



The Competitive Edge

BCRC, Inc., 131 Pleasant Drive, 2nd Floor, Aliquippa, PA 15001-3515

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Jessica Has Fan Club

by Frank Shialabba

Jessica McFadden has a fan club. It is composed of the many happy and satisfied customers who visit a local restaurant in Rochester. According to WIN Director, Sheila Silbaugh, "Jessica has worked at the restaurant for six years, and she has made many friends due to her kind and gentle nature."

Jessica is dedicated to her job and her "buddies" at the restaurant. Ms. Silbaugh describes Jessica's daily trip to work as a tribute to her dedication and perseverance. "She is taken to the bus stop in Midland by her mother; she rides the bus to the transportation center in Rochester and then transfers to a DART van, which drops her off near her job."

Being a very giving person, Jessica is dedicated to bringing happiness to the many people she sees daily at her job. Ms. Silbaugh states, "Her attendance is excellent and she brings great joy to everyone around her."

Jessica's family has shown great dedication to her work, and they are proud and delighted with her personal progress. She was the recent recipient of the Competitive Employment Award at BCRC's annual Christmas Party, and she will soon be moving into independent living.

Whether on the job or living in the community, Jessica will continue to bring happiness to everyone who knows her. ■

Elevator Will Assure Accessibility at CenterPlace

by Kay Podbielski

BCRC has received a grant which will provide financial assistance towards the installation of a new elevator at our CenterPlace location. BCRC Executive Director Paulette Miller believes that, "It is essential to assure easy access to all areas of the new building in Center Township to every person that we serve, regardless of disability."

The elevator will connect the work floor of our production center to the second floor. As the current elevator is located some distance from the work space, the new elevator will provide all of our participants with easier access to the programs and training space available on the upper level.

As preparations for our production center's relocation to Center move forward, the installation of the new elevator is eagerly anticipated. ■



Apples Aid Those with Autism

by Pat Healey

BCRC's School to Work and WIN SERVICES programs have acquired new technology to enhance programming for those clients on the Autism Spectrum. BCRC recently purchased five Apple iPads with multiple applications to promote growth and progress with client's individual goals.

School to Work uses the iPads in their Community Integration Program. Assistance from one of the Apps allows students to learn how to prepare a resume and practice interviewing questions. Another App allows them to work on everyday living skills like meal planning, housekeeping, social skills and healthy living. While taking part in community tours and assessments the students take



pictures of their experiences so they may later be used for other projects within BCRC or for their senior projects at school.

Wireless printers, also purchased through the same funding, help the students to be able to print relevant information from websites while doing job searches, career exploration and interest inventories.

WIN Services clients use their iPad to assist them in gaining information about necessary daily living issues. The experience they gain by learning how to navigate through the apps and the internet enhance their resumes as well.

As enrollment in BCRC's various programs grows, plans are already being made to purchase more iPads to continue to expose clients to the latest technology and demonstrate to them how technology can help them to enhance their vocational experiences. ■

Kristina Dreams Big

by Bonnie Smith

Kristina Stiteler has dreams of being a famous rock star, but until she makes it big on The Voice or American Idol, she is content to stay at BCRC, where she has been a regular employee for the past 20 years. Kristina is a go-to person for the mobile work sites. Program Specialist Karen Buccelli says, "She is quick at picking up jobs, and she has worked almost every mobile site." Job Coach, Starlette McNutt, concurs, "She will try anything." Kristina says that her favorite job is currently cutting tape at Candy Bouquet, and she is especially adept at decorating the memorial wreaths.



Kristina is known for taking pride in her work. According to Buccelli, "Kristina remembers how to do jobs, even when she has not done them for a long time. Her work is neat, meticulous and organized." Additionally, Job Coach, Trish Sarver, credits Kristina with the ability to multitask, "She is capable of doing several tasks in a day."

Kristina's work ethic was acknowledged last December when Kristina was given the Sam Lippincott Award at the annual Christmas party.

