Franziska Racker Centers publicly announced their 'Making Room' campaign initiative at an exciting event held at Celebration’s Banquet Hall on November 4, 2010. The initiative will raise 3.5 million dollars, of which 2.35 million has already been attained through generous gifts from volunteers, staff, families, corporations, foundations, and individual donors. Through the campaign the agency will achieve three main goals: sharing best practices to create a culture of inclusion for people with disabilities by creating a Learning Center that will offer trainings for staff, families, and professionals from other organizations and the community at large; modernizing the aging preschool building on Wilkins Road; and organizing program space and the support functions of the agency, helping staff to be more efficient in their work with families in the communities that we serve. “We need to physically make room at our Wilkins Road site; however, “Making Room is a bit of a play on words”, said Executive Director Roger Sibley. “We are making room by adding space to the Wilkins Road site, and by making existing room more energy efficient. We are also making room when we include people with disabilities in community life, helping everyone be successful.”

Tom Watts, Director of Programs for Students with Special Needs at TST BOCES, spoke of the importance of the services that BOCES and Racker Centers
"How many social workers does it take to change a light bulb?"

"Only one, but the light bulb has to really want to change."

This joke occurred to me as I was thinking about one aspect of our Mission to help people with disabilities have good lives. How many not-for-profits does it take to change the world?

Everyone likes change when it is their idea, much less so when it comes from someone else. And there is no doubt that things are always changing. Many years ago Franziaka Racker Centers got pretty good at helping people with Down Syndrome and Cerebral Palsy. Later on we got pretty good at helping people with emotional and behavioral problems. Recently we have gotten pretty good at helping young people with significant mental illness and people on the autism spectrum.

In high school science they had us do experiments. They were not really experiments because the teacher knew what was supposed to happen. In those exercises there was generally one variable, whose effect could be observed and measured. In life, there are lots of variables from moment to moment. For the new preschooler, the new student at Turning Point, and the new resident in one of our homes there are one or often more unknown variables.

Which brings me naturally to that part of the Making Room project called the Learning Center. Our Mission requires that all people with disabilities be welcomed and included in community activities. If all such people were alike, it would be pretty easy. But because everyone is different, and everyone responds to other people differently, it is not easy.

The Learning Center is not simply a space for training, but a space for sharing. It is about learning how to understand, developing the skills necessary to see through generalities to the human struggles underneath. There is a great deal of knowledge about human development, about how people learn, about effective helping methods. Our staff needs this knowledge. And families need to know. And people who work in preschools need this knowledge.

We know change is coming. We just don’t know what it will be. The Learning Center will be a place of sharing and creating, a place where our efforts to change the world will be continually strengthened. Because our Mission is about community, and Making Room and the Learning Center are about community... and essential.

Dedication Event Officially Renames Preschool Program

"She so deserves this acknowledgment," stated Dottie, long-time friend of Margaret Gibson. During the dedication officially renaming the Centers' Ithaca preschool in her friend's honor.

The Margaret Gibson Preschool Program is one of the agency's three preschool sites that provide child care and special education preschool services, integrating kids with and without special needs in the same classroom.

The decision to rename the Ithaca preschool program to honor Gibby was an easy one for the Centers. We don't think of any initiative in the last 35 years that Gibby has been a part of commented Executive Director Roger Sibley during the sign unveiling. "She's influenced all of our big decisions and even took on the added responsibility of keeping me in line when I was hired 32 years ago," joked Roger, "and she will tell you that hasn't been easy!" Gibby quickly chimed in, "No, it hasn't! it's getting a laugh from the crowd of over 50 that gathered to share in the evening's event.

The ceremony continued with heartfelt words from Jody Sibley, the Director of Educational and Special Services. "For every child each living adult in their life adds to their ability to grow and be resilient and strong," stated Jody. "The children have always been so important to Gibby, and her visits always elicit a glow from the kids and an obvious connection is made. I'll be so proud to walk into the Margaret Gibson Preschool each day," she concluded.

