

# Clelian Heights Newsletter

A Family Affair



## Shavings

Volume 2 No. 1 FALL 1999

Clelian Heights mission is to provide educational, vocational, spiritual, and residential programs for children and young adults with developmental disabilities that enhance the quality of life and maximize their potential for

### Old Fashioned Barbecue Raises Spirits and Funds



Matt came to Clelian with a truck load of chicken and supplies prepared to cook for over 400 guests. The late Robert Wholey, Sam's father, was always a faithful supporter of Clelian Heights, and Sam is carrying on a wonderful family tradition.

The Barbecue was scheduled to begin at 3:00 p.m., but the pit was fired up hours before, and the chickens were slowly cooked. The Wholeys were assisted at the pit by Bob Mehalich, a chef from Pittsburgh and Dewey Harter. "Burger Bob" also coordinated the cooking indoors with Jean and

The world we live in today is very different from the world of twenty or thirty years ago, but those differences were not evident on Sunday, October 10, 1999. For on this day, Clelian Heights seemed to be back in time, hosting an Old Fashioned Chicken Barbecue for hundreds of hungry guests. It was a day for relaxing and enjoying a delicious meal in a familiar place. It was a day for meeting new friends and rekindling old friendships. It was a day for supporting a program whose mission is to offer support to others. This event was sponsored by Sam Wholey, a long time member of the Clelian Heights Advisory Board. Sam, his brother



Jill Safron. Many people came to eat and stayed to help with one task or another. Volunteer help is critical at an event like this, and all who assisted should give themselves a pat on the back. Together we made this an extremely successful endeavor.

All the gifts that were used in the Chinese Auction and the Silent Auction were donated by local businesses, board members, families of Clelian students and adults, and staff.

Thank you for your generous giving which made the day even more exciting. There were some heated races for the Sports tickets, the lottery ticket tree, and of course, the liquor baskets. Some people even had raffle winning strategies. They crinkled all of

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*A Letter  
from  
Sister  
Adrienne*



The Fall foliage surrounds Clelian Heights and envelops all of us with its glory and beauty. This fall season is not as vibrant as it has been in the past due to the summer drought. But it has not dampened the life or the spirit of the children, adults and staff at Clelian Heights.

We started off the new school and work year filled with enthusiasm and newness as we welcomed six new staff members, ten new school children and five adults in the Clelian Center. We are excited about our new class for five and six year old children. They bring many smiles to all who meet them bringing new life, a new beginning for them and us.

Many more individuals and school districts are recognizing the quality programs that we can offer to individuals with developmental disabilities. This year we are pleased to announce that nine different school districts are supporting twenty-seven of our forty-two school children.

Our Clelian Center workshop and adult training facility continues to accept new clients into the program as others return to their families and to jobs closer to home. Of the forty-eight adults in the program thirteen adults are employed at various jobs in the local community with another eight employed at Clelian Heights.

During the summer we were contacted by a political candidate and asked to send out 38,000 personally addressed letters! Quite a challenge but one we willingly accepted. The adults take pride in their work and proudly display their pay checks. Our in house work load seems to grow every year, but we are always looking for other jobs to do that will be both stimulating and challenging for our clients. At the same time we are pursuing the possibility of developing our own unique product.

As we enter the new millennium, we look back at the growth that has taken place not only in our world but also here at Clelian Heights. We applaud and recognize all the Sisters, lay staff and others who have worked and continue to work untiringly to make Clelian Heights the special place that it is. We use the last thirty-eight years as our blueprint to open new roads and opportunities that will enable us to continue our mission of providing "spiritual, educational, vocational and residential programs for our children and adults that enhance their quality of life and maximize their potential for independent living."

Our founders and leaders do not want us to stand in their shadow, but rather stand on their shoulders and see the future of Clelian Heights. The greatest honor we can give today is to learn from these mentors and leaders, to draw from them the courage to move forward and create the future. The moment is now; we all need to create the magic of the future filled with enthusiasm for the life of the

people here at Clelian Heights. We need to seize the now of the present moment with faith and courage. We invite you to be part of the future of Clelian Heights as we enter the new millennium. "Come grow with us!"

