

Newsletter December 2011

Submitted by: Mark Wickham

Over the last month I have had a hard time putting into words all my thoughts and feelings around leaving Lakeview. I am sad, excited, scared, and confident. I am sad to say goodbye to a family who I have had a great time working with. I am excited for a new opportunity and for Lakeview's future. I am scared to leave a place that I have called home for 10 years and start elsewhere. I am confident in my abilities to lead another organization and confident that Lakeview is in a great place with exceptional leadership.

I want to thank you for having faith in me over the last 10 years. All of you have made Lakeview a great place to be. It is your energy, spirit, passion, compassion and hard work that has made Lakeview one of the premier organizations in the Finger Lakes.

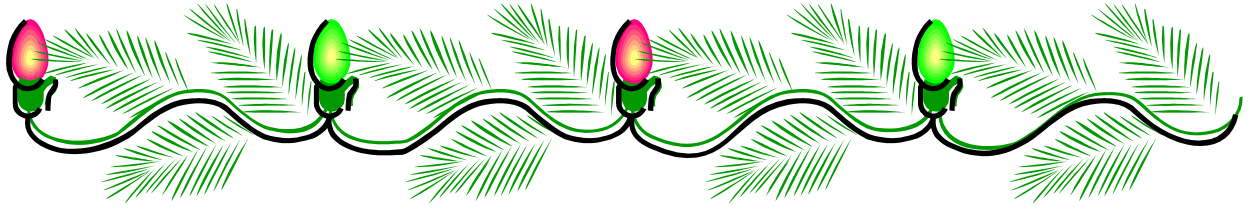
Lakeview will always be with me, in my heart and mind. I have now been at my new job for about a week and miss all of you. I think about you, and I know that Lakeview is destined for continued greatness.

Have a wonderful Holiday season, enjoy your families, and always remember: What makes Lakeview great is YOU!

Ralph Waldo Emerson said, "The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it is the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him."

Thank you for 10 wonderful years.

Mark



My View

By: Harry Merryman, Interim CEO

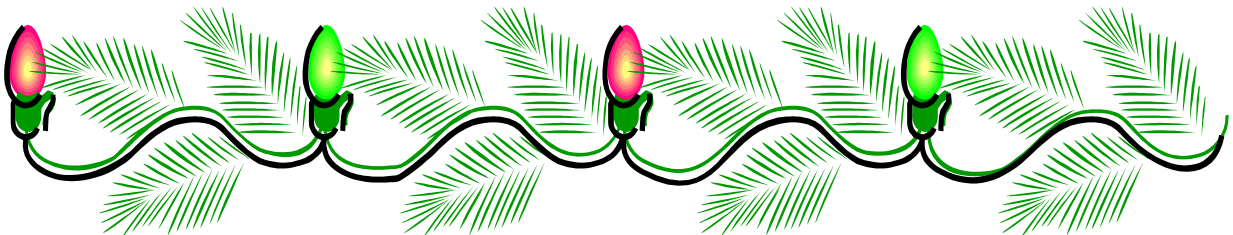
As the holidays approach, we enter a time of year known as “the Season of Light.” For thousands of years, cultures across the northern hemisphere have practiced traditions in response to the cold temperatures and diminished sunlight that are the hallmarks of winter. These traditions have always involved making light—from oil lamps, to candles, to our modern strings of lights which bedeck houses and trim trees. At this time of year, light has come to symbolize hope for the warmth and growth which follows the darkness and cold of winter.

As I reflect on the season, it occurs to me that we at Lakeview have an opportunity to be the light that shines in the darkness for many of those we serve. Like the lights blazing in winter, we are called to be a beacon of hope to those who seek to recover lives and realize potential that may, at times, seem dark and lost. That hope is born of the sure knowledge that every person we serve both deserves and is able to have a meaningful and fulfilling life. With hope and help, every life caught in winter’s paralyzing grip can recover a spring of growth.

So as the daylight diminishes, let this Season of Light be a reminder that soon the days will start to grow longer and that the possibilities of Spring are not far off. And let this season also remind us that no matter what time of year it is, we at Lakeview can give the gift of light and hope to those we serve—a gift of immeasurable value.

May the holiday season be filled with light and joy for each of you!

