

We are proud to present





'22 was a strong year for our organization, as we continued to expand and improve the quality of our services and programs. "My Best Life" as a guiding theme, all of our efforts at Liberty ARC are focused on empowering the people we support to define and work towards their personal goals.

This past year we re-emphasized the elements of our culture that make our organization great. In-person events and services made a big

comeback, thanks to health and safety measures put into place. The people we support were able to get back into their communities, doing the things they love - working, volunteering, visiting parks and attractions, and enjoying all that our area has to offer.

The familiar expression "It takes a village" certainly applies here. Our staff, volunteers, families, donors, and friends all contribute to make Liberty ARC one of the best service providers in the State of New York. Your work and dedication are critical to providing those 'best life' opportunities for the people we support. We never forget what an honor it is to work in our field, and we are very grateful for your support in improving the lives of people with disabilities.

Here's to a great 2023, and continued success for Liberty ARC!

Sincerely,

lennifer Saunders. Chief Executive Officer

Brett Harris. Board President



Mission Statement

Together we support people with disabilities to achieve a quality of life each person values.

Liberty ARC's Values

- Quality Respect
- Teamwork Resourcefulness
- Integrity Person-Centered

Liberty ARC **2022 Board of Directors**

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*Listings reflect board members as of December 2022.



Community Connections – Making a Difference!

Once a week, a group from Liberty ARC's Community Connections day hab program travels to the Fort Plain Free Library to help bring magic and joy to local children during story hour.

Community Connections is a supervised program for people supported by Liberty ARC to become active in their communities, through volunteer work, projects, and helping others. Christine Ferris, an Assistant Hab Specialist at Liberty ARC, and her group visit the library once a week to help set up for story hour for pre-school aged children and then take down once the program ends. This volunteer experience has transformed in 2022 from a general cleaning job into something more meaningful, especially to the people supported who love children.

To get ready for the day, the group will put out tables and chairs and then depending on the day and activity set up arts and crafts items. The group also gets creative coming up with fun things for children to enjoy, like turning string cheese sticks into snowmen. Sometimes, during story hour, they will read to children. When the children leave they will help take down the chairs, sanitize the area, and organize the room.

"We always have a fun time at the library," Christine said. "Linda Kellett, who runs the program, is always so grateful for our help in making story hour a magical and happy time for the children with a clean space for them to enjoy their time."

During story hour, the group will work on academics and can hear the children laughing and squealing with glee.

"I love being able to help the small kids and help them with what they are learning," said Breauna Theobald, a participant in Community Connections. "Hearing them and how happy they are makes my heart happy and proud of my volunteering work."

Aundaisha Green is also active with the library efforts. "I really like helping the little kids and helping them have a fun day," Aundaisha said.

Indiria's Journey to a Healthier Life

Indiria McIntosh has lived independently in a Liberty ARC supportive apartment for over 16 years with minimal staff supervision. She is always looking for new ways to increase her independence. In 2022, she set a goal to improve her health by completing her own weekly injections for her Diabetes.

"I felt like I am very independent, I live by myself, so why not do the shots by myself, instead of having somebody come to my house all the time to show me how to do it," Indiria said.

Through the support of her staff, including Liberty ARC LPN David Nicholas, Indiria learned how to follow the steps to successfully give herself the injections. She then began doing the shots on her own with staff supervision,

who coached her through the process. Now Indiria completes her injections in the morning before her staff arrives.

"Now that I know, it is so easy to do," Indiria said. "It was hard to do at first, but like with everything you are learning I got the hang of it."

Indiria has also been working on other ways



to maintain her health and manage her Diabetes. She is exercising more and trying to eat foods that are low in sugar and fat. She's learning recipes for

healthy cookies to kick her cravings for unhealthy sweets. Indiria also goes for walks inside or outside depending on the weather, and enjoys salad kits that she eats for lunch.

"I will say it was not easy to be diagnosed with Diabetes, but I am so proud of myself for how far I have come with my injections and just living a healthier life," Indiria said.





Finding My Voice at Liberty ARC

If you ask Liberty ARC staff to describe Vincent "Vinnie" Lamendola with one word in 2022, they may say with pride on their faces, "chatterbox." Vinnie loves to talk and make connections with the people in his life! That wasn't always a skill that came easy to Vinnie, but with hard work, and dedication from his staff, he has grown tremendously.

