



Cornell Co-Op:  
Teaching kids archery.

# Progress Chenango

07

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## Norwich YMCA; more than just a gym



Submitted Photo

Pictured is the Norwich YMCA FLASH Club posing for a photo just prior to participating in this year's Turkey Trot.



Submitted Photo

Pictured is a photo of the Norwich YMCA facility, which is located at 68 North Broad Street in Norwich, NY.

By CAMERON TURNER  
Sun Sports Editor

The Norwich YMCA can trace its humble beginnings back 155 years – when in 1862, Norwich opened their arms welcoming the organization as a part of the community. Now in 2017, the 'Y', centrally located in downtown Norwich at 68 North Broad Street, has pleasantly become much more than was ever intended 155 years ago – offering the community not only a place of fitness, but a safe and welcoming facility filled with staff who have catered to the many needs of their ever growing members.

“When your organization’s cause is strengthening community, the best place to be is in the center of it. Our downtown location provides us with many benefits. We are easily accessible to many within the community, including our youth members who may walk here after school to hang out. I think it’s important to note that we are more than a gym, and that’s what makes us unique,” said Associate Executive Director, Tyler Oliver. “Our fitness center is just a small component of what we do here at the Y. We are many different things to many different people. We’re a basketball court to a six year old on a Saturday morning, we’re a swimming pool for the senior who has arthritis, we’re a classroom to twenty eager learners, and most importantly we’re a safe place for many. We offer so much more than an open treadmill and that is truly what sets us apart from everyone else.”

The Y is managed by Executive Director, Jamey Mullen. Mullen's teams consist of various Program Directors and their staff to run the many YMCA programs and events that the Norwich community enjoys.

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## Teaching the importance of growth and success through youth and adult programs

By MICHAELA WATTS  
Sun Staff Writer

Since Cornell Cooperative Extension celebrated an important bicentennial birthday – the celebration was just the beginning as other improvements have been made to the organizations. The CCE has completed a major construction project recently, since moving into the historical building back in 1961. The building houses many other agricultural businesses along with CCE and because of that, Executive Director, Ken Smith noted that modern regulations and energy efficient accom-

modations needed to be completed.

“When constructing this huge project many things had to be corrected to fit today’s society. Such as updating the heating and cooling system, making the bathrooms more handicap accessible, rewiring the lighting fixtures, and meeting enough space for offices, with 14 employees alone working for the CCE. The building will still maintain its historical Victorian view but with a modernized touch”, said Smith.

Although the CCE has undertaken a new project, it’s still main-

taining its mission and playing a decisive role in cultivating programs for agriculture, youth development and nutrition. The organization continues to provide the community with after school activity programs with maple production, promoting social and life skills through educational opportunities, such as, the 4-H group and reintegrating outdoor recreation programs to the public with the fish and float program, as well as kayaking and shooting sports.

The most important thing when promoting these community involved programs is the collabo-

ration with partnering entities.

“Maintaining partnerships is the key to success in many organizations”, said Smith. The CCE currently in collaborations with the Chenango Farm Bureau, the Agriculture Development Council, county government, Friends of Rogers, and many school districts throughout the county. The leadership of this county relies on the collaboration from one agency to another to make the most out of our economical hardship. It has been from my experience that while working together the atmosphere is more enjoyable and posi-

tive,” said Smith.

The CCE along with the Chenango Farm Bureau and the Agriculture Development Council participate in numerous events during the county fair season to spark an interest among the community and local farmers.

A new event was introduced to the public on the first day of the Chenango County Fair back in August of 2016, called ‘Farm to Fork.’ Farm to Fork allowed local farmers to display and prepare their freshly grown ingredients to

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# Chenango's United Way: Maintaining progress in a fluid demographic



Submitted Photo

The Chenango United Way's annual Hygiene collection serves the community by providing personal care items not often found lining the shelves of local food pantries. Essentials such as diapers, deodorant and other sanitary staples are often more difficult to come by than food to put on the table.