Gibby's reaction to the preschool renaming was humorous and heartfelt, "the kids are so much fun and I'm so short they think of me as one of them," she giggled and then addressed the crowd saying, "It is heartwarming to be honored in this way and I truly thank you for it."
**Integration in Owego A Success**

Marcy Luffman began working at Franziska Racker Centers nearly 15 years ago as a special education teacher. “I love watching the kids grow and seeing how much they change in just one year of time,” Marcy comments. She and her staff recently settled into a freshly painted and equipped classroom located at the Washington-Gladden building in Owego where the Centers partners with Abide in the Vine daycare to provide integrated preschool services. The ratio in her class is approximately 1 daycare child for every 2 children with special needs. “In many instances it is really hard to tell which kids have special needs and which don’t,” says Marcy. “the peers really learn from each other, there is a mutual experience happening,” she explains.

Though integration is occurring, the staff does not place emphasis on it. Rather, they focus on the broader goal of helping each child learn the skills needed for the future. The result is that a level of acceptance and inclusion is embedded in each child at an early age giving them the ability to relate to children that may have different physical or developmental needs than their own.

The integrated classroom is also well-received by the parents of the Abide in the Vine daycare children, with two families requesting that their child be in the Racker Classroom this year. “I think acceptance and inclusion is embedded in each child at an early age giving them the ability to relate.”

**Caitlin – Daughter, Granddaughter, Sister, Elks Ambassador**

Red-haired, bright-eyed and with a contagious smile, 16 year old Caitlin is obviously going places. Despite the challenge of needing to use a wheelchair or crutches, Caitlin takes part in many sports, sings in choirs, and recently became an ambassador for the New York State Elks. (NYS Elks) “I just want kids to know that they can do anything they want to do; don’t hold back,” says Caitlin.

Caitlin’s grandfather Lou Withiam, the Chairman of Major Projects for the NYS Elks, was thrilled when Jennifer Anzestanley, Home Service Director for Franziska Racker Centers, approached him about Caitlin taking on the role of the NYS Elks Ambassador. “Being an ambassador is a great growth experience,” says Lou. “Caitlin is our first ambassador in her teens, and therefore faces different challenges than younger children. She is an ambassador that can speak for herself at presentations and communicate the challenges she has faced being a teenager with Cerebral Palsy,” he concludes. “Her knowledge is vast,” comments her mother Cathy. “I want ed her to learn how to share her experience and become more confident doing so.”

Jennifer thought of Caitlin for the role because she emanates leadership, is a great self-advocate, and is very forthright about her experience as a person with Cerebral Palsy. “She has also started making plans for college,” notes Jennifer. “As her life changes in the next few years, she will be able to speak to those transitions and inspire others to achieve.”

At the NYS Elks Convention in Grand Island, NY Caitlin presented on The Good, The Bad and The Ugly aspects of life with CP. “It’s hard when schools and teachers don’t know how to adapt or when things like the handicap accessibility button on the door doesn’t work,” Caitlin comments. In the next three years of her term as an Elks Ambassador, Caitlin looks forward to more opportunities to speak and volunteer her time.

The Elks of New York State have been educating people about special needs through the ambassador program since the mid-1960’s. Additionally, they fund and support the Home Service program at each affiliate of CP of NYS, enabling in-home services to adults and children with special needs in our communities. Caitlin and her sister Jennifer both receive services through Franziska Racker Centers’ Home Service program.

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**SNAPSHOT RACKER** a quick look at past, current, and future happenings!

