Holy Childhood’s School Program
Traveling the Healthy Highway

Navigating your way through a healthy lifestyle can sometimes be challenging, but when you have good directions to follow, it’s easier to find your way.

That’s why School Program Director David Halpern has incorporated the Healthy Highway curriculum into Holy Childhood’s School Program. Developed by Wendy Cooper, a local Physical Education teacher for thirty years, the Healthy Highway program teaches students the importance of starting and maintaining a healthy lifestyle throughout their lives.

“I needed to incorporate nutrition into the physical education curriculum, and at the same time keep my students moving and engaged, said Wendy. After trying many different methods that didn’t deliver the desired results, I came up with the idea for the students to imagine they were cars. At first, we worked on safety rules. When I saw it struck a chord with them and how well they were relating to, and embracing the car theme, it was expanded to include nutritional information”, she said. “The Healthy Highway Program is designed to be an easy but comprehensive program that has students up and moving while learning about the importance of healthy fuels for their engines. It embraces the natural instinct of students to move for the sheer enjoyment of moving as well as seeking out fun ways to learn about healthy foods”.

While never planning to start her own business, Wendy wanted to make the program available to other professionals looking for a way to teach good

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MESSAGE FROM

PRESIDENT AND CEO

Dear Friends:

I absolutely love photos like the one that accompanies this column. Any moment I have to be right in the thick of amazing experiences with the people of Holy Childhood is one more which builds upon my appreciation for their abilities and passions—as they define how they want to spend their daily lives.

The trip to General Motors Rochester Division was a terrific example of how Holy Childhood has really branched out into community-based activities, with a keen eye toward vocational experiences and paid employment for the people we serve.

While the generous people of General Motors have supported us for 25 years in so many ways, they have also been willing to open their arms to the workers at Holy Childhood, so that everyone is included and embraced in the community of their workplace.

Every day, to hear the people who are experiencing community-based activities perhaps for the first time, it is eye-opening—and there is an incredible expression of the possibilities which exist.

So, here’s to exploring possibilities, independence, and as we like to say every day—Inspiring Lifelong Success!

Cordially,

Donna M. Dedee
Holy Childhood’s School Program
Traveling the Healthy Highway

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nutrition and healthy practices. Holy Childhood teachers and staff trained in the program urge students to take these lessons home to parents and other members of their household so the learning can continue there.

Traffic-related signs that are posted throughout Holy Childhood are interchangeable and interactive. They encourage students, adults and staff to participate in fun “fuel” exercises. They describe which foods are “red, yellow or green light” food choices and which food is good “fuel for your tank” and also what types of food choices can slow you down. The signage serves as a constant reminder of what is being taught in the classrooms as anyone walking through the halls can observe them every day. Program information students take home provide additional nutritional and educational information for the entire family.

Holy Childhood School Program Director, David Halpern says, “This curriculum stresses physical activity and healthy eating. Each week, every classroom will be exploring healthy eating based on the color of the food. For example, week one is “red” week, students will be learning about and eating healthy foods that are red (apples, raspberries, etc.) Also, classrooms will have a minimum of 60 minutes a day of physical activity. Every class will be getting into our pool and using the gym as part of the program. We will be having many other activities spread out over the summer including Zumba, Yoga and other dance programs. In the area of literacy, each class will be working on vocabulary words that are related to the topics they are studying”.

Here at Holy Childhood, The Healthy Highway program began during the Extended School Year in the summer of 2014. Funded by a grant from the United Way, the concepts of the program have now been integrated into the entire school year curriculum to ensure continuous learning all year long.

Results of the Healthy Highway program have shown a definite improvement in student’s identification of foods for each food group as well as excitement to make healthy choices while at school, at home and out in the community.

Yoga and other exercise programs are an important part of the Healthy Highway curriculum.

ROC the Day, the United Way’s 24-hour, online giving event that encourages people to support our community’s non-profit organizations took place this past December 2nd and our Holy Childhood ROC Stars came through in star-studded fashion! Online donations from our extremely generous supporters totaled $6,284.76! Paired with a matching grant of $4,000 from Rich and Tamye Lozyniak and an additional $500 for Holy Childhood’s winning submission to the ROC the Day Photo Contest, Holy Childhood received an impressive $10,784.76 from the United Way. Thank you to all of our Holy Childhood ROC Stars for participating in ROC the Day 2014!
 Inspire

If We Had Only Known

Holy Childhood recently received a surprise bequest of more than $153,000.00 from the estate of a man we never had the opportunity to thank. Of course, we appreciated the gift immensely. It revealed a gracious and generous person. And the gift will certainly help us accomplish our mission.

