



The Growing Tree News

A Publication of the E. John Gavras Center

182 North Street Auburn, NY 13021

Operated by U.C.P.A. of Cayuga County, Inc.
Richard M. Hansinger, Executive Director

A United Way Agency March 2008
www.gavrascenter.com



A Message from Rick Hansinger

Now that we have survived the daylight savings time switch, this means that spring is around the corner. Hopefully we can expect better weather which will lead to more outdoor activities and fewer staff suffering from the flu bug.

I am pleased to report that we have moved the West Lake Road IRA to our new site at 20 Throop Avenue. The purchase and renovations took longer than expected, but I believe we came away with an awesome house. Staff and consumers alike appear to be very pleased. If anyone would like to visit, please let me know and I will arrange it.

On a personal note, On behalf of my wife and myself, I want to thank staff for their cards and words of sympathy over the death of my father in law. We do not expect these things to happen, but it is a constant reminder how fragile our lives are. I am very blessed to work at such a caring and thoughtful agency. In addition, it saddens me to report that we lost one of our staff as well a few weeks ago. Karen Neville fought a courageous and long battle with cancer and our thoughts and prayers are with her family. Karen was unable to continue working these past several months, however, she did manage to exchange vows and get married. We are certain this added joy to her last few months of living.

Please enjoy and have a happy and safe Easter. For those traveling in the upcoming Spring break, please be safe and enjoy the break.

HR Reminder

March 31, 2007 is the last day you can submit flexible spending reimbursable charges for the year 2007.



Photo courtesy of Rick Hansinger

IRA News

By Mimi Gilmore

February has brought many changes to the IRA's. First and foremost we have now moved into our new IRA at 20 Throop Ave. All IRA staff actively involved themselves with assisting in the move and maintenance crew led by Dave Pollay moved all the furniture and personal belongings in one day. In order to make the move less stressful for our consumers, each went home for the weekend with family and returned to find their bedrooms completely set up the way they wanted them.

Each consumer has settled in quite nicely to their new surroundings and the staff is anxiously awaiting the springtime so that they may take walks on SIDEWALKS and use the patio for picnics. Guess we know who will be hosting all the summer picnics this year.

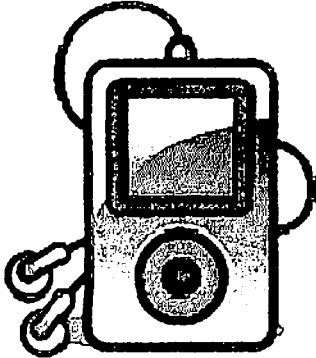
The flu season has hit the IRA's pretty hard and we have given our nurses plenty to do. Signs and reminders are posted all over to wash hands frequently and to remember to wash off doorknobs and phones.

Upcoming activities that we all are looking forward to are BINGO at Sacred Heart, Spring Dance thru ARC, some consumers will be going to the annual bowling banquet and everyone is ready for the FIRST DAY OF SPRING. Hope that groundhog was right in February that winter was only

going to be 6 more weeks because it's almost over according to PHIL!!!

Please come and see our new IRA, just give Amy a call and let her know when you would like to come see our new "DIGS"

(Mimi Gilmore is our IRA Program Coordinator.)



KJ the DJ's Music Corner

EITHER SOLO OR TOGETHER AS A BAND, THE BLACK EYED PEAS ARE A CHART TOPPING SUCCESS

By: Kelly Shanahan

On June 24, 2003 the Black Eyed Peas released their debut album "Ellafunk". Their debut single "Where's The Love?" featured Justin Timberlake of N'sync and solo fame, became a # 1 chart topper in the summer of 2003. Their second release "Hey Mama" hit the charts in December of 2003. Their first single also won them a Grammy Award in 2004. After this initial success, the founders of The Black Eyed Peas Will.I.Am and Stacey Ferguson, also known as Fergie, began working on music projects with other artists.

In November of 2004, Will.I.Am began writing new music for the second Black Eyed Peas album titled "Monkey Business", which was released on June 7 2005. This album spun 3 hit singles. "Don't Funk With My Heart", "My Humps" and "Don't Lie" became chart toppers in the summer and fall of 2005.

While performing as The Black Eyed Peas, both Will.I.Am and Fergie never gave up their hopes of pursuing solo projects. Will.I.Am is also a songwriter and record producer. Fergie also writes and collaborates with other writers on her own music.

Fergie's solo debut album "The Duchess" was released in the summer of 2006 and quickly became a top-seller, spinning 5 hit singles between 2006 and 2007: "London Bridge", "Glamorous", "Fergalicious", "Big Girls Don't Cry", and "Clumsy". Fergie co-wrote most of her tracks and also sang on her album with Will.I.Am on a few tracks. "The Duchess" won 3 Grammy Awards in 2007.

