

SHAVINGS

Clelian Heights Newsletter



Vol. 1 No. 2

Winter 1992-'93

**OUR DREAM IS GRADUALLY BECOMING A REALITY—
THANK YOU FOR HELPING US BUILD A BETTER FUTURE FOR OUR SPECIAL YOUNGSTERS!**

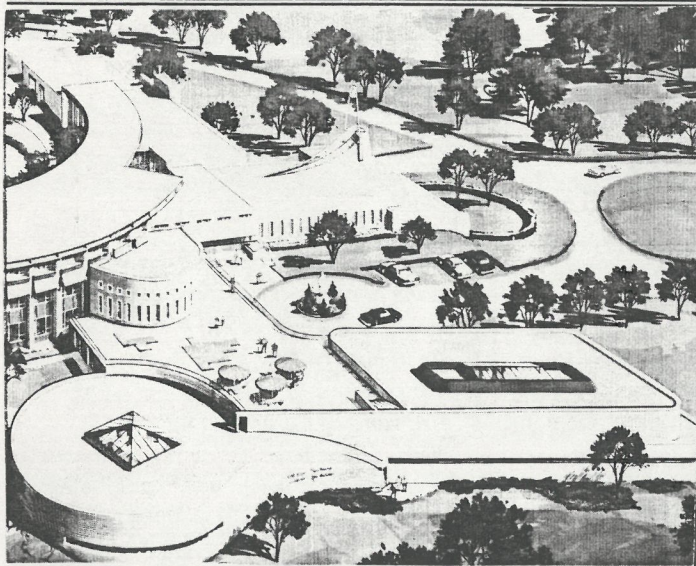
In our newsletter to parents last year we shared our thirty years of growth and change, the accomplishments of our programs, the growth of our children. Last October as we celebrated thirty years of success, we took on a new and bold challenge—further growth and expansion for changing needs and changing times. Previous months of study and deliberation had led us to the formation of a long range plan that saw as its priority a need to develop more extensive programming for adults with disabilities while, at the same time, continuing to respond to the changing needs of our children. The result was the decision to begin a three-year capital campaign with two phases—the first for the immediate residential and independent living needs of the adults and the second for the recreational and therapeutic needs of both groups.

We are fortunate to have available to us the services of Mr. Edo Belli, the architect who designed this present facility—institutional in size, but very much a home in design. Mr. Belli has been a long-time friend of Clelian Heights and of many of the sisters who have been missioned here, in particular Sr. Celine, who was our founder and first DREAM-MAKER. Mr. Belli spend many hours with us listening to our concerns, becoming more familiar with regulation requirements, working with us to design something both beautiful and practical, efficient and safe.

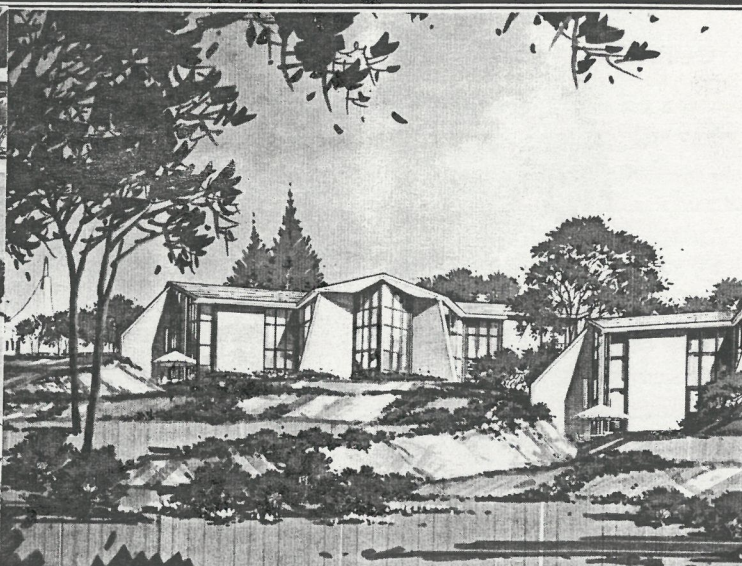
During the past year the Advisory Board, administrative staff, and volunteers have worked untiringly and very successfully in the mailing campaign and in the effort to make Clelian Heights and its works and needs known to area foundations and corporations. Their efforts, along with yours, have enabled us to reach our goal for Phase I and allow us to focus our next two-year effort on Phase II — the Therapeutic/Recreational Center - a pool and physical therapy area with an adjoining gym.

