

# Family Connections

Family & Children's  
SERVICE OF ITHACA  
*Where to turn...*

WINTER/SPRING 2010  
Vol. 14 No. 1

## Family & Children's Service Celebrates 125<sup>th</sup> Anniversary

Avid wordsmiths might want to wish Family & Children's Service Happy Quasiquacentennial in 2010! The term means 125th anniversary and is cause for a year-long celebration for Family & Children's Service. The agency began in 1885 as the Ithaca Children's Home, an orphanage located on West State Street. During the 1930s, the Family Society of Ithaca, a welfare relief agency that distributed food, clothing, and financial assistance to the city's neediest families, worked closely with the Ithaca Children's Home. In 1957, the two agencies merged to form Family & Children's Service of Ithaca. At that time, the agency strengthened its counseling services and helped form the agency as it is constituted today.

Since our beginning, children have been at our center. That is still true but the scope of our services is for people *at any age at every stage of life* with a strong emphasis on meeting the needs of families, especially those with limited means. Family & Children's Service of Ithaca employs staff professionally trained in a variety of disciplines (psychology, social work, child and adolescent development, and geriatrics), comprised of clinical psychologists, New York State certified social workers, marriage and family counselors, psychiatrists, respite aides, and Youth Service caseworkers—all committed and dedicated to helping our community strive toward happier, healthier, and more productive lives.

Exciting plans are underway to celebrate such an important milestone anniversary! Please refer to the sidebar for upcoming events in 2010 and visit the F&CS website frequently to read about anniversary celebrations and to sign up for the F&CS e-newsletter. ♦

Celebrating  
125  
YEARS

# clip and save!

## 2010 F&CS Events

### February 26

DAP 19th Annual  
Spaghetti Dinner  
5-7 p.m.  
St. John's Episcopal  
Church

### March 26

'Opening New Doors'  
Campaign Celebration  
Time tba  
Sponsored by La Tourelle  
Resort & Spa

### MAY IS MENTAL HEALTH MONTH

### May 8

Spring Fling  
5:45-8 p.m.  
King Ferry Winery

May (date & time tba)  
125th Anniversary  
Celebration & Award  
Ceremony  
Country Club of Ithaca

### June 25

Celebration of Children  
Community Carnival  
4:30-6:00 p.m.  
FCS Parking Lot

### July (date & time tba)

Dedication of the  
Greenstate Building

### September 12

Cayuga at Twilight  
Time tba  
Whispering Pines  
neighborhood

### October 3

2010 Robert E.  
Hamlisch, MD Memorial  
Lecture featuring Dr.  
Richard Kogan  
Time tba  
Bailey Hall - Cornell  
University

### December 9

FesTOYval -  
a festival of TOYS!  
5:30 - 7:30 p.m.  
Country Club of Ithaca

Family & Children's Service of Ithaca is dedicated to providing affordable, professional services that support children, families, and organizations in finding solutions to the challenges of life today.

Family & Children's Service is a private, non-profit human service agency supported through funding from the United Way of Tompkins County, public/private service contracts, client fees, insurances, grants, and tax-deductible contributions.

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## 125 Years...

### Some Things Stay the Same, Some Things Change!

*A Message from President & CEO – James G. Johnston*



A new year, a new decade, and even a new era for Family & Children's Service of Ithaca as we celebrate our 125th anniversary in 2010. It is so satisfying and gratifying to reflect on the agency's past, present, and future. As we begin to wrap up our "Opening New Doors" capital campaign, we are excited and uplifted to celebrate this new era for F&CS. Our new building has certainly propelled our ability to serve more children and families as well as creating such a sense of pride and purpose in our staff. Having a nice environment in which to work pays dividends in morale and productivity.

When I reflect on the agency over my tenure here I am always amazed and humbled how we adapt and change to meet the needs of the community while still always remaining true to our mission and our modest beginnings.

Many people know that Family & Children's Service began as the Ithaca Children's Home, an orphanage and adoption agency. In 1885, the heart of their work was to advocate for children. Flash forward to 2010, 125 years later, and our intention is exactly the same. So, on one hand, we are unchanged; on the other, we have continually adapted to serve the ever-changing needs of the community. Our counseling services have long been the cornerstone of our agency, now not just for children, but families, adolescents, young adults, and Seniors. Over the years, we've added programs, changed programs, passed service offerings on to other human service agencies ... all with the goal of being able to serve the community in the best way possible. It hasn't always been easy and we've had our share of tough times, but one thing a milestone anniversary does is give pause for reflection about where we've been and where we're going. I am so proud of the agency and its rich history but excited about its future too. Mostly I am humbled by our community's response to our work. We exist because so many other people care about what we do and care about children and families and want what's best out of living—happiness, health, and a productive life.

