

2017 ANNUAL REPORT

Empowered



Expanding abilities in Columbia County, NY, since 1965. Supporting over 500 people with disabilities to achieve their individual goals, one person at a time.



A Message from the President

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*Self-Advocate Advisor
to the Board*

When we finally live in a world where we look at the person, not the disability, we will see the opportunities, not the limitations. Regardless of color, gender, physical appearance, or capacity to learn, when presented with possibilities, dreams grow, skills develop, confidence builds, and "You can't" is replaced with "Oh, yes you can." Here at Coarc, our staff members work every day to recognize and foster relationships that lead to possibilities for the wonderfully talented individuals we serve. We have worked hard to showcase to the community the possibilities that our individuals have made into reality.

Thanks to our staff, we have been able to showcase how creating possibilities leads to fulfillment of potential. It leads to success, which leads to confidence, hope, continued effort, and greater success. As we showcase our successes, our community continues to embrace us and the individuals we support. We ask everyone we meet to understand that people living with disabilities are indeed people first and that, given the opportunity, they too will be wonderfully successful and live a full life.

Dodie Wheeler
President
Coarc Board of Directors



A Message from the Executive Director

At one time or another, we have all been judged by what others think we can't do, rather than by what we can do—whether it's the athlete who is told they are too big or too small to play a particular sport, or an adult who is told they are too old for a particular job. Yet, time and time again, individuals prove otherwise. This is probably truer for individuals experiencing disabilities, on both counts.

As service providers that support individuals experiencing disabilities, we sometimes fall into that same trap: the service delivery system we were used to, focused on someone's limitations, rather than their abilities. That is changing. Via a partnership with the people we support, we now focus on an individual's strengths and abilities, develop goals with the individual and their family, and then partner with the individual to help them achieve those goals.

Throughout this report, you will find examples of individuals who have made tremendous strides in becoming more independent and achieving their own goals, even when they were told they couldn't do it. And it all started with seeing and identifying their abilities, rather than their disabilities.

There is no greater example of this than Coarc's short film "Possibility: The Space Between Limits." This innovative documentary features local men and women with disabilities. The film challenges the perception of disabilities and highlights what people can achieve, as opposed to the limitations they may have.

A handwritten signature in black ink, appearing to read 'K. Stall', written in a cursive style.

Kenneth R. Stall
Chief Executive Director

Achieving Individual Goals



Expanding Abilities

About Coarc

Coarc is a 501 (c)(3) organization. We are the Columbia County Chapter of The Arc New York, which is America's largest nonprofit organization supporting people with intellectual and other developmental disabilities and their families since 1949. The Arc New York is the State Chapter of The Arc.

Our Mission

To expand abilities, one person at a time, so individuals experiencing disabilities can achieve their individual goals.

Our Vision

To be an ethical organization that is a part of a society that recognizes people with different degrees of abilities as full contributing members of their community.



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Our Services

Advocacy
Camp Mahican
Clinical Services
Community Employment Services
Community Habilitation Services
Day Habilitation Services
Recreation Opportunities
Residential Services
Respite Program
Self-Directed Services
The Starting Place Preschool
& Day Care
Transitions Program

Support Our Related Businesses

Tradewinds Gift Shop
409 Warren St., Hudson NY
Coarc Manufacturing
630 Route 217, Mellenville NY



Beverly Whitbeck

Every single day, direct support professionals provide supports and services to individuals experiencing disabilities and to their families. Being a direct support professional is not a job where you are going to earn a lot of money. "It is a job where, at the end of the day, you know you helped someone to have a better day; you made someone smile or helped them to do something they couldn't do before...You do this job because people need to help each other."

Beverly Whitbeck started at Coarc in 1987. Thirty-one years later, she continues to start her day at Evergreen Hall, Coarc's Day Hab program in Valatie. With a routine, working from a small table with her schedule and her favorite pens, Beverly juggles a myriad of responsibilities.

"I started at Evergreen Hall back when the program was located on State Farm Road. I was a Support Services Assistant for 21 years. I assisted the physical and occupational

therapists, helping people with adaptive equipment, positioning, and exercise.

Ten years ago, I became the staff supervisor at our location here on Route 9." Over the years, Beverly has seen a big change in the way services and supports are provided. "We listen; we support people and help them to make choices. Every person has the right to make the day, and what they do, the way they want."