But we feel somewhat cheated because we were unable to express to him our gratitude for his kindness. We couldn’t let him know how much his gift would mean. If we had only known, we could have said, “Thank you.”

And so we encourage our friends to let us know when they include Holy Childhood in their estate plans. Not only can we express our appreciation, and recognize them as members of the Sister Seraphine Society, but we can make sure they are kept up to date with all the developments occurring here at Holy Childhood.

The Sister Seraphine Society was established to recognize those who include Holy Childhood in their estate plans. Members receive an attractive lapel pin and certificate, signed by Holy Childhood’s President and CEO. They also receive an invitation to attend an annual reception held in November which includes a special program and VIP tour.

Have you named Holy Childhood in your estate plans? If so, please use the form below to let us know. If you would like to talk with someone personally about your giving plans, contact Brian Wirth, Holy Childhood’s Director of Development at 585-359-3710, ext. 140. You will appreciate his understanding of these matters and his sensitivity to your wishes and privacy.

Dear Friends of Holy Childhood:

___ Please contact me about a personal visit or other assistance.
___ I have already provided a bequest for Holy Childhood in my will or estate plan.
___ Please send me information about Holy Childhood’s Sister Seraphine Society.

Name: __________________________________________________________________________
Address: _________________________________________________________________________
City: ____________________________________________________________________________
State: ___________________________ Zip: _______________ Phone: _______________________

Mail this form to: Brian Wirth, Holy Childhood, 100 Groton Parkway, Rochester, NY 14623

Vespa Raffle Benefits Holy Childhood!

Imagine riding around town in this brand new, sleek & sporty Vespa!

Participate in the Holy Childhood Vespa raffle all summer long. Proceeds directly benefit the programs and services Holy Childhood provides to children and adults with intellectual and developmental disabilities.

Raffle tickets are available at Holy Childhood, the Lilac Festival, Pittsford Dairy (during the month of May), Fairport Canal Days, Parkleigh (beginning mid-June) and the Park Ave. Festival. Tickets are 1 for $5 and 3 tickets for $10. The drawing date is August 2, 2015 and the winner will be notified.

Vespa graciously donated by: COUNTRY RODE MOTOWERKS
Meet a new friend of Holy Childhood, Ryan Martynowicz, a freshman attending Seton Hall Prep in West Orange, New Jersey. This extraordinary young man took it upon himself to help Holy Childhood in a very special way this past Thanksgiving season.

Ryan belongs to a swim club in his hometown and realized there was an abundance of gently used swim goggles and swim caps accumulating at their pool facility. A quick search on the internet and Ryan came upon Holy Childhood’s Wish List, which includes the need for swim goggles for students and adults who participate in our swim program.

“\[Ryan\] have been swimming competitively since I was very young, said Ryan. I have always been lucky enough to not have to worry about having the proper equipment such as goggles and swim caps. I have teamed up with Holy Childhood to try and help supply their students and adults with gently used goggles to help them learn to swim."

Ryan made and posted signs at all of their practices and local swim meets, asking for donations. Because of his efforts, Holy Childhood received two boxes containing more than 50 pairs of brand new and gently used swim goggles, and 120 brand new swim caps.

Making (and Serving!) Salad with a Smile

This past December, friends gathered at the home of Diana and Michael Keene to celebrate the spirit of the holiday season. It has become a tradition at this annual gathering for family and friends to bring donations for Holy Childhood’s Transition/Skills and Day Habilitation program instead of gifts for the hosts.

This year’s generous donation allowed for the purchase of a new refrigerator and kitchen supplies for the popular Salad Cart Café project, which has been up and running for more than a year.

Two times each month, this talented group of adults puts together approximately 40 delicious salads for our adult program workers and Holy Childhood staff, and they do it all! From assembling three different varieties of salads, (Caesar, Garden and a seasonal specialty) to delivery and collection of the money, it’s always service with a smile every step of the way!

