



# Greater Buffalo Counseling Centers, Inc.

Quality Counseling for All Since 1963 • 2005 Annual Report

## Who We Are

Greater Buffalo Counseling Centers, Inc. (GBCC), provides quality, client-centered counseling to help members of the community cope with issues of loss and loneliness, and with the emotional challenges of personal and family relationships. An independent, non-sectarian, not-for-profit community organization, GBCC provides its services regardless of the client's ability to pay.

## What We Do

The counselors and staff at GBCC use a Client-Centered Therapy approach to counseling that was introduced by Carl Rogers in the 1940s. The method has been described as:

"Client centered counselors aim to understand how the world looks from the point of view of their clients, who know more about themselves than the therapist can possibly know. They don't need the guidance or wisdom of an expert. Instead, the counselor creates an atmosphere in which clients can communicate their thoughts and feelings with certainty that they are being understood rather than judged. The client tells their own

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## President's Message

Dear Friend of GBCC,

Mary came to us asking for help. I said to her, "Why us? How did you hear about us?" Although the Greater Buffalo Counseling Centers, Inc. (GBCC), has been around for more than 42 years, many have not heard of us. Mary told me she found us in the yellow pages. "Yes," I said, "but there are many counseling agencies listed." Mary said she had called several agencies, but some had long waiting times, and most wanted insurance, which she did not have. She figured she would be turned away if she could not pay, so she turned to GBCC. She was not turned away.



Does this make us unique? We think so. As a client-centered counseling program that does not offer care for individuals based on their ability to pay for those services, we are different from most other organizations. In these tough times, more and more Western New Yorkers are in need of a helping hand — they seek help with grief, loss, stress and trauma — and, often, that hand is not available to them. That is why our staff members at GBCC are dedicated to our mission of helping, and that is why we are determined to see our agency last another 42 years or more!

As we prepare for the years ahead, we would like to greet old friends and supporters

and reach out to new friends via our 2005 Annual Report. In this publication, you will learn all about the many good things that have happened at GBCC over the past year, and learn about some of our plans for the future. I hope you read it with interest, and that you feel the same excitement I do.

In closing, to our "old" friends I say "Thank you." To our new friends, I say "Hello." And to all who read this, I say "Our best is yet to come!"

Sincerely,  
Douglas J. Salmon  
Board President and Counselor, GBCC, Inc.

*"We have become captivated with GBCC. The work gives us spirit and purpose."*

— Current Staff Member

# Second Annual Awards Dinner a Big Hit!

## *GBCC Honors Kranock and Local Habitat Founder*

In sports, the “Sophomore Jinx” refers to players who have a good first season, but do not fare well in their second year. The 2005 GBCC Awards Dinner had no such troubles, as it featured a great speaker, two worthy honorees, bigger prizes, and a bottom line that exceeded its fundraising goal.

GBCC Board Member Keith Elkins, who served as the evening’s emcee, opened the event by welcoming and introducing television anchorperson Maryalice Demler. An active volunteer for several local agencies and charitable causes, Ms. Demler spoke about the importance of volunteerism and using one’s skills to make a difference in the community.



*Former and current GBCC staff congratulate awardee Mary Ellen Kranock (third from left).*

This year’s recipient of the Dr. Charles A. Weiss Distinguished Service Award was Mary Ellen Kranock, LCSW-R. Mary Ellen has served as a clinical consultant and trainer at GBCC since 1995, and has been a valued member of its board of directors since 1997. She is currently in private practice, and works as a consultant for Aspire of Western New York, as well as the State University at New York at Buffalo’s School of Social Work .

The evening’s other honoree was Ronald Talboys, the founder and president of Habitat for Humanity of Buffalo. Mr. Talboys was presented the Elloeon D. Oughterson Lifetime Contribution Award. Since its founding in 1985, the local Habitat chapter has built 150 homes for low-income families throughout Western New York. Since retiring in 1994, Mr. Talboys has dutifully served as the agency’s President of the Board.