This valued employee is also a friend to many of the people around her. McNutt says, "Kristina gets along with her co-workers. She is friendly and respectful, and she likes to participate." Sarver agrees, saying, "She's sensitive and compassionate. If she sees someone upset, she'll come and tell us about it." With such dedication and sweet spirit, Kristina is a wonderful member of the community at BCRC, and staff and clients alike are honored to know her. ■

BCRC Scores "Better Than System Average"

by Frank Shialabba

BCRC scored "better than average" on a number of components of a recent survey conducted for Beaver County Behavioral Health. The study gauged BCRC's progress in implementing various aspects of the CCISC model (Comprehensive, Continuous, Integrated System of Care). The goal is to develop a "peer-driven, recovery-oriented system of care" for persons with mental illness in Beaver County.

The survey showed that BCRC "has accomplished more progress than the system average for 10 out of 13 CCISC indicators. Improvements were made or progress was maintained for 11 out of 13 indicators from 2012 to 2013."

Other positive indicators noted by the survey were the "growth in the number of change agents within the organization, enhanced collaboration with other agencies and systems, and proficiency of staff in implementing the CCISC model."

BCRC has made every effort to become a recovery oriented and welcoming agency as evidenced by the new Welcoming Statement which states, "*We are grateful for the opportunity to serve you and look forward to sharing in your growth and success!*" ■

CONGRATULATIONS!

Habilitation Services: Growing Through "Doing Life"

by Amanda Dodd

In today's social service world, the term "habilitation" has become increasingly familiar as agencies across the state of Pennsylvania continue to recognize its far-reaching impact.

Traditionally, state jargon defines home and community habilitation as services used to assist individuals in acquiring, maintaining and improving self-help, domestic, socialization, and adaptive skills to reside successfully in home and community based settings. However, in everyday language, one might refer to these services as the development of "life skills". For WIN Services at BCRC, habilitation often looks like the following: taking tours of various businesses, visiting historical museums, developing physical stamina through exercise, learning how to safely travel through the community, learning how to navigate public transportation, and developing a sense of money values and budgeting. The activities individuals engage in are governed by the personal goals established in their Individualized Service Plan, more commonly referred to as their ISP. Therefore, they are always purposeful, and are done with the intention of supporting the individual as they progress toward a higher level of independency.

Over the past few years, Sheila Silbaugh, Director of WIN Services, has witnessed marked improvement in the quality of life among those receiving habilitation services. For some people, that has meant transitioning from living at home to living independently, while for others, this has meant telling a story when speech is limited. She says it best when she explains, "We provide support to our folks and allow them to grow in their own way in their own time, and it's a great pleasure to have the chance to go along for the ride." ■

Resource: *Service Definitions Narrative for the Consolidated Waiver, Person/Family Directed Support Waiver, Administrative Services, and Base-Funded Services*

STW Student is Aliquippa Queen

by Frank Shialabba



School to Work student Aaliyah Jenkins is a humble and unassuming person. She looks for the simple pleasures in life. However, an unexpected pleasure came Aaliyah's way recently as she was honored as the Aliquippa High School Homecoming Queen. Aaliyah received county-wide recognition as she and her date were featured in a recent article in the Beaver County Times.

Aaliyah is a senior from Aliquippa High School who joined the School to Work Program in October, 2013. According to School to Work Program Specialist, Stephanie Baldwin, "She is willing to try new things and is a hard worker. She also enjoys interacting with coworkers and staff...she is friendly and outgoing."

Aaliyah's friendly ways were recognized by the students of the Aliquippa Homecoming Court who decided that she should be the unanimous choice as their Homecoming Queen.

This bright young girl is a typical teenager who enjoys singing and watching music videos. She has many dreams and aspirations. Foremost, she hopes to get her own house and work as a teacher or singer some day.

