



JUNE 2020

MESSAGES

A Publication of MEG's Gift Inc.



MEG'S GIFT GOLF, DINNER & AUCTION EVENT CANCELLED

In light of the uncertainty and health risk due to COVID-19, the Board of Directors has decided to cancel this year's MEG's Gift Golf, Dinner, and Silent Auction scheduled for August 8th at Shadow Lake. This summer event with the gathering of family and friends has become an annual celebration of the life of our beautiful daughter, Megan, which makes this decision a sad one for us. Yet, given the sheer number of guests who attend our summer event, we believe that not cancelling would potentially expose our generous supporters, leadership team, and good friends to a health risk that we are unwilling to take. In making this announcement, we want to assure you that this is a brief hiatus in our activities and it is our intention to return ever stronger in our mission to positively impact mental health care in our community through financial support, education and advocacy.

In founding MEG's Gift, we envisioned an organization characterized by a loving spirit and compassionate caring, especially toward those in need, which defined Megan. Now, more than ever, that vision is a reality for so many who are facing health, economic, and social stressors. These stressors pose serious challenges for families and notably for our youth whose lives have been significantly altered. They are separated from their school friends and lack regular support from their teachers. In addition, contacts with extended family members have been disrupted due to physical distancing. These are conditions that can negatively impact emotional health and development. And, while our selection of Children's Institute as primary beneficiary of 2020 funds was made prior to the pandemic, it now seems fitting and timely that we will be supporting this organization with its long tradition of providing research-based and results-oriented programs that address the social and emotional needs of children. (See article page 3.)

Based on an overwhelming amount of feedback from the MEG's Gift community, we have strived to uphold a high standard worthy of our Megan! Continuing to uphold that standard means making tough choices regarding anything that will keep us from doing our best and being the best we can be for all of our supporters and those we help.

We so appreciate your past generosity of MEG's Gift initiatives. You mean so much to our organization and ask for your continued support of our mission. We invite you to donate on-line by going to our website at <https://www.megsgift.org> or via mail to MEG's Gift, Inc. P.O. Box 876, Penfield N.Y. 14526. As soon as it is safe to do so, we will resume events to raise funds and promote mental health awareness and advocacy. In the meantime, follow us on social media. Stay well and be safe. And in Meg's own words, "[We] love you from the top, middle, and bottom of our hearts."

With our best wishes and prayers,
Kathy & Ray Garbach
CEO and President, MEG's Gift, Inc.

AFSP Receives \$50,000 from MEG's Gift



Donation presentation at Boulder Coffee. Pictured (L to R):

Brianna Ferranti, Karen Heisig, Ray Garbach, Missy Stolfi, Liz Messina, Kathy Garbach, Roberta Pilato, Jackie Cushman and Ron Swanson.

The Western New York Chapter of the American Foundation for Suicide Prevention (AFSP) received \$50,000 in November 2019 from MEG's Gift. The money will be used to expand services in our community that promote awareness of mental health problems, advocate for treatment and prevent suicide. It was the second time that AFSP was selected to be a primary beneficiary of funds raised by MEG's Gift. "This is an outstanding organization that is aligned with our mission and is run by wonderful people," according to Kathy Garbach. The information in the educational programs they deliver is sensitively presented, clear, informative and scientifically based. Kathy adds, "what makes the AFSP special is their commitment to collaborate with us, keeping us informed of how they are using funds that we donate, and acknowledging us when they conduct a training or distribute informational materials that are made possible by our donation."

Missy Stolfi, Area Director for the Western & Central NY Chapters of AFSP, is enthusiastic about the close working relationship between MEG's Gift and AFSP. "It's an honor to be embraced by MEG's Gift and selected as a repeat beneficiary. Our partnership is special." In the spirit of collaboration, Missy invited the Board of MEG's Gift to choose the AFSP initiatives for which donated funds will be used in the coming year. The initiatives chosen were:

- Recruiting and training volunteers to deliver suicide prevention education programs in work settings, schools and places of worship and to attend health fairs to share information about mental health and suicide prevention.
- Reaching out to youth by bringing speakers with their lived experience of mental illness and suicide survivors to high schools to share messages of hope and recovery.
- Being more visible on college campuses with programs on topics of depression, other types of emotional problems and identifying risk behaviors for suicide and how to intervene.
- Educating primary medical care providers in suicide assessment, treatment and management through SafeSide, a web-based training program. MEG's Gift funds will underwrite the cost for training in medical clinics in communities with high poverty.