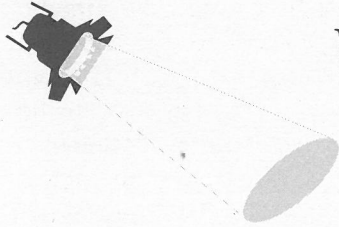
*(Chicken Barbecue continued)*

their tickets before dropping them in the cans so that the person pulling the winning ticket would feel the crinkled one and pick it over all the rest. Try it next year!

Once again, we want to thank Sam Wholey and family for a tremendous donation of time, food and cooking expertise. We are also grateful to all of you who contributed in any way to the success of our Old Fashioned Chicken Barbecue. Good things really do happen when everyone pitches in together. It is almost an understatement to say that a great time was had by all! The proceeds from the Barbecue will be added to our Endowment Fund to help secure the future of Clelian Heights in our rapidly changing world.



Thanks, Sam, for being such a faithful friend of Clelian Heights



## Volunteer Spotlights

### Clelian Heights

*Ann Z. Lothrop came to Clelian Heights to complete a college assignment. She wrote this Reaction Paper after her visit. Ann has been volunteering at Clelian Heights since her initial visit.*

I am the mother of two boys - ages twelve and thirteen. Both possess strong intellectual skills, knowledge of appropriate behaviors, the ability to play ice hockey and tennis with agility and have, after many geographic moves, established a network of friends. They are typical. My contact with their public schools has been for teacher/parent conferences which presented no challenges or surprises. I fully expect them to graduate from high school by age eighteen and move on to higher education and shortly thereafter move into the competitive job market without incidence. Is this being unrealistic? No, it is an expectation based on the knowledge that they have been blessed with all brain functions intact.

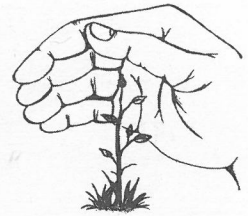
Now I must close my eyes and think about the "what ifs" in life. What if either or both had been born with or subsequently developed some type of brain dysfunction impairing their intellectual, physical and/or emotional abilities. What if, with early intervention and attempts to place them within the public school setting in the least restrictive environment, they appeared unable to thrive - remaining socially isolated, emotionally unstable due to internal and external frustrations and/or showing little measurable progress in cognitive domains. Then, any good parent would automatically know that an alternative to public education, even with its variations in level of support, is in order. I would certainly investigate the services available through private care providers.

This brings me to my thoughts on Clelian Heights. It is a privately operated residential school serving children from ages five through twenty-one. In addition, it services adults in residence, providing support in sheltered workshops and community work settings. It is licensed through the Pennsylvania Department of Education as a non-public institution. It appears to have everything a public school could possibly offer - well equipped classrooms, certified instructors and paraprofessionals, two swimming pools, a cooking facility, a sewing facility, an industrial arts facility, a gymnasium, a social room, and a clean cafeteria. In addition, it has a chapel for those seeking the peace and promise of spiritual support, forty-two serene acres of undeveloped land, pleasant dormitory rooms, off-campus housing for assisted living and a tremendous volunteer system which reduces substantially the ration of students to adults.

Clelian Heights' greatest and most obvious difference is that it provides a working community in which children, youth and adults with significant special needs can thrive. Mental health experts are again and again urging educators to create schools with community structures in mind - with the classroom, within the school itself and throughout the district. This gives individuals the sense of belonging, reducing isolation which can lead to serious behavioral and emotional aberrations. Every student I observed at Clelian Heights (with the exception of one child with autism who remained on the fringe) appeared engaged and connected. Secure, well cared for children can grow up to be secure and socially stable adults. There is no promise that Clelian Heights will so transform its population that they will enter society unnoticed. They will, however, be motivated to try new things, secure in the knowledge that they are successful individuals. This is something every parent would want for his/her child. This is what would motivate me to push with all my might to enroll my children in this facility.

*Article continued on pg. 5*

# "Come Grow With Us"



## Planned Giving

### What It Is and Why It's Worth Your While

Sharing with others can be one of life's greatest pleasures. But everyday financial obligations sometimes limit what many feel they can give without jeopardizing the security of their loved ones.

This need not always be the case, in that, our government deems it good public policy to encourage charitable giving through tax incentives.

Over 75% of charitable giving comes from individuals, whereas the balance comes from foundations and corporations.