We are very grateful to our Advisory Board members, particularly Rose Melenzyer Sweeney, our honorary Chairwoman and greatest benefactor, to Ben Bernacchi and George Sweeney III, co-chairman, and to each board member — they have all made tremendous effort to initiate, assist, and guide this work. Without this unified effort we would not have achieved such great success in so short a time.

We recently began this second year of the building campaign with another appeal to all our friends. We wish to express our gratitude to all of you for your generous support toward the work being done at Clelian Heights. Without your assistance, our efforts would not be possible.



PHASE II



PHASE I



CHRISTMAS GREETINGS

The staff of Clelian Heights extends warmest HOLIDAY wishes to all. On CHRISTMAS Day let us take time to enjoy the wonders of God's creation and thank Him for our wonderful families and friends. Let us also ask Him to bless all our efforts as we strive to bring His Kingdom on earth.

As we reach up in gratitude to receive God's gifts, let us reach out in love to share these gifts with others, always remembering that CHRIST HAS COME AND IS WITH US EVERY DAY OF THE YEAR!

Each of you will have a very special remembrance in the prayers of the Sisters during our Christmas Novena. We wish you a very peaceful and joyous Holiday. We are grateful to God for the gift each of you is to us.

CHRISTMAS MIDNIGHT MASS

Each year Midnight Mass is celebrated in the chapel at Clelian Heights. All are invited to join with the Sisters to celebrate the Birth of Christ and share in refreshments after Mass.

CHRISTMAS PERFORMANCE



The teachers are busy practicing with the children, the parts and songs are being learned, the costumes are being discussed, and there is an air of anticipation and excitement around Clelian Heights as preparation for the annual Christmas Play is beginning to get under way. This year the performance is entitled "Christmas Around the World".

Along with the play, we have our

The staff and students of Clelian Heights cordially invite you to attend their Christmas Performance
CHRISTMAS AROUND THE WORLD
*Thursday, December 17, 1992, at 7 p.m.
at the Palace Theatre, 21 West Otterman, Greensburg*



Parking is available for \$1.00 at the new garage across the street from the Palace Theatre

*Please invite your relatives and friends to this special night of entertainment.
No tickets are needed!*

a great success with the help and support of you fine handcrafters who donate such beautiful work. Once again, we are counting on your cooperation. Items will be on sale before and after the play. Let's get our talented hands going!

CELEBRATING THE HOLIDAYS - SANTA CLAUS IS COMING TO CLELIAN HEIGHTS!



Practicing for the Christmas performance put everyone at school in the Christmas spirit and trimming their own trees and decorating the residences added to the excitement of the season and the children's anticipation of Santa's visit.

In December each year the State Troopers help Santa find Clelian Heights. They even give him a lift on one of their helicopters! Early in December the students begin their lookout for Santa and on the day he is predicted to come, everyone is outside listening for his arrival. Once the helicopter is heard and spotted, all eyes are on its every move and all hands in the air waving him down! Santa is ushered inside by an excited crowd and then all gather and sing Christmas Carols while Santa visits with each student, passing out presents and goodies. To top off the whole celebration, Santa brings along the manager of King's Restaurant on Route 66 and he makes special sundaes for everyone! There are always balloons, clowns, elves, and lots of fun! The stars show that Santa should arrive around December 15th!