MEG's Gift and AFSP are excited about their partnership on these initiatives. To learn more about AFSP programs, visit www.AFSP.org.

Children's Institute Chosen as Primary Beneficiary for 2020



**Ann Marie White
Executive Director**

Based in Rochester, Children's Institute is a national not-for-profit organization that began in 1957 as the Primary Mental Health Project. With some refinements, the original program, now known as Primary Project, continues today for pre-K through third grade children in schools across the country who show emerging school adjustment difficulties. Each child meets weekly with a trained "child associate" to build confidence and gain skills in such areas as tolerating frustration, making decisions and solving

problems. The vehicle for learning is creative and expressive play. The results are impressive: improvements in school attendance, ability to focus in the classroom, exhibiting confidence and social skills; and decrease in behavioral issues requiring attention and fewer disciplinary incidents.

Other programs equip adults who work with children with skills to enhance the social and emotional development of children in their care. The Rochester Area Parent Program (RAPP) helps parents clarify their values and childrearing goals through group discussions and problem solving exercises. Groups are co-led by trained staff and parent leaders. Behavioral Health Consultation is a service intended to identify and reduce the impact of behavioral challenges exhibited by children in the classroom. The consultant observes the child on several occasions to assess the conditions under which the problem behaviors occur, convenes the child's school team and parents to discuss findings and plans with them action steps that each caregiver can take to help the child succeed. In Whole Child Connection trainings, techniques to foster social and emotional competencies such as empathy, respect for others, impulse control, and self-confidence are taught in a workshop format to teachers, other professional staff and administrator of schools and early education centers.

What makes these programs unique, according to Ann Marie White, Ed.D., Executive Director, is that they are "grounded in research and are results-oriented." The research has demonstrated that acquiring and practicing social and emotional competencies early in life results in emotional stability, reduction in risky behaviors as one gets older, and improved academic achievement and readiness for college and work. These outcomes align nicely with the mission of MEG's Gift to positively impact the mental and emotional health of persons in our community. MEG's Gift is pleased to support the work of Children's Institute. In commenting on the selection of her organization as beneficiary, Dr. White said that it is "an honor, a gift and a grace to be chosen and be part of Meg's legacy."

children's
institute

STRENGTHENING SOCIAL AND
EMOTIONAL HEALTH



Primary Project:

School aged children (pre-k - third grade) are paired with a trained child associate. Using creative and expressive play, Child meets with associate for play to build confidence and learn emotional and social competencies

To learn more about Children's Institute, go to www.childrensinstitute.net

Impacted by an Angel

By: Alexis Fry



Lexi at Mt. Sorrow in Australia one of her cousin Megan's favorite trails

Being diagnosed with depression at the early age of ten forced me to grow up quicker than my friends. Learning how to deal with being more mature was easy, but I wasn't sure how to handle the actual problems that came with having depression, the scary thoughts, the urge to sleep all the time, and never wanting to participate in things I used to love. This unfortunately sent me to the Pediatric Psychiatric department at Strong Hospital multiple times. The days were long and unbearable, but there was one time that stood apart from the rest of them. One day specifically that I will never forget.

Getting visitors in the hospital, other than my parents and sister, was not a common occurrence, but I was in for a real surprise on this day. I was confused as I saw my parents walk in with Megan, unsure why they would bring her up to see me. Shortly after I said hello to everyone, my parents left and Megan and I went back to my room. I'll never forget the moment when we sat down and she looked me in the eyes and asked "did you know I have depression?" Immediately, I felt like I could talk to her in ways no one else could truly understand. She listened to me. She explained to me how scary and difficult things could become, but told me I always needed to remember to persevere and to stay strong. That day was one of the first days that I truly realized I wasn't alone in my battle. I had Megan in my corner to help guide me.

After my hospital stay was over, Megan continued to be a huge part of my life. She always called and texted to make sure I was doing well, and always made time to hang out with me even after long days at work. All just to remind me that I was important to her and that she was always there for me.

I LOVE YOU FOREVER MEGAN

It was not long after Megan's passing that I truly realized how much of an impact she had made on me. To put it in a few simple words, Megan saved my life. Megan was the reason I finally began to put effort into my mental health. Megan showed me what it meant to be a good person, to believe in myself.

