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### **Mainstay Life Services Celebrates 20<sup>th</sup> Anniversary**

**February 20, 2019 (PITTSBURGH, PA)** – Mainstay Life Services, a nonprofit organization that provides life-long, high-quality support services to people with developmental disabilities, is celebrating 20 years of enriching lives and unlocking potential in the Pittsburgh community.

“We at Mainstay Life Services are thrilled to be celebrating our twentieth anniversary,” said Kimberly Sonafelt, Chief Executive Officer. “As we do so, it is a great time to reflect on where we began and where we are planning to go.”

In 1999, Horizon Homes and Idlewood Center merged to form Mainstay Life Services. At the time, the combined agency served 275 people at over 45 locations throughout Allegheny County.

Through the decades, Mainstay has truly been a leader in the field. In 2000, Mainstay opened Allegheny County’s first residential program for people with Prader-Willi Syndrome. Soon after, Mainstay’s Board of Directors voted to expand its mission from serving only people with intellectual disabilities to serving persons with all developmental disabilities (intellectual disabilities, autism, cerebral palsy, epilepsy and brain injury). By 2006, Mainstay was providing supports in over 50 homes and at its summer respite and recreation program.

In 2009, Mainstay established the Community Services Department and began providing Home and Community Supports for people who chose to remain in their own homes. In 2012, Mainstay’s Community Services Department provided more

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than 100,000 units (25,000 hours) of Home and Community Supports for the first time. By 2015, the number of people actively receiving these supports reached 100.

As of 2018, Mainstay provided support to over 350 people with developmental disabilities, and their families, including more than 200,000 units (50,000 hours) of Home and Community Supports. In November of 2018, the Board of Directors appointed Kimberly Sonafelt as new CEO.

“As we envision our future, we want to continue to build upon our strengths,” said Sonafelt. “As advocates of change, we have much work to do.”

With that in mind, Mainstay is expanding its community services and residential housing options. By the spring of 2019, Mainstay will begin to provide supported employment. Mainstay is also partnering with self-advocacy groups to influence the public and work to shape a more inclusive community.

Mainstay’s mission, vision and values will always be what guide their steps as they develop partnerships and expand their footprint into other areas of supports and new geography. Mainstay has and always will remain open to the changing world and is excited to see what the next 20 years has in store.

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### **About Mainstay Life Services**

Mainstay Life Services is a nonprofit organization providing residential services, community services, and other supports to people with developmental disabilities and their families. We are committed to assisting the people in our care to reach their fullest potentials within their communities.