

The CW REPORT

Empowerment through Employment

Winter 2008

CW Group, Inc. is a nonprofit corporation with the mission of creating employment opportunities for persons with disabilities and other challenged populations, as well as supporting and assisting small businesses.

It is comprised of three subsidiaries:
CW Resources,
Connecticut Enterprise Center
and
CW Enterprises.

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CW Awarded Three Year Accreditation



CW Resources, Inc. received a three year accreditation from CARF, the Commission on Accreditation of Rehabilitation Facilities, following an on-site survey in October. "This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of persons served. Services, personnel, and documentation clearly indicate an established pattern of practice excellence," stated CARF President, Brian Boon in his award announcement.

CARF is a private, international, nonprofit organization whose sole purpose is to promote quality services for people with disabilities. It does this by establishing standards of quality for such services, then using these standards to determine how well an organization is serving its consumers and how it can improve. According to CW President, Ronald Buccilli, CW Resources has been accredited by CARF for twenty-five years, since the State of Connecticut mandated the accreditation. Now-a-days, the accreditation is no longer required, but CW continues with the certification as an assurance that a monitoring system is in place that is specifically concerned with the best interests of the people we serve.

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Serving Meals at Senior Cafes

Clam chowder and seafood salad were being served up to approximately twenty-five people at the Plainville Senior Center as part of the state's Senior Café Elderly Nutrition Program. The mood was cheery and light and you could tell that everyone was enjoying the home-like atmosphere and companionship as much as the good food. And that is exactly the goal.

Each workday a CW Employment Specialist and two CW workers head over to the Center to help serve lunch to participants in the program. The meals have been prepared that morning by CW's Food Service Division and transported in special heated vehicles to seven locations throughout central Connecticut.

Hosts at the cafe that day were Maribel, Mooch and Kristy, a CW Employment Specialist. Other regulars in



Maribel, Kristy and Mooch in the café kitchen.

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CW Photo Gallery



Alix Capsalors, right, congratulates Lynette Scapellati from Moore Medical Corporation on their being named Employer of the Year by the New Britain Commission on Disabilities. Capsalors, CW VP nominated Moore Medical for employing CW workers.



CW's Elderly Nutrition Program volunteers were honored at an Oktoberfest dinner at the New Britain Senior Center.



Approximately 100 CW staff received flu shots at clinics held at our Waterbury, Greater Hartford and New Britain Centers. One of CW's kitchen staff, Yesenia, is shown receiving her shot.

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Recycle Used Toner Cartridges

OfficeSmart, a Plainville, CT based office products dealer, has begun a program to collect used toner cartridges for CW Resources. The empty cartridges are sorted and packed by CW clients for shipment back to a recycler.

There is no cost to participate in this program and all proceeds go to benefit the programs CW provides for their clients.

To have your cartridges picked up, simply call OfficeSmart (860)314-0040 or email them at customerservice@officesmart.net to arrange for a pick up.

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Community Employment Services, including job development, job supports and job-site training; Employment Planning Services and Organizational Planning Services were among the employment services appraised during the three day survey. CW was commended for the wide variety of opportunities for meaningful employment it offers persons served that include enclaves, mobile crew units, individual placements, contracted work crews, community-based NISH contracts, facility-based contract work and transitional employment.

Sandie Lavoy, CW's Vice President of Community Rehabilitation Services and the individual responsible for the accreditation, feels that the survey is important not only because it holds our organization accountable, but also offers an opportunity to consult with CARF's surveyors to enhance the delivery of services. "CW always strides to provide excellent services and we view the accreditation as a continuous improvement process where we receive objective feedback and suggestions for improvement. It demonstrates our CW commitment to higher standards for the people we serve."

Serving*Continued from page 1*

the program are Dan, Cassandra, Heather and Dominique. They are there to greet and register the seniors as they come in and assist in the serving and clean up of the meal. Maribel is busy chatting up the people as they come in and making them feel comfortable. In return, the seniors have taken a real interest in the CW workers. Just that day, one of the women gave Maribel a pair of Christmas earrings as a token of her appreciation and because they had become friends. Meanwhile, Mooch was in the kitchen assisting Kristy with the food. He's taking food temperatures and making sure that everything is getting done in a timely manner. "I love this job because I get to help others," says Mooch as he supervises the soup being dished up.

