



imagine

ENRICHING THE LIVES OF CHILDREN
AND YOUNG ADULTS WITH
DISABILITY AND CHRONIC ILLNESS

fall 2011

Spring Retreats

Sign up today! Contact Brittany Bailey at programs@woodlandsfoundation.org.

CUB CLUB

January 28, February 26,
March 24, April 28

DIVA WEEKEND

January 13-14 (Girls only)

WHO U R IN 2012

January 6-8: Adults
January 20-22: Young Adults
January 27-29: Youth & Teens

GAME MANIA

February 10-12: Adults
February 17-19: Young Adults
February 24-26: Youth & Teens

WE ARE THE CHAMPIONS

March 2-4: Adults
March 9-11: Young Adults
March 23-25: Youth & Teens

RAINFOREST EXPEDITION

March 30-April 1: Adults
April 20-22: Young Adults
April 27-29: Youth & Teens

CARNIVAL CRAZE

May 4-6: Adults
May 11-12: Youth & Teens Overnight
May 19-20: Young Adults Overnight

For a downloadable program schedule and all the latest news about the Woodlands, please visit our website www.mywoodlands.org.

Also, don't forget to join our mailing list! Sign up on the home page of our website.

The Woodlands is on Facebook and Twitter! Visit our website for direct links to our Twitter and Facebook pages.



2011 BUTTERFLY BALL HONORS THE TILLOTSON FAMILY

The 2011 Annual Butterfly Ball once again proved to be a wonderful example of the Pittsburgh community's generosity. Hosted by the Woodlands Auxiliary under the leadership of president Sandra Lambert and Butterfly Ball co-chairs Leslie Metarko and Ann Marie DePretis, nearly 260 attended the gala fundraiser on October 8 at the Pittsburgh Marriott North. The event raised \$179,000 with proceeds benefiting year-round programming at the Woodlands.

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Carol Tillotson (front, center) poses with her children, their spouses and her grandchildren before the start of the Butterfly Ball.

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Sponsor a Child

Help a young person take part in the Woodlands' camps and retreats. The Woodlands WONDERfund provides assistance that helps a child whose family is experiencing hardships to enjoy programs at the Woodlands.

What does your gift mean to a child with a disability?

\$674 enables a child to participate in a week-long summer camp.

\$154 enables a child to attend a weekend retreat.

\$64 enables a child to attend a day retreat.

To make a gift to the Woodlands WONDERfund, call 724.935.6533 or visit the Support page on our web site at www.mywoodlands.org.

LETTER FROM THE EXECUTIVE DIRECTOR

It has been a very busy fall season at the Woodlands. Throughout this issue of the newsletter, you will see the wonderful programs, special events, volunteer opportunities and accomplishments of the Woodlands.

I am especially proud to announce that UPMC selected the Woodlands, along with WTAE's Project Bundle-Up, to be a recipient of contributions from the **Hartwood Celebration of Lights**. It is an honor to be associated with this famous Pittsburgh tradition and such a wonderful organization as UPMC.

I encourage all of you to make visiting this display a holiday custom with friends and family. While you view the millions of beautiful lights from the warmth of your car, you will also help the Woodlands enrich the lives of children and adults with disability and chronic illness. In its 20th year, the drive-through attraction will be open daily from 6-10 p.m., Sunday through Thursday, and from 6-11 p.m. Friday and Saturday. This includes Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. The Hartwood Celebration of Lights will run from November 18 through January 8.

Suggested donations are: \$12 per carload; buses, \$3 per person for non-profit organizations, \$5 per person for for-profit organizations.

The Woodlands is grateful to UPMC for its generous inclusion of our organization in this Pittsburgh tradition. And thanks to all of you who will share the spirit of the season by attending the festive Celebration of Lights. For more information and directions, call 724-935-6533 or go to www.mywoodlands.org. Have a wonderful holiday season!

Sincerely,

Peter W. Clakeley
Executive Director



The Hartwood Mansion shines for the Celebration of Lights.

2011 BUTTERFLY BALL (continued)

The Willard and Carol Tillotson Family, 2011 honorees, were recognized for their contributions to the area's business community and tremendous support for its charitable concerns. Mr. Harry Hunter of Hunter Truck Sales, a good friend of the late Willard "Bill" Tillotson and local business leader, served as the Butterfly Ball's honorary chair.

