



Meeting Minutes

Meeting Title:	INFO SHARE
Day:	May 5 th , 2015
Time:	9:30am - 11:30am
<p>1. <u>Agenda Item</u></p> <p>Elaine Gerwin, CEO Service Navigator Mike Wilmot, CEO Assistant Director of Program Operations</p> <p>Topic: CEO Welcome/Updates</p> <ul style="list-style-type: none"> • Elaine welcomed everyone to Info Share and introduced Mike Wilmot, the new Assistant Director of Program Operations at CEO • Mike then presented a few CEO updates <ul style="list-style-type: none"> ○ The YouthBuild program is now recruiting ○ Weatherization is working with HEAP to install air conditioners ○ May is Community Action Month and all of our programs are participating in activities around the community <ul style="list-style-type: none"> ▪ Ziti dinner at the YWCA ▪ Park cleanups ▪ Children’s Mental Health week activities, etc. 	<p style="text-align: center;"><u>Action</u></p> <p>Refer any eligible youth to the program. Please check out the linked recruitment flyer for eligibility and contact information: http://www.ceoempowers.org/wp-content/uploads/2015/01/youthbuild-tabbed-flyer.pdf For more information on the HEAP Cooling Assistance program please go to the link below: https://otda.ny.gov/programs/heap/program.asp If your company would like more information or to become involved in Community Action Month, please contact Elaine Gerwin, 518-272-6012 ext. 302</p>
<p>2. <u>Colleen Pidgeon, Concerns-U Program Director</u></p> <p>Topic: Program Summary</p> <ul style="list-style-type: none"> • CoNSERNS-U, a basic needs outreach program of Catholic Charities Tri-County Services, works to help with challenges met by day to day living. Two staff and 55 volunteers provide assistance to low-income households • Service area: Southern and Rural Rensselaer County (outside of Troy and Lansingburgh) • Wojeski Children’s fund raises \$15,000 a year to assist children when there are no other resources available, working closely with schools and human 	<p>Refer any in-need qualifying customers to Concerns-U for Emergency assistance, Holiday assistance, school supplies, coats, food pantry needs, etc. “Back to School” supply recipients are selected by professional referrals only, no walk-ins. Colleen Pidgeon – Program Coordinator</p>

	<p>service agencies. This fund has no “over-head” costs, so all the money raised goes directly to children in need. Some of the things they help with are: prom tickets, class trips, eye glasses/eye exams for those without coverage, etc.</p> <ul style="list-style-type: none"> • CoNCERNS-U runs a well-stocked “client choice” food pantry where customer’s select their food in a store setting. They receive 5 days’ worth of food for each family member. • Youth program is working to raise \$10,000; to take 100 kids shopping. Each child recipient is escort through Walmart and the child selects their own clothing items and shoes for school. • CoNCERNS-U is also gearing up for their “Back to School” supply program. They will hand out supplies on September 2nd. This is ear marked for middle school kids. Help is given to some High School kids in the way of gift cards. Solicitation letters went out May 4th. No walk-ins. Professional referrals only, through school social workers, CPS, Rensselaer County mental Health. 	<p>518-463-8571 colleen@ccalbany.org</p>
<p>3.</p>	<p>Blaise Bryant, Peer Advocate/Youth Transition Coordinator <i>Independent Living Center of the Hudson Valley</i></p> <p>Topic: Brief Program Description</p> <ul style="list-style-type: none"> • Programs for teenagers and young adults with disabilities to get into college, find work, or live on their own • Help with transitions. <p>Topic: Current/Upcoming Programs</p> <ul style="list-style-type: none"> • Summer program <ul style="list-style-type: none"> ○ July & August ○ Navigating the world with a disability ○ Will involve taking kids on social events (tri-city Valley Cats' game), a travel training workshop, a CDTA route experience, and field trips to various worksites, etc. • Group program to assist in applying to college, finding work, and/or living on their own. <ul style="list-style-type: none"> ○ Includes: budgeting (Kristine Darling did a presentation on Budgeting), information on Social Security benefits and working, resume writing. 	<p>Refer the name and contact information for any teenagers and young adults who might be interested to Blaise Bryant 518-274-0701 ext. 126 bbryant@ilchv.org</p>

- The goal is to help make people with disabilities as employable as those without.
- Mentor/Mentee program (Big brothers/big sisters equivalent)
 - 10 adults with disabilities that have work experience paired up with 10 youth to provide individualized guidance.
 - Mentor/Mentees will have meeting minimum of once a month in a public place (no home meetings).
 - Every 3 months the whole group will meet at the Independent Living Center to do some group evaluations, check in and listen to guest speakers.
 - Blaise will work in-between to monitor each mentor/mentee.
- All of these programs are free.
- To grow the programs: Blaise is looking to go to more agencies or school districts to do presentations, etc.
- There are no age guidelines, because the programming is needs based.

