

Fall 2025

Achieving More Together

CP Rochester
Empowering People's
Independence (EPI)
Medical Motor Service
National MS Society
Upstate New York
Rochester Hearing
and Speech Center
Rochester Rehabilitation
Center
Starbridge

Strength in Collaboration

Bill and Joyce discovered AI Sigl while planning a move from New York City to Rochester. Their daughter, Caitlin, then a toddler, had recently been diagnosed with cerebral palsy. Said Joyce:

"Caitlin first attended CP Rochester's early childhood program. Over the years, she has easily been able to access services provided by multiple AI Sigl Member Agencies, including therapies, hearing screenings, case management, adaptive sports, and Self Direction."

AI Sigl's collaborative environment has also provided us with a community of family and friends with whom we share experiences, concerns, goals, and dreams as we work together to build a world where people of all abilities are truly welcomed and celebrated."

For over 60 years, AI Sigl has helped individuals with disabilities and special needs achieve their goals and be more fully included in community life.

Our innovative model has proven over time how *Achieving More Together* is more than a vision statement. It is a blueprint for creating greater impact, even in difficult times.

By sharing space and offering complementary—not competing—services, our Member Agencies are able to reach the growing number of individuals and families in need across our community.

AI Sigl's greatest challenge is making sure we continue to be positioned to best help our agencies meet what lies ahead.

It is through your support that we can make stories of success possible. Thank you for strengthening our work together. ♥



***"AI Sigl was a perfect fit,
providing so many
opportunities that
opened the world
to our daughter...
and to us
as a family."***

- Joyce Weir



(top) Caitlin in an aqua therapy class at CP Rochester; (above) with Joyce and Bill in Yellowstone; (left) with roommate Kim at home



Howdy Neighbors

Al Sigl would always begin his news broadcast with the current weather. I don't know how often Al would assure listeners that it would likely change, rapidly.

We're living in a time with an underlying current of uncertainty. In conversations with our Member Agency leaders and community partners, one thing is clear: the need for services is growing, and more individuals and families are reaching out for help. On our own campuses, we see this every day as facilities operate at full capacity.

And yet, alongside these challenges, there is hope.

Again and again, I hear from our agency leaders how valuable our collaborative model is — not just for the shared spaces and supports, but for the ability to draw on one another's experience and expertise. There is strength in leaning into this work together, rather than facing it alone.

Just this week, a professional colleague from California toured several of our campuses. As we walked through the halls and met with staff, she paused, took it all in, and finally asked me with genuine surprise: "Why isn't this model everywhere?" Her words were a powerful reminder of what makes Al Sigl so special — something that can be easy to miss when we're so deeply immersed in this work every day.

From our beginning, collaboration has been at the heart of Al Sigl. It allows agencies to focus more fully on the people they serve, and it has proven its worth time and again throughout our history. As we look ahead, we know the path forward will call for fresh thinking — whether through new technologies, new partnerships, or simply finding even better ways to work together.

That spirit of neighbors helping neighbors has carried us through before, and it will continue to guide us in the days ahead.

Keeping with the theme of dedicated leaders who help guide our work together, the photo to the right not only captures our talented grillmaster, Dr. Howard Ward, 2nd Vice Chair of our Board of Trustees, but also our good friends John and Peter Mendick from the Theodore & Cashmere Mendick Foundation, generous Presenting sponsors of several Al Sigl events each year. Also joining me are Board Vice Chair Rick McGrath and past Board Chair Phil Andolina.

Wishing you many happy moments with good friends as you enjoy these changing days of the season.

Thank you for all that you do,

Thomas O'Connor
President

Sigl News

Importance of Accessible Recreation

This August, we had a chance to gather with friends to celebrate major updates to the gymnasium at our Golisano Campus at 1000 Elmwood. One of our busiest spots on campus, the gym hosts blood drives, open houses, graduations, dances, and more. It is also utilized daily by multiple agencies for therapeutic and recreational activities.

The benefits of physical activity have been widely recognized over the years as recreation is evolving beyond traditional sports to include overall wellness.

We are grateful to the friends who made this project possible, and others throughout the community, like you, who help strengthen our work together.

Updates made possible by

Al Sigl Sports Committee
The Ralph Wilson, Jr. Fund for Youth Sports
The Lester Harrison Family Fund
Senator Samra Brouk and DASNY



Annual Picnic is All Smiles



A favorite summer tradition is our annual picnic, where we gather with agencies, staff, leadership, and families at our Wolk Campus to enjoy Dr. Howard Ward's delicious BBQ ribs and other treats.



