



ARC Manor News

WINTER 2008

ARC Manor Presents President's Award to Judge James Panchik



ARC Manor held their 34th Annual Dinner on September 15, 2008 and Chase McClister, Board president, presented this year's President's award to Judge James Panchik. Judge Panchik has been a long time supporter of ARC Manor. He served on the Board of Directors back in the mid 80's and early 90's and has also donated his time for legal advice when needed. Judge Panchik has knowledge about addiction and recovery and understands the importance of treatment. He takes the time to address these issues in his courtroom and makes referrals to ARC Manor when needed. ARC Manor appreciates his support!

ARC Receives Preferred Provider Award!

Rhonda Braatz, Board Member of the Armstrong-Indiana Drug and Alcohol Commission, presents Cindy McCrea, Executive Director of ARC Manor, with the Preferred Provider Silver Status Award. This is ARC Manor's second year to receive this award, based on performance standards achieved during the 2007-2008 Fiscal Year.



Continuing the tradition of Transforming Lives... Celebrated at ARC Manor's Annual Dinner



OFFICER OF THE YEAR AWARD

2007 Officer of the Year awards were given by ARC Manor Addiction Recovery Center at their annual dinner which was held September 15, 2008. The Officer of the Year award has been given out to one state police officer and one local police officer every year by ARC Manor since 1998, modeled after the PA DUI Association's "TOP GUN" award.

State Police Officer of the Year Christopher Robbins had 37 DUI arrests in 2007. He has been with the PA State Police for seven years and has received this award the previous two years, as well as Municipal Officer of the Year in 2000.



Congratulations to both law enforcement officers for their accomplishments!!



Municipal Officer of the Year Christian Disciscio from Kiski Township, pictured with Jill Pless, ARC Manor Assistant Director, has been with the Kiski Township Police Department for 2½ years. He had 39 DUI arrests in 2007.



**Executive Director's Message
Cindy McCrea, MSW,LSW**

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
-Helen Keller

At the end of a calendar year, I always find myself reflecting on the things that I've done, the things that I meant to do, and the things that I will promise to do in the next year. With the holidays and the New Year, there comes an increasing sense of hope and optimism that all things can be accomplished. It's a great feeling...and one that I wish that I could carry with me all year long. One blessing of being with ARC Manor is that I realize I can! I watch and listen as people walk through our doors consistently with the same type of hope and optimism. ARC Manor offers an open door for all who are willing and ready to make changes. Everyday our clients make resolutions...not to lose a few pounds, or to save a bit more money...but to save their lives. Our staff members are ready and able to reach out and assist each person in reaching their goals. Of course, there are some days that are better than others. Some people stumble and fall. Some people, however, succeed one step at a time and one day at a time. Every day I have the opportunity to watch the courage and resiliency in the hearts of those who struggle with the disease of addiction. Every day I see that we are making a difference. Every day I am thankful to be permitted to be a part of this difference.

Want to receive your newsletter online?

Send us your email address to receive this newsletter electronically and add

recover@arcmanor.org

to your address book so our email won't be rejected as spam.



Thank You!

TAG Receives Grant from ACMH Foundation

The Advocacy Group, a two year old organization started by ARC Manor, has recently received a \$3,600 grant from the Association of Doctors at the Armstrong County Memorial Hospital. TAG began as part of the national organization, Faces of Recovery, so that people in recovery could be a part of ridding society of the stigma of addiction. TAG will be educating the public that recovery from drug and alcohol addiction is possible and recovering people make good neighbors, dependable employees, and dedicated men and women who will make the world a better place in which to live. This grant has made it possible for TAG to be independent of ARC Manor. The grant will be used to distribute their brochure and also to participate in a recovery walk in September during National Recovery Month.

TAG has recently joined with the New Vision Drop-In Center located on North McKean St., Kittanning, and a TAG volunteer is at the Center on Mondays from 11:00 a.m. to 8:00 p.m. and Saturdays from 5:00 p.m. to 10:00 p.m. Questions about TAG or the Drop-In Center can be answered by emailing - Tagteam1@live.com.



EMPLOYEE SERVICE AWARDS

ARC Manor Addiction Recovery Center Executive Director Cindy McCrea (top left) presented Employee Service Awards to:

(bottom left) Linda Courson, Admissions Coordinator/Crisis Intervention Specialist- 5 years, Janice Mechling, Administrative Assistant- 10 years, (top center) Kathy Velcko, Prevention Specialist II- 5 years, and Jill Pless, Assistant Director- 20 years

STAFF ACCOMPLISHMENTS

Bonnie Dulany, B.A. - Certified Addictions Counselor, Internationally Certified Addiction Counselor and Certificate of Competency in Problem Gambling

