

# Weekly Bulletin

“One thorn of experience is worth a whole wilderness of warning.”

- James Russell Lowell

## Upcoming Events

- Thurs., June 20 – Regular Board Meeting
- Thurs., June 20 – Last Day of School for Bird/Morgan and Creekside Students
- Fri., June 21 – First Day of Summer
- Thurs., July 4 – Independence Day
- Mon., July 8 – Ramadan begins at sundown

Follow this [link to the BOCES Calendar of Events](#)

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## A Message from Mike

You never know when (or how) you might feel the impact that Monroe #1 BOCES has had on someone. Earlier in the week, I had to have blood drawn following a doctor’s appointment. I asked the very professional young lady, who was about to pierce my right median cubital vein, where she learned her phlebotomy skills. She said, “BOCES.” Since we were in Greece, I had to ask her which BOCES, and she told me that she had attended classes at Monroe #1. She could not say enough about how much she loved the program and how happy she was with her skills and her job.



I thought about this experience as I attended another week of fantastic events at Monroe #1 BOCES. On Monday we had our end of the year celebration for retirees at the Burgundy Basin where we recognized 5 retiring staff members whose combined years of experience with Monroe #1 totaled 93

years. On Tuesday Creekside held its 12:1:4 graduation at East Rochester High School. 23 students were honored and there wasn’t a dry eye in the place. On Wednesday, 259 students from 18 different programs were honored at the EMCC Student Recognition and Certification Ceremony. I have been struggling to find words to describe the awesomeness of this event. One of our teachers received an email from a parent following the ceremony. She said it better than I ever could. Here is an excerpt from what she wrote:

*We attended the commencement ceremonies last evening and I was impressed by how many students have been positively impacted and the opportunities that await them. As I know other students that graduated and their*

## Data Snapshot

*A high percentage of BOCES administrators wear khaki pants, blue shirts, and brown shoes on Thursdays. Some of those administrators are taller than others.*



parents and home life, I realize that every student can benefit from being able to have this choice of practical experience and educational application.

I talk with so many parents about the fact that not everyone is meant to be in a college prep environment and how their children have failed when they entered college creating frustration for parents and students alike.

Based on [my son's] experience, I have every confidence that he has received a high quality educational experience showing him opportunity in his life. I truly believe that this experience has prepared him for college or trade school education when he is ready to move in this direction. This would never have been possible had he not had the EMCC opportunity.

The impact of our work is tremendous and cannot be overstated. As the school year draws to a close, and we gear up for the extended school year or maybe even some time off, consider the positive impact that Monroe #1 BOCES has on so many people.

- Mike Doughty, Assistant Superintendent for Instruction

## Technology Tip of the Week

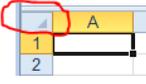
Thanks to Diane Smith for the following tech tip: **Excel Column Widths**



### To make a column wider or narrower:

- Put the cursor on the line between the column headings until it looks like double headed arrow. 
- **Double-click** when it is a double-headed arrow and it will calculate the right width based on all the data in that column. This way – no data will get cut off when you print.

### To work with more than one column at a time, follow the steps below:

- **Select all columns** - the easiest way to select them all is to click on the square in the upper left (between Column A and Row 1) 
- Move the cursor between any 2 column letters so it turns to a **double-headed arrow**  and **double-click**.
- You can also adjust all Row heights now, by **Double-clicking** on this double-headed arrow (put cursor between 2 Row numbers)

## Programs & Services Update

### 2013 Teaching, Learning, and Technology Conference - Registration Is Open!

July 30 - 31, 2013

Nazareth College, Rochester, New York

Fee \$90 (includes lunch and coffee)

The Teaching, Learning, and Technology Conference is a two day immersive learning experience for educators. During the conference participants will be able to explore exciting instructional technologies in a hands-on format. Open lab time allows for teachers to practice new-found skills with the assistance of a workshop facilitator. Workshop facilitators from 4 different BOCES, 3 colleges, 2 districts, and 2 outside resources will guide the learning and inspire technology usage. If you have any questions, please do not hesitate to contact Doreen Pietrantonni at [doreen\\_pietrantonni@boces.monroe.edu](mailto:doreen_pietrantonni@boces.monroe.edu)



Please click [here](#) to register. If you do not have a WincapWeb account, you will be prompted to create one when you enroll in the conference. Please register for the main conference **and** individual workshops. **All workshops require pre-registration!**

-Doreen D. Pietrantonio, Instructional Technology Specialist

## Rochester Region

### TSTT High School and College Seniors Annual Recognition Breakfast

Rochester TSTT program celebrated its 9<sup>th</sup> Annual Recognition Breakfast on May 24, 2013. This was an occasion to commemorate another milestone in TSTT history of developing talented young people into accomplished teaching professionals.

TSTT's mission is "to recruit, mentor, and train culturally-diverse and economically-challenged students from high school through college, and place them as effective teachers and committed leaders who strengthen schools and communities."

The event highlighted the 2013 graduating class of high school seniors from West Irondequoit, Danielle Gamble and Joanna Heath, and the 2013 Hall of Fame Inductees - 20 graduating college seniors. Students were recognized and given awards and certificates for their achievement. The guest speaker, Synthia Green, a TSTT scholar and a teacher in the Rochester City School District for 5 years, was acknowledged as an example of TSTT full circle career development program.