Our agency is truly blessed by many people who have chosen to support our work, often over generations. The "Opening New Doors" capital campaign is just one example of how the generosity of families has allowed us to look brightly at our future. Over the years, we have had many special causes we wanted to pursue, such as child psychiatry and youth services; often with good intentions to provide quality services, but not enough funding. Our community has responded, time and time again. Some special people even remember our agency with bequests through our Pettengill Society, named after Ruth Pettengill, the agency's executive director from 1959 to 1972.

I invite you to pause and reflect about Family & Children's Service during this special anniversary year but I also invite you to help us celebrate. We'll have some opportunities for the community to join us in celebration, which makes perfect sense because community is an integral part of our equation. ❖

### 2010 Robert E. Hamlich, MD Memorial Lecture Dr. Richard Kogan, World-Renowned Psychiatrist & Pianist

Dr. Richard Kogan, both a psychiatrist and an award-winning concert pianist, often combines his two passions—psychiatry and classical music—in intriguing ways. On October 3, 2010 the Ithaca community will have the opportunity to enjoy his amazing lecture *Music and the Mind* as Dr. Kogan delves into the lives of some of history's great classical music composers to see how their psychological issues influenced their musical output. He will both lecture and perform for the audience.

Dr. Kogan's visit to Ithaca this fall is for the 2010 Robert E. Hamlich, MD Memorial Lecture. The lecture series was created by Family & Children's Service to honor Bob Hamlich who served as the agency's medical director for more than 17 years prior to his death from cancer in 1999. The 2010 lecture will be held at Bailey Hall on the Cornell campus and will be free and open to the community. ❖

# SERVICE SHOWCASE...

19th Annual  
Spaghetti Dinner  
Fri., Feb. 26

## DAP/Youth Services

Youth ages seven to 18 who are struggling in their homes, schools, or communities can enter the Youth Service department's Dispositional Alternatives Program (DAP) for comprehensive and supportive services, such as counseling, case management, life skills, conflict resolution, social and recreational activities, and academic support. The key elements of the program are community-based involvement and family-centered participation. For the youth fortunate enough to get placed in DAP, results are often evident and the youth's functioning and relationships improve.

It has long been a hope for the agency to expand DAP and serve more struggling youth and their families. However, DAP like many programs across New York State, has suffered a significant funding reduction

and is now serving less youth. The staff has been able to be innovative and creative to meet the many complex needs of the youth and their families but now, more than ever, the DAP staff is relying on the involvement and generosity of the community to help augment service delivery. Luckily, for more than three decades, DAP has been the recipient of many civic groups, businesses, and organizations' generosity with in-kind donations, designated gifts, and other supports and will hopefully continue to be the beneficiary of the community's good will.

If you would like to learn more about DAP and its "little engine that could" perseverance, we invite you to attend the **19th annual Spaghetti Dinner on Friday, February 26 from 5:00 to 7:00 p.m. at St. John's Episcopal Church** to enjoy a wonderful meal served by youth enrolled in

the program. The dinner has been a long tradition of involving youth in their service delivery as the money they raise funds the majority of their enrichment activities for the year. The spaghetti dinner is also an opportunity for our DAP youth to take part in a community effort, providing them with the occasion to see for themselves the outcome of hard work, dedication and group effort. By acting as hosts, waiters, and waitresses, it is our hope that they will build upon a sense of accomplishment and self-worth. We invite you to attend the dinner with your family — and if you can't attend, please consider sponsoring a DAP family to enjoy the event. To make a donation to DAP and to learn more, please call 273-7494 or visit [www.fcsith.org](http://www.fcsith.org) for more information. ❖

### Community Support: A Key to DAP's Efforts

**Community support of DAP** is one the program's vital components. This past holiday season was a time of year when a few businesses and organizations helped DAP enrich some of its programming. Pictured is a newly renovated Homework Corner for youth enrolled in DAP to have a suitable place for academic support and homework assistance. The upgrade was a holiday service project conducted by employees of Old Navy. DAP was also the recipient of a holiday gift drive by WVBR 93.5 FM Radio as well as program supplies from the FestOYval event held in December. Additionally DAP was the beneficiary of the D-Rock Memorial Concert held at Castaways which was sponsored by McNeil Music, the Sutras, The Family Knife and Hubcap.



