

THE HELPER

YOU CAN WITH UNITED HELPERS

Mark Alpert, UH Donor:

"I Was Surprised to Learn I Had an Uncle!"

Before UH "rescued" Frank Held, he subsisted in a now-infamous Staten Island institution, Willowbrook.* (Institutions were once the only treatment for people with developmental disabilities.)

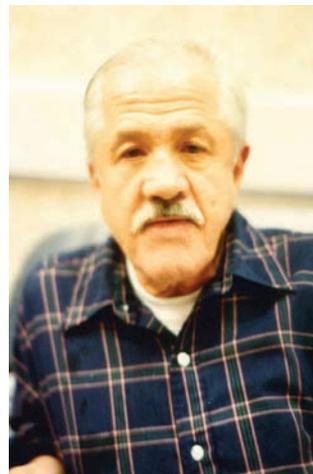
As a Brooklyn boy, Frank's nephew, Mark Alpert, didn't know he had an uncle. "I found out accidentally about 12 years ago," he remembers. By then, Frank was being cared for in a UH residence in peaceful Ogdensburg. UH mailed Mark's parents regular updates and photos, and Mark, as an adult, saw an update.

And thus he learned about his mother's brother Frank, who was developmentally disabled and needed help with some day-to-day tasks.

Mark planned a trip to meet Frank. "However, winter weather forced me to cancel," he explains. Then Frank died soon afterward, at 84.

To memorialize Frank, Mark began making gifts to United Helpers. They are his way of thanking UH for Frank's care. Through Mark, Frank's spirit lives on at UH. And several UH employees remember Frank well and are still caring for his housemates!

**For years, UH has cared for many residents removed from Willowbrook. In the 1970s, Geraldo Rivera exposed the conditions and neglect.*



Frank Held,
Mosaic resident
from 1987 to 2007.

Region's Only Certified Stroke Therapists

At any given time, 12 or more outpatient and inpatient stroke patients can receive therapy at two United Helpers locations, thanks to your support!

Alycia Dezell, a UH Ogdensburg occupational therapist, and Stacie Jessmer, a UH Canton physical therapy assistant, have earned National Stroke Association certification.

Alycia explained, "The NSA once taught that six months was the window for regaining someone's full potential after a stroke."

Now, research shows that maximum recovery can take years or a lifetime. Therefore, Stacie added, "We can show insurance companies evidence that therapy beyond three or four weeks can be beneficial."

Dezell pointed out that, in order to maintain certification, every two years they must recertify and complete 16 hours of continuing education. "This way, our patients always receive cutting-edge treatment and benefit from the latest information and research available."



Dezell and Jessmer, Certified
Stroke Rehabilitation
Specialists