Andrew Stockey, WTAE news anchor and sports director, performed as emcee for the evening, which kicked off with a cocktail reception and silent auction. The program following dinner featured a video of the Tillotson family through the years. Mrs. Carol Tillotson accepted the presentation of a beautiful crystal bowl and bouquet, and son, Craig, spoke on behalf of the family.

Other highlights included heartfelt remarks by Mr. Andrew Clark, Director of Choral Activities at Harvard University, and Mr. Edward Cumming, Director of Orchestral Activities, The Hartt School at the University of Hartford. Both men have been involved with the Woodlands' Notes from the Heart music program since its inception. They spoke about the Woodlands' impact on those who participate in the music program and the life lessons the instructors have received while teaching the students.

The evening drew to a close with the good-spirited competition of a live auction, followed by the Wonderfund auction. The Wonderfund auction invites individuals to sponsor a child and assist in program development and financial assistance to families who would otherwise be unable to pay the registration fee for Woodlands' programs. Both auctions were called by renowned auctioneer Marty Davis. The Wonderfund auction alone raised nearly \$20,000. After the auction, guests danced to the music of Airborne with Jeff Jimerson, and silent auction winners picked up their prizes.

Special thanks to all Butterfly Ball sponsors, which included: Hefren-Tillotson, Inc.; PNC Bank; Eaton Corporation; Giant Eagle, Inc.; The Hunter Family of Companies; Mellon Capital Management Corp.; Mine Safety Appliances Company; UPMC Health Plan; Westinghouse Electric Company; Mitsubishi Electric Power Products, Inc.; Children's Hospital of Pittsburgh of UPMC; Frito-Lay; George DeLallo Co., Inc.; Pittsburgh Marriott North at Cranberry Woods; Sitko Bruno, LLC; and Citizens Bank. The Woodlands Auxiliary also thanks all who gave individual donations and in-kind support for the event.



Bill and Sandy Lambert (left) share a laugh with Dennis and Jennifer Zeitler.



Harry and Joanne Hunter with Carol Tillotson (left).



Kim and Curt Fleming, Jill and Paul Izenas, and Kathy Drambel twisting the night away!

New Year — New Themes!

Winter & Spring
Retreat Themes

January

Who U R in 2012

February

Game Mania

March

**We Are the
Champions!**

April

**Rainforest
Expedition**

May

Carnival Craze

2012 Summer
Camp Theme

**America
the Beautiful**

Woodlands Retreats FUN IN EVERY SEASON

Everyone is having a super time at Woodlands Fall Retreats. Check out our pix, and don't miss out—Sign up for Winter Retreats now!



**Register
Now!**

*Retreats fill fast!
Call (724) 935-5470,
or visit
www.mywoodlands.org.*



WELLNESS & FITNESS MANAGER ANNOUNCES WOODLANDS' WINTER PROGRAMS

The Woodlands introduces our new Wellness and Fitness Manager, **Adam Bostwick**. Adam joined the Woodlands after completing an internship at the Woodlands Wellness Center in Adapted Physical Activity. He now manages the year-round aquatic and land-based fitness programs. Adam received his bachelor's degree in Professional Studies and completed his master's degree in Adapted Physical Activity at Slippery Rock University. He and his wife, Pam, live in Grove City. He is pleased to announce the following programs:

FITNESS CHALLENGE Safely increase your fitness goals and go beyond what you think you can achieve! Fitness Challenge is specifically designed for individuals with special needs and open to all ages. Its group circuit training program improves health and skill-related fitness components. A personal assistant may be required depending on the participant's ability. Fitness Challenge is held in 8-week sessions, Mondays and Wednesdays from 6:00-7:00 p.m.

Woodlands 2012 Sports Club Be part of the action in the Woodlands 2012 Sports Club! Open to youth and teens with disabilities, each week will feature a different sport. Play hockey, basketball, dodgeball, volleyball, football and soccer. Basic instruction on each sport will be given at the beginning of club time, followed by the game. The activities will be held each Saturday from 9:30-11:30 a.m.

H2O FITNESS Fitness instructor **Edna Spang** has returned and is leading a new program, H2O Fitness. Held in our indoor heated pool, H2O Fitness provides a combination of benefits. Using both deep and shallow water exercises, it is designed to increase strength and range of motion. The class will be held Monday, Wednesday and Friday from 9:00-10:00 a.m. and is open to adults.

For information on these and the many other wellness and fitness programs at the Woodlands, go to www.mywoodlands.org or call 724-935-5470.