#### New Building New Faces

The "Opening New Doors" capital campaign has made so much possible for Family & Children's Service as a professional mental health service provider: quality counseling offices, observation rooms, group counseling rooms and much more but most importantly, more people who need help have more opportunity at F&CS than ever before. Averaging 16% more hours available to the community, the agency has increased its professional counseling staff significantly since the relocation of clinical services to 127 West State Street. Pictured are some of the new faces at Family & Children's Service's new building: Maria Manna, MA and Lauren Franklin, LCSW (standing l to r) and Heather Simpson, LMSW and Jessica Gosa, LMSW - Senior Services Coordinator (seated l to r) Not pictured is Laura Gates-Lupton, MSW.



#### FestOYval Fun

FestOYval, the annual festival of toys, was a night of fun and excitement, especially for kids who like balloon hats! Pictured are Peter Estill and Tom & Davey Uhlig showing their spiffy balloon headwear thanks to Amazing Pete the Balloon Guy. Kids also enjoyed face painting, good food, and arts and crafts. Adults had a good time too by donating toys to children served by the agency and enjoying a silent auction. More than \$13,000 was raised for the children's mental health and youth services programs. Special thanks to sponsor CFCU Community Credit Union and toy shoppe sponsor Tops Friendly Markets for helping to make the event a wonderful success.



#### Development Staff Update

Katie Foley has been named the Director of Development at Family & Children's Service of Ithaca, being promoted from Associate Director upon the retirement of Laura Day in December. Katie has been with FCS since 2007, coming to the agency from the Ithaca Youth Bureau where she served as the director of the Big Brothers Big Sisters mentoring program. She is a graduate of Ithaca College, as is Edie Jodz, the agency's new Development Associate. Edie formerly worked for Worldwide Books in Ithaca.

## Bryan Warren to Lead Family Partners Program

Bryan Warren, the President of Warren Real Estate and a Tompkins County leader in corporate philanthropy and community service, has been named the new Chairman of Family & Children's Service's Family Partners initiative. Family Partners are area businesses and key employers who have made a special commitment to the mission of the agency, especially to serve children and families with limited means. Corporate support allows us to advance many of our key programs but also helps us to offer a sliding fee scale to uninsured or underinsured community members who need mental health care or other key services.

Bryan has long been committed to the health and growth of our local community and believes strongly in supporting local organizations. As an Ithaca native, he knows a strong community requires active community involvement, leadership, and volunteerism. Family & Children's Service has benefited from Warren Real Estate's consistent generosity and support for over a decade. From the inception of our annual gala, *Cayuga at Twilight*, Warren Real Estate has provided generous sponsorship which significantly supports our Children's Mental Health Program. Bryan's generosity and commitment to enhancing the quality of life in Tompkins County makes him a great leader for the Family Partner initiative. Welcome Bryan!

To learn how your business can become a Family Partner, please contact Katie Foley, Director of Development at 273-7494 or [kfoley@fcsith.org](mailto:kfoley@fcsith.org). ❖



## Empire Zone Credits Still Available for Gifts to the Opening New Doors Campaign!

Whether you have already made a gift to the Opening New Doors campaign or are considering a contribution, you still have time to join the growing list of generous individual, business, and foundation campaign donors and take advantage of the Empire Zone Tax credits.

A donation of \$1,000 or more to the "Opening New Doors" capital campaign will earn you a 25% New York State Empire Zone Tax Credit on your New York State income tax returns; this is in addition to standard federal and state charitable tax deductions!

Giving to the Opening New Doors campaign now is a great opportunity to keep tax dollars right here in Tompkins County and help Family & Children's Service assist thousands of children and families with expanded services in a wonderful new location.

The Empire Zone Tax Credit program expires on June 30, 2010, so act now to take full advantage of this once-in-a-lifetime opportunity! ❖

Don't miss the  
**DAP 19<sup>th</sup> Annual Spaghetti Dinner**  
February 26 (5-7 p.m.)  
St. John's Episcopal Church

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SERVICE OF ITHACA  
*Where to turn...*

*...at any age at every stage of life*

127 West State Street  
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