Megan was my mentor. And while she somehow managed to teach me a lot of what I needed to know in life while she was still here with me, my biggest question after Heaven gained a new angel, was what do I do now? How was I supposed to find my way through life? The answer was simple. I will live the way Megan did. Megan had always taught me to care for others before yourself, to inspire other people, to keep moving forward, and to follow my dreams. I had decided my dream would be to keep her spirit with me and keep sharing how she impacted my life with others.

I started doing little things that would make me feel closer to Megan. I would help a stranger, do different charity donations, and I even learned to be closer with nature the same way Megan was.

"I'll never forget the moment when we sat down [in my hospital room] and Megan looked me in my eyes and asked:

'Did you know that I have depression?'

That was one of the first times I realized I was not alone in my battle. I had Megan in my corner to help guide me."

FOLLOWING IN MEGAN'S FOOTSTEPS

Knowing Megan's love for nature and its beauty made figuring out my next step in life rather easy. Megan had spent some time in Australia. She was able to travel and see nature's beauty from the other side of the world. She was able to see the world's oldest rainforest and hiked a beautiful mountain called "Mount Sorrow." Learning how much Megan loved being there and how she was so spiritually rewarded, I decided that Australia would be the next stop on my journey of living in her footsteps.

In July of 2019, I left America to study abroad in Australia in search for a closer connection to Meg. As soon as I landed I knew I had made a great choice. There were no other words to describe the feeling other than I could feel her presence next to me. It was as if nothing had ever changed, like she was holding my hand through every journey I took while I was there.

In October, I decided it was time to be as close to Meg as my heart would be able to handle. I took one of my new friends in Australia and we headed on a journey to Mount Sorrow. As soon as we arrived at the mountain, my heart felt like it was in my stomach, my body seemed to ache, but my smile was from ear to ear and there was no explanation for that other than Megan's presence. As we started climbing the mountain (which seemed more like the steep side of a cliff), we quickly became very tired.

Emotionally, it was a battle just to take each step knowing Megan had stepped there before me. Yet somehow we continued to climb pushing forward; I needed to see a sign, anything that would prove to me Megan was there.

After four hours of intense climbing, being mentally and physically drained, it happened. The most beautiful butterfly came down and flew around us. Megan has always shown her presence to me as a butterfly, but this time was different. This butterfly came down and hovered above my shoulder as if it was an angel telling me she was proud of what I had done and who I had become. The emotion was overwhelming. Tears of joy, sadness, and love instantly came down my face. I knew that no matter where I went, I would have my guardian angel next to me.

To say that dealing with mental illness is difficult may be one of the biggest understatement ever. It is scary. It feels like you are all alone, like you may never find an answer. I will never forget that day Megan came to the hospital and the profound impact she has had on me since.

Megan is, and always will be, my answer. She listens, shows me signs that she is by my side so I am not alone. I know I have her unconditional love and support. She is my angel like no other.



**BUTTERFLIES CAN'T SEE THEIR WINGS.
THEY CAN'T SEE HOW TRULY
BEAUTIFUL THEY ARE,
BUT EVERYONE ELSE CAN.
PEOPLE ARE LIKE THAT AS WELL.
- AUTHOR UNKNOWN**

ANNUAL GOLF TOURNAMENT DAY 2019



Self-proclaimed HOLE 9 BROADS have volunteered to run the on-course games for every tournament.

Pictured (L to R): Annie Corriveau, Meghan Callan Wagner, Jenn Mettler, Laurie Neville, Theresa McCormack, Dena Wilcox, Niki Corriveau and Amy Realbuto

Under partly sunny skies and a comfortable temperature of 75 degrees, 142 golfers participated in the 5th Annual MEG's Gift golf tournament at Shadow Lake Golf and Racquet Club on August 10, 2019.

Throughout the day, there was constant traffic of people bidding on 173 silent auction items displayed under the small tent. In the early evening, 282 guests congregated under the big tent for a welcoming message by Kathy and Ray Garbach followed by a delicious buffet dinner served up by the hospitality staff of Shadow Lake.

We are indebted to the 22 volunteers working the course and registration table and another 12 who assisted with the auction. Your efforts contributed to a smooth-running event to benefit the organizations supported by MEG's Gift. Thank you for your service.