**October 19, 2010 – Dr. Karen Fried instructed First Responders at Cayuga Heights Fire Department on handling emergency calls with individuals on the autism spectrum.**

**November 10, 2010 – Parent Network of Cortland County presented their Family Resource Conference on Social Success for people with autism and other disabilities at home, at school, and at play.**

**November of 2010 – The Family Resource Program hosted a showing of the Temple Grandin HBO Movie in Tompkins, Tioga and Cortland counties.**

**December 15, 2010 – Ithaca Community Orchestra will conduct a free concert at the Wilkins Road Preschool.**
PARENTS PERSPECTIVE

Angels by Elvina Scott

I’ve been thinking about angels. Let me back up. I was thinking about the early days of realizing something was terribly wrong in the thinking of Colby’s brain. I was wracked, pinned down, frozen with panic, my mind stopped up with shock. Shocks: a suspension of the mind, a resistance against crossing over into a new reality. Colby Rose was seven months old and having violent seizures. I watched her little body, her face twisting, her fingers going blue, her fists, exhausted sleep afterwards.

Up with her in the middle of the night, I held her small ribcage and her head in the broad cup of my hands. I felt her sleeping breath and trained mine to catch it. An image came to my mind of two enormous angels side by side, their wings overlapping and making a nest, and in the nest of their feathers I saw Colby Rose peacefully sleeping. It was immensely calming to picture her rocking softly, her serene, majestic presence keeping her safe. I could even imagine the warm musty smell of feathers: sun, dust, stars.

As the shock loosened, the worry took the form of relentless research and medical advocacy. Long hours on the computer and with books. There could not be too much information because we had no real answers for why any of this was happening. I kept on Googling, following threads, looking for answers. There, through the portal of cyber space I read endlessly about families with special needs children.

The writing by the families all referred to their children as “their angels.” There were a lot of quotes from the Bible, computer icons of angels, frantic wings beating, white robes with gold belts. I was incredibly annoyed by this. Angel! It seemed like a narrowing of these kids’ reality, a highly selective view that did not honor the depth and complexity of what they, and we, their families, were going through.

Another long night, I was imagining again Colby in her angel nest. Angels. The words of parents repeated in the quiet night, “my angel.” Why was I so comforted by the image of angels around Colby, but irritated by the idea of that as a much-used label, a description? Alright, I considered. So she is an angel, what could that possibly mean? What would it actually be like if you were given an angel to take care of and raise as best you could?

An angel may or may not speak your language. They would grow to be enormous, or maybe really tiny. They might not learn to use the toilet. It would be difficult to feed them the right doctors, the right schools. It would have to be hard getting dressed, and there would always be things breaking and huge messes from those enormous wings crashing around, and us trying all we can to adjust our square house to the angel’s huge, rounded shape.

An angel symbolizes to me rescue, grace, pure understanding, acceptance, beauty, mystery, and love. Maybe all these parents are onto something, because that description sounds a lot like Colby Rose, and what she brings to our life every day. Maybe it is not a clunky, oversimplified label: it is a complex and beautiful reality, our life with an angel.

Elvina Scott is a writer and photographer. This essay is an excerpt from “Epilogue: A Family Love Story.” Excerpts from “Epilogue: A Family Love Story” have also been published in the Huffington Post. The full story is available at www.elvina.scott.com. Her current project is available to read at: recipetsforamammaingebigby.blogger.com. Elvina’s daughter Colby Rose receives services through Franziska Racker Centers.

Eden at Home: Creating Quality Life for Care Partner Teams

With 19 houses established and a Free Standing Respite house in the works, Franziska Racker Centers’ residential programs are continuing to grow in size and knowledge. Recently, the Centers sent staff members Edina Batar, Nikki White, Dina Coniglio and Pat Montanez to a Train the Trainer seminar on Eden at Home; an initiative that addresses the challenges faced by Elders in our care, individuals with special needs and their care partners (family and staff). Eden at Home takes the philosophy of The Eden Alternative, using its ten principle philosophy to transform and improve quality of life for the Elder and his care partners in the Elder’s home. Dr. William Thomas, founder of The Eden Alternative, identifies three plagues that are often experienced by Elders: loneliness, helplessness and boredom. The program provides the care partners with a tool and activities that help them start to understand how to help the Elder experience a loving companionship, opportunity to give as well as receive and have variety and spontaneity in their life. Additionally, the initiative helps care partners to see past the medical model (bathing schedule, medication management, etc.) and find ways to communicate and support Elders they care for so they can have a wonderful life.