Regarding being responsible to support and provide assistance to someone who uses a wheelchair, struggles with

communication, or needs help using the bathroom or eating, Beverly says, "These are personal things: every person must be treated with dignity, the same way you would want yourself or a member of your family to be treated. I put myself in their shoes; you need to listen to what someone is telling you, and, lots of times, it is not with words. You need to know them."

Over the years, Beverly has supported hundreds of individuals. A coworker says, "Beverly has a gift: she sees a spark in everyone, something that makes them shine. She builds on that, and then that individual just grows and grows. Beverly embodies every single thing a direct support professional should be."

Beverly recounts, "There are so many things, so many parts of the day that make me happy. I have worked with one individual for many years. One of my favorite things is when he arrives in the morning and says, 'Evian!' I have been 'Evian' as long as I have known him, and he gives me a big hug every day. I love that."

I can't imagine working anywhere else. We have this joke, here at Evergreen. People steal my pens, all of the time; they hide them. It drives me crazy, it messes up my routine. But I laugh, every time, and they laugh...It is the little things, sometimes.

This is my home away from home. We are a family."

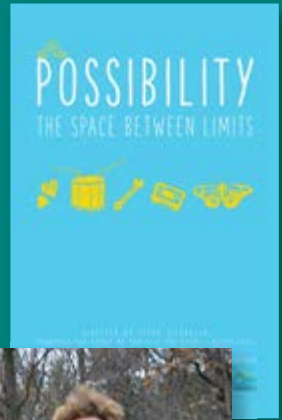


Possibility: The Space Between Limits

In 2017, Coarc, in collaboration with I Am Foundation Director Sasha Sicuralla, produced "Possibility: The Space Between Limits." This 30-minute inspirational documentary features men and women with disabilities who have found supportive partners. Thought-provoking and authentic, this film offers a glimpse of the disability world, while reaffirming the importance of human connection.

The film premiered in October 2017, to a crowd of several hundred, at Art Omi. The film has been featured in a number of film festivals, including FilmColumbia, Docs Without Borders and was a semi-finalist in the Philadelphia Independent Film Festival. Coarc looks forward to screening "Possibility" in additional film festivals and community events.

This project was made possible by the support of the Berkshire Taconic Community Foundation, the Bank of Greene County Charitable Foundation and the Columbia County Abate Chapter.



Tina Cornacchia

Tina has been receiving supports and services from Coarc for more than 18 years. Tina's life revolves around music; she plays the piano, the accordion, and the keyboard. Her musical journey began at 3 years of age, when she started taking piano lessons. Tina has a visual impairment; unable to read music traditionally, she developed the gift of being able to listen to a song and then play it.



Many days, she can be found playing the piano for peers and staff. Tina loves it when the people around her feel happy listening to her play. She is also a member of Coarc's "Empowered" band.

Tina has a strong work ethic and she dreamed of a job that would allow her to utilize her musical skills and earn spending money. Then, working with her Supported Employment Coach, Erin McMullen, Tina

accessed grant funding, which enabled her to purchase a portable keyboard. With dedication and practice, she now regularly plays at the Wunderbar in Hudson. Tina says that playing music makes her feel calm. "When I'm playing the piano, I feel like a regular person. It makes me filled with joy."

We look forward to listening to Tina play music for many, many more years, and we thank her for sharing her talent with all of us.

Transitions

In 2017, Coarc opened Transitions, a new employment program. The focus of this program is to bridge the gap and aid in the transition of people with disabilities into the workforce. Transitions is a pre-vocational life-and-job-skills training program, with the expectation that individuals will see themselves as job candidates and will be treated in



that fashion. The Transitions program aims to personify Coarc's principles of Choice, Community, Teamwork, Communication, Empowerment, and Wellness.

Job candidates start with a blank resume and, through the program, add and build their resume while learning the skills to succeed in gainful, competitive employment. The program works with candidates in small-group and individual settings, concentrating on quality and person centeredness. Employment Specialist Gina Marcou has developed a strong relationship with individuals attending the program. "Working in Transitions not only allows me to assist an individual to learn skills and reach their goals, it also allows me to share in their successes. It is very rewarding."