Almost anything of value - cash, securities, real estate, jewelry, art, etc., can be donated outright to a charitable organization.

Charitable gifts are classified into two broad categories:

- ◇ Present Gifts
- ◇ Deferred Gifts

In **present giving**, the donor makes an outright gift, that is, the donor immediately transfers possession and use of the gift property to the charity, such as a cash contribution.

In **deferred giving**, the donor also makes a current gift. However, the gift is of a future interest, that is, actual possession and use of the gift property by the donee is deferred until some time in the future.

In future Planned Giving articles we will discuss planned giving strategies and tax incentives.

If you would like any further Planned Giving information, please contact the Clelian Heights Development Office at 724/837-8120 ext. 315.

### Phase Three:

### Building the Endowment Fund

If Clelian Heights is to survive in the future it is our responsibility to plan for that future today. The smartest way to ensure that Clelian will have the money to operate its programs and give aid to those in need is to establish a strong Endowment Fund now.

It is our goal to have \$3 million in our Endowment Fund by the end of our 40th anniversary, the year 2002. This means that we have



to raise over two million dollars in the next two years. The task may sound overwhelming, but if we fail to act now, our financial position in 2002 will not be stable. We cannot assume that public

agencies will be able to provide any funding. We have to be the driving force that keeps Clelian Heights as a program option for our children and adults in the future.

### Levels of Giving

The following levels of giving have been established for our **Endowment Fund**:

#### Educator Gift

Gifts from \$500 to \$1,999

#### Millennium Gift

Gifts from \$2,000 to \$9,999

#### Named Scholarships

A \$10,000 gift in the name of a special family member or friend

#### The Clelian Legacy

A long term providential gift of \$25,000 and up, with the intention of a long term investment in the life of Clelian Heights

# *Clelian Seeks Alternative Funding Sources*

## THE GIFT THAT KEEPS ON GIVING

Clelian Heights is a small private program that must seek funding sources other than the money generated through tuition. Financial grants from Foundations that support the mission of Clelian Heights have added substantial supplemental income for programs, daily operations, capital campaigns, scholarships, equipment, and other necessary expenses.

Since the last issue of Shavings we have received a number of donations from individuals as well as organizations and foundations. We were fortunate to receive a substantial gift from The Anne L. and George H. Clapp Charitable and Educational Trust. Mr. Robert Payne, a faithful friend, also made a donation to establish a Named Scholarship in memory of his wife, Mary Payne, who passed away last year.

Contributions have also been received from the Murrysville-Export Rotary Club, Commercial National Bank, The Smiy Family Foundation and Menasha Corporation. We are also grateful to local chapters of the Knights of Columbus who continually contribute to our scholarship fund.

Many other faithful donors also continue to give generously on a regular basis making it possible for Clelian to grow and develop to meet the ever changing needs of our students and adults.

## JPK GOLF CLASSIC

John A. Krystyniak has been organizing the JPK Golf Classic in memory of his father, John P. Krystyniak for the past six years. The proceeds from all of these outings are now over \$69,000 and have been placed in the Endowment Fund. We offer sincere thanks to Mrs. Margaret Krystyniak and her sons, John and Mark, for faithfully coordinating this tremendous fundraiser each year.

## ITALIAN HERITAGE SCHOLARSHIP

On Saturday Sept. 11, 1999, three students and two adults had the opportunity to experience a "Black Tie" banquet at the Pittsburgh Hilton Hotel. These individuals and their parents attended the 15th annual Italian Heritage Banquet to receive a \$1,500.00 scholarship award from this generous organization. They were all greeted at the hospitality room by The Honorable Jules Melograne, President of the Italian Heritage Society, and his wife Olga and then escorted to the Banquet room for a delicious dinner. We are grateful to Dr. and Mrs. S. Arena, who several years ago were instrumental in obtaining the support of the Italian Heritage Society. All of us at Clelian Heights say "Tante Grazie e il Signore vi benedica!"

Do you know of any other organization or ethnic group that might be interested in offering a scholarship or two to match the \$7,500.00 that we have been receiving annually for the past 7-8 years from the Italian Heritage Society? If so please refer them to Sr. Adrienne or pass their names on to the Development Office. Thank you.