Vinnie set a goal in 2022 to expand his vocabulary and learn new words in order to communicate effectively with his staff and peers. Vinnie's speech accomplishments over the year have helped him build more personal relationships and increase his independence and confidence.

"Vinnie can now verbalize what he wants or needs, where before he would use nonverbal vocal communication," said Liberty ARC Residential Manager Amy Stearns. "An example is if he is thirsty, he will now say, 'juice' or



'chocolate milk.' We are over the moon for Vinnie with his growth."

Vinnie takes speech classes and staff at home work with him every day, encouraging him to use his words to express his wants and needs.

The development of his speech has also helped with his safety goals. When there is a fire drill, Vinnie will say, "fire," and evacuate the building.

Another victory for Vinnie is that he has learned all the names of his staff and will now address them by their names. He is also saying the names of his housemates.

"When he says my name or a housemates, he is making more of a personal connection and in turn building a relationship with that person," Amy said. "He definitely built a lot of new friendships this past year. He has come out of his shell. He is being himself and is comfortable in being himself."

Rashead Garris Follows His Passion!

The old expression 'do what you love and you'll never work a day in your life' is true for Rashead Garris – who has always loved cars! From the classics to current makes and models, his passion for cars has evolved into a meaningful career, with a long-term goal of advancing in the automotive industry.

Since 2021, Rashead has worked at Brown's Collision in Amsterdam. Rashead receives support on the job from his Employment Training Specialist, Iluminada Aponte, through Liberty ARC's Career and Employment Network. Iluminada has stated that she has seen Rashead grow professionally and personally throughout the time she has been supporting him at Brown's Collision.

At the collision center, Rashead started off with basic janitorial tasks. Over time, he advanced to higher level tasks such as arranging car parts in specific bins and detailing vehicles brought into the center. Rashead is always looking to expand his skills and knowledge of cars. He is known to ask his co-workers if they require assistance or if he can be of help to them, displaying positive teamwork skills.

Through his employment, Rashead has increased his independence, personally and financially, his communication skills, his team-player status, and his confidence level; it is also helping him set up and create a stable future for him and his fiancée.

"It makes me proud to make my own money," Rashead said. "I am engaged and this job will help me work towards our couple goals, like getting married and

having an apartment of our own. It also supports my car hobby, because I like getting the magazines and one day I would like my driver's license and to have my own car."

Rashead has also expressed his long-term goal of becoming a mechanic some day in the future. He would like to become more involved with the hands-on aspect of the industry.

"My favorite part of the day is seeing new cars come in, and [then] wondering what is the matter with [the cars] when they come in on the tow truck," Rashead said. "I want to be able to find the problems and fix them for people, like the other mechanics at the shop do."







Choices for Community Living (CCL Delaware, Inc.) Board of Directors

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Directors

Cor Catena Anthony Ekanem Jeffrey Finkle Lisa Smith Jeffery Wills

*Listings reflect board members as of December 2022.





Celebrating Our Direct Support Professionals

During National Direct Support Professional (DSP) Recognition Week, CCL celebrated and recognized their staff for their hard work and dedication to care for people with disabilities. All 118 DSPs were given chairs during the special week as way to thank them.

CCL Recognized as Top Work Place for Third Year in a Row

In August, Choices for Community Living (CCL), a subsidiary of Liberty ARC, was delighted to announce they were recognized as a Delaware Top Workplace for the third year in a row by The News Journal!

"This is a great honor for us and an awesome reflection of our company," said Katina Scott, Statewide Director of CCL. "The staff here are professional, approachable, and genuinely enjoy what they do – and that atmosphere makes a huge difference. We provide outstanding supports and services to people with intellectual and developmental disabilities in Delaware, and this award is another great recognition of our workplace culture."

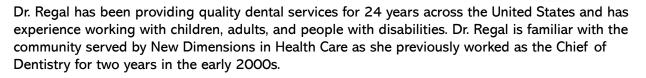
A Year in Photos





New Dimensions in Health Care Appoints New Chief of Dentistry

New Dimensions in Health Care (NDHC) announced the appointment of Dr. Maria Regal, DSS, as Chief of Dentistry.



Dr. Regal received her Bachelors of Science from Rutgers University in New Brunswick, New Jersey and her Doctor of Dental Surgery at Meharry Medical College in Nashville, Tennessee. She was honored with the American Academy of Oral and Maxillofacial Radiology Award.

