

Choices & Opportunities

A Publication of Countryside Association for People with Disabilities

S P R I N G 2 0 0 7

“If you find it in your heart to care for somebody else, you will have succeeded.”

Maya Angelou



Some of our Helping Hands of Lakeside Center



Clipped Wings Members at their golf outing that benefits Countryside Association



Founding members of the Auxiliary supporting Countryside for over 50 years



Friends of Countryside Center members helping out at the Countryside Center Client Picnic

Countryside Association for People with Disabilities would like to thank our Supporting Organizations for their continued support. We could not have gotten as far as we have without the dedication these groups demonstrate toward our clients and our mission.



MESSAGE from the EXECUTIVE DIRECTOR

Supporting Change

Change has become an ever-present and important part of business today, including the business of non-profit organizations. Funding, Medicaid waiver regulations, reorganization, new accreditation standards, and new leadership are but a few of the shifting demands with which we all must cope. Agencies that fail to change find it increasingly difficult to compete and survive in today's marketplace.

A key question becomes how we keep employees, clients and families focused on the needs our core services with all the distractions caused by change initiatives? Part of that answer comes from the consistent support that Countryside Association receives from its volunteer support groups including the Countryside Auxiliary, Friends of Countryside, Helping Hands and Clipped Wings. The work of these volunteers have been vital in helping to raise funds, plan and manage celebrations, connect programs with community resources and help reinforce the purpose of our mission—to focus on supporting our core services while change occurs all around us. This newsletter celebrates the contributions of our wonderful volunteers. Join me in thanking them for their tireless support.

Progress towards 2007 Goals

- *Last year we began an effort to develop our own transportation system so that more clients would have a way to attend our work and training centers. Last month, we completed a year long conversion of routes previously operated by private transportation vendors to routes we operate ourselves. We have leased eight, new Pace Van Pool vehicles and hired as many professional drivers. Additional vehicles are being sought to further expand this service.*
- *Cawley Chicago, a commercial realty company was recently hired to assist us identify a third community location. A third location will help reduce crowding at Countryside Center and increase accessibility to our support services by potential clients in Cook County.*
- *Spring 2007 begins our next round of strategic planning at Countryside Association. Watch for information regarding how all Countryside supporters can offer input into the direction of this organization in the years to come.*

*Do you know of ways that you can help us achieve any of these goals? We would welcome your assistance. **Simply call (847) 540 3701.***

Wayne A. Kulick
Executive Director
(847) 540-3701

Top Ten Things You Should Know About Case Management

1. The family/guardian should always be involved with the development of the service plan.
2. If there are changes in medication, sleep patterns, or family issues that could affect a client's work, please let their case manager know.
3. If you have a concern about anything that happened at the work shop, call your case manager.
4. Your case manager can provide you with information on ancillary services not provided by the centers.
5. Please remember to call if a client has a doctor's appointment or is going on vacation.
6. We can help answer questions about benefits and entitlements.
7. If your phone number or emergency contact has changed, please let your case manager know.
8. If you are not sure on who to call, call your case manager and we can refer.
9. If a client is interested in purchasing their lunch from the market and needs assistance, call your case manager.
10. The family/guardian can request a special staffing at any time.

Countryside Promotions

To better streamline Lakeside and Countryside operations several employees at both Centers began different or expanded job roles in February. Included in those changes are:

Dory Cooper, promoted to Senior Operations Manager. In Dory's new role she will be responsible for soliciting work for both Lakeside and Countryside Center.

Bev Ekstrom, promoted to Countryside Center Support Services Manager, reflecting her expanding role in organizing and supervising client transportation.

Diane Aidem, promoted from Associate Director of Corporate and Foundation Relations to the Director of Development for Countryside Association, combining the two positions.

Gina Worthington, promoted in her position as Work Services Coordinator at Lakeside but has taken on an expanded role in supervising all subcontract work and Lakeside Training Specialists.

Cindy Ostrow is now responsible for coordination of community employment services at both Lakeside and Countryside Center.

Norma Figueroa, Lakeside Center Admissions Manager, has taken on the added responsibility for supervising two Lakeside resource assistants.

Mary Bixby Meyer transferred from Case Manager to Case Management Coordinator for Lakeside Center.

Larry Winn begins his role as Support Services Administrator at Lakeside Center.

Brooke Lopez has been chosen as Countryside's In-Home Respite Manager.

Judy Hedlund advances to the position of In-Home Respite Coordinator.