**4. Tammy Roberts, Wellness Director
Peggy Maliski, Child Care Director
YMCA of the Capital Region**

Topic: Updates

- YMCA currently has programs available for a variety of people.
 - Those struggling with chronic disease
 - Cancer survivors
 - A pedaling for Parkinson's program
 - A diabetes prevention program is about to start.
 - It is a year-long program
 - Participants can earn one on one fitness opportunities.
- "Wellness at Work" program, a corporate membership & wellness program.
 - The ARC is doing a couch to 5k: with 18 ARC employees are participating.
 - Lansingburgh library is running yoga classes.
- YMCA community driven and will not discriminate against anyone, even those with an inability to pay.

Please contact or refer customers to:
 Tammy Roberts
troberts@cdymca.org
 518-272-5900 ext. 2240
 if they are interested in the Diabetes Prevention Program, Pedaling for Parkinson's or any other wellness programs based out of the Troy YMCA.

If your organization is interested in participating in a "Wellness at Work" program, contact Christy Wightman: 518-869-3500 ext. 9927 or
cwightman@cdymca.org

For Summer Camp registration and

	<p>They will do a financial sliding scale.</p> <ul style="list-style-type: none"> • A new YMCA program is in the works for those who have a neurological disease; scheduled to start in July. <p>Topic: Summer Camp Info</p> <ul style="list-style-type: none"> • The YMCA summer camps are focusing on 3 things this year: relationships, a sense of belonging, and a sense of achievement. • The goal is to make all the children feel that they are a part of something the same and reaching toward something new. • There are local camp options as well as an away option at Camp Chingachgook on Lake George. • Troy YMCA will have field trip experiences for the older campers and educational opportunities about their surrounding communities. 	<p>information please contact or refer customers to: Peggy Maliski pmaliski@cdymca.org 518-272-5900 ext. 2220</p> <p>Check out http://cdymca.org/locations/troy-ymca/ for more information on all the YMCA has to offer.</p>
5.	<p>Rich Neuman <i>Mental Health Empowerment Exchange</i></p> <p>Topic: General Program Overview</p> <ul style="list-style-type: none"> • Troy Division at 2136 Burdett Avenue: across from the RPI cultural center/chapel and kitty-corner to Samaritan Hospital. • Also run programming out of the Presbyterian Church in Rensselaer at 34 Broadway, Rensselaer. • Walk-ins are accepted but it is preferable for people to call to set up an appointment whenever possible before coming. • All events are free! <p>Topic: Upcoming Programs/Activities</p> <ul style="list-style-type: none"> • Career Path Job Group. <ul style="list-style-type: none"> ○ Educating people with disabilities on SSI or SSDI on work options and debunking the myth and misconception that they cannot work. ○ Teaching how to deal with large employment gaps in your resume. • Relaxation Class (flyer still says Meditation, but that made people uncomfortable). <ul style="list-style-type: none"> ○ Lansingburgh Library, Wednesdays at 2pm. • Monthly volunteer meet-up group run by Marianne Briggs. 	<p>Refer any interested customers to Rich Neuman richmhep@outlook.com 518-235-2173.</p> <p>Refer anyone interested in the “Expanded Food & Nutrition Education” cooking program to Ray Reuter at 518-235-2173.</p> <p>Refer anyone interested in the “No One Left Behind 5K Race” on May 16th to 518-545-6781 for questions and www.herosathomerensco.com for registration.</p> <p>If interested in the upcoming peer advocate training, contact Marianne Briggs 518-235-2173</p>