"We've been working this job site for about two months now and the interaction among our clients and the seniors in the community has been such a positive experience for us. You can not help but have a brighter day

after working here," says Kristy. And the café patrons agree. The comments around the table were: "He's so polite.", "They are all so helpful.", "I look forward to coming here." Seniors and CW workers—one more great combination.



Maribel serves soup to a café participant.



AbilityOne Reports Record Year

AbilityOne, formerly JWOD, is the largest program employing persons with disabilities by being the premiere source of goods and services for Federal customers. Participating nonprofit agencies such as CW Resources contract for jobs for their clients.

Their recently released annual report states that there was an increase of more than 2,000 individuals who have jobs through the program. At the same time, they saw a notable increase in total wages earned. In 2006, total wages surpassed \$403 million for the 47,000 participants, with an average hourly wage of \$9.78. Beyond providing goods and services at fair market prices, the program also provides the American taxpayer an added bonus. As AbilityOne workers achieve greater independence, they reduce the dependence on government assistance and become taxpayers themselves.

CW Resources employs approximately 300 individuals who work under the AbilityOne Program with fourteen different contracts. These jobs include packaging and assembling ID chains and earplug inserter cases for the U.S. military, janitorial positions at the U.S. Coast Guard Academy and Groton Submarine Base and commissary work at Hanscom Air Force Base and Newport Navy Base.

"These accomplishments could not have been realized without the dedication and commitment of the leadership and workforce of more than 600 State and local nonprofit agencies participating in the program," states Andrew D. Houghton, Chairperson.



Seasonal Affective Disorder (SAD)

If you are depressed during the shorter days of winter but feel happier and more energetic in spring and summer, you may have seasonal affective disorder (SAD). SAD is a type of depression that affects you at the same time each year, usually in the fall and winter, but as the days lengthen in spring and summer, the depression lifts.

Shorter days of winter and lack of light are considered one cause of SAD. However, researchers are studying other possible causes, including disturbances in the body's natural biological clock or problems with the regulation of a brain chemical.

Symptoms of SAD include irritability, sadness, anxiety, increased appetite, a craving for carbohydrates, weight gain, decreased activity, a need for more sleep, drowsiness during the daytime, and problems with work and relationships. Symptoms begin and end around the same time each year, usually starting in September or October and ending in April or May.

A doctor will base his or her diagnosis of SAD on whether you have been depressed in the winter and recover in the spring or summer for at least two years in a row. These dramatic mood swings in response to changes in seasons are what differentiate SAD from non-seasonal depression.

You are more likely to develop seasonal affective disorder if you are a female between the ages of 15 and 55. Between 60% and 90% of people with SAD are women, and those who have a relative with SAD are more likely to develop it. People living farther away from the equator develop SAD more often, but you can develop it no matter where you live. The risk of developing SAD for the first time decreases as you age.

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We're on the web!
cwresources.org

Allstate Records in Good Hands

Tons and tons of insurance records are stored in a one acre, 600,000 square foot facility in East Granby and our workers have the responsibility of filing and moving those boxes that are stored there. In fact, in the twelve years that Allstate Record Center has been in this facility, CW workers have moved about 90% of the 1.1 million boxes, according to Greg Matuszko, an Allstate supervisor.

Currently, two crews employing eight men and two CW staff work daily at Allstate and because of their excellent work ethic, the two crews will be expanding to three. "The CW workers make us look good. They are extremely reliable and always come to work happy," said Al Moulton, another Allstate supervisor.

The work is physically and mentally demanding, lifting and moving heavy boxes all day and making sure they get filed in the correct places. The CW crews see the job as a challenge and can move twenty skids of boxes, each weighing about 1,200 pounds, in one 3 1/2 hour shift. Their comments convey their pride in a job well done. "The day goes by real quick, because we work hard." "We earn good money and I'm saving up to go to New York." "It makes me feel good working hard. We lose weight and gain muscle."

Thanks to Allstate Record Center and the two CW employment specialists, Holly and Mike, more individuals will have the opportunity to prove themselves and reap the rewards of a job well done.



Carlos is checking to make sure he has the correct file.



Tony, front, and Eusto moving and filing boxes.