BY MATTHEW WHITE

When we envision the concept of "Progress Chenango," we tend to gravitate toward advances in industry, commerce and the positive aspects of the economy and how it relates to the bottom line in greater Chenango. The Chenango chapter of the United Way, however, is changing the way our community views nonprofits tasked with enhancing the lives and livelihood of our county's less than fortunate. But year after year, what's becoming clear is the definition of who's "poor," or better yet what "poor" is continues to be redefined. Bearing that in mind, it becomes more obvious that the role that organizations like the United Way serve for an increasing number of county residents is crucial in the forward march toward progress.

While 2016 as a whole saw its fair share of challenges, the Chenango United Way, the most visible, albeit praiseworthy, event of 2016 was its role in bringing more than 150 medically trained, board certified U.S. Military personnel into the heart of Chenango county for the unprecedented 2nd installment of the Greater Chenango Cares-Innovative Readiness Training event held at the Norwich City High School and Middle School complex on Midland Drive.

In addition to Doctors, Ophthalmologists and Dentists, the United Way was responsible for spearheading the army of community volunteers to pull off yet another successful event that in 2015 performed nearly 15,000 procedures to some 2,400 patients at no cost at value of more than \$1 million.

For 2016, that number ticked slightly to \$1.1 million in combined in-kind and patient service thanks to the IRT practitioners, serving nearly 2,000 un-duplicated patients though the ten-day event.

"From the moment we first learned that we might be eligible as a community to participate in the program, we knew that this would have a tremendous impact on the community," said Monaco. "The first year was an absolute success, we were very fortunate to be chosen as a host site for a second year in a row based on the need of our communities."

On average, 38 percent of Chenango County families are medically under-insured, and more than 18 percent of adults do not have a regular health provider. Moreover, the Chenango County Health Department has expressed a need for more medical assistance to low-income families and disabled populations, especially those who are under-insured, including many Chenango children. Many adults in our area also do not visit a dentist or an eye doctor on a regular basis.

"These were doctors and care providers who are also service members; many of them operate medical practices, work in hospitals or clinics by day and serve our country in their down time," said Mitchell.

Mitchell went on to say that many of the IRT's medical professionals she worked with and met during last year's event were passionate about reaching out to those in undeserved communities.

"Not only does the training exercise fulfill some of their military requirements, but it's also a rewarding experience for them on a personal level as well," said Mitchell.

Community members who were need of dental exams for basic procedures including restorations, cleanings, fillings and extractions were able to receive these services, bringing their smiles up to par at no out of pocket cost to them. In addition, those need-

ing vision exams and eyeglasses were served by the on-site eyeglasses lab.

"This was a great opportunity for our entire community in 2016, and we were pleased that the United Way was able to negotiate a contract for this to happen for a second year, right here in Chenango County," said Mitchell.

Monaco noted a great deal of gratitude for a number of area agencies who all partnered with the United Way who were integral in making the IRT a success. The Chenango County Emergency Services, Southern Tier East Regional Planning Development Board, Chenango County Planning Dept., Chenango County Sheriff's Dept., Chenango Health Network, Norwich City Police Dept., Morrisville State College, NBT Bank, Chenango County SPCA, Norwich City Schools, Colgate University, Keuka College, Chobani, UHS/Chenango Memorial Hospital along with Bassett Hospital were all instrumental in serving as catalysts for the event.

But in addition to community partners and industry and government leaders lending a hand to make it all happen, it also took an army of some 400-plus volunteers to pull off what some scoffed as impossible.

"The majority of our volunteers are tasked with assisting patients by greeting and

intake paperwork, parking, patient flow and escorting," said Monaco. "There event served as an opportunity for community members to volunteer, and many of them were glad to be at the side of our nation's service personnel; helping in any way possible. It left us here at the United Way with a sense of hope knowing that there are this many people in our area still willing to go the extra mile and give their time to the less fortunate. These volunteers were able to make a twofold contribution at the event, both with the service members and those who live in the community they live in."

