAL LADY PANTHERS

Clelian Lady Crusaders hosted Franklin Regional High school Lady Panthers for a special softball clinic which will be an annual season opening event.

When the Lady Panthers visited the Clelian campus for the first annual Ladies' Softball Clinic with the Lady Crusaders, Franklin Regional Coach Jim Armstrong and his Panther's girls' team came equipped to give helpful pointers and hone our ladies' skills by introducing them to some new skill-building drills.

Clelian coach Melissa Fligger and coach Jim Armstrong were eager to get their teams together. It was a wonderful mix of fun and sport as all the girls joined in warm-ups and drills developing throwing, catching, fielding, and batting. Batting practice was the most popular!

Clelian Heights Crusaders Basketball

CLELIAN HEIGHTS CRUSADERS HAS DOUBLE WIN OVER NHS

The Clelian Heights Crusaders Basketball team began the season with an exhibition game taking on the staff and pulling off a win with a score of 56 to 48. Coach Brian Howard told the staff that he expected them to play hard and challenge his team. He knew that if the team lost, it would make them hungry for a win when they started their regular season. The staff simply could not stop the students, whose excitement and enthusiasm in being back on the court led ultimately to victory for the Crusaders!

The first match up of the season was in January at Clelian with NHS varsity and junior varsity teams where the Crusaders had a double win on the court. With junior varsity winning 18-12 and varsity winning 56-20.

“The varsity team made a great show of teamwork in passing, shooting and spirit,” said Coach Howard.

Basketball coach Brian Howard reported that the Clelian Crusaders Varsity team played hard on the court during their away game held at Clairview School in February. But it wasn’t quite enough to pull out of a late game lead by Clairview who walked away with a heartbreaker scoring 30 points to the Crusaders’ 29.

Late in the game, the Crusaders made a strong comeback lead and held on until the last seconds. A shot was made to beat the buzzer but Clairview luckily countered it leaving Clelian Crusaders shy by one point.

After the game, the Clairview players commented to the Clelian team that they were the toughest group that Clairview had played.

Then in March, the Crusaders once again hosted the athletes of NHS and were again victorious at both the varsity and junior varsity level. NHS made the Crusaders work this time, using what they learned from their match-up in January, but Clelian persevered with a varsity win of 58-46. The junior varsity team won with a score of 16-10.

This clinched the Division 1 Championship for the Clelian Heights Crusaders junior varsity team in the Southwestern Pennsylvania Champions League!

The season wrapped up at home with a rivalry game against Clairview in April. “I started the league with just Clelian Heights and Clairview four years ago and now we have two divisions and six teams, but Clairview is the one we have yet to beat. Our athletes are building confidence and skills, but to me, they are the ones to beat,” said coach Brian Howard.



(Continued on page 4)

The Varsity Crusaders’ strong offense made for a successful Season!

Clelian Heights Crusaders Basketball (cont.)

(Continued from page 3)

The Crusaders gave it their all. Unfortunately, the varsity team lost 50-42 ending their season in second place in the Westmoreland Division of the Southwestern Pennsylvania Champions League. A great ending to a great season!

"The athletes have really done well, we have more regular practices now after school, and it shows with how they are improving," says Coach Anthony Monstrola. "Next year we hope to have a 7 game schedule."

During the season, the squad was also invited to Franklin Regional for a half-time exhibition. You can see a story link done by local KDKA report Jory Rand on our website www.clelianheights.org under "news." Several members of the team were also invited to the University of Pittsburgh at Greensburg to participate in a Special Olympic fundraiser to play against Special Olympic "All-Stars" from across Westmoreland County.

Home games also took on a more professional feel by leaving the flip score cards behind for a new electronic scoreboard purchased as a result of a donation from the Franklin Regional Basketball Boosters combined with candy bar sales plus the team also has matching "warm-up" t-shirts thanks to an anonymous staff member who is a big supporter of the team.

The basketball staff consists of coaches Brian Howard (4 yr.), Rob Nichols (4 yr.), Anthony Monstrola (2 yr.), Trainer/ Team Photographer Lori Oddo (4 yr.). The co-ed team consists of 10 varsity athletes and 10 junior varsity athletes.



Swimming and Track & Field Olympics Athletes and Results

Here is a glimpse of our Special Olympics athletes enjoying the thrill of participation and the sweet taste of victory!
See pages 10 and 11 for more Olympic and event photos.



Swimming Olympics

April 19, 2013

Greensburg YMCA

17 Participants:

8 Center; 9 School aged

12 Gold 14 Silver 12 Bronze 4 Ribbons

1st 4x25M Freestyle Relay

1st & 2nd 4x25M Medley Relay

Track & Field Olympics

May 4, 2013

Latrobe High Stadium

43 Participants:

20 Center; 24 School aged

56 Gold 52 Silver 22 Bronze

And many ribbons!