Knowing that this would be their last Christmas at the white house, the young women had a special Christmas Party there on December 8th. Parents were invited to join in the nostalgic evening as stories and memories of good times at the white house were shared and enjoyed.

The young men each have a Kris Kringle for whom they will personally shop and surprize with a specially chosen gift this Christmas.

Sr. Margaret Ann, our job coach, hosted a Christmas party on December 8th for all the local managers and close co-workers of the businesses that employ our young adults in part-time community jobs.

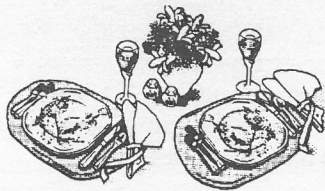
CHRISTMAS GIFT WRAP AND COAT CHECK BOOTH AT WESTMORELAND MALL



The Gift-Wrap Booth at Westmoreland Mall has opened. Our booth is located on the lower level next to Roy Roger's Restaurant and behind Santa.

We hope that all of our parents have enjoyed the time they've volunteered at the booth. All proceeds help the school and to the extent that we cooperate in fund raising projects our children will continue to enjoy an upgrading of programs of the quality we want for them. If you have not as yet volunteered, or if you are a friend who would like to join in by spending some time at the Mall in our booth, please contact Mrs. Anne Price at 832-5769 or Mrs. Linda Papp at 327-8958. There are never too many "Santa's Helpers."

DINNERS FOR FRIENDS OF CLELIAN HEIGHTS



A few local organizations have requested to have their Thanksgiving or Christmas dinner meetings at Clelian Heights. We have tried to accommodate as many as possible so that more and more people will get to know about Clelian Heights and our programs. The Export-Murrysville Rotary Club joined us for a Thanksgiving Dinner while the Jeannette Rotary and Greensburg Kiwanis Club were with us in December. Each of these clubs has generously supported Clelian either by a pledge for the new residences or through a donation for the purchase of materials for the school program. As part of their vocational training program for competitive job opportunities, our young adults were involved in the preparation of the tables, serving the dinners, and clean-up.

CLELIAN SINGERS ENJOY ENTERTAINING



Once again the Clelian Singers have accepted invitations to sing for community gatherings. They have performed for the St. Vincent's Women Auxiliary at the New Alexandria Elks Club. They sang an 11:00 a.m. Sunday Liturgy at Immaculate Conception Church in Connellsville and then entertained a group in the Church Hall. On December 2nd they performed a beautiful Christmas program at the Westmoreland Mall. They've also been very busy learning all the songs in our December 17th show, *Christmas Around the World*. If you know of an organization that would like to hear a group that makes "a joyful noise", call and let us know. We'll be happy to schedule a performance!

SCHOOL SCENE

In November all the students went to the Palace Theatre for the "Mini Stars Show", a production by the Junior Civic Light Opera Association.



Rooms 106 and 104 will be taking a trip to Westmoreland Mall to visit Santa and ride the train.

Barney is the children's choice for T.V. or video and it a very good choice! We highly recommend this entertaining educational series which airs on Channel 13 at 9:30 a.m. and repeats at 3 p.m. each day.

Students in Room 104 are active and curious and both these qualities are being channeled into theme activities that help the children explore their world. They have already studied **dinosaurs** and **the five senses**. They are now learning about **weather**.



In Math classes, through the use of **calculators** and **new money computer programs**, the students have eagerly taken up the **challenge to learn more about money**. They are picking up the challenge at all levels, from very basic **coin recognition** to **making and giving change**, to using newspaper ads and coupons to **plan a shopping list and budget**, to **calculate the cost** of items wanted, and also **calculate the change to be received**. The math room also has an electric cash register to aid in the use and understanding of money.



Reading classes have been sharpening their basic skills and learning essential vocabulary. They have also been summarizing stories as they develop comprehension skills. With the revamp-

ing of the library, done to make the independent search for books easier for each student, there is much more ease in finding books of individual interest. Students are enjoying exploring old as well as new acquisitions, especially those on sports.