TSTT partners in education, district teacher mentors, college partner mentors, superintendents, principals, and the TSTT advisory council were acknowledged as leaders in education and supportive collaborative partners.

TSTT is proud of its successes over the past nineteen years. The program has grown from just seven students in 1994 to more than 400 high school students and 350 college students in the pipeline in four states: Connecticut, Massachusetts, New York, and Virginia. Rochester has 55 high school students and 67 college students.

This was a momentous occasion – thanks to all.

-Prudence Wilson, Today's Students Tomorrow's Teachers, Regional Program Manager



**Today's  
Students**  
**Tomorrow's  
Teachers**



High school graduate, Danielle Gamble, with West Irondequoit district personnel-teacher mentor, Nancy Russ, Superintendent, Jeffrey Crane (r), and Assist. Superintendent for Personnel and Finance, Tim Terranova (l).



College seniors-Hall of Fame Inductees: (l-r) Marysa Cooper (Keuka College), Samantha Davis (St. John Fisher), Allison Marciano (St. John Fisher), Safia Najim (Nazareth College), and Briana Thompson (SUNY Geneseo)

# Connecting with a Colleague

Each week, a staff member will be selected to complete a brief questionnaire to help us get to know him or her. This week we are connecting with **Kristin Lowe**.

- **What are your primary responsibilities?** I am primarily responsible for coordinating Human Resources services and collective bargaining activities for Monroe #1 BOCES. It is my job to ensure that personnel and payroll practices and services are administered in accordance with policies established by the Board, collective bargaining agreements, and applicable law. I work in collaboration with the other members of the Human Resources staff to ensure that our fellow employees have the support and information they need in order to be successful in their jobs.
- **How long have you worked at BOCES?** Since March 1, 2013.
- **What is your favorite part of your job?** The people! I have received such a warm welcome from the BOCES community. I feel very lucky to have the opportunity to work with such dedicated and talented colleagues. I am amazed every day by their dedication to our students.
- **What do you enjoy in your free time?** Spending time with my family. My husband, Bill, and I have a 10-month old baby girl named Maeve. She is very funny and she keeps us entertained - and busy!
- **What is the one thing you would like people to know about you?** I am very happy to work for such a fantastic organization. In the last three and a half months I've met some wonderful people. If I have not met you yet, please feel free to stop by and say hello!  
Also - I love sweets and would never turn down an ice cream cone or dark chocolate.



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## Health Services Update

### 9 strategies to improve memory

Normal age-related changes in the brain can slow some cognitive processes, making it a bit harder to learn new things quickly or to ward off distractions. The good news is that, thanks to decades of research, most of us can sharpen our minds with proven, do-it-yourself strategies. Here are some ways to boost your ability to remember as you age.

#### 1. Economize your brain use.

Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, keys, and other items you use frequently.

#### 2. Organize your thoughts.

New information that's broken into smaller chunks, such as the hyphenated sections of a phone number or social security number, is easier to remember than a single long list, such as financial account numbers or the name of everyone in a classroom.

#### 3. Use all your senses.

The more senses you use when you learn something, the more of your brain will be involved in retaining the memory. For example, odors are famous for conjuring memories from the distant past, especially those with strong emotional content, such as the scent of your grandmother's freshly baked cookies.

#### 4. Expand your brain.

Widen the brain regions involved in learning by reading aloud, drawing a picture, or writing down the information you want to learn (even if you never look back at your notes). Just forming a visual image of something makes it easier to remember and understand; it forces you to make the information more precise.

#### 5. Repeat after me.

When you want to remember something you have just heard or thought about, repeat it out loud. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?"

## 6. Space it out.

Instead of repeating something many times in a short period, as if you were cramming for an exam, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information.

## 7. Make a mnemonic.

Mnemonic devices are creative ways to remember lists. They can take the form of acronyms — such as the classic “Every good boy does fine,” to remember the musical notes E, G, B, D, and F on the lines of the treble clef. For older learners, a particularly helpful system is a story mnemonic — that is, a brief narrative in which each item cues you to remember the next one.

## 8. Challenge yourself.

Engaging in activities that require you to concentrate and tax your memory will help you maintain skills as you age. Discuss books, do crossword puzzles, try new recipes, travel, and undertake projects or hobbies that require skills you aren’t familiar or comfortable with.

## 9. Take a course.

Memory-improvement courses are becoming more popular. If you decide to try one, choose a program run by health professionals or experts in psychology or cognitive rehabilitation. Stay away from courses that center on computer or concentration games, which generally won’t help you with real-life memory problems. Select a course that focuses on practical ways to manage everyday challenges.

From Harvard Health Publications, Harvard Medical School  
HealthBeat – Trusted Advice for a Healthier Life



## SANE (Sometimes Acronyms Need Explaining)

*Thanks to Nichole Outhouse, Director of Teacher Center, for the following explanation:*

**(HIPAA) Health Insurance Portability and Accountability Act** : protects the privacy of individually identifiable health information