Year of Faith at Clelian Heights

YEAR OF FAITH

As declared by Pope Benedict XVI, October 2013—November 2014 is The Year of Faith for all Catholics. The Diocese of Greensburg, in which Clelian Heights is located, is actively observing the celebration

Sister Vivian Chiodini, ASCJ, who teaches Character and Values Training once a week to students at Clelian Heights has taken the opportunity to broaden her classroom teachings to include various activities for students, center adults, staff, and families for Clelian Heights' own Year of Faith.

"I believe that the seed of faith starts in a small way. It is up to us to nurture it," says Sister Vivian, "by reading Scripture, in daily prayer, and by accepting the challenge to live with a generous heart like Jesus would want us to."

Together with teacher, Jennifer Garcia, she designed several posters to be displayed throughout the school building and Clelian Center with simple wording and pictures to remind everyone that it is important to "believe" and have "faith" in God.

This is the third year that the weekly practice of inviting the staff as a group, or individually, to prayer or to spending quiet reflection time in chapel before school begins.

One activity for the students is a large paper tree hanging outside each classroom entrance. Each month they have a new virtue to practice such as kindness, peace or love. Each student is given a symbol of that virtue and asked to decorate their tree with the cutout adding on it, either by writing or drawing, how they will practice that virtue at home, in school, and in their community.

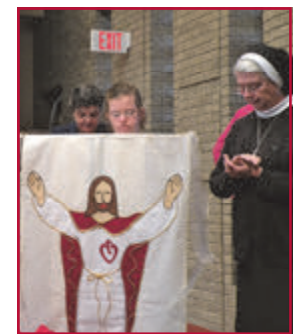
Weekly, after school during Lent, Sister Vivian invited the Clelian staff community, including parents, to watch DVD presentations of popular teachings that encourage spiritual awareness and growth.

Before each of her Character and Values classes, Sister Vivian likes to begin with a prayer. During that prayer, she asks the students to pray for any one in the world who may not know Jesus or who may want Jesus in their hearts. Together they ask Jesus to send someone to help and teach them.

CELEBRATING CLELIAN HEIGHTS: CATHOLIC SCHOOLS WEEK

The Students and Staff of Clelian Heights school gave thanks for their many blessings during Catholic Schools Week 2013. It was an opportunity to recall Clelian Heights' founding 51 years ago —led by Sister Celine Ruggeri, ASCJ, along with three other Sisters, all Apostles of the Sacred Heart, and the four students who were the first to be taught at Clelian Heights.

(Continued on page 6)



Year of Faith At Clelian Heights (cont.)

Joined in a Mass of thanksgiving celebrating growth and thanking God for the school, for its successful growth and its adult vocational center, all prayed in gratitude for Mother Clelia in whose honor and name the mission of Clelian Heights began.

Leading the entrance procession was Clelian Center staff member Lawrence Demangone, who carried a large photo of his first principal, Sr. Celine. Today, Lawrence assists a number of adult clients who first came to Clelian as young students and who recall with fondness Sr. Celine and the many sisters and lay staff who have been part of the Clelian family over the years.

Students, adults, and staff brought to the sanctuary, symbols of education including books, a Bible, gym clothes and a school uniform, the school logo, a globe, the U.S. flag, and a ball - items they use to represent aspects of their day.

During the Mass, the students stood with extended arms over the teachers and administration, who stood in front of the altar, in a prayer of blessing and of thanks. And then, in turn, the teachers and administration extended their arms over the students in prayer for God's protective love.

It was a special time to remember, to give thanks, to praise God in one another, to lift their hearts as one in song and prayer and blessing.



OPERATION CHRISTMAS CHILD



Classroom 107 participated in Samaritan's Purse Operation Christmas Child as a service project to help other children in a third world country. This shoebox gift is for many the very first Christmas gift they have ever received. The class of seven students and their parents donated enough money to provide two plastic shoeboxes, one for a boy and one for a girl. Each one brimming with personal supplies such as socks, toothbrush, toothpaste, combs, various school supplies and a small toy.

"We took the class to Five Below store and split up. The guys shopped for a boy and girls for a girl," said Gwen Diddle, 107's teacher. "The aides and I let them pick what they thought should go into the boxes. Then we all met together again. Then, keeping our budget in mind and remembering the size of the shoebox, we had the students decide what we would keep and what had to go back. It was a good skill building exercise and a positive community outing for them."

