



EXCEPTIONAL
FAMILY
RESOURCES

EXCEPTIONAL TIMES

Empowering People • Enhancing Lives

March 2025

www.contactefr.org



WELCOME

Dear EFR Community,

As we welcome the month of March—a time often associated with luck and new beginnings—I want to take a moment to express my heartfelt gratitude.

To our incredible team: thank you for your dedication, compassion, and unwavering commitment. To our community partners: your collaboration and support make everything we do possible. Together, we continue to provide high-quality programs and vital services that make a real difference in people's lives.

Looking ahead, we remain steadfast in our mission and excited for the opportunities this new month brings. Here's to a March filled with progress, purpose, and continued partnership.

Thank you for being a part of EFR!

BRUCE DRAKE

Chief Executive Officer

CONTACT US

1820 Lemoyne Avenue
Syracuse, NY 13208

315.478.1462

ARE YOU A MEMBER OF
OUR EMAIL LIST?
SIGN UP TODAY AND
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UPDATES.

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let's connect



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WHAT'S HAPPENING THIS MONTH?

FUNTASTIC FRIDAYS

7



Elevate Fitness Class

March 7th | 10:00 am - 11:30 am



Bingo

March 7th | 1:00 pm - 2:30pm

Participants must RSVP for all Funtastic Friday activities so we may plan accordingly.

Failure to RSVP may prevent participation in the scheduled activities for that day.

Please RSVP by Tuesday
of each week to
celebrations@contactefr.org.

WEAR
GREEN

14



St. Patrick's Day Craft

March 14th | 10:00 am - 11:30 am

Bring a paper towel roll.

Space is limited to 25 people.

St. Patrick's Day Party

March 14th | 1:00 pm - 2:30pm

Space is limited to 25 people.

21



Brunch Potluck

March 21st | 10:00 am - 11:30 am

Movie & Popcorn: Shark Boy & Lava Girl

March 21st | 1:00 pm - 2:30pm

28

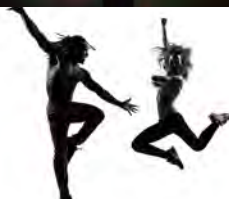


Karaoke

March 28th | 10:00 am - 11:30 am

Zumba

March 28th | 1:00 pm - 2:30 pm



WHAT'S HAPPENING THIS MONTH?



**FREE TICKETS
(FOR EFR
RECIPIENTS
ONLY!) BEFORE
FRIDAY, 3/7!**

**ANY RSVPS
AFTER 3/7
MUST PAY \$25
PER TICKET**

**LIMITED
TICKETS
AVAILABLE!
EMAIL
RECREATION@CONTACTEFR.ORG**

**MARCH
21 - 23
2025**

redhouse
presents

BIG FISH

SCHOOL EDITION

Book by JOHN AUGUST

Music and Lyrics by ANDREW LIPPA

Based on the novel BIG FISH by Daniel Wallace
and the Columbia Pictures screenplay written by John August



In partnership with

OF ONONDAGA
Arc
Foundation

With support from

Excellus

EFR TICKETS AVAILABLE
Saturday, March 22nd @ 2:00pm

SUN, 3/23 @ 2:00PM OR
Tickets for FRI, 3/21 @ 7:00PM available for purchase

Big Fish School Edition is presented through special arrangement with and all authorized performance materials are supplied by Theatrical Rights Worldwide 1180 Avenue of the Americas, Suite 640, New York, NY 10036. www.theatricalrights.com

Originally produced on Broadway by Carl Jaffe, Bruce Cahn and stage Entertainment with Ray Furlan, Broadway Across America/Rock Entertainment Group, John Doms, The Nederlander Organization and Edward Yones in association with CJE&M, Dancing Elephant Productions, Parrothead Productions, Carole Fisher, Peter Ray/Jim Fantaci, Ted Liebowitz/Jo Pacentile and Columbia Pictures

WHAT'S HAPPENING THIS MONTH?



Kids Night Out: Bingo

March 4th | 5:00 pm - 6:00 pm
EFR Main Office 1820 Lemoyne Ave



11

Planned Parenthood: Health and Wellness Class

March 11th | 5:00 pm - 6:30pm
EFR Main Office 1820 Lemoyne Ave



17

St. Patrick's Day Scavenger Hunt

March 17th | 4:30 pm - 6:00pm
EFR Main Office 1820 Lemoyne Ave

\$3 per person

(support personnel do not pay this fee)



21

Friday Night Dance \$5.00

March 21st | 5:30 pm - 7:30pm
CNY Community Foundation
431 E. Fayette St.



25

Planned Parenthood: Health and Wellness Class

March 25th | 5:00 pm - 6:30pm
EFR Main Office 1820 Lemoyne Ave



WHAT'S HAPPENING THIS MONTH?