Denise Marano, M.S.W.- Associate Prevention Specialist II

Jill Pless, B.A. - Internationally Certified Addiction Counselor

Anna Shuster, B.A. - Associate Addiction Counselor II

Amy Solman, M.S.- Internationally Certified Addiction Counselor

PREVENTION

New Reality Tour Volunteer Coordinator



Debby Fazekas is no stranger to the Reality Tour held monthly at the Armstrong County Jail. Debby has spent the last 3 years portraying the “Mom” in both the ER and Funeral scene. The Reality Tour Drug Awareness Program is currently in its 4th season. She shared her thoughts about becoming the Volunteer Coordinator for a program that focuses on drug awareness and prevention. “I’ve loved it from the beginning. It’s very impacting for the community and I enjoy being part of something valuable and relevant.” She also spoke about the volunteers saying, “They are dedicated and have a passion for the program which drives them. It’s obvious they enjoy serving the community.” Debby wishes to extend an invitation to both youth and parents to attend the next Tour. “Please come. Give it a chance. It’s an important step for making decisions and getting information that kids are not getting from their peers.” For more information, please visit our website at www.arcmanor.org or call 724-548-7607.

Clean Indoor Air Act

The Pennsylvania Clean Indoor Air Act was signed by Governor Edward G. Rendell in June and effective September 11, 2008. The legislation, Senate Bill 246, prohibits smoking in a public place or a workplace and lists examples of what is considered a public place. The bill allows for some exceptions, including a private residence (except those licensed as a child-care facility), a private social function where the site involved is under the control of the sponsor (except where the site is owned, leased, or operated by a state or local government agency) and a wholesale or retail tobacco shop. It also imposes penalties for those establishments not in compliance, as well as those individuals smoking in prohibited areas. To learn more about this new legislation, visit www.health.state.pa.us, or for help in quitting smoking go to www.determinedtoquit.com or the helpline at 1-800-QUIT-NOW (1-800-784-8669).

Armstrong County Great American Smokeout

The American Cancer Society’s Great American Smokeout is held annually to encourage adults to quit smoking and to help young people understand the lasting negative consequences of tobacco usage. On November 20, 2008, Magisterial District Judge J. Gary DeComo, D.A. Scott Andreassi, Sheriff Larry Crawford, and ACMH President John Lewis recognized the Armstrong County Great American Smokeout. A bonfire was lit at noon at ACMH Hospital parking lot using 1,000 empty cigarette cartons and 4 eight-foot cardboard tubes which were painted by Kittanning and Ford City High School students to resemble cigarettes.



(l to r) Jill Pless, ARC Manor; John Lewis, President of ACMH Hospital; Sam Swick, ACMH Hospital Auxillary; Jodi Beers, ACMH Hospital Foundation; J. Gary DeComo, District Judge; Scott Andreassi, District Attorney; Larry Crawford, Sheriff; and Kathy Velcko, ARC Manor.

TOBACCO CESSATION

ARC Manor’s Tobacco Cessation Counselor provides many support services within Armstrong County. One such service is to partner with ACMH Hospital during their transition to a smoke free campus, which was announced on November 20th during the Great American Smokeout event. Beginning January 2009, cessation counseling will be available to the public on Monday evenings **FREE OF CHARGE**. For more information, or to register for a class please call 724-548-7607 or email kvelcko@arcmanor.org.

ARC MANOR BOARD OF DIRECTORS

President: **Chase McClister** • Vice-President: **Steve Bono**

Secretary: **Sheree Shafer** • Treasurer: **Frank Shumaker**

Bonnie Dulany * **Allen Lockard** * **Donna Lucas**

Mona Rupert * **Beverly Steffey** * **Rich Trinclisti**

Brian Trudgen * **Liz White**

Cindy McCrea - Executive Director

ARC Manor Newsletter Staff:
Denise Marano and Kathy Velcko

We regret any errors or omissions. Treatment statistics may contain errors due to data collection issues and electronic system capabilities.


Eligibility for ARC Manor programs is open to anyone who has a problem with alcohol or other drugs or is affected by substance abuse. No one is discriminated against on the basis of age, race, creed, sex, ethnicity, color, national origin, marital status, sexual orientation, handicap or religion.

ARC Manor is licensed by the Bureau of Community Program Standards, Division of Drug and Alcohol Licensing, Pennsylvania Department of Health, and is funded by the Armstrong-Indiana Drug and Alcohol Commission through a grant from the Bureau of Drug and Alcohol Programs, Pennsylvania Department of Health, the Armstrong County United Way, the Westmoreland County United Way, the Armstrong County Commissioners through a grant from the Human Services Development Fund, private grants, fees, and community donations.

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Our Mission

ARC Manor is a nonprofit agency that is committed to prevention, education, intervention and treatment of abuse and addiction to alcohol and other drugs. Our mission is to provide affordable, high quality, timely services that enhance the quality of life for individuals, families and the community.

A United Way Agency 

Robert S. Muscalus, D.O.,
Secretary of Health

Governor

Edward G. Rendell

DEPARTMENT OF
HEALTH

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ADDICTION RECOVERY CENTER

ARC
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