HANDS OF FRIENDSHIP

Many of our residents take part in a monthly social-religious group, Hands of Friendship. Hands of Friendship is open to anyone 21 and over. The group of 26 men and women meet to enjoy faith reflections and character development based on Gospel values. They socialize, pray, and usually share a craft activity. Over the years, the sisters have assisted the lay leaders with the faith-sharing aspect of the program. This year Sister Michelle Stockton has worked with the group. Leaders Ellie Bernacchi and Sandy Martin plan and lead the craft activity and always make sure that there's a delicious snack included in the hour or so of fellowship.



Sr. Michele Shares Herself for the Year

Sister Michele Stockton, easily recognized by her Novitiate habit of white veil and black and white habit, joined the Sisters' community at Clelian Heights as she began her Novitiate training in religious life as an Apostle of the Sacred Heart of Jesus. This is her Apostolic year--a time of practical experience in an Apostle community where she can experience the many dimensions of religious life and share in the community's ministry.

"I know that I will only be here a year, but I am trying to give all I have and if I leave any love behind, it will be enough."

Sister Michele has been sharing her days between students and adults. Three days a week she is in homeroom 105 as a teacher's aide and two days you can find her among the Clelian Center clients. One evening a week she assists Sister Marialice and the women in the apartments with activities, housekeeping, or is simply there as an extra hand or a listening ear.

"I have found a new openness," say Sister Michele, "Opening up my heart to each person and listening to them. Not always with just my ears. For those who are non-verbal, I have tried to open my heart to listen and be aware of what they are telling me with their heart."

At home in Crestview, FL, Sister Michele lived with her parents and her sister, who has a development disability. She readily admits that having only lived with her sister's specific needs, she has been unsure of how her skills would carry over at Clelian Heights. "I had to ask myself, what are my gifts? I can bring patience to the task and I know that I can help with what the children and adults need. My sister is a young adult. I know how to communicate and show patience and love but you can't always apply the same techniques across the board. I knew that I couldn't make assumptions that the same things would always work with everyone."

While here, Sister Michele also took on-line theology classes with her fellow novices who are assigned in locations throughout the country. The classes teach theology but also allow the novices to reflect on their relationship with Jesus Christ and how that changes and grows through their new experiences. It also allows the Novices the opportunity to not only share in one another's experiences and growth but to support it through comment and feedback.

"I ask myself how does my relationship with Jesus reflect on my mission here at Clelian Heights? It is very obvious that Jesus is present here. It is easy to love the kids and adults and invest myself in the work. I was blessed to have this as my first mission. The first day of school, I knelt down to shake a student's hand in the foyer and he leapt into my arms and gave me the biggest bear hug. I asked myself, 'is this me loving Christ or is Christ loving me?' Working here has highlighted all that I am capable of. This is a real blessing, a gift."

Sr. Michele's Novitiate training will extend two years. This first, the Apostolic year, is followed by a 'Canonical year' in which she will reunite with her community of Novices and together they will have an intensive program of religious and spiritual formation where they will experience the consecrated life through study and internalization of the evangelical counsels of poverty, chastity, and obedience. This special year of spiritual training is completed at Mount Sacred Heart in Hamden, Connecticut. It implies dedicated commitment to the Church that will extend a lifetime. Our thoughts and prayers go with Sr. Michelle as she continues her faith journey.



Transition To Work Sites Include County Offices



Clelian Heights School *Transition to Work Program* matches student volunteers with a variety of sites in the local community so that they can gain practical knowledge about the world of work to which they hope to seek future employment. Students begin this program at age 14 and each year their understanding and experience grows. Students are presently working at several new locations to learn basic employment skills.



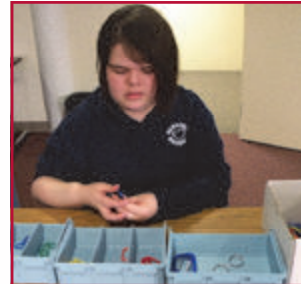
A recently secured work site is the *Westmoreland County Department of Public Works Municipal Garage* for which our students do 'car care' — keeping the county vehicles washed and waxed. A group of our young men, along with Transition to Work coordinator Carol Kasnevech and two aides, spend two hours each week cleaning vehicles inside and out.



In January, two young women with staff support began to do light housekeeping at *Pennsylvania State Senator Kim Ward's office* for approximately two hours a week. That responsibility has grown to also include helping with some mailings as needed.

Just recently, 6 to 7 students and 4-5 aides have been going to the *Salvation Army* in Greensburg for 1.5 hours to help in meal preparation for the following days free meal service for the needy.

Our students chop ingredients for casseroles, set tables, roll silverware, restock the food storage area and do whatever else is asked. "The people at the Salvation Army have just been great," says Gwen Diddle, teacher and a coordinator of the Transition-to-Work program. "They are happy to have us and are pleased with how well the students work."



Pictured are transition-to-work students as they train in school and out in the field.