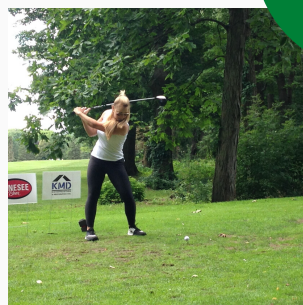
Since its inception in 2015, MEG's Gift, Inc. has donated \$281,154 to these seven organizations that provide prevention, intervention, and support services to persons in the Greater Rochester area experiencing mental health problems:

- American Foundation for Suicide Prevention (AFSP)
- Consortium on Trauma, Illness and Grief in Schools
- East House
- National Alliance on Mental Illness (NAMI)
- St. Joseph's Neighborhood Center
- ROCovery Fitness
- Veterans Outreach Center

We are grateful to our many loyal friends for their generous contributions and attendance at our fund-raising events. Thank you!



AROUND THE COURSE 2019



MEET THE 2019 CHAMPIONS

18 HOLE COURSE WINNERS



Score: 59 (-12) : Paul Frietas, Ron Frietas, Dave McCoy, Dan McCoy

9 HOLE EXECUTIVE COURSE WINNERS



Score: 27 (-4) : Sam Mastrosimone, Mike Marciano, Mike Pattison, Nick Ruggeri and friends

LONGEST DRIVE (18 HOLE COURSE)



Marcus Lathrop and Kim Starzyk

CLOSEST TO PIN (9 HOLE EXECUTIVE COURSE)



Erika Insalaco - Left (Pictured with Marcy Garbach)

CLOSEST TO PIN (18 HOLE COURSE)



Todd Cushman (Pictured with son, Caden)

CLOSEST TO PIN (9 HOLE EXECUTIVE COURSE)



Dan Moraldo

Factors to Consider When Selecting a Mental Health Therapist

By Douglas L. Bufano, Ph.D., LMHC

Research has demonstrated that psychotherapy is beneficial in addressing a variety of mental health problems. But, in order to reap the benefits of psychotherapy, you have to select the “right” therapist. This article examines the selection process by considering personal qualities of the therapist, knowledge and skill in the use of interventions to facilitate change, and other operational and practical factors that may influence your choice. Resources to locate therapists trained in various mental health professions are presented along with steps to follow to reach a decision. The ideas presented here are drawn from my professional training and experience as a therapist, working as a counselor educator, and being a former consumer of psychotherapy services. I am grateful for the insightful feedback from Maria Garbach in the preparation of this article.

Personal Characteristics of the Therapist

Decades of research and clinical practice have shown that personal characteristics or attitudes of therapists are highly correlated with successful outcomes in psychotherapy. Carl Rogers, a renowned clinical psychologist and the father of Person-Centered Therapy, said that when therapists are able to experience and communicate genuineness, empathy, and unconditional positive regard in their relationship with clients, significant change and growth will occur. Genuineness is being real, authentic, and comfortable in one’s own skin and not hiding behind a mask of professional superiority. Empathy is being “in tune” with another’s feelings and thoughts as if they were your own and accurately communicating your understanding without losing the separateness of your own identity. Unconditional positive regard is conveying an attitude of respect for the capability and worth of others and valuing, accepting and caring about others “as they are,” meaning without judgment of their thoughts, feelings and behaviors.

The opposite is being critical, disrespecting the right to be different, and conditioning acceptance upon conformity. In the Person-Centered Therapy model, these three therapist characteristics are considered to be both necessary and sufficient for therapy to be effective. Individuals who experience these characteristics coming from their therapist on a consistent basis are in a therapeutic relationship that will engender trust, confidence, and hope. In such a relationship, an alliance is built, goals are mutually agreed upon and specific interventions are successfully employed. Arnold Lazarus, a prolific writer, teacher, and researcher in the field of Clinical Psychology, viewed this relationship as the soil that enables the therapist’s techniques to take root. We now turn to those techniques.

Therapeutic Interventions and the Role of the Therapist

In addition to needing to possess qualities that engender trust, therapists are expected to be ready with interventions (strategies, techniques, procedures) to help you address your needs. Their job is to engage you in a process of change and growth. That means knowing what interventions to employ, when to use them, and with whom they will likely be effective. Interventions utilized in psychotherapy are typically aligned with established theories of psychotherapy, each having its own view of human behavior, goals, and roles for the therapist to play. To illustrate, Cognitive Behavior Therapy (CBT), a model that is used in the treatment of a wide range of mental health problems, such as depression, anxiety, eating disorders, and chemical additions, holds that our thoughts (cognitions) are the major determinants of how we feel and act. Consequently, disturbances in emotions and behaviors are the result of faulty thinking and beliefs about people and situations we face. The objectives of therapy are to identify, challenge and change rigid thoughts and faulty beliefs with a successful outcome being the elimination of self-defeating thoughts and new and healthier ways of thinking and coping with problems.