New Board Members



Jordan Luhr, our newest association board member, is Vice President of Development and Public Relations for Allendale Association. Prior to working in the nonprofit field, he worked as a sales and marketing executive for 13 years. He is married, has five children and one grandson. Jordan is active in the Kiwanis, his church, and Busy Brains Children's Museum. He also loves to golf and ride motorcycles.



Fran Barker is the newest foundation board member. He is Vice President/Bank Manager of Harris Bank Palatine-Brockway. He has over 20 years of banking experience. He resides in Elmhurst with his wife of 30 years. Fran has 2 children and is an avid runner and plans on running in his third Chicago Marathon later this year.

UPCOMING SPECIAL EVENTS

On **Sunday, June 3, 2007**, Countryside Association for People with Disabilities is hosting its second annual *Opportunity Walk*, located at Independence Grove in Libertyville. Please join us for this exciting outdoor event. Cost is \$20 per person, which includes lunch. (\$50 in minimum pledges is suggested.) The first 150 participants receive a free T-Shirt.

To spice up the event and hopefully attract some corporate support, we have created Countryside's Corporate Challenge. Corporate teams participate in the Walk and compete in collecting the most \$ in pledges, resulting in the award of the Corporate Cup. Come & enjoy the outdoors while making a difference in the lives of people with disabilities. Sponsorships are also available.

On **Monday, November 5, 2007**, Countryside Association is hosting its third annual Recipe for Success, a culinary extravaganza at Mission Hills Golf Club in Northbrook. This past November, over 130 people attended this event. All the proceeds raised helped children, adults and seniors with disabilities that Countryside serves. This year look for a silent auction along with some great new restaurants. Stay tuned for more details.

For more information on these events, please check out www.countrysideassn.org or contact **Kelly Rentas** at **847-540-3705** or krentas@countrysideassn.org.



▲ *The Grisamore's attended Opportunity Walk 2006*



◀ *Board Member Gerry Harker and his family at Opportunity Walk 2006*



▲ *The Ivaskas and Welbys enjoy the evening at Recipe for Success at Hotel Indigo in Palatine.*

▶ *Barbara Wahlberg and guest attend the Barbara Rinella Book Review this past January.*



▲ *Chef Michael Maddox of Le Titi de Paris and his son donated their time and talent to Recipe for Success.*



◀ *Tim Smith of Deerfield's Bakery serving chocolate covered strawberries and chocolate éclairs.*

▶ *Two of our clients, Janice and Beth, enjoy listening to Barbara Rinella. They both helped create centerpieces for the event.*



Did You Know...?

- There are over 20 different classes that are held weekly at no additional cost to Countryside clients.
- Some of the classes include Creative Expression, Budgeting, Relaxation, Meal Planning, and a variety of exercise classes.
- Creative Expression teaches many forms of expression, from using musical instruments to poetry, crafts and dancing.
- Relaxation class introduces clients to stress management techniques like guided imagery, breathing, and aromatherapy.
- As skills are taught, clients are able to apply what they learned to real situations. For example, they practice money skills for food preparation class when shopping at the Market or with staff at the grocery store.

For more information, please contact program specialists, **Maureen Almazan and Aida Arriaga at 847-438-8799 ext.3824**. Sorry folks, clients only!



Jean Bott, a client at Countryside Center, creating a meal in Food Preparation.



Patty Moravec, a client at Countryside Center, describes her painting to Brooke Lopez

Art in the Countryside will be taking place on June 21 from 5:30-8:30 PM. Last year over 250 people came to see our clients showcase their artistic abilities. Fifty-five pieces of art were sold that night, totaling over \$3000. With each piece of art, 70% of each sale went back to the client. If you have any large frames or materials that you would like to donate to the upcoming show, please contact **Melissa Juarez at 847-540-3727, Maureen Almazan or Aida Arriaga at 847-438-8799 ext.3824**. Please join us for an outstanding evening that focuses on the abilities of people with disabilities!

Work Centers

Back in September, Countryside Center was awarded 7 new contracts from Abbott Labs. Abbott decided to downsize their production suppliers from four to two. This means that Countryside Center is one of only two workshops that will be working on Abbott products. The new Abbott contracts are slowly coming in; a lot of prep work still needs to be completed before we can get into full production. The new work should be in full swing by the beginning of April.