BEAT THE WINTER BLUES WITH A 2-HOUR GETAWAY

Open Swim at the Woodlands is a refreshing, renewing way to beat the winter blues. The 2-hour getaway is held every Saturday from 11 a.m. to 1 p.m. and is open to everyone in the community. For just \$5, enjoy the warmth and relaxation of summer. Swim laps, paddle around or get in your workout. Lifeguards are on duty, and there is no need to pre-register. Bring yourself, your friends or your family!



Adam Bostwick, Wellness & Fitness Manager



Edna Spang, Fitness Instructor



Some of the friendly, caring staff you'll meet at Open House: Patrick Monaghan, Director of Programs and Services, Beth Warner, Staffing and Volunteer Manager, Brittany Bailey, Program Manager, and Adam Bostwick, Wellness and Fitness Manager.

Mark Your Calendar **WOODLANDS OPEN HOUSE—JANUARY 12**

Curious about the Woodlands? The perfect time to find out about us is at our next Open House! Scheduled for January 12 from 5:00 - 8:00 p.m., informative tours and presentations showcase our state-of-the-art, fully accessible facilities designed for people of all ages with disability and chronic illness. See our beautiful Wellness & Aquatics Center featuring an indoor heated pool, fitness center and gymnasium. Explore the specially designed Lodge, Activity Center and award-winning Jewel in the Woods Meditation Center. Learn about the Woodlands Summer

Camps, Fall and Spring Retreats and other Woodlands programming. And of course, enjoy refreshments while you meet our friendly Woodlands staff.

We invite everyone to attend. If you are already familiar with the Woodlands, encourage others to check us out! To register for Open House, call 724-935-5470.



CHIME CHOIR RINGS IN THE HOLIDAYS

The Woodlands Chime Choir will perform a holiday concert on Friday, December 16 at 7 p.m. in the Activity Center. Directed by Deanna Diederich, program staff instructor, the event is sure to warm hearts and bring the joy of the season to all who attend.

In addition to the Woodlands Chime Choir, the Northgate Middle School Choir, under the direction of Kelly Winovich and accompanied by Mindy Cable, will be performing holiday selections. These special guests have supported the Woodlands December retreats for more than nine years, spreading the spirit of the season to participants and their families. Enjoy refreshments and this special evening of music. For more information, call 724-935-5470 or go to our website www.mywoodlands.org.

CUB CLUB

For young children, ages 6-10, who haven't explored the Woodlands or experienced significant social activity, the Woodlands offers Cub Club. This unique, fun program introduces young children with disability to the Woodlands and new social situations in a monitored, safe environment. The day program allows kids to get a taste of what to expect at a future camp or retreat. It's the perfect way for parents to "test the waters." For information and registration, call 724-935-5470 or visit our website www.mywoodlands.org.

PROGRAM HAPPENINGS

On October 15, the Woodlands participated as a Silver Sponsor and vendor in the **Three Rivers DASH for Down Syndrome**. The event was held at Hartwood Acres by the Down Syndrome Association of Pittsburgh, which provides support to families and individuals with Down Syndrome through education and information. Brittany Bailey, program manager, and Lisa Caputy, marketing and communications coordinator, distributed information and answered questions about Woodlands camps, retreats and services. Drawings were held for the lucky winners to attend selected fall and spring retreats.

This fall, Patrick Monaghan, director of programs and services, focused on reaching out to non-profit and health service organizations to increase awareness of the Woodlands. His efforts included being a guest speaker at the **Alzheimer's Association Conference**, where he spoke to 250 clinicians, activity directors, RNs and caregivers; the opportunity to speak to 45 staff at the Allegheny Intermediate Unit 3 (AIU3) **Allegheny County Transition Coordinators Meeting**; and presenting to staff of the **Children's Hospital of Pittsburgh's Down Syndrome Center** regarding the Woodlands Foundation programs and services.

On October 4, the Woodlands hosted a pilot program with **The Children's Institute** for young adults with special needs who are in transition. The program, conducted by The Children's Institute staff, utilized the Woodlands' safe and barrier-free facilities to provide the optimum learning environment for the participants.

AIU3 also started a pilot program for teens in transition called "**LIFE at the Woodlands.**" (see page 9)

The ARC of Washington and special guest Robyn Steward appeared at the Woodlands on October 27. Ms. Steward has built a career in media and training while having several disabilities including Asperger's Syndrome and physical disability. The captivated audience listened to her many perspectives on autism and safety.