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## (Spotlight continued)

Could children with significant educational needs find this very real sense of belonging to a dynamic community in a public school? No, I do not believe so. The engine driving public education, despite the best intentions, is that of typically developing students involved in academic, athletic and social events. These activities are not by nature designed for the inclusion of children with significantly marked differences or needs. If you do not fit into the existing structure of public schools, adaptations are made which make you stick out even more. Is this a function of our not educating children to understand and tolerate differences? Yes. Can it be changed with a few physical adaptations or new programs? No. Time and continued exposure to differences through inclusion will improve our level of acceptance and tolerance. However, as a parent, would I sacrifice my child for the greater good of societal change? No. Change takes time. Children with severe special needs require an inclusive community now, not eventually.

In short, Clelian Heights would be the answer to my prayers had they not already been answered in the form of my two sons. This institution inspires me. I plan to volunteer there - along with my children. It is an intact society and subculture I want my children to know and respect. It merits further investigation, praise and ongoing funding.

## Clelian Center Business News

### Contract Work Expands

At any given time during the work day you can walk into the Clelian Center workshop and find 35 to 40 adults seriously working at various jobs. These jobs, consisting of bulk mailings, packaging, sorting, assembling or working in the commercial laundry, are contract work that is done for businesses in the community. From sticking on small labels for a catalog for



Kennametal to packing screws for Pitt Industrial Rental the clients take their work seriously and try to perform each task efficiently and accurately. Veteran employee, Michael Anthony feels that his job is very fulfilling and challenging as he counts and boxes 100 two inch washers. When asked how he can do it so quickly, Mike readily responded, "I count by fives."

Four years ago the Central Westmoreland Chamber of Commerce contracted with the Clelian Center to do all their bulk mailings. Tom Sochacki, President, says that "Everything is always done well...everything is always done on time."

The clients are given an opportunity to work directly in the shop, in the laundry or in food service. Carie dePalma, a new client in the program, said that she prefers to work in the shop sticking on address labels rather than "stuffing" envelopes. She enjoys her work so much that even in the evenings she will take work and do it instead of watching TV.

### Community Employment

Two women recently joined the competitive work force in the community. One is employed in food service and the other in personnel service. After six months of working at McDonalds Tracy Balcerak proudly displays her six month pin on her work uniform. Tracy states that her biggest accomplishment so far on the job has been "learning how to use the fryer to make french fries!" Lee Germano, joins Joni McGuire, in working at Redstone Highlands. Lee works three to four mornings a week as a "Resident Assistant." Lee "absolutely loves" her job assisting elderly people with meals and moving about the nursing home.

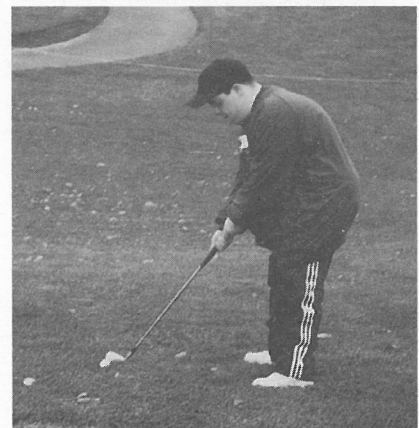
Three women who were employed by the Greensburg Country Club experienced unexpected layoffs after a fire destroyed the building last spring. These hard working individuals were immediately offered positions at DeNunzio's Restaurant. In addition to their night jobs, they are also responsible for doing the Country Club's golf towels and restaurant linens in the Clelian Center laundry.

## School News

### New Golfers Tee-Off

For the first time Clelian Heights students and adults had the opportunity to participate in the Westmoreland County Golf Special Olympics held on Oct. 4 at Vista View Golf Course, Greensburg, PA. The women's foursome consisting of Johnelle Brown, Kristine Bastl, Sherrie Furtak, and Heather Price were coached by Ms. Lynda Guarino and volunteer Mrs. Kathy Swartz. Mrs. Carol Hay, gym teacher and coach, led the men's foursome, Eric Lauth, Brendan Murray, Randy Rose and Danny Pavolik through the course with Mrs. Lynn Hawkins as scorekeeper.