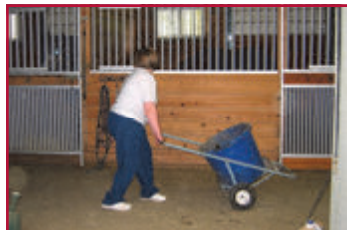
Transition To Work Sites

Another special job opportunity for interested students is *Horseman's Hideaway*, an equine center in New Alexandria. Once a week for two hours four students and two staff work at one or more of the following jobs posted on a weekly "to-do" list at the stables: pitch hay, feed hay to the horses, pick up bailing twine or objects that would be unsafe in the stables, rake and pile loose hay, shovel and move fresh sawdust using wheel barrows, pitch sawdust into the stalls needing it, haul manure to the manure spreader, water the riding arena to keep the dust down, clean the automatic water troughs, and sweep the aisles.

At times, in between jobs, the students have been able to watch the blacksmith shoe horses, the massage therapist treat the horses and the horse trainer as he works them.

There is also time for the students to enjoy giving equine therapy as they pet, brush, and interact with the large, gentle horses.

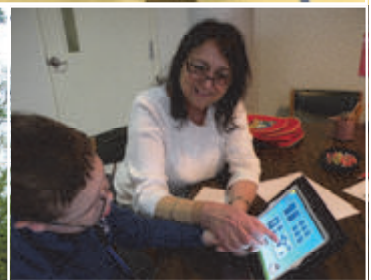
Owner, Cindy Jarrett, is so impressed with her hard working Clelian Heights volunteers that she has commented that she would hire them as stable hands if she could!



Special Olympics and Softball



Holidays and Other Good Times



Family Focus: Carly DeStefano



Left: Carly is a medal winner in the Track and Field Olympics!
Right: Special memories- Carly is greeted by Bishop Brandt during his visit to Clelian. Below: The DeStefano family shows their Penguin pride! From left- Carly, Patti, Ralph, Emily and on floor, Jason.



Above left and below: Proud mom, Patti, (far left) captures the moment on film as Coach Fligger encourages Carly while at bat. Staff member Brian Howard (center) cheers her on as Carly runs. Above right: Carly is ready for a catch in the outfield.



Above: Carly and Dad before a PAL'S game.

Twelve years ago, at age five, Carly De Stefano started Clelian Heights School after her school district suggested that Clelian may be a good option for her educational needs.

Patti and her husband took a tour of the Campus and talked with Sister Linda Pettinella, the principal, and Lisa Liston, whose daughter was already attending Clelian.

"It was a beautiful place in every way," said Mrs. DeStefano. "When we walked in, we felt love and acceptance. Carly started that fall in the kindergarten program, it was so hard letting her go, but the staff was great. To this day, I am so grateful to the Clelian staff for the many ways they are here for Carly each and every day helping her grow and mature to her full potential"

The DeStefano's are very pleased with Carly's progress. "Carly has grown these 12 short years educationally, physically and emotionally. She was only 5 when she arrived. Now she is 16 years old, almost an adult. With the help of so many dedicated staff members, Carly continues to increase her abilities in reading, writing and math. She is learning so many things that continue to make us so proud. She is learning to control her emotions which is always a struggle but she tries so very hard."

Miss Melissa Fligger has been Carly's teacher during the last four years. Miss Fligger has seen marked improvement in Carly's abilities in many areas— in academic progress, social interactions and independent living skills.

"Her handwriting and math skills have improved greatly," says Miss Fligger. "Carly's willingness to try new things has really gotten better. We have worked very hard on building positive experiences for her especially when we are out in the community. We know that building a foundation of good experiences will increase her confidence."

Carly loves her teacher and her two dedicated aides, Jenny Cooper and Julie Earle, who work with her on different days. Julie has seen Carly's independence grow. "She doesn't want me to help her as much, which is our goal. Carly wants more and more, to do things for herself. She is calmer and more focused during her academic sessions as well," says Julie. "Carly successfully gets her message across! She is so smart in so many ways! She knows what she needs to do."

"I think socially being at Clelian has made Carly more open to others around her," comments Mrs. DeStefano. "She is very friendly with people in the community and I think this will help with acquiring a job in the future. I can see Carly as a Greeter in some community setting. She loves to say 'Hi' to everyone!

Carly is the best at sharing. She will share everything that she has even if it's her last M&M, which is her favorite. She loves her friends at Clelian. She feels loved and is safe at Clelian."

Family Focus: Carly DeStefano (cont.)

“Socially, Carly’ is connecting with others around her—staff, classmates and teammates,” says Miss Fligger. “I think this is where she has had the most dramatic progress in the last four years.” Carly’s aide Jenny agrees. “Carly is one of the happiest people. She is just a genuine person who is very concerned for her classmates. If they are hurting, she is comforting them. If they are happy and dancing, she is right there with them.”

