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| LOCAL COMMISSIONERS MEMORANDUM |
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DSS-4037EL (Rev. 9/89)

Transmittal No: 95 LCM-97

Date: August 24, 1995

Division: Management Support
and Quality
Improvement

TO: Local District Commissioners

SUBJECT: Teleconference: "Staying Balanced During Stress and Change",
October 18, 1995, 9:00 AM - 11:30 AM

ATTACHMENTS: List of Teleconference Downlink Sites with Addresses
(available on-line)

The Department of Social Services', Office of Human Resource Development, is pleased to present a teleconference entitled, "Staying Balanced During Stress and Change" on Wednesday, October 18, 1995. The social services system is experiencing change on many fronts. Change is unsettling and stressful. There is a great deal of uncertainty about the future and it is simply not possible to predict all of the changes to come. Nevertheless, there are things that we can do to help staff understand the change process and deal with it on a personal level. The "Staying Balanced During Stress and Change" teleconference can help staff do both.

This live broadcast will feature a presentation by Dr. John Pelizza, a nationally known expert on personal adaptation to change. He will present effective ways to respond to both positive and negative change. This teleconference will cover such key issues as:

- Principle of discovery
- Jumping out of your box
- Rules of change
- Personal change model
- Paradigm shifting
- Confidence and trust building
- Putting it all together

This teleconference is designed for all State and local staff who wish to acquire additional skills in dealing with these important issues. There will be 33 downlink sites throughout New York State which should be convenient for most local districts. This program will also be broadcast in New York City on Crosswalks Cable Channel 74. A list of downlink sites and addresses is attached.

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A formal teleconference announcement with a registration form is forthcoming. If you would like to register via e-mail, please send the number of attendees, the name and date of the teleconference, and the site at which they will be attending to ID AW3510. If you have any questions, please refer them to Maria Collins at (518) 473-0112 (ID AX3570), or Dave McGann at (518) 473-8380 (ID AW2950).

David P. Avenius
Deputy Commissioner
Division of Management Support
and Quality Improvement

"Staying Balanced During Stress and Change"
October 18, 1995
Downlink Sites
Region I

Niagara County Cornell Cooperative Extension 4487 Lake Avenue Lockport	Erie County Western New York Children's Psychiatric Center 1010 East and West Road West Seneca
Wyoming County DSS 466 Main Street Warsaw	Jamestown Community College Community Education Center Theatre Falconer Street Jamestown
Cattaraugus County DSS 1701 Lincoln Ave Olean	Cattaraugus County Building Civil Defense Room Bsement Little Valley

Region II

Yates County Cornell Cooperative Extension 110 Court Street Penn Yan	Chemung County Cornell Cooperative Extension 425 Pennsylvania Avenue Room 110 Elmira
Monroe County Cornell Cooperative Extension 249 Highland Street Auditorium Rochester	Genesee Valley BOCES Conference Room 27 Lackawanna Avenue Mt. Morris

Region III

Broome County Cornell Cooperative Extension 840 Upper Front Street Binghamton	Onondaga County Cornell Cooperative Extension 1050 West Genesee Street Syracuse
Oneida/Herkimer BOCES 1900 Bleeker Street Utica	Cortland County DSS 60 Central Avenue Cortland
Cayuga County Cornell Cooperative Extension 248 Grant Avenue Auburn, NY	Jefferson County Cornell Cooperative Extension 223 J.B. Wise Place Watertown
Oswego County Cornell Cooperative Ext Mexico	St. Lawrence-Lewis BOCES Outer State Street Canton
Lewis County Cornell Coop Ext Outer Stowe Street Lowville	

Region IV

SUNY Oneonta Morris Complex Conference Craven Room Oneonta	Franklin County Cornell Cooperative Extension 63 West Main Street Malone
Clinton Community College Main Campus Building, Room 111 Plattsburg	SUNY Albany Performing Arts Center Recital Hall
Washington County Cornell Cooperative Extension Meeting Room Lower Level Ext. 1 Building Lower Main St. Hudson Falls	Albany County Cornell Cooperative Extension Martin Road Voorhesville

Region V

Orange County Cornell Cooperative Extension Dillon Drive Community Campus Middletown	Westchester Community College Administration Building Room C200 75 Grasslands Road Valhalla
SUNY New Paltz 75 Manheim Blvd. LC 3 New Paltz	Sullivan County Cornell Cooperative Extension 69 Ferdale - Loomis Road Liberty
Nassau County Cornell Cooperative Extension 1425 Old Country Road Plainview	Suffolk County BOCES 215 Old Riverhead Road Warfhampton Beach

Region VI

Brooklyn Health Science Center Lecture Hall 6 450 Clarkson Brooklyn, NY 11203	Fashion Institute of Technology Ampitheatre / Alcove 8th Ave. and 27th Street New York, NY
NYC Department of Personnel 2 Washington Street Room 1980	