If you need a guest speaker or facility to host your event, please contact the Woodlands at 724-935-5470 or go to our website www.mywoodlands.org.



Robyn Steward plays a tune for the attendees.



Dr. Elizabeth Kemeny, CTRS, encourages input from parents at the forum.

PARENT FEEDBACK FORUM MAKES A DIFFERENCE

The Woodlands always looks for ways to enhance the services it provides to participants and their families. An important tool for evaluation and improvement is the Parent Feedback Forum. The next Parent Feedback Forum is scheduled for Friday, March 23, 2012 at 7 p.m. All parents of participants are encouraged to attend.

The previous forum was held on August 15, 2011.

Facilitated by **Dr. Elizabeth Kemeny**, CTRS, and director of the Center on Disability and Health at Slippery Rock University, parents gave their thoughts about facilities, communications and programs.

The results were reviewed by the Program Evaluation Committee, which consists of Woodlands Board members. Committee members **Charles Mazur, Chair, Jill Albrecht, John Mayberry and Douglas Clark** identified concerns, goals and appropriate action steps to enhance the Woodlands' mission.

We thank the parents who attended for their invaluable input. It helps the Woodlands enrich the lives of children and adults with disability and chronic illness and those who support them.



An Eaton employee prepares a casket for the trail.

HAUNTED TRAIL SCARES UP FUN

The Woodlands Family Friendly Haunted Trail, held on October 21 and 22, was great fun for everyone. Despite the rain on Friday, the event saw more than 300 people from the community gather for Halloween festivities. Highlights included a hay ride, movie, snacks and story-telling.

The evening was made possible with help from volunteers at FedEx, Verizon and Eaton Corporation. They transformed themselves into creepy creatures and prepared the grounds. Thanks to all who came out for the event, and the volunteers who helped make two frightfully fun-filled nights for everyone!



Dracula is always willing to help the Woodlands!

Make-A-Wish Foundation®

BECAUSE WISHES WORK

The Woodlands is partnering with Make-A-Wish to increase awareness of the services each organization provides for children with chronic illness.

For a sick child, sometimes the slightest diversion can go a very long way. The Make-A-Wish Foundation® has been in the business of amazing distractions – fulfilling wonderful, thrilling wishes – for nearly 30 years. It is their hope that every qualified child has the opportunity to be a part of this kind of adventure.

The biggest challenge is finding children who are eligible for a wish. A great misconception about the Make-A-Wish Foundation is that a child must be terminal or dying in order to qualify. This is not true. Any child between the ages of 2 ½ and 18, who has a life-threatening medical condition, may be referred to the organization. Referring a child takes only minutes, but the memories of a wish last a lifetime.

If you know of a child that may qualify, please:

1. Call Make-A-Wish at 1.800.676.9474
2. Email at email@wishworld
3. Go online - a referral form is available on their website <http://www.wishgreaterpa.org/refer>



“LIFE at the Woodlands”

A new pilot program is being offered at the Woodlands in conjunction with Allegheny Intermediate Unit 3 (AIU3). AIU3 has developed and is actively promoting its new “LIFE at the Woodlands” program.

LIFE – Living Independence For Everyone – is a transition program in which 18- to 21-year-olds with special needs can progress to increased levels of independence and become active participants in all aspects of their home and community. AIU3 staff will provide all programming and instruction of LIFE at the Woodlands. The Woodlands' safe, accessible environment offers barrier-free facilities to support the development of independence. The program focuses on building independent skills in areas including safety, social, travel, employment, home living skills, budgeting, first aid, community leisure and recreation, and employment development.

The program runs from December through the end of the school year. For more information, contact Susan L. Grant, supervisor of AIU3 Career Development Program, at 412-394-5700 or susan.grant@aiu3.net, or visit www.mywoodlands.org.

Foundation Grants & Corporate Contributions

The following organizations have provided program and operational support in the second, third and fourth quarters of 2011.

FOUNDATION SUPPORT

Allegheny County Medical Society
Belechak Family Fund of The Pittsburgh Foundation
Emerson Charitable Trust
Glasser Family Foundation
The Hauber Foundation
Lillian Spang Rath Fund of The Pittsburgh Foundation
Massey Charitable Trust
R.P. Simmons Family Foundation
Yoder Family Fund

CORPORATE CONTRIBUTIONS

Comcast
EQT Gathering, Inc.
Mine Safety Appliance
PNC Bank
S&T Bank
UPMC Health Network

VOLUNTEERS “FALL IN” TO HELP

Autumn is a beautiful time of year at the Woodlands—and a busy time! Individual volunteers and groups gave 1,181 hours of their time to help the Woodlands finish projects, prepare for special events and get ready for the winter season.