Harry



Living Lakeview's Values: Tony Lister Recipient of the Harvey Fireside/President's Award

"Adherence to LMHS Values" is the number one criteria by which we at Lakeview assess potential employees and evaluate our seasoned staff. We look to the ways employees carry out their job responsibilities and ask if they demonstrate a shared commitment to the values of services, competence, dignity, integrity, and family. When we are lucky, an employee lives these values in all they do, every day, year after year. Lakeview's Quality Assurance Director Tony Lister is just such a person. And don't just ask Lakeview: Tony was the recipient of the **Mental Health Association's Harvey Fireside/President's Award**. This award is given only when there has been "extraordinary and exemplary service to the mental health community, the cause of mental health, or to individuals, stemming from a person's or organization's unquenchable sense of humanitarianism."

This award was given to Tony at MHA's 57th Annual Meeting on September 26, 2011 and presented by Jim Root, Program Manager at Horizon Apartments and MHS Board President. In Jim's words, Tony's "eternal smile, perpetual patience, and far reaching wisdom have touched the lives of hundreds if not thousands of men and women. Never have I seen him degrade an individual, or cause them to feel misguided for questioning his opinion. He is fair, just, and readily approachable by both peers and people served."

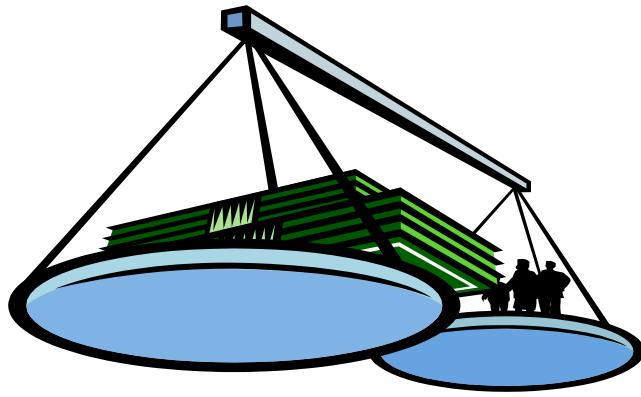
This was only the second time that the President's Award has been granted, and Tony was considered worthy of this honor for the dedication and integrity that he has demonstrated over his decades of work in his personal faith in and recovery. Con- you for modeling Lak- values for us all.



the mental health field and hope, resilience, respect, congratulations, Tony, and thank eview's mission, vision, and



The Grapevine



Social Security Announces 3.6 Percent Benefit Increase for 2012 Cost-of-Living Adjustment is First Since 2009

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6 percent in 2012, the Social Security Administration announced today.

The 3.6 percent cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$110,100 from \$106,800. Of the estimated 161 million workers who will pay Social Security taxes in 2012, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2012, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Submitted by Jerry C.

Taken from www.ssa.gov

Toys for Tots and the Angel Tree

Submitted by: Amy F.

This year we were able to serve over 150 children in the supported housing, case management, children and youth case management and the apartment program in surrounding counties with toys for Christmas. The United States Marine Corp Reserve “Toys for Tots”, located in Syracuse, donated 173 toys for the children in our programs and the children that have parents in our programs.

The Angel Tree foundation is through Finger Lakes Community College, where coordinator Louis Malvaney has students buy and wrap toys for underprivileged children. This program served 75 children that are associated with Lakeview.

None of these foundations would be available if it was not for the community donating the toys. So even though things are tough for all of us, think about our blessings and how good we do have it, and donate a toy for an underprivileged child.

I want to thank Lynn O. and Michele O. for taking the time to assist me with these programs.





Winter Shopping for Warm Weather Camping

Submitted by: Bob R.

Well, its getting to look and feel more and more like winter. It is hard to think about camping with the weather so uninviting but this is the perfect time to look for steals and deals on camping equipment. With all the Christmas sales taking place, don't be surprised by the number of sales you can find on outdoor cooking items (cast iron cookware) and other items like string lights and flashlights. Actually, if you wait until after Christmas, you can usually find even better deals on things you may need (actually want) for camping. It's never too early to start looking, so go ahead and find those deals!!

As a reminder for those who are considering reserving a campsite at one of the many beautiful New York State campgrounds, you can make reservations through www.reserveamerica.com. There are limitations on advanced bookings but the prime sites get booked up quickly.

Stay warm and think spring!!



The Grapevine

Think Green!

Some tips for helping the environment
and saving money too!

FOCUS: Green Holiday Tips



Make your own wrapping paper by reusing newspapers, magazines, old maps, children's art work, a scarf, attractive dish towel, a bandana etc.

Recycle used wrapping paper, gift bags and tissue paper if it cannot be reused again. Bows can easily be reused as well!