“Because of the faithful volunteers and our motivated workers, the Salad Cart Café project has been a great success.” says Janet McGough, Vocational Instructor with the adult program. “The group is showing great progress in their food prep skills, customer relations and they work well as a team. We are very grateful to the Keene family and friends, and our dedicated volunteers for their generous support of the Salad Cart Café program.”
Holy Childhood’s 51st Annual Firefighter Christmas Party

What a wonderful day it was at Holy Childhood this past December 19th. No one minded the snow flurries and chilly temperatures while the parade of more than 200 firefighters from the Rochester, Gates and Henrietta Fire Departments, accompanied by Santa and Mrs. Claus and Rudolph the Red Nose Reindeer arrived at Holy Childhood in the grandest of fashions.

This year marked the 51st anniversary of this much-loved and highly anticipated event that firefighters affectionately call “the Flow of Happiness” which brings smiles to the faces of Holy Childhood students, adults and staff every year.

Holy Childhood President and CEO, Donna Dedee said, “Our firefighters are part of the Holy Childhood family—they have been for 51 years. This event is a beautiful part of our history, and has come to epitomize how our community always rallies for the people being served here. From the City of Rochester, to Gates and Henrietta, where Holy Childhood is, the firefighters are always with us.”

Employment Milestone Awards

Helping students retain the jobs they currently have is an important part of Holy Childhood’s Employment Services. This past November, three Holy Childhood Community Classroom students celebrated their one year anniversary at their places of employment.

Certificates were presented to:

Andrew Rondeau, who works at Niblack Foods two days a week. He recently obtained a second job at GEVA Theatre.

Josiah Sweet works at Seneca Park Zoo one day a week. He also recently obtained a second job at GEVA Theatre. In addition, he also works at the Little Theatre two hours a week.

Julianne Warren is employed at Union Street Eatery in Spencerport, where she works two days a week.
IN CASE YOU MISSED IT

Wine at Center Ice 2015

The 2nd annual Wine at Center Ice event to benefit Holy Childhood was held on February 6th at Bill Gray’s Regional Iceplex in Henrietta. More than 200 guests sampled delicious varieties of wine and local craft beer from 11 area vendors. Live music from the Everheart Band, spectacular silent auction items from generous donors, fabulous food from Creative Caterers, entertaining games on the ice and our event emcee, WROC-TV meteorologist Stacey Pensgen made for an enjoyable evening of great fun, food and drink. More than $4,000 was raised to benefit Holy Childhood programs and services. “It’s a great way to wrap up the work week on a Friday night, having fun at the Iceplex, enjoying great food, and sampling wine and local craft beer from our participating vendors”, says Development Director, Brian Wirth. “We are grateful to our generous project partners, sponsors and guests. This event grows bigger and better each year and would not be possible without their support”. Be sure to mark your calendar for Wine at Center Ice 2016, to be held on Friday, February 5th at Bill Gray’s Regional Iceplex.

Eat Ice Cream for Breakfast

For a second year, Moonlight Creamery in Fairport graciously chose Holy Childhood as their charity for the Eat Ice Cream for Breakfast event held this past February. This delectable, fun holiday which is celebrated all around the world was invented right here in Rochester, on a snowy winter day in the 1960s by Florence Rappaport who was looking for something to chase away the winter doldrums for her two children. The holiday has spread across the globe thanks to Florence’s grandchildren, who have traveled extensively. Florence’s daughter, Ruth Rappaport Kramer attends the Moonlight Creamery event each year. Holy Childhood Public Relations Manager, Laurie Otto comments, “We are truly honored and grateful to be named as Moonlight Creamery’s charity for a second year. Our relationship with Heidi Grenek and her staff is very special to us. Support from community businesses such as theirs helps us to provide the programs and services to the students and adults we serve at Holy Childhood.”
Special Touch Bakery News

Spring is here and so are your favorite varieties of Special Touch Bakery pie! And, the one you’ve been waiting all winter for... Key Lime pie is back! And don’t forget about your other Spring/Summer favorites; Lemon Meringue, Strawberry Rhubarb (our second best seller), Cherry, Blackberry, Coconut Cloud and our number one seller, Apple Crumb! Special Touch Bakery pie is the perfect ending to your cookouts and picnics! P.S. And is always a great gift idea for the host or hostess!