Bingo | Fulton Office

March 18th | 11:00 am

2 Tower Drive Fulton, NY 13069



Bingo | Syracuse Office

March 19th | 1:00 pm

1820 Lemoyne Ave. Syracuse, NY 13208



Drop-In Gaming Group | Every Wednesday

February 12th, 19th, 26th | 11:00 am - 2:00pm

Soule Branch Library , 101 Springfield Rd.

*Bring your library card to check out a game or
feel free to bring your own game.*



Let's Go Bowling | Every Thursday

March 6th, 13th, 20th, 27th | 11:00 am - 1:00 pm

Flamingo Bowl, 7239 Oswego Rd. Liverpool

Fee: \$2.95 per game, plan for 2-3 games.

*Be sure to bring enough money for games played and any
snacks you wish to purchase.*

Space is limited be sure to RSVP!

*Please RSVP by Monday of each week to
celebrations@contactefr.org.*





TEAM SHOUT OUTS!

Kathleen Pacheco

Thank you for accommodating [us] today! [We want to comment] on how kind you were. We really appreciate you!

Suzanne Haywood

Thank you to Suzanne for jumping in, learning our ADP payroll system and completing payroll tasks so well! You are appreciated!

The Quality Improvement Team

I'd like to do a shoutout to the QI team for their assistance with the clinic transition of 1400 client records. Lisa Impellizzieri dug right in with me for weeks and ensured we got the job done. Alexis Fadian jumped in and worked nonstop in downloading client records for transfer. Cathy Foertch held down the fort while the rest of us were in the weeds! A true team effort by a group of professionals who understood the task and didn't stop until we hit the finish line!

Deanna Hubbard

I want to share that it has not gone unnoticed her positive attitude and encouraging words that she gives her team. She has proven to take interest when someone is talking about an issue or concern whether it be work related or personal. She is a great addition to the Employment Department and it is appreciated the kind words she shares with others in times of need.

Beth Hurny-Fricano

I would like to shout out Beth Hurny-Fricano. She has always been willing to help out with a different department and she volunteered at most ARISE events! She stops and talks to people in the hallway. She had an impact on more than just the clinic. She was a great asset to ARISE and she will be missed. Thanks for all you did, Beth!

Nate Cannon

I would like to nominate Nate. On Jan 9, he was out early in the morning shoveling our sidewalks. The night before we had a terrible snowstorm and weren't sure if the office would be open. But no, he was out there clearing snow!

TEAM NEWS

Nate Cannon

I would like to give a shout out to Nate for showing up every day and humoring us with jokes and for always being respectful and kind.

Sue Rogers

I would like to give a shout out to Sue Rogers for all of her hard work and dedication to ARISE over the years. The morning coffee sessions are always a pleasure!

Sue Rogers

Shout out to Sue Rogers who is the most organized person on the planet and willing to step in anywhere, anytime to help out. She is the embodiment of the Independent Living Philosophy.

Lauren Canorro and Kristen Jackson

I would like to give a shout out to Lauren Canorro and Kristen Jackson for being such amazing advocates for the CDS program. Amazing job ladies! We appreciate you!

Lauren Canorro

You are an amazing support to this team. No matter the challenge faced, you are always willing to listen to our concerns and motivate us to succeed. Thank you for never allowing me to question if we are appreciated, and for always celebrating our achievements. Your leadership encourages me to far surpass my goals, striving to be my best self in this position. Thank you for all you do!

Iyleah Gilbert and Becky Tyrrell

I would like to give a Shout Out to Iyleah Gilbert and Becky Tyrrell for their great Customer Service to all the folks who they help every day. They are always willing to speak with anyone who needs help or has questions, all with a smile. I'm glad to have them as teammates.

Becky Tyrrell

Thank you for all the hard work you do for the CDS team. Your efforts do not go unnoticed, and we appreciate all your help!

IT Team

Shout out to Joe Schumacher and the whole IT team! They are always so helpful. Whether office staff or DSPs, the jump right in. They also provide a friendly environment to stop by for help or a good laugh.

Jennifer Barkley

I would like to shout out Jen Barkley She is such a hard worker and such a great relationship with her coworkers (both in and out of her department) and her DSPs. She has great patience when it comes to helping DSPs (who often times are grandparents and not the most tech savvy individuals). She volunteers and helps plan company events.

She loves going to and promoting ALL ARISE programs at community events, even programs outside of her department. She has great ideas when colleagues from other agencies in the community have questions. Thank you, Jen, for all you do for ARISE!

Mark Johnson

Shout out to Mark Johnson who keeps everything running smoothly in our physical plant. He's our handyman, the main point of contact for our contractors, and the guy who gets the text when the alarms are set off or something breaks. Thank you for all you do!