The Career Awareness and Pre-vocational Training classes are exploring the world of work and discussing job responsibilities. They have been introduced to job applications. Those students with basic needs in the area of communicating personal information are using a computer program that helps them identify and write their name, address and phone number. Others are becoming familiar with a number of applications and with assistance are learning how to complete them. They are all practicing using a time clock.



In Home Economics classes the students are becoming more independent in preparing sandwiches and simple foods. They have also had the fun of making pancakes, waffles, candied apples and apple fritters. In conjunction with Religion class, Room 105 baked the unleavened bread used at our Thanksgiving Liturgy.



School Liturgies are a wonderful mix of prayer and song. The variety of readings, petitions and theme ideas used by the groups as each one has a turn to prepare the weekly celebration, has certainly enriched the experience for all of us!



Physical Education classes have been preparing for the Special Olympics

Bowling competition. They have also been square dancing, been involved in station activities, individual ball skills, games, bean bag activities, and aerobics. Students involved in swimming classes at the YMCA have taken their instruction very seriously and have really made improvements. Almost all students have advanced to the deep end of the pool where they have been honing their techniques in the breast stroke, free style, back stroke and racing dive.

SPECIAL OLYMPICS BOWLING



The annual Westmoreland County Special Olympics Bowling Tournament was held on Saturday, December 5 at the Hillview Bowling Lanes, Greensburg. The following students represented Clelian Heights:

| PARTICIPANT | PLACE |
|--------------------|-------|
| Tracy Balcerek | 3rd |
| Lee Germano | 3rd |
| Clifford Trice | 1st |
| Greg Boyle | 4th |
| C.J. Fabry | 1st |
| Jason Muller | 3rd |
| Michael Anthony | 3rd |
| Bobby Capone | 1st |
| Michael Policastro | 1st |
| Eric Watters | 1st |
| Mark Suman | 3rd |
| Kristine Bastl | 4th |
| Danny Veltri | 2nd |
| Arthur Russo | 4th |
| Jennifer Roche | 4th |
| Lisa Molter | 5th |
| Heather Price | 3rd |
| John Kita | 3rd |
| Angela Dippolito | 1st |

CONGRATULATIONS

The Clelian team was coached by Mrs. Carol Hay. Congratulations to all participants on your successful efforts to better your personal scores!

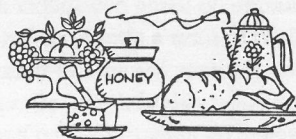


CLELIAN CENTER ACTIVITIES

In our last issue we congratulated the Clelian Center for its outstanding licensing rating and we shared with you its goals. In this issue we look at a work day in the life of a Clelian Center adult:

Clelian Center programs keep the Young adults very busy. The newest members are being challenged by work at the NorthCo. Training Center in New Kensington, while our more experienced young adults have been busy filling Clelian Center contracts including packaging an additional 1,600 *Christmas Tree Ornament Kits* for the *Gateway Clipper*; preparing for mailing 30,000 Newsletters for *Cloverleaf Estates*; preparing slag sticks for *Harbison-Walker Refractories* for their Research Center; collating 3,500 mailings for the Clelian Heights Phase II campaign; continuing to assemble monthly supplies for *Age-Craft Manufacturing, Inc., Greensburg*; and most recently, laundering table linens for *Ernie Vallozzi's Per Favore Ristorante* in Pittsburgh.

If, in their monthly rotation they are not involved in Home Cooking, light maintenance, commercial laundry, assembly, collating or packaging operations, then they are busy in the food service area of the program which includes sharpening skills and increasing speed and ability in bussing, kitchen aide, dish washing, and pot washing skills.