For those with pets who didn't have the means to have basic veterinary procedures—such as rabies vaccinations, spaying and neutering—the Greater Chenango Cares-IRT was yet another blessing in disguise.

Nearly 700 procedures were performed at the event, and another nonprofit with tight margins—the local CSPA—was a direct beneficiary of the services rendered.

Monaco made note that initial funding for the event was also a substantial undertaking made possible through a handful of local nonprofits and charitable organizations. Specifically, Monaco said that key funding was made possible through the generosity of Southern Tier East

Regional Planning Board, Community Foundation for South Central New York, RC Smith Foundation, Norwich Rotary, UCC, Elks Club, BSMC BID, along with the Chenango United Way.

But not every part of 2016 was as optimistic and enjoyable at the IRT was. In fact, one recurring challenge that the United Way is faced with year after year is fundraising outside the usual success of its annual campaign.

One event the organization has seen a high degree of success with is an annual golf tournament, but even that staple event nearly axed as a result of declined interest.

"Our annual golf tournament is one those annual events that historically we've done very well with, but for 2016, for whatever reason, we just couldn't get enough community engagement whereas it had been extremely popular in the past," said Victoria Mitchell, who serves as Director of Operations at Chenango United Way. "We had a really poor turnout, so we were faced with cancelling the entire event."

After word got out to community member familiar with the fundraiser, Mitchell says a group of individual stepped up and took actions to make it happen regardless. "We eventually held it at the Afton Golf Course and ended up with a very successful event when it was all said and done."

Mitchell added that the group of those who volunteered their time and energy to resurrect what could have been a defunct fundraiser gladly did so. "To them, this was their support; this is how they wanted to help the United Way and by proxy the community, and we're especially thankful."

The United Way decided to take a hint from the success of the fall event and intends on keeping the event toward the end of the summer from hear on out, using the much-anticipated tourney as a kick-off to the annual campaign.

The 2016 campaign was yet another rollercoaster of emotions for the organization.

This was by far one of the toughest years for fundraising," said Monaco. While it may seem that running the campaign that brings in more than \$400,000 annually for the past several years is

always a bit of a challenge for the United Way, "This year was different," said Monaco.

We've never had industry campaigns come in so far below their goal. Usually if they don't meet their goals, they at least reach 90 to 95 percent by mid December, but that wasn't the case for 2016."

That lack of funding creates a huge wrinkle in the operations at the United Way, staffed only with Monaco and Mitchell in the office full time, at it's busiest time of year. Not only are the holidays, year -end reporting and greatest time of community need at its height, Monaco is left to shoe-leather the loose ends in order to keep community funding alive.

"We go out and we have to raise additional dollars to make up that amount," Monaco indicated that this year many of the typical industry campaigns cam in well below their projected numbers; some to the tune of 50 or 60 percent of their typical donations levels.

"Every year it's a different struggle for us at crunch time, but this year was unique in that some traditionally helpful employee campaigns didn't even run," said Mitchell.

Monaco noted that based on the historical figures, something like 73 percent of United Way annual campaign funding is derived from industry employee ran campaigns in the form of weekly automatic payroll deductions—"that's a huge percentage of what we raise," said Monaco. "And it's trend that other United Way's have been facing for quite some time, and just starting to catch up to us."

One of the biggest challenge with that decrease in payroll deduction donors is that there really isn't anyplace else that's easily accessible for the United Way to turn to in order to make up that difference.

"A lot hinges on the influence we have on the larger employers, most importantly their employees," said Monaco. "We're able to get in there and tell the story and have face-to-face dialogue with a broad swath of community members in one place, all at once. We can't do that as easily with small businesses or individuals, so we really rely on those larges

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Matthew White Photo

Board Members of the Chenango United Way gathered before NBT Bank Corporate Headquarters to pose next to the organizations iconic "Campaign Thermometer" which tracks the progress of CUW's annual campaign goal.

# Chenango United Way –



Submitted Photo

NBT Bank donated \$123,000 in early 2016 to support Chenango United Way and the organization's efforts to build partnerships and maximize resources to help improve the health, education and financial security of residents in Chenango County. The donation represents the combined contributions of NBT Bank employees and the company.