Both teams were able to complete six out of the nine holes before lunch. After the event Danny said, "I had fun playing golf with my friends for the first time. I didn't even mind the rain!" Kristine who occasionally golfs with her dad is looking forward to practicing her swing so she can do better next year. Hopefully, next year we'll be able to add two more foursomes to join the team.



# October - National Down Syndrome Awareness Month

Down Syndrome affects people of all ages, races and economic levels. It is one of the most frequently occurring chromosomal abnormalities found in humans, occurring once in approximately every 800 - 1,000 live births. Over 250,000 people in the U.S. alone are affected by Down Syndrome.

All persons with Down Syndrome have an extra critical portion of the number 21 chromosome present in all or some of their cells. The additional genetic material alters the course of development and causes the characteristics associated with the syndrome.

Children with Down Syndrome are often at increased risk for certain health problems. Congenital heart defects, increased susceptibility due to infection, respiratory problems, obstructed digestive tracts and childhood leukemia occur with greater frequency among children with Down Syndrome. However, advances in medicine have rendered most of these problems treatable.

All people with Down Syndrome have some level of mental retardation. This usually falls in the mild to moderate range and is not indicative of the strengths and talents each individual possesses.

People with Down Syndrome are highly responsive to their physical and social environments. Persons with Down Syndrome have the same emotions and needs as other people and deserve the same opportunities and can be expected to adapt successfully to attend school, make friends, find work, and participate in decisions which affect them and make a positive contribution to society.

Daily, individuals with Down Syndrome strive to accomplish the same goals as everyone else: self-fulfillment, pride in one's achievements, inclusion in activities of the community and the challenge of reaching one's full potential.



#### **Internet Information:**

1999 Healthcare guidelines for individuals with Down Syndrome:  
<http://webby.cc.denison.edu/dsq/>

Developmental Disabilities:  
[www.disabilityforum.com](http://www.disabilityforum.com)



**For more information on Down Syndrome contact:**  
National Down Syndrome Society at 800/221-4602 or  
Down Syndrome Group of Western PA at 412/692-7963  
or [cannons@chplink.chp.edu](mailto:cannons@chplink.chp.edu).

#### **Upcoming Conferences:**

Cincinnati Regional Parent Conference "Believe in a Better Tomorrow" Nov. 6, 1999  
800/221-4602 or  
[info@ndss.org](mailto:info@ndss.org)

Down Syndrome: Clinical Guidelines: Research Guideposts Nov 12-13, 1999  
Children's Hospital of Pittsburgh, PA  
412/692-7907 or  
[www.chp.edu](http://www.chp.edu)

NDSS 2,000 National Conf. Visions for the 21st Century July 27-29, 2000 Wash, D.C.  
800/221-4602 or email  
[info@ndss.org](mailto:info@ndss.org)

**Now is the Time  
United Way Contributor Choice  
Program**

We, at Clelian Heights, are happy to announce that our big three winning number is #403. If you mark this number on your United Way form, your contribution will benefit the children and adults of Clelian Heights.

Simply complete the Information and Payment Methods sections. Then enter code 403 in the Specific Agency section, write Clelian Heights School on the corresponding line and enter your designation amount.

Check the DO NOT RELEASE box if you wish to give anonymously. Finally, return your signed form to your United Way representative.

**REMEMBER TO MARK DOWN #403!**

**Upcoming Events**

- |         |                        |
|---------|------------------------|
| Nov. 13 | Bowling Olympics       |
| 16      | Advisory Board Meeting |
| 26      | Gift Wrap Booth Opens  |
| Dec. 19 | School Christmas Show  |
| 21      | Christmas Dinner Dance |

**Poinsettia Sale** - All orders are due by November 15, 1999. Call Sr. Margaret Ann for plant information at 724/834-8073.


**Gift Wrap Booth** - Planning to shop at the Westmoreland Mall? Stop by and let us wrap your gifts. All proceeds from the Gift Wrap Booth benefit Clelian Heights. Volunteer gift wrappers are needed, call 724/837-8120 for details.

**Holly Sale** -Plan to visit our Holly Sale on display in the Clelian Heights School Lobby after Thanksgiving!

Non-Profit  
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15601

*For of such is the Kingdom of Heaven*

*Building for the future*



*A Family Affair*

**Clelian Heights Shavings**

R.R. 9 Box 607 - Greensburg, PA 15601-9232