The new *Home Cooking* phase of the program which has as its goal independent meal planning, grocery shopping and cooking, has gotten off to a good start and is very popular. The young adults follow recipes which use scratch as well as convenience foods. They are sharpening their recipe reading skills and measuring skills and becoming better able to use the stove and appliances. They "practice" each day as they

do the actual meal planning and preparation for all the young adults being served at the Chip's House dining room. Each week they are becoming more familiar with preparing a shopping list, using coupons, finding items in the grocery store and making purchases.

HORTICULTURE PROGRAM: GARDENING FROM THE HEART



During the past three years, volunteers from the *Men's Garden Club of Western Pennsylvania* have offered meaningful garden experiences for our young adults at the Clelian Center.

Most recently our horticulture students have been busy mixing potting soil, making cuttings, seeding flats of Geraniums, Pansies and Impatiens plants. They've planted many bulbs for flowers that will be sold in the Spring.

The Clelian Greenhouse had a very successful mum sale in the fall. they sold their mums here and at the *Clayton Frick Estate* where the men's Garden Club has its headquarters. *Poinsettia plants are on sale.*

Joe Calcutta, President of of Western Pennsylvania Club says, "The young adults love the work and have responded very well. It is rewarding to see them discuss problems and try to work things out. When new students come, the more experienced ones encourage them. They are a happy group. Those who cannot compete with the others just smile and observe."

The *Mens Garden Club of Pennsylvania* is affiliated with the *Mens Garden Clubs of America*. They are also affiliated with the *Central Great Lakes Region Clubs* which take in Ohio, Indiana, Michigan and Pennsylvania.

The main project for the *Western Pennsylvania Club* is "*GARDENING FROM THE HEART*", a regional and national program of the *Mens Garden Clubs*. This activity involves gardening with persons with physical and developmental disabilities. It is fellowship and friendship as only gardeners know it!

Other Club members active in



GARDENING FROM THE HEART

196



Developmentally Disabled
— Exceptional Children

HORTICULTURE THERAPY DIVIDENDS



*Sister Margaret Ann Calcutta,
The Gardening Director.*



The residential developmentally disabled and mentally handicapped children and young adults of the Clelian Heights School have the benefit of horticulture therapy dividends as a result of their partnership with the Western Pennsylvania club. Clelian Heights is a private, nonsectarian, nonprofit institution founded in 1961 by the Sisters of the Apostles of the Sacred Heart of Jesus.

It is licensed as a residential mental retardation facility by the Commonwealth of Pennsylvania. Objectives include religious training to promote spiritual and moral growth, maximum adequacy of essential academic subjects, social and personal skills to promote acceptable human relations, practical skills, including manual, pre-vocational and work experiences to attain economic self-sufficiency potentials, physical education designed to promote not only physical fitness but also develop visual perceptual motor skills, agility and dexterity and training in civic responsibility.

a greenhouse which has year-round use. The annual growing of three hundred geraniums from seed or cuttings is a major project. The Oglevee Company, Connellsville, Pennsylvania, annually donates two hundred small geranium plants. An additional one hundred are grown from cuttings with the club advisory team demonstrating and then guiding youth in the procedure. The potting of tulips, daffodils, hyacinths for forcing is also part of the horticulture therapy program. The Dutch Gardens Nursery, related to