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industries to let us in the door."

Monaco notes that one thing that would make a substantial impact on the annual campaign is the participation of the top five companies in Chenango County. The amount of good that could be done for the community would be more than impressive if even 100 more community members gave just \$1 per week via payroll deduction.

Luckily, for United Way, hundreds of individuals who have had no past experience with the Chenango United Way learned of the organization through the IRT in 2015 and 2016, which Monaco believes was the difference maker in attaining this year's goal.

"We made up the difference in residential and small business contributions, said Monaco. We believe that our interaction with the community at the IRT was the common factor in making it happen, and we believe this only because was the only substantial change from the norm that we executed this year." It was publicity and exposure that we had never had before, and it was great."

And the Chenango United Way plans on using that brand of community exposure garnered through public initiatives like the Greater Chenango Cares event as a road map to future success.

Another opportunity the organization is in the midst of planning is the the Building

Healthy Community Coalition, originally conceived by the Chenango County Health Department.

The initiative, which primary objective is to combat Chenango County's ranking as number one on the State's obesity list, was funded through a grant awarded to the Health Department and brought a number of community entities to the table.

"The Chenango United Way's role in the Building Healthy Community Coalition began as a simple partnership as we have a bit of experience in marking for a cause," said Monaco. "As we attended more and more meetings, it became clear that we could be even more of a benefit to the program not only through our capacity of public outreach, but also fiscal stewards for the program."

Eventually, Chobani was on board; but a hitch that prohibited the nation's number-one greek yogurt manufacturer the ability to fund government entities was a segue for Monaco and the United Way to become the fiscal conduit for the project's two initiatives; one long-term and one more immediate.

With an eye set on developing a future Fit Path north of the City—complete with manual fitness stations dotted along the way—and the spearheading of a county-wide fitness challenge, the United Way in essence became the catalyst that aligned all parties willing and ready to make a positive impact with that initial seed money destined to battle the

bulge.

"It's opportunities like this Building Healthy Communities Coalition and the IRT that allow our organization to gain even more exposure through public engagement, and the fact that our 2016 campaign was saved as a result of increased community engagement has been a real eye-opener for all of us here at the United Way," said Monaco. "The Change is becoming more clear and evident with each passing campaign and each passing year; our younger, progressive millennial donors are taking a much more hands-on approach in playing an active role in their community, and we plan on seizing that momentum moving forward."

We like to think of the balancing of the two models as type of strategic philanthropy, and to us it's just as good as cash raised through our more traditional campaign—people want to do good for their community in ways that make them feel good about themselves, and sometimes cutting a check just doesn't do it for them," said Monaco.

If the trend moving forward is a shift in the giving model whereas community members would rather partner with [The United Way]—then we're going to find a way to make that work to the best advantage of our community. That's one of the core values of our mission, and it's why programs like the IRT are so effective—because it had the fingerprints of the community all over it."

# Cornell Co-op –



Submitted Photo

Children practice their archery skills.

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the public.

"This event was a huge success and the fair board asked if we could continue it in next years fair program with the possibility of expanding it to a two day event," said Smith.

Other successful events that the CCE is proud in continuing include the dairy days and the 4-H program here in Chenango County.

"4-H is something that has been around forever, and it really teaches our youth the importance to display self

confidence and use the tools that they learn while being apart of 4-H to achieve future success," said Smith.

In previous years, the CCE has partnered with Eat Smart New York to raise awareness to nutrient education for individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP).

ESNY provides nutrition education materials and sponsors education events and classes in local communities on a variety of nutrition top-

ics such as: healthy eating on a budget, smart shopping for vegetables and fruit, healthy meal planning, basic cooking and food safety skills, weight control and physical activity. The goals of the Eat Smart New York program is to eat more fruits and vegetables, drink less sugar-sweetened beverages, and exercise more as part of a healthy lifestyle.