- Sloan Valve has awarded several new contracts to us that will be shared between both centers. We are constantly looking for more work to benefit all clients.
- ITW forecasted increased volumes for March and we hope to see it continue through the spring.
- Chicago Metallic has increased their requirements so we will be working hard to meet their needs for months to come.
- Quill continues to supply Lakeside Center with an abundance of work.

Both Centers look forward to a busy spring and summer. Should you know of any businesses that could use our services, please contact **Dory Cooper at 847-540-3731**.



Needed Resources

The following is a list of some items that Countryside needs. Please contact the **Development office at 847-438-8944** if you are interested in donating any of these items.

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| • Office chairs | • Snow blower | • Easels, frames and arts and crafts supplies |
| • Manual hand jacks | • Salt Spreader | • General supplies (pens, paper, markers, binders) |
| • Plastic bins (12X18) | • Garden supplies | • Power Point projector with screen |
| • Metal shelf | • Garden shed | |
| • Vinyl or leather arm chairs, or sofa (seating for 3 or 4) | • 40 ft. storage container/shed | |
| • Digital Camera | • Industrial vacuum cleaner | |

HOW TO REACH US...

Administration/Development/Respite

21154 West Shirley Road
Palatine, Illinois 60074

Phone: 847-438-8855 • Fax: 847-438-9698

Countryside Center

21154 West Shirley Road
Palatine, Illinois 60074

Phone: 847-438-8799 • Fax: 847-438-9498

Lakeside Center

1301 South Lewis Avenue
Waukegan, Illinois 60085

Phone: 847-336-1700 • Fax: 847-662-9120

www.countrysideassn.org

New Grants

\$ In November, we received \$5,000 from Macy's North for our In-Home Respite Program.

\$ In December we received a grant from the George M. Eisenberg Foundation for \$5,000 to support general operating expenses.

\$ In January, Countryside was awarded a grant of \$12,000 from The Pentair Foundation, on behalf of Pentair Water Filtration, also for general operating expenses.



Wayne Kulick, Executive Director, Countryside Association and Michael Madsen, Vice President & Business Unit Manager for Everpure, LLC (Pentair).

Many area foundations and corporations practice employee-driven giving. Please contact **Diane Aidem at 847-540-3708** or **daidem@countrysideassn.org** so we can identify additional opportunities to gain support for the children and adults that Countryside serves.

New Age Philanthropy

Did you know that you can celebrate a special life event by honoring a friend or loved one with a donation to Countryside? That is exactly what happened when Rick Wrona, a parent and board member, celebrated a special birthday this past July. In lieu of gifts, the birthday party invitation suggested donations to Countryside Association in honor of Rick. Almost \$1000 was donated to Countryside from generous friends and family. This is a great way to incorporate philanthropy into life events and really make a difference!



Home Depot Brings Holiday Cheer to Countryside

Thank you to Home Depot-Palatine and their volunteer team led by Bob Pavlick for donating holiday decorations and making the grounds festive. We really valued their help during the holiday season. Know of a group that wants to volunteer just like Home Depot? Contact **Kelly Rentas at 847-540-3705** or **krentas@countrysideassn.org**.



Bob Pavlick and his holiday helpers.

MISSION STATEMENT

The mission of Countryside Association is to advocate on behalf of persons with disabilities and their families and to support them in their efforts to live and work successfully in their chosen community.

COUNTRYSIDE ASSOCIATION FOR PEOPLE WITH DISABILITIES

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Employment Services at Countryside Center

Employment Services has been very busy lately. We continue to have a strong relationship with Cole Parmer and Tru-Cut, two community employer sites. Five clients including Rachel Truesdell go to work on a daily basis at Tru-Cut.

In the last six months we have assisted six clients in gaining community employment and have added six more clients to the Supported Employment Program.

Funding from Chicago Tribune Charities-Holiday, a fund of the McCormick Tribune Foundation, made it possible to try a new approach to supported employment which combined job placement, ongoing coaching and a co-worker mentoring component. Ashley Kennedy was placed into a daycare position at the XSport Fitness Center in Arlington Heights. While working evenings at the daycare center, Ashley also participated in a three month on-the-job training program at Countryside, assisting in the pre-vocational classroom. Ashley is doing a wonderful job at XSport Fitness and we wish her the best of luck.

If you would like more information on employment services or know of a company that could benefit from community employment, please contact **Cindy Ostrow at 847-540-3751 or cindy@countrysideassn.org**. Stay tuned for information on Lakeside's Supported Employment Program in the next issue.



Rachel Truesdell, the newest member of the Tru-Cut team