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## **Mainstay Life Services Appoints Kimberly Sonafelt as New Chief Executive Officer**

**October 30, 2018 (PITTSBURGH, PA)** – Mainstay Life Services, a nonprofit organization that provides life-long, high-quality support services to people with developmental disabilities, is pleased to announce the appointment of Kimberly A. Sonafelt as its new Chief Executive Officer (CEO). Sonafelt will assume leadership upon the retirement of current CEO James R. Kirk on November 12, 2018. Kirk led Mainstay for the past 31 years and was instrumental in the joining of Horizon Homes, Inc. and Idlewood Center to form Mainstay Life Services in 1999.



“The Mainstay Life Services Board of Directors unanimously selected Sonafelt as Mainstay’s new Chief Executive Officer,” said Bryan Cox, Board Chairperson. “Her experience, her vision for Mainstay’s future and her demonstrated ability to build successful staff teams all helped the committee make this important decision.”

Sonafelt will begin working with Kirk, the board and the executive team to plan her transition into this role. As CEO, Sonafelt plans to build off of the strengths and successes of Mainstay Life Services to expand opportunities and strategically develop and strengthen partnerships within the community.

“I am excited about the opportunity to work within such a well-respected organization that has such committed employees and a vision for the future,” Sonafelt said.

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Sonafelt comes to Mainstay with extensive experience in the intellectual and developmental disabilities field. She most recently served Merakey – also a leading provider of integrated services to individuals and communities across the country – as their Regional Executive Director of Intellectual and Developmental Disabilities Services. While at Merakey, Sonafelt was responsible for behavioral health services, as well as intellectual and developmental disabilities services.

In addition to her professional achievements, Sonafelt is a proud member of the Mental Health America of Southwest PA Board of Directors, Westmoreland County Block Grant Advisory Committee, Conference of Allegheny Providers Executive Board, Saint Vincent DePaul Society and 100 Women Who Care Pittsburgh.

“Mainstay Life Services has an incredible impact on our community and the individuals with disabilities whom we serve,” said Sonafelt. “I look forward to helping the organization grow as we continue to unlock the potential of the people in our care and ensure they lead fulfilling lives.”

Sonafelt received her Bachelor of Arts degree in psychology and Master of Science degree in psychology from California University of Pennsylvania in California, PA. Additionally, Sonafelt is a Licensed Professional Counselor and Certified Alcohol and Drug Counselor within the state of Pennsylvania.

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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.