While grants make up a majority of the CCE's funding, Smith assures that programs are and will continue on for another successful year in 2017. Smith also stated, that he would like to continue the success of 4-H, outdoor adventure for youth and adults, and even expand further into the possibility of establishing new programs.

Previous programs such as farm to fork, dairy days, Ag in the class, and after school river based activities are ready to be tackled when the warm weather of Central New York draws near.

Smith noted that moving into the new year and to have a good majority of the offices re-organized and back in full operation since the remodel is an added bonus to their year plan. Smith was presented with the "Advocate of Agriculture" award in 2016 – as each and every year this award goes to an individual who has demonstrated the willingness and fortitude to promote and advance the knowledge of the agricultural industry – that person in 2016 was Ken Smith..

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# Norwich Family YMCA –



Submitted Photo

Pictured is a child from the Y Camp enjoying a canoe ride this past summer.

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Mullen.

Through the hard work of Mullen's and his staff of more than 100 individuals, the Y was able to expand on their successes of years past and implement many new facets to what they can offer the community.

"One of our proudest accomplishments is the 2016 Open Doors Scholarship Campaign. We saw more donors and brought in more money than we ever have. We raised \$93,963 to date from 200 donors. This will allow us to give many in our community who may not be able to afford it the opportunity to take advantage of all the Y has to offer in 2017," said Mullen's before expanding on accomplishments.

The Open Doors Scholarship Campaign raised \$93,963 to help incorporate community members into the Y 'family,' however, the Y felt they needed to continue to add programs for individuals who were already members in 2016 – adding programs such as the Bolts, and the FLASH Club.

"One of our new programs for 2016 included our youth track team, the Bolts. For ages 6-18, it provided area youth the opportunity to run track and field through the summer months. The team participated in various meets throughout New York State and provided an introduction to the fundamentals of running track and field. This first of its kind program was a success and we hope to see the number of participants grow in the upcoming seasons," said Mullen's on the Bolts before adding, "2016 also brought an expansion to our FLASH Club, our weekly program designed for individuals with autism. Thanks to a grant from the RC Smith Foundation, the program has been able to grow immensely. From increasing the number of participants, offering new activities, and providing on-site behavioral interventions from a specialist, FLASH Club has provided numerous opportunities to better the lives of those who live with autism."

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In addition, the Y has a volunteer Board of Directors that provide support in the Y's decision making, as well as a Board of Trustees. Overall, the YMCA employs roughly 110 individuals.

The YMCA in Norwich has been a longtime sponsor and subsequent coordinator's to popular events in the community such as the annual Turkey Trot or the Gus Macker 3v3 basketball tournament held each year during the month of July. They continued traditions in the community such as the above mentioned, as well as morning and afternoon programs, an openness at the fitness facilities, track and swimming pool – to name a few. But continuity was not enough for the ever expanding Norwich YMCA, during the last quarter of 2016 the Y saw the opportunity to enhance their facility even further. These facility improvements were just the cap of what the Y achieved in 2016 and included: The addition of several new offices for key Y employees, a new community conference room, relocated the Exergame Room downstairs, added another divider curtain in the community room so they could accommodate more programs and activities especially those from outside community based organizations.

"2016 was really just an extension of what the Y has always been about. From investing in our kids, our health and our neighbors, the Y continued to strengthen our community. We did what we do best. We offered programming in after school child care, preschool, swim lessons, youth and adult sports, day camp, group fitness classes, water fitness classes and more all within our beautiful facility," said

Y offers many different programs that many within our community may not be aware of. The longstanding tradition of noon-ball continues to be an outlet for those looking to play basketball during the weekday lunch hour. Open to anyone, it requires no registration and provides a midday relief for many."

Other events that were held at the Y or saw Norwich YMCA involvement during the 2016 year include but are not limited to: the Turkey Trot, Gus Macker, Halloween Parade, Pumpkin Splash, Gingerbread Workshop, Healthy Kid's Day; while the Y also worked with outside sources to be a major part of The Rotary Blood Drive, Habitat for Humanity Souper Bowl, College Day for local high schools, Flu Shot Drive by Chenango County Health Dept, Volleyball Tournament, Corporate Dodgeball Tournament by GE Aviation, and Summer Sheriffs Camp for Children which is held at the Norwich Family YMCA Camp Thompson facility each summer.