An Eden at Home committee was formed to create a Habi-Human environment where life revolves around the needs of the Elder, and connection with pets, animals, and children.

During the first training session held for staff at the end of October, participants shared in an exercise that allowed them to begin to connect with the concept of “Eden” as a place of growth. Garden-related items were shared with the participants and each table was asked to list ways their item: a cup of water, a cup of soil, a glove or a towel – could be interpreted in their role working with individuals with special needs. Answers ranged from: “water” nurtures growth and restores our own balance; “glove” using the tools we have to come up with ways to nourish those in our care.” Pat Montanez reflected on the exercise saying: “Eden at Home looks at more than how to meet a person’s basic needs, rather it focuses on their quality of life, and nicely compliments the Centers’ mission and guiding principles.

The residential program goal is to train Eden at Home is an initiative of the Eden Alternative, a concept started by Dr. Bill Thomas M.D. that focuses on creating a habitat for human beings rather than facilities for the old and frail. The bulk of Eden Alternative’s work thus far has been in deinstitutionalizing the culture and environment of today’s nursing homes and teaching long term care facilities. For more information on the Eden Alternative or Eden at Home visit www.edenal.org or contact Laura Beek, Eden at Home’s Program Director at Lbeek@edenal.org.

Preschool & Clinic Staff Training focuses on Packing for Success

A true testament to the need for more open training space was the successful attendance at the Tompkins County Preschool and Clinic Conference Day held on October 12th at the Wilkins Road Cafeteria. The space overflowed with day care, preschool and clinical staff along with staff from the Even Start programs who gathered for a full day of training focused on human behavior.

Over 100 people attended the workshop designed by Racker Centers’ staff, Jessica Jones, Linda Kline and Tammie Goddard. Prior to arrival, attendees wouldn’t have guessed they would spend a day discussing components that should be included in a well-packed “suitcase” but conversations throughout the day focused on just that.

Tables were set with card table suitcases containing items which added discussion on various topics to help staff learn effective ways to provide positive social-emotional support for children. The task was to take a more universal look at the following: Self-Awareness and Communication, Prevention and the Environment. What is Challenging Behavior and Why do Kids Misbehave? Success was focused on ideas such as: “What do we want children to have inside their suitcase for life’s journey?” To help unpack items such as: a predictable schedule for a child making a life change, such as a large move. Other teams packed a quiet space for a child who becomes easily frustrated in the classroom. This continued until each person in the room felt as though they were well prepared for an extended trip with many key essentials packed into their ever-growing suitcases.

Training continued on page 8.
Campaign... from cover

partner to provide including, therapies, psychiatric services, family clinicians, and social workers. "When I speak to colleagues at a national level, they are often surprised at the efficiency rate with which we are able to provide services, especially for students experiencing emotional challenges," Tom says. "It is due to the intimate way we are able to work within 8 school districts and our highly successful collaboration with Racker Centers."

Dan Brown, Associate Executive Director, shared a PowerPoint presentation with attendees, showing the training space and classroom additions

The Making Room Campaign builds on our history, and positions Racker Centers for new challenges. - Roger Sibley

that will be added to the Wilkins site preschool. The expansion will also allow a reallocation of space for the current staff and programs in the building. In total approximately 8,400 square feet of additional space will be added.

Preschool Training... from page 7

Tammy Goddard, Preschool Special Education Director, states "like many early childhood professionals, we have seen an increased growth in the number of children being expelled from their daycare settings and preschools. We knew we needed to take a look at some best practices' to address kids with social and emotional needs. We wanted to establish the curriculum for the training using an interactive approach with staff. Using the success as a metaphor and asking ourselves who is this child as a person" works perfectly to help create open discussion."

