

Network

A quarterly publication
of Sertoma Centre



Carrie enjoys her time
working at Jewel-Osco.

Moraine Valley Community College Comes to Sertoma Centre

**Contributed by Laura Gardner,
Volunteer Services Manager**

On October 7th, approximately 70 staff members from Moraine Valley's campus volunteered with our consumers on various fun projects throughout the two facilities in Alsip. Each year, Moraine Valley staff and faculty have a "Community Day of Learning" in which the campus closes and everyone is provided a day of interesting seminars and informational sessions.

This year, they decided to collaborate with several different non-profits and have their faculty and staff volunteer at these locations for three-hour sessions during their "Community Day of Learning." Several art groups were formed and volunteers assisted our consumers in making art projects to sell at our upcoming Holiday Bazaar, scheduled for December 5th.

Some groups helped consumers make tie-dye ceramic tiles, stained glass art on canvases, and snowman ornaments; some even painted on larger canvases in Jackson Pollock style.

Other volunteers created a "Game Day" for our consumers with a huge blow-up bowling set, ring toss, Bozo buckets, and a football toss game. Some consumers paid a visit to a pumpkin patch and chose one of 50 pumpkins donated by Moraine Valley to decorate and then take home. Staff from the Moraine Valley Audio Visual Department brought equipment and assisted the consumers in making their own music video. Consumers not only performed in the video with various props like hats, feather boas, microphones, and inflatable guitars, but they were also able to operate the camera and other equipment.

The day wasn't all play, however. Individuals from the Employment Services and EDGE Programs as well as Mental Health's Individual Placement and Support (IPS) Program participated in mock interviews with the volunteers. There were four mock interview sessions running simultaneously in both facilities. This unique opportunity allowed the consumers to practice for actual interviews in the community because they did not know the volunteers from Moraine Valley. Volunteer Services and our consumers would like to thank Moraine Valley staff for their enthusiasm, smiling faces, donations, and one awesome afternoon of fun activities.

Sertoma Centre Enjoys Ice Cream Social

Nearly 30 Nordstrom Rack volunteers recently hosted an ice cream social and played bingo with consumers at the 123rd street location. The staff from Nordstrom Rack brought more than 50 prizes from their store including a Kenneth Cole winter jacket, scarves, Anne Klein watches, and various other goodies for the consumers. A great time was had by all!



Discovering the
potential in all of us

Letter from Gus van den Brink, Executive Director



This issue of our newsletter is featuring our Mental Health and Counseling Services. This program area has seen huge growth during the past year and is making a very positive impact for individuals in the communities we serve. We are very excited and proud of what is being accomplished with this expansion of our services because of the treatment and opportunities it is offering to individuals with a diagnosis of a severe mental illness.

The specific services that we have added over the past year include Individual Program Support – Employment Services, a Community Support Team, Crisis Assessment, Linkage and Outreach. In addition to these new services, our Outpatient Psychosocial Rehabilitation Program has almost doubled in size as well.

The state is initiating these new services to prevent unnecessary hospitalizations of individuals that arrive at hospital emergency rooms and to enable individuals that were placed in institutions such as nursing homes, the opportunity to move out, live, and receive services in the community.

Two of the reasons this new work has been exciting and rewarding for us are: one, having the resources to assist individuals to move out of a nursing home where they were placed and have lived for years into their own apartment; and, two, seeing their joy and satisfaction that it is happening for them.

This expansion has been a challenge for the Centre. As you are probably aware, we renovated over 10,000 square feet of our facility located in Matteson to provide space for these services. In addition to this cost, the start-up significantly taxed our internal department systems including Maintenance, Finance, Human Resources, and IT. My thanks go to all the staff members that overcame the challenges to make this opportunity to serve our community a reality and have worked so hard to implement these services.

A special note of appreciation also goes to all our donors and volunteers that help keep Sertoma Centre the strong community service organization we are. Your support is integral to our success. Please be sure to read the entire newsletter to learn more about our Mental Health and Counseling Services Center and opportunities to support our work.

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Sertoma Centre, Inc.'s Mission Statement

At Sertoma Centre, Inc., our mission is to provide opportunities that empower individuals with disabilities to achieve personal success.