Aaliyah is wonderful representative for Aliquippa and for BCRC's School to Work Program. ■

Spotlight On: Pat Tengeres

by Jennifer Gengarella

Administrative Assistant extraordinaire, Pat Tengeres, has been a force in BCRC's development for the past 14 years. Starting as receptionist, and then moving into the secretarial position a year later, Pat is the behind the scenes go-to person when something needs done in the School to Work program. Pat also works with the accounting department, Gifts Delivered, and designs the Competitive Edge newsletter. She also does special projects that may come her way from other managers.

All of these duties keep her busy, but Pat claims Christmas time at BCRC as her favorite time of the year! This is one day the staff, clients and special guests gather together for good food, music, and of course, the dancing! Pat helps coordinate this and is an essential part of the success of our Christmas parties!

Pat comes to BCRC by way of West Virginia University, and CONSOL Energy where she worked for 15 years. She attended the adult program at VoTech and studied Information Systems. BCRC benefits from her vast knowledge and talents. She credits the hard work, the clients, and the "wonderful staff who make you laugh throughout each day," as some of the reasons that she so enjoys coming to work every day.

After her days at BCRC, Pat enjoys unwinding with a good movie or the current season of Dances With the Stars. She looks forward to BCRC's future plans. ■

2013 Award Winners

by Kelly Newhouse

In the month of December, BCRC presents several distinguished awards to well deserving participants.

Ms. Kristina Stiteler was presented the Samuel M. Lippincott, Jr. Award. Kristina has worked in the Vocational Training Center for 20 years and is a valued member of the workforce in the workshop and as part of the mobile workforce crew in the community.

The Leadership in Recovery Award was presented to Mr.

Richard Cauley. Richard has been a part of BCRC for two years. This award acknowledges Aurora members' journeys in the mental health service system. Nominees and recipients have demonstrated courage, creativity and leadership along their recovery journey.

Finally, the Competitive Employment Award was presented to Ms. Jessica McFadden. Jessica has been a respected member of BCRC for 13 years. ■

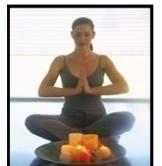


Safety Lights

Don't Stress It!

by Cindy Kirkpatrick

Stress is necessary for life. You need stress for creativity, learning, and your very survival. Stress is only harmful when it becomes overwhelming and interrupts the healthy state of equilibrium that your nervous system needs. When stressors throw your nervous system out of balance, relaxation techniques can help. There are techniques that you can do solo or with others. Here are some relaxation techniques to investigate: deep breathing, progressive muscle relaxation, body scan meditation, mindfulness, guided imagery, yoga, or tai chi. Once you begin a technique that suits you, set aside 10 to 20 minutes each day for your relaxation practice. As time passes, don't be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up to your old momentum. ■



Paulette Miller
Executive Director

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Jennifer Gengarella, Pat Healey,
Cindy Kirkpatrick, Kelly Newhouse,
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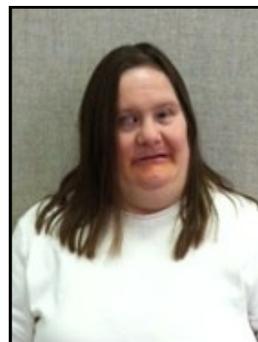
CenterPlace Office: 724-378-4750
Fax: 724-378-4526
New Brighton Office: 724-847-1306
Fax: 724-847-1126
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VP (Video Phone): 724-987-7946
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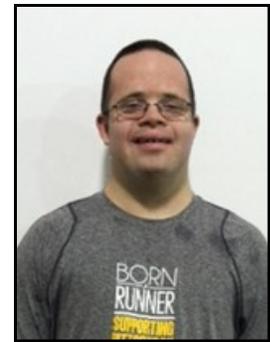
Employee of the Month



Michael Hitt
November 2013



Debbie Zubroski
December 2013



Troy Levinger
January 2014

School to Work

Employee of the Month



Randy Palombo
November 2013



Michael Taylor
December 2013



Brittany Pride
January 2014

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