New Dimensions in Health Care Receives Level Three Patient Centered Medical Home Recognition

In 2022, New Dimensions in Health Care (NDHC) was recognized as a level three Patient Centered Medical Home by the National Committee for Quality Assurance.



The Recognition Program is built on evidence-based, nationally recognized clinical standards of care, and level three is the highest level that is awarded. NDHC has been recognized at the level three designation since 2017, speaking to the quality of health care and compassion to patients.

"This is a major accomplishment in demonstrating the quality of services we provide to patients from the Montgomery County region and beyond," said Dennis Yacobucci, Director of New Dimensions. "New Dimensions welcomes a wide variety of patients with a range of health insurance options, including Medicaid and Medicare, to ensure all members of our community are receiving the best course of treatment."



2022 New Dimensions in Health Care Patient Data

Total number of paid staff:

Total number of patients served: 4,888

Total number of appointments: 12,008

Total number of children served: 988 (between 0–21 years of age)

> Total number of pediatric dental patients: 772

New Dimensions in Living, Inc. Board of Directors

Officers

Kim Brumley | President Julie A. Gray-Bablin | Secretary-Treasurer

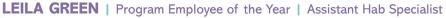
Directors

Sara Babiarz Michele Downing

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2022 Employees of the Year

Each year Liberty ARC sends a call for nominations to all of our staff members for Employee of the Year, and we are always impressed by the quality and number of nominations we receive! In 2022, our staff nominated 177 of their coworkers for this award, highlighting examples of their dedication, compassion, and commitment to Liberty ARC's values. The nominations are entirely grassroots and can come from anyone in the agency. The fantastic response is a testament to our culture, where staff members celebrate one another's contributions and success. There were so many wonderful stories that touched our hearts – and like each year, it was very difficult to choose only four employees to honor. All 177 nominees were recognized publicly, given a copy of their nomination, and received a recognition gift from the agency.



"I get so much joy out of the reward of seeing the people I support succeed, making those steps towards progress and meeting their life goals. I also love that as much as I support and encourage them, I have also learned so much from them."

DEBORAH KOWALCZYK | Support Employee of the Year | Cost Analyst

"What I love most about my job is providing useful analysis to the Program Directors, so they have the tools to make important management decisions. I truly enjoy working with both the Residential and Manufacturing departments. Even though I am in the Business Office, I feel a part of their team, too."

JOANN FULLER | Manager of the Year | Training Manager

"I became a manager because I wanted to be sure that the people that we support receive the best care they could possibly get. Now as the Training Manager that is my main focus. Yes, there are many policies and tasks that need to be done, and I know them well. More than ever that's why I want to not only support new managers, I want to support all of our managers."

WENDI KIRK | Assistant Director/Director of the Year | Assistant Director of Operations

"When I started at Liberty ARC, I fell in love with the people we support and the mission of the agency. I was at a point in my life when I was unsure what I wanted to do with my life, but beginning a career at Liberty ARC gave me a direction. At the time, I had no idea this would be my career for the long haul, and it was one of the best decisions I have made."



Liberty ARC Recognizes Tenured Employees for Their Years of Service

Liberty ARC recognized 101 tenured employees with a total of 1,295 years of employment at our 2022

Employee Recognition Dinner in November at the Raindancer Restaurant in Amsterdam.

Staff Training Specialist Janice Sheckton and JoAnn Fuller, the agency's Training Manager, were each celebrated for their 40 years of employment at Liberty ARC.





Liberty ARC's Joslin Award Nominee - Joe Kilgore

Liberty ARC was proud to recognize Joe Kilgore as the agency's nominee for the New York State Industries for the Disabled, Inc. (NYSID) 2022 William B. Joslin Outstanding Performance Award.

Joe has worked for Liberty Enterprises since 2017. He is always looking to learn new skills and become trained in the various fulfillment and manufacturing operations. Joe wants to be that guy who is known to pitch in and help out wherever he can.

Joe's ambitions have also allowed him to become trained using various moving equipment, including hand carts and electric pallet jacks. He is also interested in being trained and certified as a fork truck operator.



Meet Liberty Enterprises Employee Amanda Gatto



Amanda Gatto has worked at Liberty Enterprises for 15 years and always strives to be her best self both professionally and personally.