Carly has a number of interests when not in school. She likes to watch TV, play computer games and swim. Her favorite thing to do is to play with pretend food. She loves to watch her sister play softball and basketball. Carly has played Adaptive Baseball for Pal in the spring since it started in 2005. She is also on the Clelian Crusaders Softball Team. Her beloved teacher, Miss Fligger, is her coach.

Carly is a member of Ascension Catholic Church in Jeannette where she attends mass every Saturday night and enjoys the music and singing. She love going out to dinner after mass every week.

School principal, Sister Charlene, says that, “The DeStefano’s are so caring both of Carly and Clelian. Mrs. DeStefano is an active member of FOCHO (Friends of Clelian Heights Organization), and has always been involved in school activities. She’s a wonderful and understanding parent, and a very generous support to all.”

“It is evident by the way Carly joins in our services here that the DeStefanos have made God and the church a priority for Carly. She participate fully knowing all the parts of the Mass and even helping her fellow students, staff as well, to follow along. She is truly involved in the celebration!”

“Clelain *WAS* the best possible place and *IS* the best place for Carly. Carly is happy at Clelian. She is loveable and friendly. She loves to smile and laugh. Clelian is her second home and a place where she is respected and where I can leave her and feel at ease so that I can go about doing what I need to do during the rest of my day,” adds Mrs. DeStefano.

Carly lives in Harrison City with her parents, Ralph and Patti, her brother, Jason, a Junior at Duquesne University, and her sister, Emily, who is in 7th grade and two cats Rocco & Jazzy.



Family Focus: Clifford Trice

Clifford Trice began attending Clelian Heights 33 years ago at age 8. It was his speech therapist who suggested that Clelian might be a good fit for him. After touring Clelian and meeting with Executive Director, Sister Maria, Chantal Trice enrolled him although she was unsure if it was what Cliff needed since, other than his speech, his development seemed fine.

“Cliff was raised, just like his brother and three sisters,” says Mrs. Trice. “Really, we never thought of Cliff as ‘handicapped’ and he never thinks of himself as such. And that was the greatest gift that Clelian has reinforced in Cliff. We became part of the Clelian family and they became part of ours.”

“At that time bussing was not available so I drove Cliff back and forth to school. Once Clifford graduated from the academic program, we decided to let him enter the adult program and stay at Chip’s House.” That was 1993.

“It was hard for me, as it was the first time Cliff was away from the family,” says Mrs. Trice. “He blossomed. He became more independent and has had so many friends. He has become life-long friends with the Sisters. He has lost Clelian friends through death over the years and believes that his friends are in Heaven and happy. Clelian has helped Cliff grow to know his own self-worth and he sees beauty and wonder in each person he meets.”

Alicia Harter and her husband, Dennis, are residential supervisors at Chip’s House. Alicia says that Clifford has always been very active in social activities and is eager to lend a helping hand. “He is not a big TV watcher. He would rather help you,” says Alicia. “If one of his housemates is sick, he is the first one to volunteer to do their chores. He is very kind about things like that. If he sees someone in need, he will always come and tell one of us and try to help out if he can.”

Cliff is happy and very content with his Clelian family. If given the choice he prefers to go to work and stay at Chip’s House but he also loves his off times.

Clifford loves to travel. He visits cousins in New York and Virginia, his sister in North Carolina, and other family in Georgia. Cliff has relatives in Florida and has gone to Disney World many times. He experienced traveling to France with his mother and grandmother to meet her French family. He has even been on pilgrimage to Canada with a group from Clelian Heights to see the Pope. “When Pope Francis was chosen, Clifford had interest in that,” says Alicia, “he was telling all the guys, ‘I met the old Pope, this is the new leader.’ He was able to make a connection.”

According to Sister Shawn, Director of the Clelian Center, Clifford is a hard working individual and is well liked by staff and peers. “The kitchen is Clifford’s ‘turf,’” says Sister Shawn. Margie McElroy, kitchen job coach, is impressed with Cliff’s go-getter attitude. “He looks for work and never stands around. He does what he is supposed to do without being told. He is fun to be around.”

At home, Clifford volunteers at St. Vincent de Paul in Latrobe with his aunt. “They love to see him coming as he helps the older men lift and carry large items. He has made many friends there too,” comments Mrs. Trice.

On off hours Cliff loves to fish with his brother, bowl with his uncle,

(Continued on page 15)



Clifford and his family.



Family Focus: Clifford Trice (cont.)