Dozens of GBCC counselors, board members and friends came out to support the agency, and many did not leave empty handed. The event’s new silent auction and expanded basket raffle both gave attendees a “winning feeling.” All told, the Awards Dinner raised in excess of \$2,000 for the organization, surpassing its fundraising goal of \$1,500.

Thanks to all of the many businesses and friends that supported and/or attended the event, and we hope to see you at the 2006 event!



*Lifetime Contribution Awardee Ron Talboys.*

## Heart to Heart

*By Fran Schmidt*



It has been more than 25 years ago since I completed my first counseling internship. Little did I know then that

a six-month internship would turn into a six-year volunteer counseling opportunity, and several years of making GBCC client and counselor referrals.

The agency has touched my life in many ways. I have become more sensitive to the needs of others; Dr. Charles Weiss, Clinical Psychologist at GBCC, has become a life-long mentor and role model for me; and my current involvement with the board provides me with tremendous personal satisfaction and pride.

Throughout my years of service, many things have changed. But one has not. GBCC continues to quietly serve its clients, consistently making a difference. Its caring counselors and staff, who believe in each and every client, do so from “heart to heart.”

*Fran is Director of the Career Services Center at D’Youville College, and is a former GBCC Counselor and current Board member.*

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story at their own pace, from their point of view. The counselor provides reflective listening without trying to point out directions and provide solutions that the client will come to use on their own terms.”

GBCC counselors and staff believe clients have a natural tendency toward healing and self-actualization.

*“All of the counselors [at GBCC] are kind and caring, and devote so much energy to their work.” — Current Client*

*“GBCC is a warm and supportive place. My husband says our Thursdays are booked for the rest of our lives.” — Current Counselor*

# Financial Information

## 2005 Revenues

University Presbyterian Church (Value of Counseling Facilities) .....	\$ 13,750.00
Outside Donations .....	4,083.00
Annual Award Dinner .....	2,084.00
Client Donations .....	2,010.00
United Way & SEFA .....	1,631.00
Presbytery of WNY .....	1,300.00
<b>Total.....</b>	<b>\$ 24,858.00</b>

## 2005 Expenditures

University Presbyterian Church (Value of Counseling Facilities) .....	\$ 13,750.00
Professional Staff Stipends .....	5,500.00
Administrative Staff Stipends .....	3,350.00
Misc. Expenses (phone, printing, etc.).....	1,178.00
<b>Total.....</b>	<b>\$ 23,778.00</b>

## To Our Supporters: "Thank You!"

Greater Buffalo Counseling Centers, Inc., has served the Buffalo area for more than 40 years. This accomplishment has been achieved in large part because of the generous support of volunteers and donors. We have only been able to continue our work through the generosity of our community. We are grateful to all, for you make it possible for GBCC to provide this valuable service.

Kathy & John Aman  
Anthony Amigone  
Mary & Don Berg  
Patricia Abbott Borkowski  
Annette & George Brown  
Daniel Camara, M.D.  
Antonio Cardarelli  
Shirley Chesebro  
Theresa Coogan  
Dan Dolinar  
Robert L. Dommer, D.D.S.  
Dr. James P. Donnelly, Jr.  
Larry Dunwoodie  
Jim Fleckenstein  
Mary Ellen Gabor  
Sue Gardner  
Ed Hacherl, C.P.A.  
Kathryn & Robert Hallborg  
Elaine Henzler  
Amy Hoechst  
Jamie Kolb  
Thomas & Julie Lucia  
Nancy & John MacCallum  
Dr. Horace Mann  
Julie Marinaccio  
Linda & Dan McCartan  
Joseph and Kelli Natale  
Sheila Radwan  
Dr. Nelson Ribble & Emma Melancon  
John & Alice Rogers  
Douglas J. Salmon  
Laurie J. Schaller  
Fran Schmidt  
Glenn Shaikun  
Kathleen Shoemaker  
Susan M. Singer  
Barbara Smith  
Brenda & David Spillman  
Rosemary Suszynski  
Ken Thomas

Paul A. Vance  
Todd Walter, Ph.D.  
Mr & Mrs Louis A. Ward  
Patricia Warmus  
Dr. & Mrs. Charles Weiss  
David M. Wright, D.D.S.