Kristi McClusky

Shout out to Kristi McClusky for making Compliance a trusted partner department within our agency. She is organized, thorough, and able to navigate complex problems. She leads a great team and has a terrific sense of humor. She is what Independent Living is all about.

Julie Allen

Shout out to Julie Allen for keeping track of a thousand details as we navigate the merger. She knows the big and little pictures and is always ready to lend an ear or flash a smile. ARISE is better because of her.

Mary Schwanke

Shout out to Mary Schwanke who has always been supportive to her staff and keeps communication lines open at all times. She is always willing to listen and to help out!

Michael Moss

Shout out to Michael Moss who is always willing to help anyone in the Oswego office. Michael provides a lot of support and is a pleasure to work with.

Jill Phelps

Big shout out to Jill Phelps for organizing the equipment that was turned in and creating checklist of the equipment the users turned in. Thank you so much.



ARISE Inc.



Walt Disney World

EPCOT International Flower & Garden
March 5 to June 2, 2025!

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Bay Lake, FL

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East Rutherford, NJ

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Legoland Florida

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Winter Haven, FL

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Where Champions Play & Eat!

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Nationwide

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\$25 off in-person tax prep
at H&R Block

VIEW DEAL

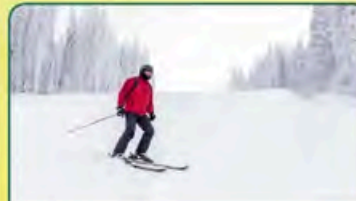


Embrace Pet Insurance

National Puppy Day March 23rd

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Visit before season ends!

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at only \$28/month. No
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March 2025



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SCAN



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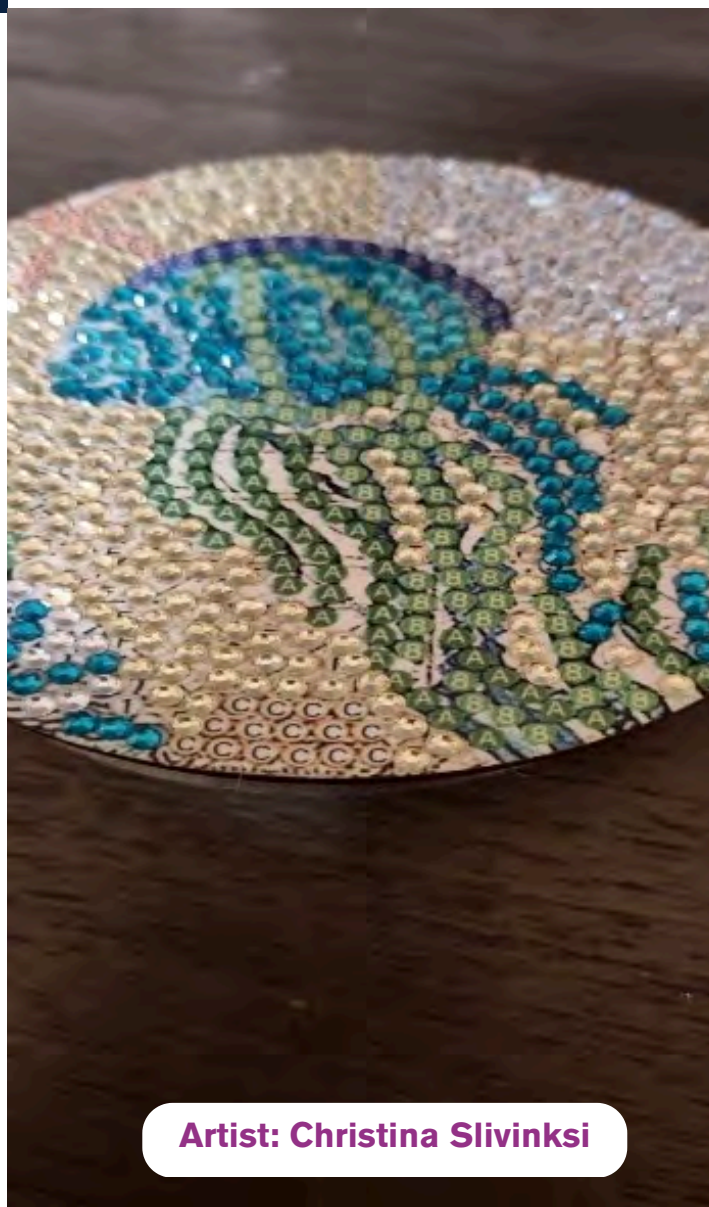
With support from

A detailed illustration of a fish, likely a peacock bass, with vibrant colors and patterns on its scales and fins.

Join Our Team!

Seeking exceptionally compassionate team members.

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or call 315.930.2755



Artist: Christina Slivinski