Use energy saving LED lights to decorate (if it's not too late!)

Purchase organic local foods for your holiday feast. This supports local business and is better for the environment.

Purchase green stocking stuffers - like organic/fair trade products such as coffee and chocolate. Look at the packaging for the Fair Trade symbol.

Give the gift that gives back - make gift donations to your favorite organization, WWF for example.

Recycle your Christmas tree - roll off boxes can be located at some area stores. Wal-Mart in Waterloo has one each year- they become wood chips and mulch.

Recycle your old cell phone - if you're getting a new one, remember you can recycle yours for use by soldiers. Staples also has a recycling program. This prevents hazardous elements from entering the landfill.

And remember to **recycle packaging** from gifts- such as cardboard.

Some information obtained from www.sierraclub.org
Article written by Mande R.



Low Calorie Holiday Indulgence

Submitted by: Christine G.

Holiday time is upon us and so are the delicious appetizers that will be coming our way. We can make healthier choices without forgoing the taste. Here is a recipe that is low in calories and fat I think you may enjoy. We can still eat, drink and shrink. Happy Holidays!

Crabmeat Spread

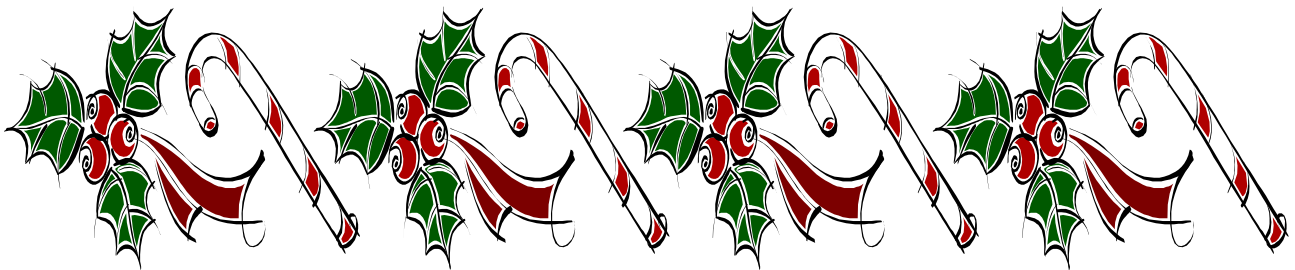
A picture-perfect addition to any holiday spread, this crabmeat pomegranate dip is low in calories compared with the typical veggie dip. Light mayo is the only ingredient that adds a few fat calories; otherwise this holiday appetizer is protein-packed and full of flavor.

Makes 16 appetizer servings

8 oz lump crabmeat, drained and shell pieces removed
4 tbsp light mayonnaise
1 tbsp finely chopped green scallion tops or chives
1 tbsp fresh lime or lemon juice
Assorted crudité (red pepper strips, cucumber slices, and carrot sticks)
1/2 cup pomegranate seeds

Mix crabmeat with mayonnaise, scallions, and lime juice. Mound crabmeat mixture in the center of a platter and sprinkle with pomegranate seeds. Arrange colorful vegetables around the plate.

Per serving: 26 calories, 3 g protein, 0.4 g carbohydrate, 1.4 g fat, 0.2 g





Winter Ratatouille

Ingredients:

- 2 tablespoons extra virgin olive oil
- ½ medium red onion, diced
- 1 medium yellow bell pepper, diced
- 1 medium orange bell pepper, diced
- 1 medium yellow squash, diced
- ½ medium eggplant, peeled and diced
- 3 garlic cloves, minced
- 1 large ripe tomato, seeded and diced
- ½ teaspoon coarse salt
- ¼ teaspoon freshly ground black pepper

Instructions:

Heat olive oil in a large sauté pan over medium-high heat. Add onion and [cook](#) 2 minutes. Add yellow and orange bell peppers; cook 2 minutes. Add zucchini, yellow squash and eggplant; cook 2 minutes. Add garlic, tomato, salt and pepper; cook 1 minute.

Toss with pasta for an on-the-go dinner. Serves 6.