The Positive Power of Volunteers

Every two years, the Census Bureau works with AmeriCorps to conduct a survey of volunteerism in the U.S. over a one-year period.

The 2024 report found:

- Over **75 million Americans** age 16+ formally volunteered for at least one nonprofit organization, an increase over the prior study period.
- Together they served an estimated **4.99 billion hours** and contributed over **\$167 billion** in economic impact.
- The age group with the largest relative increase was 27–42.
- In New York State, **nearly 1 in 4** adults formally volunteer for nonprofits. Even more volunteer 'informally' such as helping a neighbor run errands.
- For the first time, the survey included statistics for online activities and found that **over 13 million Americans took part in volunteer tasks online** or volunteered both in-person and online.
- 82% surveyed agreed that they believe volunteers **transform communities**.

You Can Help

Interested in joining the more than 250 individuals who share their time and talents with us each year? An easy way to get involved is to help with fundraising events, including sharing social posts with your networks. Questions on this or other needs? Contact Hailey Cole at [585.442.4102 x8929](tel:585.442.4102) or hcole@alsigl.org.

Stay Connected

Follow us for recent news and upcoming events.



75 million
volunteers
nationwide

Over 4
billion
hours of service

\$167
billion
in economic
impact

Source: data.american.gov

This spotlight sponsored by
The M&T Charitable Foundation

Member Agencies



A Place to Call Home

Russell has lived at a CP Rochester residence for over 18 years and currently lives in one of the agency's four Individual Residential Alternatives. He is described by his staff and peers as personable, sweet, and a big helper. Each residence is unique and all are fully staffed day and night, providing skill-building toward personal goals in a family-style setting. Russell contributes to his house by sweeping, helping to cook meals, and taking out the garbage. When he is not helping around the house, Russell enjoys WWE wrestling and spending time with his housemates.

To learn more about CP Rochester's full range of programs and supports, call [585.334.6000](tel:585.334.6000) or visit cprochester.org.



Self-Advocates Welcome Neighbors



EPI's Self-Advocacy group, made up of people with developmental disabilities who receive services from EPI, recently put their creativity and kindness into action. Three residential group homes in Chili, Gates, and Webster are now

part of EPI through a new partnership with Easterseals. In preparation for welcoming these residents to EPI, the Self-Advocates assembled special welcome baskets. Each basket is filled with EPI swag, snacks, and heartfelt touches to help the residents feel part of the community from day one. Soon, the group will deliver the baskets in person to the three new homes, greeting each resident with smiles, conversation, and a heartfelt welcome. It's a reminder that at EPI, inclusion and community aren't just words, they're actions. To learn more about EPI, visit epiny.org.



Dedication to Service

Ray (above) has been a Medical Motor Service (MMS) driver for 37 years. He enjoys how his job still offers opportunities to learn and grow. "You learn something every year," he says. He also enjoys being a part of a team. "The staff here is wonderful; you become part of the family."



John, Operations Manager, also has over 30 years in transportation, having worked in commercial trucking after serving in the US Navy. He enjoys the fast pace and the problem-solving skills helping to oversee 400,000 trips each year. What John likes most about MMS is the agency's nonprofit mission of helping people, saying "That is something I want to be a part of." To learn more about becoming a driver or the MMS's specialized transportation services for people of all ages, visit mmsnys.org.

In their own words:

"I volunteer for AI Sigl as I used to work for one of the agencies and I've experienced first-hand all the good things that happen there." -Kathy

"I attend events each year because AI Sigl Member Agencies have given so much to my son; services that we could never give to him without their help." -Mary



Not Alone

MS Navigators tackle a variety of situations. "It's scary when you're newly diagnosed and you really don't know where the disease is going to take you," says Navigator Christine Stark. People can work with Navigators via one-on-one phone calls, online chats and email. Last year, the National MS Society (NMSS) began using a model where callers continue to work with the same Navigator

each time they reach out. NMSS offers such a wide range of resources, "people might feel overwhelmed," says Navigator Jamie Sweet. "That's where we can really help. We have accurate, up-to-date information, and we can help people get connected to resources and support earlier." The most important thing, adds Sweet, "is that people know they're not alone when they're looking for answers." To learn more about NMSS, visit the Upstate NY Chapter at nationalmssociety.org.