On September 24, 2007, Will.I.Am released his solo debut album titled "Songs about Girls". Will.I.Am's debut single is entitled "I Got It from Mama". I love this single, it's awesome. I think The Black Eyed Peas are a great band, and have put out great music since their debut in 2003. My favorite songs by them are:

"Where's The Love?" 2003

"Don't Funk With My Heart", 2005

"My Humps", 2005

Here are 2 Facts about The Black Eyed Peas. Fact 1, there are 4 members of their band, but the only 2 who write and sing the music. Fact 2, "Where's The Love?" was written shortly after the events of September 11, 2001 and the single's lyrics speak to this sad event. The chorus to "Where's the Love?" was written by Justin Timberlake. Justin called Will.I.Am and sang the chorus to the song on Will's voicemail, and then asked Will what he thought of it.

Kelly Shanahan is the OMRDD Receptionist @ Cranebrook Drive

Gavras Families

Hi! My Mom and I love the New York Yankees, so in our spare time during the summer we love to go to a different city to watch a game. Sometimes we go with my Aunt and two cousins. My Aunt hasn't been to a game that the Yankees have actually won in 3 or 4 years. We call her "The Jinx". It's happened so many times that everyone at work wrote comments all over her Yankee stuff. On a picture of Derek Jeter smiling, they wrote he was happy she wasn't coming to the game!

We've been to Toronto a couple of times, Baltimore once, Cleveland once, and New York a ton of times. We weren't happy that the Red Sox won the World Series, but it's still 26 to 7. They're not going to win this year!

We do still bring "The Jinx" to the games, and this year we'll try to break her bad "Jinx" luck!

- Michaela Ambrose

(Michaela is the daughter of our Financial Director Danielle Ambrose. Her Aunt's identity is being kept private.)

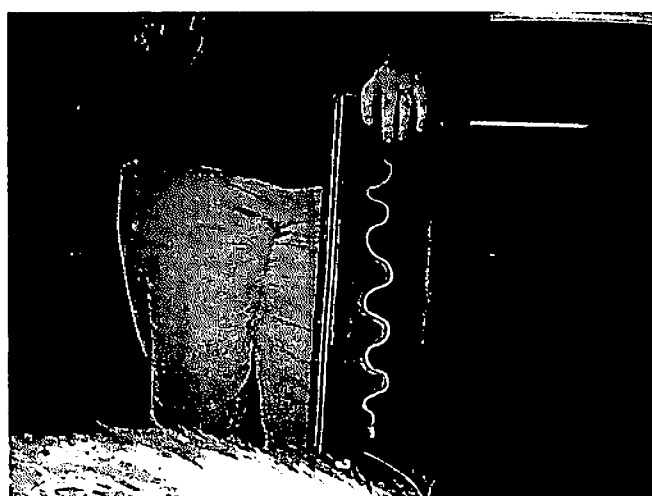
Interested in sharing your family's experiences? Send information and/or digital photos to the Editor at ellenh@gavrascenter.com. This is open to client and employee families.

Zoo to You Visits the Preschool

Christine Howell, the Education Coordinator with the Rosamund Gifford Zoo, brought the "Zoo to You" program to the Preschool recently.

The children learned about snakes, hissing cockroaches and more during the 4 sessions that were presented.

It was an interesting, fun and new experience to most of the students to learn more about these insects and reptiles. Thanks to Christine for the lessons!



Photos courtesy of Nancy Kratz



Tips for Staying Healthy

I asked our nurse at North Street for some advice to help us get through the end of the cold and flu season. She gave me tried and true tips that many of us know, but not all of us follow:

- Get lots of rest
- Drink lots of fluids
- Stay out of public places if you are coughing or running a fever
- Wash your hands often

Hopefully the fresh air and open windows will soon bring and end to a long season of colds and coughs

Editor's Note: This is OUR newsletter. Please send me your ideas, your articles and your feedback. I can be reached @ (315) 255-2746, via internal email to Ellen Baumes, or at ellenb@gavrascenter.com. Thank you! The Growing Tree is available on our website, view it electronically @ www.gavrascenter.com

Employee Recognition Recipients

February 2008

* Dan Coon * Diane deRoos *
* Marie Gannetti * Kelly Greene *
* Christie Hamilton * Joan Meyers *
* Dave Pidlypchak * Joanna Pidlypchak *
* Danielle Ray * Jane Seamans *
* Marie Smigelski * Amy Woodruff *

UPCOMING EVENTS

Functional Communication Training Revisited: Enhancing Communication to Enhance Quality of Life Conference on Thursday, March 20, 2008 at the Auburn Holiday Inn
Go to our website - www.gavrascenter.com - for additional information

Staff Development Day – March 20

Preschool Easter/Passover Recess – March 21 and 24

Welcome to New Employees

Courtney Chadderdon - Preschool
Danielle Gilfus - Res Hab
Mandy Stevens - Preschool
Crystal Walters - Preschool
Brian Woodard - Van Driver

And Welcome Back to Lori Coppolla

A belated goodbye and best wishes to Michelle Hickey who left the Gavras Center in January.

Thought for the day....

Tell me and I forget.
Teach me and I remember.
Involve me and I learn.

- Benjamin Franklin