- Calories 84
- Fat 5g
- Cholesterol 0mg
- Sodium 137mg
- Carbohydrates 10g
- Fiber 3g
- Protein 2g

Recipe submitted by: Lynette Spaziano
Recipe obtained from: <http://www.relish.com/recipes/winter-ratatouille>



Welcome Aboard! – New Employees

Christa Coffey	Rehab Counselor	Wayne Apts.	8/24/2011
Simon Ntuala	Rehab Counselor	Lakeview Heights	8/29/2011
Marcia Payton-Harp	AON Rehab Counselor	Elmshade	9/21/2011
Nicole Relyea	AON Rehab Counselor	Ithaca SRO	9/27/2011
Uche Abani	Relief Rehab Counselor	Ithaca SRO	10/04/2011
Brian Scime	Relief Rehab Counselor	Markham	11/08/2011
Shanna Cavanaugh	Supportive Case Mgr,	Ontario CSS	11/11/2011
Susan Lane	LITHC & HUD Property Mgr.	Administration	11/28/2011
Jessica Tucker	Rehab Counselor	Markham	12/01/2011

Promotions and Changes!

Tomas Nazario has been promoted to Program Director of the Ithaca SRO opening a position for **Trisha Wilson** to be promoted to Program Manager at Elmshade! **Julia Williammee** and **Andrew Vazquez** have both been promoted to Rehab Coordinator at the Ithaca SRO and Markham respectively. **Jaclyn Pealer** has accepted the new responsibilities of an Ontario Supportive Case Manager and **Lydia Solla** has taken on the role of MICA Outreach Advocate. Our congratulations and best wishes for success go to you all!

Anniversary Listings

November

Shannon Cuthbertson	Rehab Counselor	10 years
Sarah Amberge	Rehab Counselor	7 years
James Hoose	Rehab Counselor	5 years
Bridget Borys	Rehab Counselor	3 years
Nicholas Martin	Supported Housing Specialist	3 years
Anne Perry	Residential Director	3 years
Karen Freer	Case Manager	2 years
Holly Murray-Bach	Rehab Counselor	2 years
Kevin Schweitz	IT Director	1 year
Jessica Millis	Case Manager	1 year
Richard Sangesland	Rehab Counselor	1 year

December

James Granger	MICA Supp Hosing Specialist	8 years
Joni Mulcahy	AON Rehab Counselor	5 years
Rebecca Frind	Supportive Case Manager	5 years
Jill Twohig	Rehab Counselor	3 years
Leon Washburn	Rehab Counselor	3 years
Harry Merryman	Interim CEO	2 years
Andrew Alling	Rehab Counselor	1 year
Elizabeth Rietmann	Outreach Advocate	1 year



Anniversaries Continued

January

Julie Stalker	Financial Assistant	26 years
John Decker	Supported Housing Specialist	13 years
Beth McGruder	AON Rehab Counselor	12 years
Alison Messecar	Managing Director	12 years
Lydia Solla	MICA Outreach	8 years
Michelle Novak	ICM	5 years
James Root	Program Manager	5 years
Heather Daeffler	Rehab Coordinator	4 years
Raven Hanes	Rehab Counselor	4 years
Michele Ochs	Supportive Case Manager	2 years
Naomi Gleason	CFO	2 years
Ashli Sadberry	Relief Rehab Counselor	2 years
Bryan Updike	Food Service Specialist	2 years
Christopher Crosby	Rehab Counselor	1 year
Paul House	Rehab Counselor	1 year

February

Jeff Garrow	Rehab Counselor	12 years
Ann Loughney	C&Y Outreach	11 years
Steven Shultz	Program Manager	9 years
Chris McClory	Controller	2 years
Mirna Garcia	Rehab Counselor	2 years

BOARD OF DIRECTORS

Jules Ravo, Chairman

Charles Lilly, MD, Director

Jason Feinberg, MD, Director

Christopher Button, Treasurer

Robert O'Connor, Director

Thomas Kime, Vice Chairman

Barbara Coffman, Secretary

Arlene Berglund, Emeritus Member

Lisbeth Saracene, Director

NEWSLETTER COMMITTEE

Jerry Cooke

Christine Grosodonia

Lynn Orlopp

Holly Richards

Mandee Rauscher

Lynnette Spaziano

Amy Foringer

Bob Romeo

Scott Moquin

Tony Lister

Lynne Robertson

Andy Sullivan

Mark Wickham

Faith Rogers

Kevin Schweitz

Naomi Gleason

Kevin Paul

LAKEVIEW MENTAL
HEALTH SERVICES, INC.

Phone: 315-789-0550
Fax: 315-789-0555
Email: frogers@lakeviewmhs.org

We are on the Web at
www.lakeviewcommunitiesgroup.org



The Grapevine