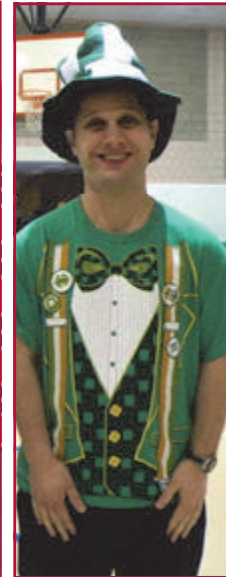


and entertain his 8-year old twin nieces. He enjoys his ipod and can use it himself. He enjoys swimming and will take part in any outdoor activity. He is a medal winner in the Special Olympics each year.

His favorite spot is the neighborhood volunteer fire department where he was asked to be among those judging the fire trucks at their first parade and fair. It was big day for him!

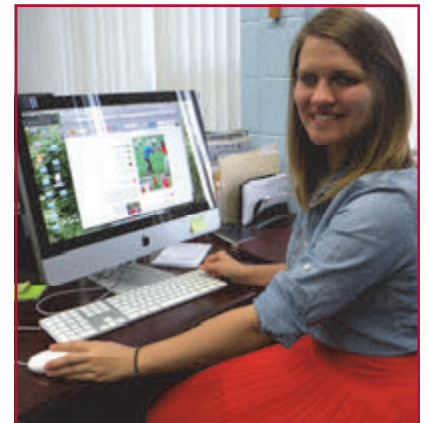
When asked ‘What has Clelian Heights done for your child?’

Chantel’s response, “It is like asking a mother, ‘What have you done for your child?’ I love Cliff more than my life and I would never just leave him with anyone - just my family! Clelian has never been just a school or a job or a workshop, it is Cliff’s second family, just ask the Sisters, or Dewy and Alicia, or better yet, just ask Cliff!”



Outcome of SVC Internet Marketing Project—A Social Media Intern

Clelian Heights Development Office and Clelian Center workshop were assisted by three *St. Vincent College marketing seniors during the Fall 2012 semester*. Led by Dawn Edmiston, D.M., Program Director and assistant Professor of Management and Marketing, at the *St. Vincent College Alex G. McKenna School of Business, Economics, and Government*, seniors Tyler Borza, Alex Walsh, and Samantha Williams very aptly conducted an Internet Marketing Project in which they first evaluated Clelian’s website as an informational tool and as a possible avenue for future marketing of the Clelian Center Products. They gave their impressions of the site from a marketing perspective. They made a critical analysis of the current site using Google analytics and competitive analysis. They suggested tactics for improvement and recommended the development of a Facebook site linked to the website. During that process, it became clear that Clelian Heights would benefit from a social media intern to assist with Website updates and management of a new Facebook page and overall coordination of marketing collateral.



Abby Bryant, Social Media Intern

Dr. Edmiston recommended Abigail Bryant for the job, a senior marketing major, from Knoxville, TN. Abby was very enthused about assisting Clelian Heights having had some past experience with non-profits and social media. Sister Benjamin,, Director of Mission Advancement, was excited to bring her on to assist the Development Office in this phase of social media growth knowing that a Facebook presence would certain benefit Clelian’s outreach capacity.

“Our goal was to capture the passion of the families and staff,” said Abby. “We wanted to reach a broader demographic but still fit the personality of Clelian Heights. To allow people to talk and bond while still promoting the message of Clelian Heights. People latched on almost immediately. Faster than any other social network start-up I had experienced. People were eager to talk and connect. Former employees, former parents wanting to share their experiences. It has been really fun and so nice to see.”

Abby has been a tremendous gift to us this past semester doing much more than expected. Her involvement has been a special blessing because she has given so freely of her time and talent to share the story of Clelian. Abby has spend a great deal of time helping us bring you a flow of current information. Her first step was to assist us in setting up a Clelian Heights Facebook site so that we could connect and share our news more easily with you and all our friends. Abby’s amazing insights in her search for and posting of helpful information made our Facebook page instantly popular and, as it is connected to our website, brought more first-time visitors to discover Clelianheights.org.

Abby Bryant - Social Media Intern (cont.)



Sr. Benjamin and Abby discuss changes..

Abby's monthly interpretation of statistics using Google Analytics for both the website and Facebook have allowed us to make many helpful organizational changes to the website so that navigation to find information is easier while redundancy has been eliminated. Google analytics showed that Facebook favorites are photos of Clelian events and activities. So, Abby assisted us in setting up a Flickr photo tab on our website allowing for friends to be instantly connected to their favorite photos as we move forward.

Our goal has been to provide wanted information quickly and easily while ensuring privacy. Clelian Heights.org Google calendar now opens to a full page and highlights programs according to color coding. If you use Google Calendar on your iPhone, you can have the convenience of easily adding our events to your personal calendar.

Another big change to the Clelianheights.org website has been the addition of an "Our products" link on the homepage sidebar and top tab promoting Clelian Center soaps, dog biscuits, sweets and services.