Credit: Momentum article
by S. Rutberg, Summer 2025



National
Multiple Sclerosis
Society



Finding a New Path

Jack joined Rochester Rehabilitation Center (RRC) as a volunteer through a program supporting workforce participation for those

55 and older. Starting at the front desk on University Avenue, Jack was consistently punctual, communicative, and willing to take extra hours. Though initially unsure about reception work—coming from a military and janitorial background—he contributed selflessly as he supported his daughter through nursing school. When the program faced funding delays, Jack transitioned to RRC's janitorial division, where he now works at two NYSID sites and the Golisano Autism Center. A trusted team member, Jack helps train others, participates in special floor care projects, and consistently delivers high-quality work. To learn more about RRC's employment and other programs, visit rochesterrehab.org.



Bright Start

Two-year old Saint joined Rochester Hearing & Speech Center's Early Intervention Development Group in April. Prior to receiving services at RHSC, Natalie, Saint's mom described him as non-communicative and easily frustrated when it came to doing things appropriate to his age. Within weeks of working with RHSC's therapists, the change became obvious to Natalie. He began using words

and sign language to express his needs and can help with getting himself dressed. Additionally, it was discovered by his physical therapist that Saint had low muscle tone, decreased leg strength and stability, which was causing him to fall frequently. He will be receiving custom-made braces that fit around the foot and ankle to help put his foot into proper alignment. His mom is so grateful for the developmental advances Saint is making. To learn more about RHSC's programs for all ages, visit RHSC.org.



Hope in Action

Starbridge's TIES (Together Including Every Student)

program supports students with developmental disabilities in joining extracurricular and community activities. By pairing participants with trained student volunteers, TIES promotes inclusion, friendship, and confidence through shared experiences.

This spring, Hayden, a senior at Attica Central School District, joined the varsity track and field team with TIES support. Volunteers helped him learn shot put techniques, kept him on schedule, and cheered him on. Hayden's hard work paid off with a personal best throw of 18 feet, 8 inches at his final meet. The volunteers also gained leadership skills and meaningful connections. TIES shows how intentional inclusion benefits everyone. To explore opportunities, contact Sarah Salamone, TIES Senior Manager, at ssalamone@starbridgeinc.org or 585.546.1700.



Bright Lights



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to our lead
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56 Years of Impact

Over 130 golfers and friends of Al Sigl Community of Agencies gathered at Midvale Country Club to celebrate the 56th Annual Al Sigl Sports Classic Golf Tournament. Funds raised benefit Al Sigl Member Agencies, often helping to meet needs not covered by other funding sources. Heartfelt thanks to 2025 Sports Committee chair Pat DiLucia, and each of the dedicated event volunteers, generous sponsors, and golfers for helping to make a difference on and off the green.



Tennis Benefit a Smash Success



Thanks to our wonderful sponsors, volunteers, and players, this year's Tennis Benefit was the most successful yet! On Friday, 32 players joined in for our largest Round Robin to date, with 72 players on Saturday. Tournament winners, Team Coordinated Plan and Captain Randy Schuster, will be recognized on the 2025 Joe Eduardo Award plaque honoring our friend and event founder. The competition continued beyond the courts, with top fundraising team Charity G.O.A.T.S. with Team Captain Tom Adamski and top individual fundraiser Ruth O'Regan.



Team Coordinated Plan



Photos: Alex Nowak & Soumen Das



Team Charity G.O.A.T.S.



Thank you
to our lead
sponsors

Tennis Club of Rochester;
Randy Schuster and
Coordinated Plan;
Jim & Lisa Peacock;
UR Department of Medicine;
Tom Adamski &
Carmen Reyes-Adamski;
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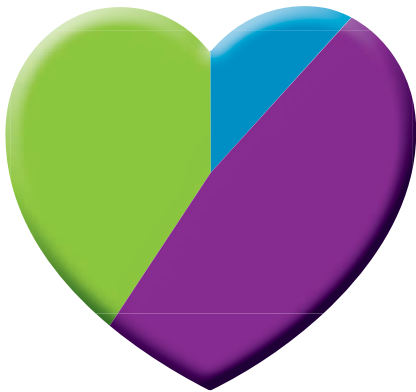


It is through the generosity and dedication of our friends, volunteers, donors, and staff that AI Sigl Community can continue to provide welcoming, safe, and fully accessible spaces for all who rely on our campuses. Your gift is more than a contribution—it is an investment in dignity, independence, and opportunity.