Jessica Jones, Assistant Director of

Phyllis Joyce, President of the Centers' Board of Directors, shared her experience as a parent of a child with Down Syndrome saying: "When Annie was born, we had questions and fears. With the caring assistance of staff from Racker, Annie thrived and is now a vibrant 17 year old." Rick Cowan, an Associate Director on the Board, spoke about his daughter Allie's diagnosis of Rett's syndrome at a very young age. "The only people that could truly understand were staff at Racker Centers. They counseled and supported us through that difficult time," recalled Rick. "They helped us to see that we had options, that there were loving and caring people that would help us raise Allie at home where she could be with her family." Rick also spoke about the value of inclusion and the mutual impact he has witnessed between Allie and her peers. "This is what Racker Centers means when they say we need to appreciate each person's gifts and better understand people with disabilities, like children do," Rick emphasized. "Please support the 'Making Room' effort so the Centers can continue to grow and help more families like mine."

Also speaking on behalf of 'Making Room' were Co-chairs Margaret Gibson, Bob Bantle, and Dave Dunlop who introduced the key groups of individuals that have influenced the campaign's success thus far. This included the Campaign Cabinet Committee, the Board of Directors, and the Staff Campaign Committee.

Roger's final remarks spoke to the importance of the past and the future of the agency. "The Making Room Campaign builds on our history, and positions Racker Centers for new challenges," he said. "After 62 years our work has not gotten easier and our role in the community has not diminished. The complexity of the issues is increasing. We have to continue to do better and find new ways to realize our dreams."

Implements to the Wilkins Road campus will provide an additional 8,400 square feet of new space for classrooms, offices, and training areas.

WHY INCLUSION?

"When Allie was in second grade it was becoming more difficult for her to eat, so lunchtime was becoming problematic and it was decided she would need to stay in her classroom at lunch. Six girls in Allie's class insisted that if Allie couldn't come to the lunchroom that they would stay behind with her so she wouldn't have to eat alone. It was then that I fully understood the value of inclusion. It wasn't only about what my daughter was gaining from the experience. It was about what was happening to the other children, who when left to their own devices could make independent decisions on how to become decent and wonderful human beings. And how things that they had learned from Allie in grade school would be lessons they would remember for the rest of their lives."

- Rick Cowan

Tamarack Center's 40th anniversary was celebrated this year with another boost in support for children and families in need.

For more information on FranziKa Racker Centers' Making Room Campaign and how you can be part of creating a culture of inclusion, visit www.rackercenters.org or contact Perri LoPinto at 607.272.5891 Ext.234, or perri@rackercenters.org.

Tamarack, 40th anniversary, donation, special needs

Additional space

Architectural drawing of additional and improved space at FranziKa Racker Centers' Wilkins Road Campus.
Thank You Business Partners

for your generous support and unfailing commitment to the mission and vision of Franziska Racker Centers.

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Your Gift Makes a Difference – Thank you!

When you become a friend of the Centers, you help us provide people with disabilities the services, supports and opportunities they need to do the things that are important to all of us: learn, have new experiences, enjoy friends and family, and be contributing members of our communities.

Funding Options

**UNRESTRICTED ANNUAL SUPPORT**
Allows us to respond to areas of immediate need.

**BOHN FAMILY FUND**
Created by Donna and Tom Bohn, provides resources and supports for families with children having special needs.

**FRANCES G. BERKOW LECTURESHIP FUND**
Created with a leadership gift from the JM McDonald Foundation in memory of Dr. Berkeloo, the Centers' executive director from 1964 to 1974. It supports community education and professional development for those working in the disability field.

**FRANCES V. WILSON MEMORIAL FUND**
Created by Margaret Gibson, provides financial support for needed items not covered by traditional funding sources.