"I learned along the way about website development and programming", says Abby, "and with help from Scott Dix of *Boom! Supercreative*, our web site developer, I think a lot was accomplished. My goal was to make sustainable changes that would have long lasting results that could be maintained after I was gone."

Abby learned a lot about Clelian Heights while she worked her internship. She even used the school as a model for her business ethics class from a Christian/Catholic identity. Her paper had to focus on Benedictine 'Hospitality and Stewardship.'

"Clelian goes far beyond educating in the classroom," says Abby. "They are fulfilling a true need with their programs. We learned about social teachings in ethics and the 'common good', how a business can and should treat all people equally. Clelian is a great example of that."

Abby also prepared social media tutorials giving us helpful hints and suggestions--including tips on search engine optimization--as we move forward.

Her skill, sense of responsibility, and initiative, make her an ideal collaborator well suited for her next challenge—the Peace Corp! Abby has just graduated from St. Vincent College and will begin work with the Peace Corps in Panama in June 2013 through 2015. She will help with agricultural business development of family farms and plantations. Abby is excited about what she can do to help! May God bless her as she serves in the Peace Corps and in all her future endeavors!

Creative Expressions

A number of Clelian Heights students and adults had their artwork displayed at the *Creative Expressions Art Show* held at the Greensburg Garden and Civic Center as part of the activities for *March IDD Awareness Month "to End the 'R' Word"*. Pictured are a few of the students who participated in the art show along with entertainers Emily, who sang the *Star Spangled Banner* and *Amazing Grace*, and, Matthew, who played *Monarch Mountain* and *Sunrise Sunset* for his piano solo. Special thanks to Anthony Townsend, music teacher, who accompanied the students. The Clelian Cheerleaders, pictured below, performed in the afternoon.



Clelian Center Expands Job Opportunities

The Clelian Center program continues to expand its employment opportunities for business, office and hotel maintenance. Several new sites have been added since the beginning of the year. Each individual's job skills are matched to each location's needs.

Maintenance sites include the *Latrobe Art Center* and the *East Suburban Citizen Advocacy* in Murrysville along with their 3 leased tenants. Some are single offices, making the Clelian crew responsible for cleaning the building. Similar services were recently started at *Charlie's 'More Than Ice Cream'*. The Clelian crew arrives early in the morning before the store opens to clean, sweep, and scrub the place sparkling clean!

The Clelian Center Business services received two new contracts in the workshop. *Kencove Farm Fence Company* of Blairsville, awarded the center a 60,000 piece part separation job. The adults are removing by hand a part that was incorrectly inserted into a spring assembly.

The other job was making promotional buttons for *Communitech* of Bridgeville, PA. Clelian Center workers used a button-making jig to get the job done.

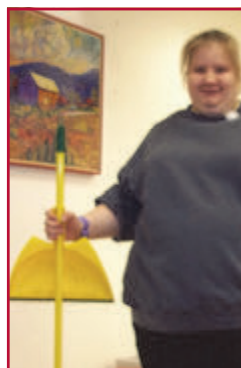
The candy, dog biscuit, and soap making areas have been very busy with holiday orders for Christmas, Easter, Mother's Day, and Spring.

For Mother's Day, *Clelian Scentsation's Soaps* added a new skin care line of soaps with oatmeal and shea butter for moisturizing and dry, itchy skin. Also, a new soap of cornmeal and shea butter has been introduced for exfoliating dry skin just in time to apply those self-tanning lotions!

The adults have also been busy in the greenhouse from winter into spring. Flowers have been planted, bulbs have been sorted and plants have been packaged and prepared for purchase. The Clelian Center staff coordinated sales of poinsettia's during Christmas; tulips, lilies, and hyacinths for Easter and, with the help of Bob Carney and his garden club friends, a multitude of bedding plants, vegetables, geraniums and flowers have been prepared for late spring /early summer planting

"We have nearly 90 adults in our workshop now," says Sister Shawn Lyons, ASCJ, Director of the Clelian Center. "Our goal is to provide a work environment that is stimulating and productive. We are always looking for new work opportunities—new business contacts and contracts, new places to sell our products, new ways to increase production. Everyone gets tremendous satisfaction from what is accomplished here. They love giving of themselves. They love Pay day too! Who doesn't? It is a reward for a job well done. But honestly, even if there wasn't pay day, they would work just as hard receiving satisfaction for what they produce for others. That is the source of their happiness. It's great to see."

To contact Sister Shawn about the Business Center or other services call her directly at 724-853-9540.