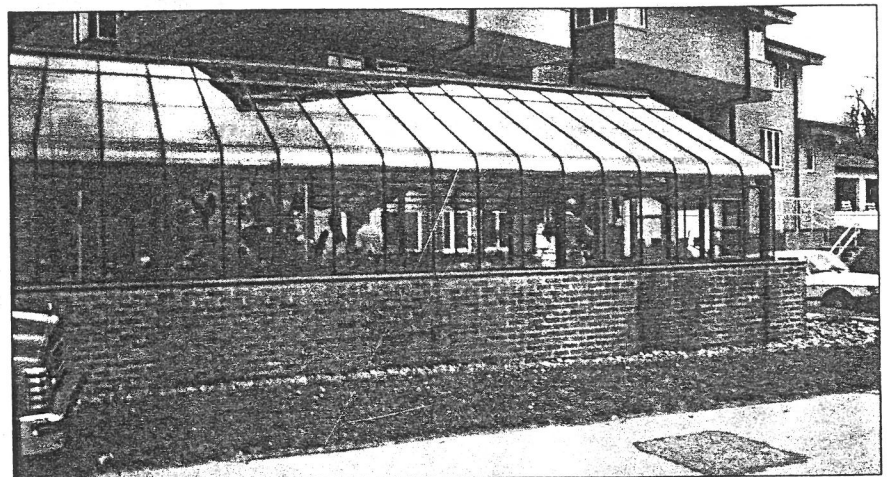
annual bulb purchase, makes an additional generous bulb contribution. Imperial Nurseries, at which the Western Pennsylvania club held a meeting last fall, contributed four bales of potting soil. Arbor Day 1991 was the occasion of a "first," the planting of two ten-foot sweet gum trees and fifteen blackberry bushes. Frequently throughout the year, garden club members provide "other" gardening supplies.

The club "Gardening From the Heart" advisory

team is chaired by Joseph Calcutta, President of the Western Pennsylvania club, Pittsburgh, with Paul Ritter, MD, and Andy Calcutta as team members. Sister Margaret Ann Calcutta, Joseph Calcutta's daughter, is the Clelian Heights School Gardening Director in charge of the program and the youth client participants. Gardening has become an important therapy in support of the excellence of the mission of a most special institution. It is supportive to therapeutic readjustment.



*The Western Pennsylvania club advisory team.
Left to right: Joseph Calcutta, Paul Ritter, MD, Andrew Calcutta.*



The Horticulture Therapy Laboratory

the "GARDENING FROM THE HEART" program at Clelian Heights are: Andy Calcutta, Paul Ritter, and Greg Kirchner.

**FOCHO MEETINGS—
A MIX OF INFORMATION
AND FAMILY FUN**



The FOCHO meetings this year have been wonderful opportunities to share information and enjoy family and friends. At our first meeting, Sr. Benjamin and Charles Demongone gave us an overview of the Clelian Heights program entitled: "From Entrance to Independence". Sr. Benjamin explained the school goals and traced curriculum steps from entrance into Clelian as a young child through educational development and into prevocational training. As an aid in seeing the whole picture, Sr. Benjamin used an overhead projection outlining the academic program and finished with a video showing the various activities. Mr. Demangone then explained the Clelian Center program and copies of its goals were distributed. A Question and answer period followed.

In November, the Pot-Luck Dinner and Unique Fashion Show was a big hit with everyone who attended.

Everyone will enjoy the mix of talent on December 17th as the children and young adults entertain at the annual Christmas Performance.

Nancy J. Murray, the coordinator of the Down Syndrome Center at Children's Hospital in Pittsburgh will be the guest speaker At the January 17th FOCH meeting. The meeting will begin at 7 p.m. The Center's services for persons with Down Syndrome cover a wide range of concerns—from newborn and developmental needs, behavioral and school-related issues to information and education on psychiatric concerns including Alzheimer's, depression, and medication issues. Medical services are provided for the adult with Down Syndrome as well as gynecological care. This should be a very informative, practical, and valuable sharing for all of us. Do come and bring a friend! The

meeting is open for anyone who would like to attend.

UNITED WAY CONTRIBUTORS



United Way

For those of you who are expected to donate to United Way through your place of employment, we ask that you be among the 25 people who last year donated to Clelian Heights through the **United Way Donor Option Program**. This is the only way for us to receive United Way contributions. Your gift will help us to expand services and programs for the children.

Just follow these simple steps:

1) Ask your employer for a **Donor Option card** which is part of a brochure distributed by United Way. (You will also need to complete a regular United Way pledge card). **Our United Way Donor Option Agency Number is 403.**

2) If your employer does not have Donor Option cards, they can be obtained by calling United Way at 261-6010.

3) Under section "2", **designate Clelian Heights** as your nonprofit organization.