- 3rd Thursday of every month.
- Discusses how to connect with the community on a volunteer basis.
- This coming Thursday 11am-12pm.
- Men's Network
 - Friday's 11am at Brueggers in Troy.
 - About 3-6 people attend.
 - They can connect and discuss what is going on in their lives.
- Writing Group with Ray Reuter
 - Lansingburgh Library, Friday at 1pm.
 - Exploring: poetry, short story, etc.
- Mood-Booster Support Group.
 - Thursday's at 11am.
 - This was started by a person with Bi-Polar who wanted a support group, although anyone can participate.
 - At First Presbyterian Church in Rensselaer.
- Gentle Stretching Class (no longer call it Yoga).
 - Getting in touch with your body, creating awareness.
- Women's Group, fun by Lisa Fish
 - Meets at the Library in Rensselaer
- Voices: Open Mic group
 - Meets 3-4:30pm on Friday's at the Daily Grind.
 - Free coffee and cookies.
 - Short story, poetry, song, etc.
- Cooking Class with Ray Reuter.
 - For low-income families that want to improve their health.
 - Wednesday's 11am-1pm through June 3rd.
 - Sponsored by Cornell Cooperative Extension.
- No One Left Behind 5K.
 - Saturday May 16th at Grafton State Park
 - \$15 for pre-registration, \$20 day of the race.
 - Sponsored by the Hero's at Home.
- Peer advocacy training coming up on Tuesdays and Thursdays in June, all day. Location TBA, based on enrollment.

<p>6.</p>	<p>Jennifer Haggerty, LMSW Rensselaer County Mental Health Supervisor Student Assistance Program</p> <p>Topic: Recent Changes</p> <ul style="list-style-type: none"> • Jennifer recently took on a lot of duties that belonged to Debbie Peterson, substance abuse coordinator for 30 years who just retired. • At the end of this school year Jennifer will move from Averill Park High School to the state full time. <p>Topic: General Program Description</p> <ul style="list-style-type: none"> • Substance abuse counseling/education, working in 7-8 different school districts throughout the county. Community coalition building. • Previously in 14 school districts. • Strengthening families program; all counselors participate. • Presentations to families help to education parents and update them on current drug culture. • Parenting classes are volunteer and not mandated and mostly target parents of K-8th youth. • Guiding Good Choices is for only Parents, but they provide childcare. <p>Topic: Future Plans/Outreach</p> <ul style="list-style-type: none"> • Looking to branch out next year and find organizations to partner with for presentations and programming. • Upcoming summer parenting program will run for 5 weeks. • Community substance abuse program starting in the fall. • Next Thursday in Rensselaer SD they are running an educational panel. • A calendar is being developed to share with local organizations for ease in customer referrals. 	<p>If your organization is interested in partnering with Rensselaer County Mental Health for substance abuse counseling and education. Contact Jennifer Haggerty Averill Park High School 518-674-7000 ext. 2545 jhaggerty@rensco.com</p> <p>If interested in participating in the educational panel at Rensselaer County check out the flyer here: http://www.rcsd.k12.ny.us/files/DdHEi/b926a250a4e9ee113745a49013852ec4/Renssealer_Forum_Flyer_3.pdf</p>
<p>7.</p>	<p>Cathy Eliseo, Education Director Junior Achievement of Northeastern New York, Inc.</p> <p>Topic: General Program Description</p> <ul style="list-style-type: none"> • Private Non-profit economics education program. 	<p>Please post the Volunteer flyer and refer anyone willing to help and participate. http://www.janeny.org/volunteers/volunteer_register</p>

- Has been around since 1919.
- Serves 12 counties, but primarily works in the Capital District.
- Their mission is to empower young people to be economically successful.
- Bulk of programming happens during the school year.
- Match up community volunteers with teachers.
- Build skills in financial education, etc.
- The curriculum is a nicely designed kit with lessons in a brief case for the volunteers to use.
- Works with K-12, in school or after school.
- They partner with agencies to do afterschool programs.
 - Currently the Albany Y.
 - Developing with the East Greenbush Y.
- They fundraise to cover the cost of the program.
- In an afterschool environment you can use your own staff for lessons.
- In-school the lessons have to be done by a volunteer.
- Volunteers can work by themselves or in groups.

[.cfm](#)

There is even a separate list of needs for the Troy School district.

If your organization is planning a summer program Jr. Achievement is very interested in partnering for ½ hour to 45 minutes activities.