Buddy Art Program



Since the beginning of the year the Latrobe Art Center has been giving monthly art lessons to the women from the apartments through a grant for their *Art Among Us Program* which includes the *Buddy Art Program* specializing in special needs art opportunities. Latrobe Art Center Director Gabby Nastuck and her staff enjoy the women's visits.

"They are so much fun," says Gabby, "It is so nice to see that those who have stress when communicating find this so relaxing that they become so expressive. It's their time to be free." The women have worked in various techniques and media including water color and salt, shaving cream and acrylic paints, shrink film art inspired by glass artist Chihuly, and others. Pictured here, they proudly display the shrink film flowers they made as gifts for Mother's Day.



Clelian Heights Sport Awards—Well Deserved Trophies and Plaques



Everyone was a winner! **Top trophies** went to **MVP of Varsity and Jr. Varsity Basketball** and **Varsity Sportsmanship**. **Senior Cheerleaders** earned beautiful trophies and all cheerleaders special plaques. In **Softball** all 17 Lady Crusaders earned awards covering Best Fielding, Best Sportsmanship, Best Team Spirit, Most Improved Batter, Best Attitude, Best Arm, Most Improved Overall, Best Leader, Most Hits, Most Energetic, Most Enthused, Best Base Runner, Rookie of the Year, Best Team Spirit, Most Coachable, etc.



Pictured below second photo from left are Lady Crusader Softball coaches Melissa Fligger, Leah Bailey, Margie McElroy and Cheerleader Coaches Mary Beth Holloran and Dana Stevenson.

Pictured in photos 3 and 4 (left to right) are Crusader Basket Ball coaches Anthony Monstrola, Rob Nichols, and Brian Howard.





Be sure to be a part of the 2012-2013 Annual Report by donating today!

Deadline for inclusion ends June 30. Any gift received on or after July 1 will be reported in the 2013-2014 Annual Report.

O I am no longer able to help support Clelian Heights, please remove my address from the mailing list

Name(s): _____ Phone: (____) _____ Email: _____

Address: _____ City: _____ State: _____ ZIP: _____

New Address or Phone Number Written Above

This gift is to be recorded as an **Anonymous** donation

I would like to enclose a gift for the Project Fund:

Payment Method:

Check: Payable to Clelian Heights Check #: _____ Enclosed is my gift of \$ _____

Visa MasterCard Discover Signature: _____

Card #: _____ Expiration Date: _____

I am interested in leaving Clelian Heights in my will.

Thank You!

I am interested in making an IRA Direct Transfer of funds to Clelian Heights.



Night At The Races A Success!

Mark your calendar for next year!

SAVE THE DATE: 13th Annual Night at the Races MARCH 22, 2014



The 12th Annual Night at the Races was held on March 23rd with nearly 200 in attendance. It was a fun night as the horses raced on the big screen and fans cheered for their favorites!

There were many ways to be a winner at this event...beginning with the numerous baskets holding great gifts —37 to choose from with items like a Penguins jersey, Steeler memorabilia, black diamond jewelry, Matco Siver Eagle Tools, Partylite basket, and so much more! Plus, the 100+ door prizes at the Winner’s Choice table where winner’s selected Pirate tickets, restaurant gift cards, PA Lottery tickets, jewelry, wine and more!

Delicious food and fabulous desserts made everyone smile even more and there was baked chicken, delicious kielbasa, pasta and plenty to go back for more!



A big thanks to our hard working volunteers—especially **Bev Kosor** and her sister **Joyce Trew**, who made the baskets look fantastic, **Anna Suman** and **Glenda Uncapher** who solicited the fabulous items we have to share; to everyone who worked so hard that night in the kitchen, at the betting windows, helping with dessert, selling tickets, our raffle ticket pullers, and at the admission door. **THANK YOU ALL!!!** We could not be successful without you—we raised \$9,826.00 for our Project Fund. Thank you again.

Clelian Heights



Non-Profit
Organization
U.S. POSTAGE
PAID
Permit No. 134
Greensburg, PA
15601

RETURN SERVICE REQUESTED



16th Annual Wholey's Old Fashioned Chicken Barbecue

Sunday, Sept. 15 2013
2 PM—5 PM
inside Clelian Heights Gymnasium

2014 Lottery Calendars

Available In August
Donation-\$25.00 each.
PRE-ORDER TODAY!

Call ext.124
At 724-837-8120

Back by Popular Demand!
****DAILY WINNERS!****

Fishing Derby Fun For Students and Adults

60 Area special education students, including a class from Clelian Heights, were hosted to a day of fishing and fun on May 7, 2013, by The Sportsmen and Landowners Alliance of Murrysville. On May 18, the Friends to Friends organization of Murrysville sponsored a fishing derby and Bird Show at Sloan Creek. The Clelian apartment residents enjoyed that experience! Pictured are a few caught-on-camera Clelian folks from each event.