*In memory of Howard Gouyd:*  
Raymond & Donna Bubar  
Bruce & Jane Hoffman  
Frederick & Virginia Kurtz  
Mario Kyriakidis  
Dolores Parzynski  
Edward & Margaret Raiff  
John & Catherine Raiff  
Robert & Roberta Raiff  
Thomas & Mary Raiff  
Cheektowaga Central High School  
Special Education Department

*In memory of Bob Pope:*  
Keith Elkins  
Janet & Armand Mazzaroppi

The Ad Council of Buffalo  
Bill Paterson  
Claire Jones  
Amy Vanni  
Bison City Lodge 230,  
c/o Anna A. Wallens  
The McClain Foundation  
National Fuel Charitable Foundation  
The Presbytery of Western New York  
University Presbyterian Church

Ahrens Graphics  
Amigone Funeral Home, Inc.  
Paul Batt Buick  
Culligan Autoplace

The Buffalo Bills  
The Buffalo Sabres  
T.L. Cannon Mgmt. Corp. (Applebee's)  
Forest Materials, Inc.  
Gateway Printing  
Gypsum Services  
Tim Horton's (Grand Island)  
Johnny's Meats, Inc.  
Kavinoky Theatre

## 2005 Board & Staff

Douglas Salmon, *President*  
Janet Mazzaroppi, *Vice President*  
Jim Fleckenstein, *Secretary*  
Philip Wiggle, C.P.A., *Treasurer*

Keith Elkins, Ph.D.  
Mary Ellen Gabor  
Paul Gerstner  
Kathy Hallborg  
Amy Hoechst  
Thomas Lucia  
Julie Marinaccio  
Kate Monroe  
Fran Schmidt  
Todd Walter, Ph.D.

Hon. Elloeen Oughterson  
*Honorary Board Member*

Charles A Weiss, Ph.D.  
*Clinical Psychologist*

Mary Ellen Kranock, LCSW-R  
*Social Worker*

Kathy Aman, *Center Director*

# GBCC in the Community

Staff and board members were out spreading the word about GBCC in 2005. The faces and places that kept us busy this past year:

- In January, Mary Ellen Kranock, social worker and Charles Weiss, Ph.D., psychologist, gave a presentation on stress management to University Presbyterian Church and spoke to the congregation about GBCC, Inc.
- In February, Kathy Aman, Director of GBCC, Inc., attended a Health Fair at Crucial Human Services in Buffalo, N.Y. Also in February, Mary Ellen Kranock participated as a presenter at a Crisis Services Workshop.
- On May 12, 2005, GBCC was recognized as one of this year's honorees at the 10th Annual Civic Empowerment Awards dinner, held at the Buffalo Niagara Convention Center. The event recognizes successful collaboration between citizens, businesses and non-profits.
- In July, Mary Ellen Kranock was a guest speaker for the Rotary Club of East Amherst, N.Y., talking about grief, loss and everyday stress, and how GBCC can help provide the support needed to cope with these issues.
- In August, GBCC participated in the Annual Health Fair hosted by the Amherst Senior Center, and sponsored by N.Y.S. Rep. James Hayes.



## We Need You

At GBCC, we know the value of good people. We also know that volunteers make the world go 'round. That's why we are always in search of a few more hands to assist us with our important and caring mission.

Currently, we are seeking dedicated and compassionate individuals to serve as volunteer counselors, or as members of our Board of Directors. Counselors are trained and supervised by our psychologist, Charles Weiss, Ph.D., and by Mary Ellen Kranock, LCSW-R.

Please consider joining us in this challenging and important work. Call us at (716) 833-5993 for more information.

