

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.)

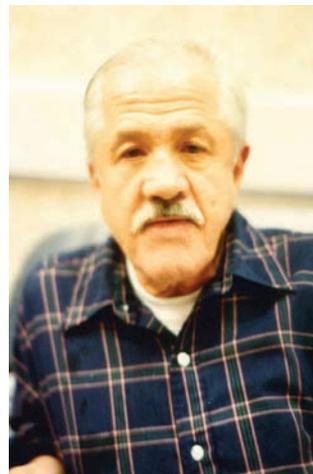
As a Brooklyn boy, Frank's nephew, Mark Alpert, didn't know he had an uncle. "I found out accidentally about 12 years ago," he remembers. By then, Frank was being cared for in a UH residence in peaceful Ogdensburg. UH mailed Mark's parents regular updates and photos, and Mark, as an adult, saw an update.

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

Celebrating 111-Year-Old Beulah Meloche!

UH's very own Beulah Meloche recently received a letter from Gov. Cuomo, congratulating her on becoming the most senior resident in New York. At just over 111 years and 10 months old, Beulah is New York's oldest person and the 14th-oldest person in the U.S.! Thank you for supporting Beulah's skilled-nursing care.



Beulah Meloche (right) smiles as Governor Cuomo's letter is shared with her by VP of Operations at RiverLedge, Tim Parsons.

You are providing extra support to sufferers of COPD and other respiratory ailments.

UH is the only rehabilitation provider to have a respiratory therapist on staff, for support of UH residents and home care clients



From left, in Ogdensburg, are: NNYCF Assistant Director Max DeSignore, UH CEO Steve Knight, and recently retired UH Executive VP of Finance James Morrison.

UNITEDHELPERS.ORG/GIVING

Upcoming @ UH

October: United Helpers employees are celebrating "We Are the Roots of UH," a time for employees to give in honor of beloved residents.

Nov. 15: National Philanthropy Day
Follow United Helpers on Facebook and Twitter to join in this national day that highlights the good that your philanthropic giving does.

Nov. 26: Cyber Monday
After Thanksgiving, your online gift purchases on iGive.com or <https://smile.amazon.com/ch/15-0532251> support UH!

Nov. 27: Giving Tuesday
Would you take a moment to think about making a gift to UH this day? We gratefully accept your gift at www.unitedhelpers.org/giving. Thank you!

February: "Party with a Purpose," a UH impact event!
Discover more about the organization you love and out-of-the-box UH philanthropic opportunities that will inspire you! Reserve your seat early.

Check unitedhelpers.org/calendar for more details as they become available, or call Jane in the Development Office — 315.714.3110 x522. Hope to see you over the coming months!

PARTNERSHIP WITH NORTHERN NEW YORK COMMUNITY FOUNDATION

We are excited to announce that United Helpers has formed an official partnership with the Northern New York Community Foundation. When you make an endowment gift to benefit UH into perpetuity, NNYCF now serves as UH's philanthropic funds manager and administrator. Questions? Contact UH's Vice President of Development Christa Carroll, 315.714.3123 or cjcarroll@unitedhelpers.org.

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Please update your UH information. Send to 732 Ford St, Ogdensburg, NY 13669 or to giving@unitedhelpers.org

Last name:	First name:
Preferred first:	Email:
Home #:	Cell #:
Employer name/address:	
Spouse name:	Spouse email:
Spouse employer name/address:	
Child's name:	Birthdate:
Child's name:	Birthdate:

My connection to United Helpers (check all that apply):

<input type="checkbox"/> Society member	<input type="checkbox"/> Retiree	<input type="checkbox"/> Former Resident
<input type="checkbox"/> Friend	<input type="checkbox"/> Family of Current Resident / Client	<input type="checkbox"/> Family of Former Resident / Client
<input type="checkbox"/> Former Employee	<input type="checkbox"/> Past Society Member	<input type="checkbox"/> Rehab (Speech, PT, OT) Client
<input type="checkbox"/> Business Donor	<input type="checkbox"/> Early Resident (Children's Home)	<input type="checkbox"/> Other

___ Please contact me about making a gift via my will, life insurance, retirement, et al.

___ I'd like to know more about being a volunteer Society member.



THANKING OUR DONORS

At the recent United Helpers donor celebration, we were able to thank a packed house of UH's donors, in the lovely and rustic 1844 House historic barn in Potsdam! We shared a video of gratitude with donors in attendance as well (please take a couple of minutes to watch it at <https://www.youtube.com/watch?v=O52ACr5g9PQ>). Seen here, UH's Vice President of Development Christa Carroll talks with UH volunteer Dr. Neil Johnson.

There is so much meaning in a name.

Your gift may allow you to honor or memorialize someone special.

Imagine! Your family might want to name the Assisted Living Program at Canton, for \$300,000 (for example). Or perhaps you would welcome the opportunity to create, in the name of a beloved relative, a Distinguished Nurse endowment for \$40,000. Or memorial tiles and bricks can be installed in either Canton or Ogdensburg with \$250-\$750 gifts.

You have many more wonderful options, allowing your gift to have an impact on your loved ones and on UH! If you have any questions or for more information, please be in touch with Vice President of Development Christa Carroll at cjcarroll@unitedhelpers.org or 315.714.3123.

THANK YOU DONORS, FROM CEO STEVE KNIGHT



With you by our side, United Helpers will continue to meet the healthcare needs of people in our region!

Your giving makes possible:

- Bedside care and diagnoses by the only staff nurse practitioner in a skilled-nursing or home-based care organization in St. Lawrence County
- Access to the only certified stroke rehabilitation specialists north of Syracuse
- Strategic recruitment, and ongoing and professional development for employees, so that we continue to provide the most knowledgeable care from the most highly trained professionals
- Expansion of behavioral health services into the Canton community (in the former KeyBank), to anchor UH's county-wide outreach and support
- Significant renovation of Riverwood, one of our Individualized Residential Alternatives for developmentally and intellectually disabled service recipients

Thank you! At United Helpers, we are ...
"Always Caring."


Steve Knight

Myrna O'Neil: Lost Her Mobility, Nearly Lost Her Life

Several frightening events once brought Myrna O'Neil to United Helpers. She was unable to walk after a broken hip and two surgeries.

“Before I came to UH, I was in so much pain, I could only drag my leg. I protested that the exercises hurt badly, but the therapy assistant where I was only made me put more weight on the leg—until I collapsed.”

The second surgeon diagnosed Myrna's first surgery as very poor workmanship. He couldn't promise that she would recover fully ... or survive the second surgery. But he succeeded.

And this time Myrna came to UH's Rehabilitation & Senior Care at Ogdensburg (RiverLedge). Tim Parsons, now VP of Operations there, was Myrna's physical therapist. “I remember the day I took my first step!” she recalls triumphantly. “Tim was patient. He listened.”



Myrna O'Neil

Today, Myrna is a UH volunteer and donor. Tim Parsons is “one of my favorite people,” she declares. “I wouldn't be mobile today if it weren't for him and UH.”



You are easing worries for family members and loved ones.

United Helpers Rehab and Senior Care in Canton (pictured here) was the first in our region to offer assisted living, skilled nursing, rehabilitation, and memory care all under one roof.

You are providing quality, clean housing in your community.

UH manages 19 apartment complexes for approximately 400 seniors and the disabled in St. Lawrence and Jefferson Counties.