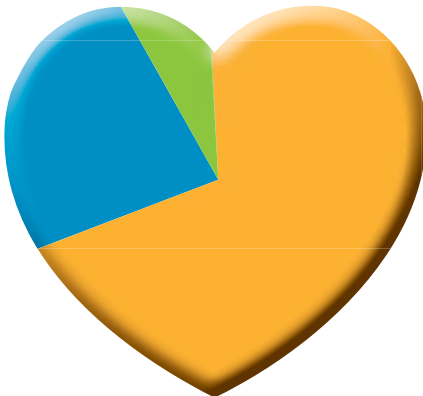
This year AI Sigl has modernized spaces, invested in safety upgrades, supported innovative assistive technology, strengthened partnerships, and much more to make sure our agencies have what they need to succeed.

Right here in Rochester, your support helps 55,000 children and adults with special needs access vital programs and services across six campuses and 20 buildings. Because of you, individuals and families have the resources they need in environments designed to support their goals.

THANK YOU for joining with us and for making it possible to *Achieve More Together*.



Consolidated Support and Revenue		In Millions
Contributions & Bequests		\$1,418
Revenues		\$5,489
Investment Earnings		\$4,062
Total		\$10,969
Expenses		(\$7,880)
Total Change in N/A		\$3,089



Assets	
Cash & Investments	\$41,158
Net Fixed Assets	\$11,900
Other Assets	\$3,778
Total Assets	\$56,836



Liability	
Long-Term Debt	\$2,480
Accounts Payable & Accrued	\$2,525
Accounts Held/Designated	\$756
Total	\$5,761
Net Assets	\$51,075
Total Change in N/A	\$56,836

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Ways You Can Help

By supporting the Al Sigl Foundation, dedicated friends like you help sustain our work together.



- Join our community of monthly donors. A recurring gift by credit card can create a steady, lasting impact. Look for the monthly giving option at the top of the donation form.
- Follow our social pages and spread the word or tell a friend about our mission of *Achieving More Together*
- Build a lasting impact through a charitable gift annuity, life insurance beneficiary, or name Al Sigl Community in your will.

If you have already included Al Sigl in your estate plans, let us know so we can welcome you as a member of the Al Sigl Society, created to honor generous friends who intend to make a lasting impact.

Check with your financial advisor to discuss potential tax advantages or contact **Brenda Gaglia** at **585.442.4102 x2718** or **bgaglia@alsigl.org**.

Al Sigl Community of Agencies is a collaborative community network that provides high-quality, cost-effective real estate and business services, while fostering community awareness and philanthropic support to a growing array of organizations that serve children and adults with disabilities and special needs.

If you would like to be removed from our mailing list, please contact Megan at **585.442.4102 x8948** or **msassenhausen@alsigl.org**.

GO
GREEN

Give us a call to request an electronic copy of future newsletters at 585.442.4102 x8948



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Give Through Your IRA in 2025

Make a Lasting Impact - Tax Free



Did you know you can support Al Sigl Community of Agencies directly from your IRA? With an **IRA Charitable Rollover**, also known as a **Qualified Charitable Distribution (QCD)**, you can make a powerful gift and enjoy unique tax advantages.

Why Consider an IRA Charitable Rollover?

- **Satisfy your RMD:** If you're age 73 or older (75 if born in 1960 or later), a QCD can count toward your Required Minimum Distribution.
- **Reduce your taxable income:** Your gift goes directly to charity without increasing your adjusted gross income.
- **No need to itemize:** Even if you take the standard deduction, you still receive the full tax benefit.
- **Support what matters most:** Your gift helps children and adults with disabilities and special needs thrive in an inclusive community.

Consulting with a tax or financial advisor can help determine the best strategy for your specific situation.



**Walk, Roll,
and Cheer for
Abilities**

AL SIGL COMMUNITY OF AGENCIES WALKABOUT



8:30 AM
Registration



9 AM
Walk starts



10 AM
Costume Contest

Join us at Eastview Mall on **Sunday, October 19th** for a morning of **FREE**, accessible, family fun.



This event brings together individuals, teams, and businesses to raise funds for Al Sigl's nonprofit Member Agencies. To learn more and register yourself or your team, scan the QR code or visit **alsigl.org/walkabout**.