More information on these events and many others can be found online at: [www.norwichymca.com](http://www.norwichymca.com) or by calling the Y at: 607-336-9622 Business hours are as follows: Monday through Friday from 5:30 a.m.-10 p.m., Saturday 6 a.m.-9 p.m., Sunday 9 a.m.-5 p.m.

Mullen's has made it clear that however successful the Y has been in 2016, the drive is to keep improving and not just simply take the advancements and continuity as they are. In 2017, Mullen's says that the Y will be implementing a new fitness trend to their facility.

"Just off of our current fitness center will be a room designated for functional fitness featuring TRX Suspension equipment," said Mullen's. "As always, we want to push the message that the Y is a charity organization. I think many people forget that we're a not for profit organization that focuses on youth development, healthy living, and social responsibility."

With 2017 in full swing, a full slate of programs, events, a facility and more that saw improvements throughout the past year, a step into 2017 with a plan already in place as early as January, speaks volumes to the progress that this 155 year old establishment has and continues to make in the Norwich community.

"My favorite thing about the Y is the atmosphere. It is consistently buzzing with people, a variety of people too. From preschoolers and seniors in the morning to the teens and families in the evening, the Y truly caters to all," said Oliver. "Where else can you find a child learning how to swim in the pool with a group of teens playing pick-up basketball just 40 feet away all while there's a yoga class upstairs? Not to mention the constant socialization that takes place amongst friends, neighbors and at times complete strangers. The amount of activity that takes place within this building is hard to describe in words. And for those of us who grew up here? There isn't a single memory of this place that isn't pleasant."

"This is something that has not happened in the past and with the relationship with the Y and the Y staff we were able to achieve this goal to offer a physical education course to the Morrisville students. Additionally, an attempt to create an intramural program with the students began this fall with the introduction of Pickleball, the fastest growing sport in the country, was introduced to the Morrisville Norwich students through a new intramural program at the YMCA," said Mullen. "Our

# Catholic Charities of Chenango continues to assist

By MICHAELA WATTS  
Sun Staff Writer

Catholic Charities of Chenango County has remained a private non-profit agency serving the residents of Chenango County since the 1970's – as one of seven county networks within the Catholic Charities of the Roman Catholic Diocese of Syracuse. This county's agency responds to people and their needs through empowering them to transform their lives into something greater. Through a number of services, clients increase their capability to be self-sufficient and become socially competent citizens who internally feel good about themselves and their community. Catholic Charities mission continues to develop new programs, establish partnerships and collaborate with local communities to provide the best social services possible to those in need.

This non-profit organization currently has 46 full-time and 14 part-time, per diem employee's on staff.

"While many of our positions only require a high school diploma and a driver's license. We provide all of the additional trainings. Pay is above minimum wage with a generous benefit package. We are currently looking for sev-

eral positions in community habilitation with flexible hours which works nicely to supplement current jobs. We also hire professional positions, such as counselors, social workers and individuals with college degrees. It is sometimes difficult to attract individuals with professional degrees as some positions are only part time," said Executive Director, Robin Cotter.

However, with every year, comes new challenges to face. 2016 was both rewarding and difficult for Catholic Charities of Chenango County.

"We continue to struggle to meet the growing and expanding needs of Chenango County residents in each of our program areas. Utilizing our strategic plan and program rubric we have eliminated some programming in our Victim Services, but have gained several new programs," said Cotter. "(We struggle to be competitive as we write grants to support the needs of those in transition that are struggling with housing instability, food security and economic self-sufficiency. Many of the government grants are going to larger more urban areas. Even with the Governor's proposals to push money upstate. The smaller, rural communities are left out. It is a challenge

to maintain current programming and staffing as we lose grants that support programs. Many of our grants do not support administrative costs, such as utilities, buildings, staffing, etc. Nonprofits are struggling to maintain programs that are necessary, but are no longer adequately funded. We must balance long-term viability with meeting our community needs. The CCofCC only received the bulk of the necessary revenue through government funding, contracts and program fees. Less than 2 percent of our budget comes from Diocesan support. Living in a rural area, fundraising is becoming more difficult and competitive," said Cotter.