4) Fill out both sides of the card and please remember to check the first box under your signature, giving the United Way permission to let Clelian Heights know of your generosity. This is very important as United Way will not inform us of your gift unless you check this box.

5) Return both your completed United Way Pledge Card and the Donor Option Card to your United Way campaign worker.

If you have a friend whom you know is also a United Way contributor, you may want to suggest Clelian Heights as **Donor Option** for him/her. Thank you and God bless you for your support!

GIANT EAGLE TAPES AND CAMPBELL PRODUCTS

As you do your Holiday shopping for groceries, don't forget to save the **register tapes from the GIANT EAGLE STORES**. Pass this

information on to your relatives and friends and ask them to save for Clelian Heights. Please continue collecting labels from **CAMPBELL** products too!

**FOR FUTURE REFERENCE
IN WINTER WEATHER**

Brrr! The cold weather is approaching, and we ask that parents make sure that the children have appropriate outerwear. Weather permitting, the children do take walks in the crisp air, have recess outside, and of course, have to travel back and forth when on field trips and out to the YMCA for swimming lessons. We also want to remind the parents that when the weather is inclement or road conditions are hazardous, school closing announcements will be made on the following stations:

- WHJB 620 AM WTAE 1250 AM
- WWSW 970 AM KDKA RADIO
- WSSZ 107 FM 96.1 FM
- 94.5 FM 1020 AM

HAPPY BIRTHDAY!

NOVEMBER

- 13 C.J. Fabry age 16
- 27 Chris Potoka 12
- 28 Scott Whalen 21
- 29 Christian Redfern 15
- 30 Jodi Fite 14

DECEMBER

- 2 Tracy Balcerek 18
- 9 Gregory Boyle 17

JANUARY

- 2 Mlichel Kettering 18
- 2 Paul Green 10
- 3 Lisa Wible 17
- 10 Richard Stuver 11
- 16 Duane Bentz 14
- 18 Melanie Sage 16
- 19 Mark Bartram 11
- 24 John Kita 15
- 27 Charles Tabacheck 9

CHIP DECKER Scholarship Fund
from
Mr. and Mrs. Charles Decker and Jan
In Memory of -
John S. Jack Truxal, Jr.
Scott Stivason
Phyllis B. Zelinsky
Nancy Hergenroeder
Chip Decker (birthday 11/7/61)
Todd Decker Birtyday 11/18/62)

MEMORIALS

| <u>Donor</u> | <u>In Memory of -</u> | <u>Donor</u> | <u>In Memory of -</u> |
|------------------------|-----------------------|-----------------------|-----------------------|
| M/M Gerald Popovec | Mrs. Pearl Castellano | Arthur Rulli | Edward Gagliardi |
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| Dolores Schmidt | Leo Schmidt | M/M J. Calcutta | Mike Aiazzi |
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| M/M Nicholas Rullo | M. T. Sherid | Helen L. Pimple | Mary Abzanka |
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| Township of Baldwin | Rose M. Pinti | " " " | Philip Carasella |
| M/M Joseph Calcutta | Angela Bongiovanni | Nat A. Christiano | Francis O. Church |
| Charlotte Rhodes | Lyde S. Wolf | M/M Joseph Brown | Marjorie Fontana |
| Pat Policastro & Mike | Florence Shea | M/M John Yurack | Andrew Krovontka |
| M/M Jerry Suman & Mark | Andrew Krovontka | M/M Ralph Capone | Marjorie Fontana |
| M/M Nicholas Rullo | James Silvis | Sr. Ruth Aubrey | M/M Aubrey |
| M/M " " | Val Sofranko | M/M Joseph Mucci | Eva Levin |
| Rose S. Melenzyer | Dr. Arthur King, II | Mike Celenza Family | Joe Lauer |
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| Richard Mullhaupt | Nevin Horak | Camille & Donis Milan | Kathleen Ullon |
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