The therapist is an active partner in the change process, collaborating with clients to identify specific distortions in thinking and teaching methods to challenge assumptions and examine evidence for alternative interpretations.

Some therapists subscribe to a single theoretical model and their interventions reflect that preference. Other therapists adopt a framework in which they select methods from different theoretical models that are consistent with their personality and belief system. They operate within an eclectic or integrative approach in order to create the ideal treatment program to meet the specific, and often changing, needs of their clients. Most therapists today use an integrative approach.

While it is beyond the scope of this article to get into the details of theories and specific interventions, it is important to have a general understanding of various treatment methods because therapists typically reference them in descriptions of their treatment approach. One clear, brief and informative resource is in the Psychology Today website (www.psychologytoday.com/us/types-of-therapy). It summarizes each type under four headings: when it is used, what to expect, how it works, and what to look for in a therapist using the approach. A convenient option on the webpage is a box to enter a city or zip code to access names of therapists (with links to their websites) who indicate that they use this type in their practice.

A hallmark of psychotherapy is that it is an informed, intentional, and systematic helping process. Therapists are expected to inform each client of their approach to therapy ahead of the initiation of any therapeutic intervention. This should include a description of the method planned and why it is appropriate, their role and that of the client, the expected outcome and how that outcome fits with the client's overall goals. This collaboration and transparency is sound clinical practice and is also the ethically responsible thing to do. It has ramifications for the treatment of individual clients and for the community's confidence in mental health care. For, despite gains we have made as a society to lessen stigma and remove the shroud of mystery hanging over therapy,

skepticism remains about how it works, and not being clear about what goes on in therapy only feeds that wariness.

Other Relevant Factors to Consider

Selecting a therapist requires an exploration of other key variables. Availability, accessibility, and affordability are three practical factors that universally influence choice. Therefore, answers to these questions about therapists under consideration should be obtained early in the selection process.

- **Availability:** Accepting new clients? Wait time for an appointment? Are appointment times compatible with my schedule?
- **Accessibility:** Is the office location convenient (distance, travel time)? Is it handicap accessible?
- **Affordability:** What is the fee? Is there a sliding scale? Accept my insurance?

A therapist's profession, education, experience, age, race and/or ethnicity, gender, and fluency in a language other than English may also be factors that come into play in deciding on a therapist. For some of these factors, the choice is a matter of client preference. However, for some clients, the context will dictate what choice is most appropriate. For example, having a female therapist is generally regarded as clinically prudent for a woman who has been sexually abused by a male perpetrator. An underlying concern for some individuals seeking therapy is that they will not be understood by a therapist whose lived experiences is unlike their own. That may make race and ethnicity more relevant as persons will express preference for a therapist who looks or speaks like them or possess cultural values and practices similar to their own. Therapists, for their part, need to be able to communicate their understanding, sensitivity and competence to work with individuals from diverse backgrounds.

Resources for Finding A Therapist

Begin with professionals in your life who know you and whose opinion you respect. Primary care physicians and pediatricians often have an

established referral network of mental health specialists. In some health systems, care is well integrated and offered in the same location. These medical care providers can prescribe medication if needed as an adjunct to therapy. Clergy can be a helpful resource. They are often in a position of recommending mental health care when the needs of persons in their congregations exceed their expertise. Family members and friends with personal knowledge of therapists in the community are yet another resource. Health insurance companies maintain a panel of licensed mental health professionals who have been approved for payment of the care they provide. Finally, professional organizations such as the American Psychological Association, the New York Mental Health Counselors Association, the National Association of Social Workers, and the American Association of Marriage and Family Therapists include a “Find a Therapist” link in their websites that is easy to navigate by entering a city or zip code. The Psychology Today website (<https://www.psychologytoday.com/us/therapists/>) is also an excellent resource that provides detailed information about therapists along with their photo.

Therapists employed by not-for-profit agencies may not have their own website nor be profiled in the agency’s website. To obtain information about them, it is necessary to contact the agency directly and ask to speak with them.

Steps for Selecting a Therapist

What comes next is collecting and evaluating information about potential candidates by giving consideration to the factors outlined above. This can be a daunting undertaking. I suggest the following steps.