CARF Accredited, 501(c)(3) Organization

Sertoma Centre, Inc. Code of Ethics Policy

Sertoma Centre has the obligation to act in ways that will merit the trust, confidence, and respect of individuals, their families, and the community. To this end, we have a Code of Ethics. Our commitment is to ensure any allegation of violation of this Code by individuals, family members, guardians, staff, and members of the community are investigated and addressed. For a complete copy of the Code and the complaint process, please visit the Sertoma Centre website: www.sertomacentre.org.

Consumer Spotlight: Edward Harper

By Suzan Simmons, PR and Marketing Manager

Edward Harper was scheduled to go on an outing the day I came to interview him for this article. He was very excited because he and his group were going downtown to the “Wired Fridays” event at the Cultural Center. The event features a DJ, dancing, and lots of cool artwork to peruse and admire. Edward’s community support group was looking forward to dancing and taking part in this cultural event. Community support groups seek to engage the consumers in activities that help them develop coping skills, release tension, and encourage them to increase their own activity in the community.



Creating art is a coping skill Edward has developed at Sertoma Centre.

As I waited in the media library of the facility, Edward went to gather samples of his artwork we wanted to include in his photograph. He enjoys creating pieces of art and then giving them as gifts to people. Edward prefers to use watercolors and has developed an interesting technique of intensifying the colors by applying multiple layers of paint.

Two years ago, Edward started participating in programs at Sertoma Centre’s Mental Health and Counseling Services facility in Matteson. “The thing I like best about coming here is attending group therapy,” he said. In his therapy, Edward has learned to strengthen his coping skills and discovered that creating art helps him work through issues.

“He loves to help and often volunteers to assist the staff wherever he can,” said Jessica Krakowsky, a Qualified Mental Health Professional at Sertoma Centre. “Edward is friendly and reaches out to other consumers; he also mentors some of the younger men here.”

When Edward looks to the future, he says he would like to be an artist and possibly sell his artwork. Unfortunately, my time with Edward passed quickly and he had to leave to meet his group for their outing. Thank you, Edward, for sharing your artwork, talent, and time with us.

Meet Lisa Molloy

By Lisa Molloy, Special Event Manager



I have a background in development and fundraising and have previously worked at John G. Shedd Aquarium and Brookfield Zoo, as well as at a private college prep high school. I’ve helped create Wines in the Wild, a women’s board fundraising event at Brookfield Zoo and also launched SheddVentures, a unique travel program at the aquarium.

During my time in non-profits, I’ve worked with Trustee boards, women’s boards and auxiliary (junior) boards and have run special events ranging from children’s sleepovers to grand galas. My favorite aspect of development and fundraising is interacting with others who have a passion for a cause and who show it by investing their time, sharing personal experiences with the people involved, and helping further the mission by donating money.

I’ve also worked as a consultant in public relations and media and have spent the last five years marketing special events and projects. I’ve freelanced as a journalist and have experience as both an editor and art director. I hope to share everything I’ve learned over my years in non-profit and my passion for our cause with our consumers, as well as with our constituents.

During the weekends and in my time away from work, I love to spend time with my family and enjoy the outdoors. We like to get out into the woods and hike the trails or go sledding. On rare occasions, we still get to travel to Disney World (a family favorite) and someday I vow to fly to an exotic destination and return to scuba diving.


Super Sale Planned for Early Spring

Attention shoppers: Are you looking for some amazing bargains and a way to help others? Sertoma Centre is planning to hold the Housewares Super Sale for two days in the early spring of 2015 and there promises to be a variety of great deals. A post card announcing the exact dates and location will be mailed out within the next few months. Make sure you are on our mailing list to receive it and please send your contact information to Lisa Molloy at lmolloy@sertomacentre.org or call her at **(708) 730-6210**.

Last year, shoppers saved more than 50 percent on brand new houseware items from the International Housewares Show. If you missed it last year, make plans to attend and take advantage of the amazing Super Sale prices. All proceeds support Sertoma Centre and the more than 815 individuals with disabilities we serve.

We need volunteers!