**FRANZISKA W. RACKER MEMORIAL FUND**
Created in memory of our former medical director and the agency’s namesake, supports early childhood services, an area that was dear to Dr. Racker’s heart.

**RICHARD M. LEAVITT, M.D. MEMORIAL FUND**
Created by Jody Leavitt and her sons, provides support for special experiences for children and young adults with disabilities.

**SCRIBER/CASH FAMILY FUND**
Created by Jody and Kent Scriber and David and Lori Cash, supports community-based experiences for preschool/elementary age children with special needs.

**TOMPKINS TRUST COMPANY BRIDGE FUND**
Supports otherwise unfunded clinical services for children throughout the year.

For more information on making a donation to Franziska Racker Centers, call Perri LoPinto at 607.272.5891 Ext. 234 or e-mail perri@rackercenters.org. You can also donate online at www.rackercenters.org.

First Book Cornell Supports Literacy at Racker Centers

First Book Cornell is part of a national network of First Book Advisory Boards who provide new books to children across the country. Comprised of student volunteers from Cornell University, First Book works to promote and facilitate the distribution of new books to literary programs in Ithaca and the greater Tompkins County area. Franziska Racker Centers was thrilled to receive a grant from First Book Cornell that funded the purchase of 600 books that will be distributed to our preschoolers across the agency. These books are being used in the classroom to promote literacy and the joy of reading, and then the children get to take their books home so they can start their own personal library. Many thanks to First Book for this generous grant!

More Social Stories™ Available Thanks to T. Merrell Shippherd Flexible Fund

The goal of Supporting Success, a program offered through the Community Services Department of Franziska Racker Centers, is to help parents, community organizations, and the Centers' staff members be successful in supporting children and young adults who have significant behavior challenges. The program received a generous grant from Tompkins County United Way T. Merrell Shippherd Flexible Fund in the Spring of 2010 that allowed us to purchase Social Story™ Kits for those that the program serves. These “stories” are books created by a family and their child to provide comfort, independence, and steps to take when experiencing situations that have been difficult in the past. The purchase of the additional Social Stories™ kits, courtesy of the T. Merrell Shippherd Flexible Fund, will allow the Supporting Success program to provide nearly twenty families with this important tool.

Wegmans Donates Cooking Classes

Chef Renee Senne, Culinary School Coordinator at Wegmans, held several cooking classes to improve the culinary skills of both staff and residents.

During the classes, held at the teaching kitchen at the Wegmans Ithaca location, Chef Renee taught money-saving and time-saving tricks for cooking. “I was delighted with Chef Renée’s knowledge of cooking and nutrition,” stated Kris Scolfield, a Dietitian at the Centers. Thanks to this generous donation of time and resources on behalf of Wegmans, those in attendance gained more confidence in their abilities in the kitchen and were able to enjoy a learning experience complete with delicious samples!

Fish Tank Makes a Splash

The donation of a 100 gallon fish tank compliments of Wegmans has proven to be a great learning tool and a welcome addition to the Fishbowl classroom at the Ithaca preschool. Complete with fish, statues, plants and all of the needed cleaning supplies, the fish tank is giving the children the chance to learn about and care for our underwater friends. Thank you Wegmans!
VISION
We are inspired by the vision of our founding families: that all people with disabilities will be valued members of a welcoming and supportive community.

MISSION
We are dedicated to helping people with special needs and their families have good lives, with opportunities to learn, to be responsible, to feel cared for, to share, to be connected to others. We are committed to creating a culture of inclusion in our community, celebrating the richness that diversity and interdependence bring.

Faces of the Centers

Crowdrise is about volunteering, raising money for charity and having the most fun in the world while doing it. Racker Centers' staff members Renie Petrovic, Sally Manning and Mary Hutchens did just that when the trio ran the New York City Marathon and raised money for the agency through the Crowdrise website. Though the race is over, it is not too late to show your support.

Just visit www.crowdrise.com/rackercenters and click on the orange DONATE button on the right.