Contact Cathy Eliseo
518-783-4336 ext. 214
For more information or check out www.janeny.org

Topic: Current Needs

- There is a 2 week window to fulfill requests that have not been fulfilled yet.
- Desperately need volunteers to support these requests.
 - 150 classes waiting for volunteers.

8.

One Minute Updates

1. Betty Bellino from the Workforce Development Institute

- ⇒ Funding available for working families to pay for summer camps and day care. Rensselaer County %,
- ⇒ Parents have to be working at least 25 hours a week and the kids need to be 13 or younger.
- ⇒ Funding for Saratoga and Onondaga County for the first time.
- ⇒ Those interested in help must do a pre-screening on the phone.
- ⇒ Then bring the paper work down to the county.
- ⇒ They determine the family share and the state assistance.
- ⇒ There is no call back list right now.
- ⇒ Please refer all interested customers to Betty Bellino and check out <http://wdiny.org/programs/child-care-subsidy-program/>

2. Ruth Fennelly from Family Support Services

- ⇒ May mental Health Month: the first week is “Children’s Mental Health Week”.
- ⇒ Feel free to share Ruth’s poem about roots and wings.
- ⇒ This year’s theme is building strong roots.
- ⇒ Various activities are going on all week in honor of Children’s Mental Health recognition.

3. Barbara Makalski from National Grid.

- ⇒ At Albany county DSS on Tuesday and Friday afternoons.
- ⇒ At Rensselaer County DSS in the Youth Department on the 3rd Floor.
- ⇒ National Grid is currently disconnecting services for non-payment.
- ⇒ HEAP ended the 27th so very few resources available right now.
- ⇒ Email Barb at Barbara.michalski@nationalgrid.com if you have a customer that needs help.

4. Marisa Joseph from Girl Scouts of Northeastern NY

- ⇒ The Girl Scouts work with ages K-12th Grade.
- ⇒ Starting a new troop at the Troy YMCA.
- ⇒ Looking to expand into afterschool programs and summer camps.
- ⇒ Willing to come in and do a presentation.
- ⇒ Have a packet of all of the scholarships available for girls who are involved in girl scouts.
- ⇒ Contact Marisa Joseph if interested in getting involved.

5. Marie Heller from Literacy Volunteers of Rensselaer County

- ⇒ Intake in March (last intake until September)
- ⇒ Completed the 4th training with tutors.
- ⇒ Still need to match 45 people with tutors.
- ⇒ Recently had the Famous Ladies Tea, which was close to the max attendance.
- ⇒ **The** literacy run/walk **was** on Sunday.
- ⇒ Scrabble challenge Sunday May 31st 1-4pm at St. Michael’s Church in Troy \$15(\$10 students under 14). For information or registration call 518-274-8526.
- ⇒ “Jazzed for Literacy” event Thursday June 25th at the Troy Hilton Garden Inn, \$25 in advance/\$30 at the door. Register online at www.lvorc.org
- ⇒ Winding down the “everybody wins” program.
- ⇒ Starting financial literacy in May at the Troy YMCA.

6. Elizabeth Burrichter from Capital Roots (formerly Capital District Community Gardens)

- ⇒ Elizabeth is the new outreach coordinator; also works with the Squash Hunger program
- ⇒ Capital Roots is celebrating its 40th Anniversary.
- ⇒ The new facility is located at 594 River Street Troy, NY 12180
- ⇒ Their Veggie Mobile goes to 30 different locations on a weekly basis.
- ⇒ To get on contact list for Veggie Mobile schedule updates please contact Elizabeth at 518-274-8685 or outreach@capitalroots.org

⇒ Also refer any interested volunteers, esp. those with a van that could do Squash Hunger pick-ups.

7. Natalie Birch-Higgins from Legal Project

⇒ Free civil legal services.

⇒ Interested customer should call the office to set up appointments.

⇒ They work with the following issues: foreclosure, Landlord/Tenant, immigration, etc.

⇒ They have a program for Youth and **parents of American citizens; that** is currently in an outreach stage, creating awareness in the community.

⇒ They are hosting a free small business seminar on May 19th, geared towards new American's.

⇒ Contact Natalie 518-435-1770 and check out <http://www.legalproject.org/> for more information.