American Eagle
Bombardier
CVS Cares
Driven Marketing Solutions
Eaton Corporation
FedEx Ground
Giant Eagle
Home Depot
Hope Lutheran Church
MEDRAD
PPG
Scout Troop #368
**Sigma Phi Epsilon Fraternity
of CMU**
**University of Pittsburgh
Lacrosse Team**
Verizon Wireless

If you or your organization would like to volunteer at the Woodlands, call 724.935.5470, or visit the Volunteers page on our web site at www.mywoodlands.org to learn more.

WOODLANDS A FINALIST FOR THE “PEOPLE DO MATTER” AWARD

The Woodlands was proud to be a finalist for the Pittsburgh Human Resources Association (PHRA) People Do Matter award. The Woodlands competed alongside UPMC and Westinghouse for the coveted honor.

The People Do Matter Initiative encourages effective practices in human resources. The Woodlands' unique approach fosters positive development

not only in its own organization but in other companies as well. Our volunteer program reaches corporations throughout the Pittsburgh area such as UPMC, Westinghouse and Mitsubishi



Volunteers from PPG helped out at the beginning of the fall season. They are one of many businesses and corporations whose gifts of time keep the Woodlands beautiful and safe.

Electric and Power Products, Inc. They send teams of employees to assist the Woodlands in a variety of tasks to help fulfill our mission.

“Becoming a finalist in the People Do Matter Initiative speaks volumes about what is accomplished at the Woodlands. The success of our Human Resources initiative is due to the amazing corporations and volunteers who give of their time and energy to create and maintain a remarkable place for our participants. It could never be done without their efforts, and for that we are especially grateful,” remarked Beth Warner, staffing and volunteer manager at the Woodlands.

THE PITTSBURGH FOUNDATION’S DAY OF GIVING

The Pittsburgh Foundation’s Day of Giving was held Tuesday, October 4. More than 600 local charities in Allegheny and Westmoreland counties, with profiles on the PittsburghGives website, were eligible to receive contributions from online donors. The Woodlands received \$8,954 from the combined giving of 28 donors and the Pittsburgh Foundation’s contribution of 14.5 cents per dollar donated. Thanks to everyone who participated in this wonderful campaign.

THE WOODLANDS WELCOMES NEW BOARD MEMBERS

We are pleased to welcome two new members to Woodlands Board of Directors:

Tom DeFilippo, actuary and retirement consultant, has been employed with Towers Watson since 2008 and was with Mercer in Pittsburgh for 10 years. He earned his bachelor of science degree in actuarial science from the Pennsylvania State University in 1998 and is a member of the American Academy of Actuaries and Fellow of Society of Actuaries. Tom is currently serving on the Program Evaluation Committee of the Board of Directors.

Brian S. Thompson is global product director of Joy Mining Machinery in Warrendale. He began his career with Joy as a regional field service representative in 1994 and held a variety of progressive positions in sales and management throughout his 17-year career at the company. He holds a bachelor of science degree in engineering from the University of Kentucky.

“LIKE US” ON FACEBOOK

If you've experienced the Woodlands, be sure to spread the word and “Like Us” on Facebook!



The Woodlands is constantly updating its Facebook page and website, www.mywoodlands.org, so be sure to check back frequently for the latest information. Access user-friendly registration forms, the latest news about programming, special events, details about camp procedures, cool videos, and more!

The Woodlands also posts videos on YouTube and special events on Twitter, local websites, event calendars and blogs.

Let others know what the Woodlands has to offer and direct them to all of the above resources to find out more about the Woodlands.





Woodlands Foundation Inc.

134 Shenot Road

Wexford, PA 15090

www.mywoodlands.org

724.935.6533

The United Way of Allegheny County kicked off its 2011 Live United Campaign at the end of August. This vital effort supports local non-profit organizations. You or your workplace can take part by working with the United Way to donate time or financial support. Please visit the United Way website <http://liveunited.org>. We would appreciate your selection of the Woodlands (#993107). Thanks to everyone who supports our year-round programs for persons with disability and chronic illness.

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UNITED WAY LIVE UNITED CAMPAIGN

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