If you are interested in volunteering at the Super Sale, please contact Laura Gardner at lgardner@sertomacentre.org or call **(708) 730-6211**. This is the perfect opportunity for businesses, organizations and high school and junior high community service or volunteer hours.



**Jermaine loves his new place
and is learning to cook.**

Mental Health & Counseling Services

Contributed by Sarah Wiemeyer, Director of Mental Health & Counseling Services

We are pleased to share the recent growth and expansion of services over the last year in our Mental Health and Counseling Services. Some of our new programs and services include: the Community Support Team, Comparable Services, Community Education, and employment services specifically developed for individuals with mental illnesses known as the Individual Placement and Support (IPS). The development of these community-based programs is also responsible for the increasing development of our longstanding and reputable Psychosocial Rehabilitation Program (PSR).

The addition of these new programs and services has provided the Psychosocial Rehabilitation Program an opportunity to reach consumers that have previously had limited engagement in mental health services in the past. The program has grown from serving approximately 100 consumers to now serving close to 170 and the PSR Program looks forward to continued growth in the future, to continue our mission of supporting those who experience mental illness in their journey of recovery and positive community integration.

The Mental Health Services Team would like to continue to elaborate on goals we share with the community and build relationships. More details on the Open House in Matteson at Sertoma Centre's Mental Health and Counseling Services will be announced in February 2015.

Community Support Team

The Community Support Team provides a team approach to support consumers in maintaining independence in the community. This support may include identifying and managing independent housing, managing health and psychiatric needs, identifying services for supporting recovery, or assisting in times of crisis. Another important role of the Community Support Team is aiding class members of the Colbert Consent Decree in transitioning into their own apartments (or other living situations) from nursing homes.

Sertoma Centre receives referrals from managed care organizations and also works closely with the Housing Authority of Cook County, the Illinois Department on Aging, and the Department of Mental Health to ensure standards are being met and the class members are living successfully in the community. The team has successfully assisted 12 people to move into the community.



Anthony, center, with the Culver's team.

Comparable Services

Comparable Services is a community-based mental health program aimed at assisting members of the community who are in crisis and without the necessary supports or services to manage their mental health illness. Crisis workers respond to calls from two local emergency rooms and provide crisis intervention and linkage to the necessary services. A team of case managers continues to follow up with the consumers for the next 90 days to ensure they are linked with the services they need. The program has been successful in connecting many consumers to both our programs here at Sertoma Centre as well as to other agencies in the community. The program continues to build collaborative relationships with local hospitals and other mental health agencies to ensure all consumers have equal access to the best services available.

Community Education

In the Community Education Program, staff members make presentations to schools, agencies, medical personnel, public institutions, corporations, and faith-based organizations on mental health-related topics. The goal of the program is to reduce the stigma of mental illness and increase mental health literacy. Training offerings include both the adult and youth versions of Mental Health First Aid, QPR Suicide Prevention Training, Hearing Voices, and Mental Health Overviews. To date, the team has reached more than 1,700 participants!

Individual Placement and Support (IPS)

IPS is an evidence-based practice for supporting people with mental illnesses in obtaining and maintaining competitive employment. IPS focuses on the consumers' strengths and is based on the principle that employment is a route to recovery. The process is consumer-driven and involves focusing on identifying job preferences and receiving support in managing job leads. Recently, consumers have accepted positions at The Home Depot and JC Penney.



Sertoma consumer, Candice pictured far right, with coworkers at Chili's.

Mark your calendars – Volunteers Needed for Housewares Pack-up, March 10, 2015

Sertoma Centre is one of only five charities allowed to receive donations from McCormick Place's International Housewares Show. Products from this event benefit more than 815 individuals with disabilities served each year and we need more than 150 volunteers to make it all run smoothly. Volunteers will be assigned to booths at McCormick Place and will pack up donated houseware items. This one-night volunteer opportunity is Tuesday, March 10, 2015, from 1:00 pm to 9:00 pm. Buses load and leave from Sertoma Centre at 4343 W. 123rd Street, Alsip, at 1:00 pm.