The Catholic Charities of Chenango County as a result of this a reduction in funding for the Crime Victim's Program and has transferred the Child Advocacy Center to Crime Victim Assistance Center. However, increases have been made to the program such as: services in Medicaid Services Coordination (MSC), Family Support Services, Community Habilitation through Health Home Care Coordination-which provides comprehensive care management and coordination services to Medicaid recipients with serious physical health

and behavioral health needs. The program helps individuals navigate the healthcare systems, and offers care management, care coordination, individual and family support and level of care transitioning, planning support and referral services. CCofCC has tried to battle the expanded services by adding more staff.

Children's Health Home Care Coordination: provides comprehensive care management and coordination services to children that are enrolled in Medicaid with chronic health issues, HIV and AIDS, Serious Emotional Disturbance or Complex Trauma.

Intensive Behavioral Services offer short term services for individuals with behavioral issues that put them at risk of placement in a more restrictive residential setting. The program teaches the individual, family and care-givers the steps to take to prevent placement. Community Habilitation program is tailored to individuals who don't reside in a residence operated or certified by the Office for Persons with Developmental Disabilities (OPWDD). Supports include adaptive skill development and assistance with daily living.

CCofCC started a program called King's Cottage Emergency Free Standing

Respite, which began last year, 2016. This program serves individuals with intellectual and developmental disabilities who are homeless or at risk of becoming homeless. It hopes to cater to individuals who have relied on the help of family or friends, but can no longer provide the same level of care. The program also is a IRA – Individual Residential Alternative – home to three individuals with intellectual disabilities.

CCofCC has assisted in new changes at Roots and Wings which has opened a thrift store for clothing and household items.

"We charge \$1 per bag to help support this program due to a loss in revenue. All other services have continued including SNAP enrollment, food pantry, supported housing, facilitated enrollment for health insurance, and emergency prescription assistance. Crime Victim Advocate provides assistance to victims of all crimes. Advocate is co-located between the District Attorney's office and Family Court as well as having an office at Catholic Charities," said Cotter.

The advocate pertaining to these services can be reach at 334-8244 ext. 226.

Catholic Charities of Chenango County maintains an active role within our com-

munity through various events they are involved in every year. Each year they host a father and daughter dance, the 'mummy and son event', which has yet to be announced. They also host cow chip bingo during the Blues Fest weekend.

What Catholic Charities hopes to accomplish within the new year – 2017 – strategizing and aligning Catholic Charities Of Chenango County to implement all of the changes in the government oversight agencies.

"We are gearing up for changes in Medicaid funding and Managed Care. Continued collaboration with our community partners and advocating for the needy program development for housing insecurity and supported housing. As an agency, we continue to support for our emergency services program, Roots and Wings," said Cotter. "We also would like to increase community awareness of the struggles facing our families including the working with the poor. The lack of services in the county for the mentally ill, homeless and those struggling with substance abuse."

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# United Health Services, local cheerleaders spread holiday cheer

Matthew White Photo

Photographed here, Norwich Cheerleaders who recently "adopted" three children in conjunction with UHS Chenango Memorial Hospital, were out and about during the 2016 holiday season looking for just the right gifts.

Top Row (L to R): Anna Gantt, Monica Lamphere, Austin Matlack-Grey, Paul Russell Jr., Corrina Mundy, Karissa Prindle (in front of the carts), Summer Budd & Lilly Winton.

Front Row (L to R): Chloe Winton, Hannah Williamson, Kalliann Harrison, Mackenzie Nichols, Brianna Kempf, Amber Tierney, Samantha Hall & Gwen Warren.



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