Amanda has helped process 52 distinct commodities fulfilled by Liberty Enterprises during 2022, including janitorial products, GOJO/Purell ®, Aviation Cleaning products, and soap.

Amanda's supervisors are always praising her for her admirable qualities in the workplace. Processing of goods requires a stable work

ethic, an attention to detail to ensure quality standards are achieved, consciousness for safety and compliance to work processes and ability to work amongst a team.



Ground Level Grants – Helping People Live Their Best Lives!

In 2022, The Foundation was pleased to award nearly \$40,000 in grant funds through the "Ground Level Grants" program, supporting projects and personal experiences for people receiving services at Liberty ARC. Anyone who works at Liberty ARC can submit a grant request for a need that they see, to help benefit a person we support.

Among the 26 awarded applicants in 2022 was Andrew "Andy" Crawford, who received a new bicycle in order to get to and from his place of work more easily and efficiently.

This gift from Liberty Foundation was a very big deal for Andy. Prior to the bike, Andy either walked or used public transportation to get to and from his job. Walking up and down a large hill and making it to work was not an easy task. There is also always the fear that when taking the taxi, he would be picked up late.

His job coach through Liberty ARC reported seeing Andy riding his bike one day down the street with a smile on face. Being awarded the bicycle was also a big deal for Andy as he said that he does not typically receive gifts.

"I love my new bike. When I showed everyone at work, they were excited for me. I like riding it around town and to work," Andy said.

Liberty Foundation, Inc.

Officers Donna Canestraro | President Paul DiCaprio | Vice President Brett Harris | Treasurer

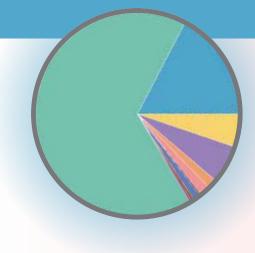
Directors Sarah Adamowski Michael Lobb

Director Emerita Wanda Burling

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2022 Fiscal Reports \$59.5 Million Budget

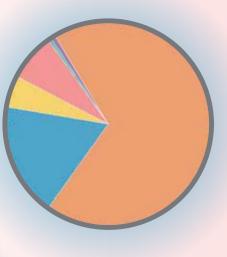


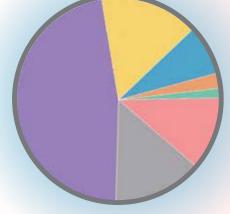
Use of Funds

- 66% Salaries
- **17%** Benefits
 - % Raw Materials
- 6% Plant, Property & Equipment
- 2% Food, Supplies & Materials
- 2% Utilities & Telecommunication
- <1% Contract Labor
- **1%** Transportation-related
- <1% Legal & Professional Fees
- <1% All Other

Source of Funds

68% Medicaid
18% State Government Funds
5% Social Security
7% Manufacturing Sales
<1% Other Income





Revenue by Program

- **47%** Residential Services
- 16% Day Services
- 8% Manufacturing Sales
- 2% New Dimensions in Health Care
- 2% Family Support Services

12% CCL & CDE

14% Other Programs

2022 Liberty ARC Grants



Funds received through the Cerebral Palsy Associations of New York State purchased automated external defibrillators, or AED machines, and lift and hygiene slings.

Federal Emergency Management Agency

(FEMA) provided grant funding for personal protection equipment used during the COVID-19 pandemic.



Our sincere thanks to all who have generously given throughout the year.

Annual Appeal

\$5,000 and Above

BBL Charitable Foundation Inc. Mrs. Jean & Mr. Paul DiCaprio Mr. Daniel Rutnik

\$2,000-\$4,999

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- In Memory of Edward Hart \$100-\$249 Mrs. Joan Albertin

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The following individuals gave a donation to Liberty Foundation with their Feather Your Nest Raffle ticket purchase. All 300 raffle tickets were sold in 2022! Mr. Joseph & Mrs. Rowlinda Copeland Mrs. Erika Dissmann-Beckmann Ms. Mary Donohue & Mr. William Bonner Mr. Steven Dowgielewicz Ms. Sandra Griffin Ms. Rita Marcuccio Mr. Paul McAvov In-Kind Donors Miller Printing and Litho Inc. **General Donations** Adirondack Beverages Ms. Elizabeth Bridge Canajoharie Central School - raised by

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