1. Assemble a pool of 5 to 10 candidates using the resources mentioned.
2. Carefully examine the information that you find.
 - Which candidates match up best with factors that are most important to you (e.g., convenience of office location, speciality area or treatment approach)?
 - Which can you eliminate because they lack one or more of the factors that are essential (e.g., don’t accept your insurance, not enough experience)?
3. Select and contact your top candidates. This step can feel awkward and intimidating, but it is also empowering and revealing. Prepare by reminding yourself that you, not the therapist, are in charge of this selection process. Rehearse your introduction and write out questions to allay anxiety.
 - First, ask practical questions about taking new clients, scheduling, fees, and insurance.
 - Then, provide a brief description of your problem and follow up by asking questions that will elicit information about the therapist’s experience and approach.
 - Have you counseled people with problems similar to mine and how often? What type of interventions do you use to help people with problems like mine? Have your interventions proven to be effective? How would you describe your role in the therapy process? (The same questions should be asked all therapists in order to make comparisons.)
4. Evaluate the response of each therapist.
 - Was it clear? Did it engender confidence in you of their knowledge and skill? Did they come across as genuine and caring? What was the overall “feel” you experienced from this encounter?
5. Make an appointment with the therapist who is your first choice based on consideration of all factors.
6. This step comes after the first few sessions. Are you comfortable in this person’s presence? Do you feel accepted, respected, understood? Is there an easy back and forth flow to the communication? Has the therapist engaged you in a discussion of the direction of therapy?
 - If the answer is yes to these questions, it’s likely that you selected the right person.

- If the answer is no, it may be a sign that it is not a good match. Share how you are feeling and what you are thinking with your therapist. As a therapist myself, I always respected this candor from clients and used it as an opportunity to work on improving the relationship.
7. Evaluate the therapist's response to your feedback and then make your decision to continue or terminate. Don't feel badly if you decide to terminate. You must feel comfortable. Return to your list of potential candidates and resume the process. You now have experience from which you can learn.

Final Thoughts

Be diligent in your search. It takes time and effort to find the therapist with the personal characteristics and skills that match your needs, but the effort is well worth it in the end.

If you need assistance with your search, I invite you to contact me at info@megsgift.org



COMMUNITY EVENTS BENEFITING MEG'S GIFT

MEG's Gift is grateful to our friends at Amaya's and Paychex for their thoughtfulness and generosity. If you, or somebody you know, operates a business or establishment that might consider sponsoring a fund-raising event for MEG's Gift, please contact Kristie Nadeau at info@megsfift.org.

"JOY OF LIFE" AMAYA INDIAN CUISINE

On July 15, 2019, Amaya's Indian Cuisine closed the restaurant to the public in order to host its second annual "The Joy of Life" event to celebrate the life of Megan Garbach and raise funds for MEG's Gift. Amaya's was one of Megan's favorite restaurants where she often gathered with work colleagues from Ravi Engineering. Drs. Rahul and Nirupama Laroia, owners of Amaya's, graciously hosted the event attended by 75 guests and donated \$2000 of the proceeds to MEG's Gift. Prior to the meal featuring some of the restaurant's Indian specialties, Dr. Stephen Dvorin, a local psychiatrist, shared some facts and myths about mental health care.

"SPRING INTO MOTION" PAYCHEX EMPLOYEE FITBIT CHALLENGE

On July 19, a team of Paychex employees from Rochester and Denver dubbed Lil' Virtual and led by Chuck Jones awarded \$2000 to MEG's Gift for its 4th place finish in a Fitbit steps challenge called "Spring into Motion." This company-wide competition combines physical fitness with community service. Winning teams selected a charity of their choice to receive funds to carry out their mission. John Cook, a Virtual sales representative, recommended MEG's Gift because of its support for mental health awareness and treatment services in our local community.

ICE CREAM SOCIAL & BLUE JEAN FRIDAY

A few weeks later, Glenn Ferretti, a long-time friend of MEG's Gift and Paychex employee, organized another fundraiser. For just \$6, employees purchased a ticket to wear jeans to work on August 5 and meet in the parking lot at 2 PM to make their own sundae. A 50/50 raffle was part of the festivities. All proceeds- \$2,235- went to MEG's Gift.



MEG's Gift
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Recipient
Street Address
City, State, Zip Code

**"I love you from the top, middle
and bottom of my heart..."**



MEG's GIFT INC. is a 501 (c) (3) not-for-profit charity.

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The Lil' Virtual Fitbit Challenge team from Paychex pictured with Ray Garbach (4th from left) and Kathy Garbach (far right)