Attendee Amber Nadeau says, "I like learning how to work. I want to get a job. I want to live on my own. Cooking classes are great, and I enjoy being with everyone." A professional job developer is available to assist in internship and job opportunities. These opportunities are scheduled throughout our community.

Transitions is located adjacent to Coarc's not-for-profit, retail space, Tradewinds, on Warren Street in Hudson. This location provides ample opportunities for individuals to learn on- the- job employment skills in an integrated setting. Additionally, the community setting allows for the development of community relations and the building of social capital for individuals.



Jace Brooks

Jace began at the Starting Place when he was 2 years old. He demonstrated significant delays in all areas of development. He had difficulty engaging with others and required a high level of support to follow routines and complete tasks. Jace spent a lot of the day yelling and was hypo-sensitive to his environment.



When clinicians first started therapy with Jace, he had limited play skills and showed little desire to interact with others. As he became familiar with the staff and the routine, Jace began to flourish. He is now a child who works very hard at everything he does, and this is evident in his continued progress.

Jace now has strong language skills and is using them with his peers in a wide variety of situations. He enjoys playing and being silly with his friends. Jace always has a smile on his face and keeps everyone laughing with his great sense of humor. He is a wonderful child who

inspires us with his hard work and dedication. We will miss Jace, and we wish him the best as he begins his new journey...kindergarten.

Empowered

"Empowered," Coarc's band, began as a conversation. Harrison Martin, who attends Fusion Services Day Hab program, had a dream to play the drums in a band. Kevin Jones, Coarc's Compliance Specialist, heard Harrison's wish.

Kevin, a musician with band experience, had a vision to build an inclusive band that welcomed anyone who wanted to be a member. It was a true collaboration between staff and individuals. Empowered now includes more than 20 performers who sing and play a wide variety of instruments.

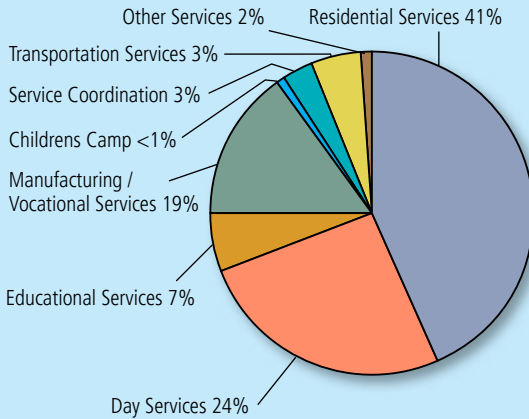


Empowered focuses on the power of music to build abilities, create confidence, and strengthen self-expression. Harrison Martin, percussionist, says, "I love how we pick songs, talk about them, learn them, and jam out. People get into the band, and it's a good time." The band practices every Thursday and gives performances at the Cool Cats Café in Mellenville and at various other locations.

Kevin says, "It's not about the performance; it's about participation, the love of music, and shining your light."

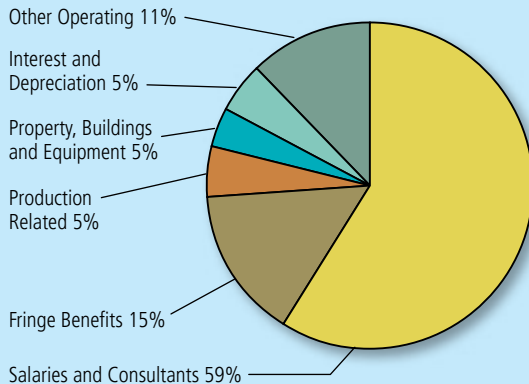
2017 Coarc Financials

Income by Program Services



	Amount	%
Residential Services	9,831,238	41%
Day Services	5,744,772	24%
Educational Services	1,679,015	7%
Manufacturing/Vocational Services	4,590,168	19%
Childrens Camp	74,410	<1%
Service Coordination	703,505	3%
Transportation Services	892,420	3%
Other Services	494,684	2%
Total	24,010,212	100%

Expenses by Category



	Amount	%
Salaries and Consultants	14,131,570	59%
Fringe Benefits	3,544,744	15%
Production Related	1,295,586	5%
Property, Buildings and Equipment	1,403,939	5%
Interest and Depreciation	1,106,682	5%
Other Operating	2,608,539	11%
Total	24,101,060	100%