This is a great opportunity to volunteer and give back to your community for one night. Transportation will be provided via luxury coach bus. A boxed dinner and beverages will be provided. Participants must be 18 years or older to volunteer; community service hours are available if needed. We look forward to a night of fun and camaraderie!

Volunteer Opportunities

Booth Workers

Volunteers will be assigned to booths to wrap, pack, box, and place houseware items on pallets. Please note that booths are located throughout all of McCormick Place, making even the closest booth a far distance to walk from the buses. Comfortable shoes and clothing are recommended.

Booth Leaders

We need individuals to manage several booths and oversee the volunteers assigned to the booths. This person will maintain contact with our Communication Hub and oversee other booths as needed. Organizational skills, flexibility, and problem solving skills are a must.

To register, see the form below.

Four Ways to Register

1. Complete the form below and mail to: **Laura Gardner Sertoma Centre, 4343 W. 123rd Street, Alsip, IL 60803**
2. Email the same information below to: **Laura Gardner at lgardner@sertomacentre.org**
3. Complete the form below and fax to: **Laura Gardner at (708) 371-9747**
4. Call to register over the phone: **Laura Gardner at (708) 730-6211**

Name: _____

Address: _____

Phone: _____ Alternate Phone: _____

Email: _____

_____ Yes, I will volunteer and ride the bus to McCormick Place.

_____ Yes, I will volunteer, but I will have my own transportation to the show.

Are you a part of a group or would like to be grouped? _____

For more information or questions, contact Laura Gardner at (708) 730-6211.



Lawler House residents appreciate the new grill from Dan Harris.

Sertoma Centre's Wish List

We would like to thank Dan Harris for the two large grills he so generously donated to the Residential Program. The residents of the two CILA homes who received the grills have been enjoying tasty BBQs throughout the summer. They thank you for your donation!

We also received a large assortment of garden tools and supplies from Eugenia Benefor. Her generous donation will be beneficial to our Consumer Garden Program. In fact, Eugenia donated enough garden items that we can share some of the supplies with the Residential homes for their gardens as well. Thank you for your kind donation, Eugenia.

This time, we are requesting replacement bean bags for the very popular bean bag toss games. Unfortunately, ours are a little worse for the wear and we would appreciate a donation of new ones. Also on our wish list are perennials to have in our garden this spring. It would be nice to have some plants that return each year for everyone's enjoyment. For a complete wish list of items, visit our website at www.sertomacentre.org.

If you would like to donate any of these items or prefer to make a financial donation to underwrite the purchase, please contact the **Director of Advancement and Communications** at **(708) 730-6206**.

Join Our Silent Partners In Supporting Our Mission

Do you share a strong commitment to our mission of providing opportunities that empower individuals with disabilities to achieve success? Do you have an interest in supporting our mission on a committed, personal level? Would you like to be a part of an elite group of donors who are making a difference in the lives of others?

Our Silent Partners consist of donors who make an annual contribution of \$500 or more and these donors are the foundation of our annual individual giving campaign. We recognize these donors in our annual report, on our website, at two events each year, at a dinner in February, and as part of a golf outing in September.

Silent Partners not only become part of helping us provide programs and services to more than 815 people each year, but they also have the opportunity to network and establish relationships with other partners who share the same philanthropic goals. We would like to welcome you to this partnership. If you are interested in becoming a Silent Partner, contact the **Director of Advancement and Communications** at **(708) 730-6206**.

Sertoma Centre Severe Weather Announcements: Important Notice for Parents, Guardians, and Third-Party Providers

The cold weather will soon be upon us!

If temperatures are at a high of 0 degrees or below, transportation services will not be provided. The facilities will, however, be open. You can find up-to-date information regarding Sertoma Centre on the home page of our website at www.sertomacentre.org. Facebook fans can like Sertoma Centre's page (facebook.com/#!/SertomaCentreInc/) and you will see the announcements as they are posted. Announcements are also posted on Sertoma Centre's LinkedIn (linkedin.com/groups/Sertoma-Centre-Inc) and Twitter (twitter.com/SertomaCentreIn) pages. Additionally, our facility closings will be listed at www.EmergencyClosing.com. Stay warm this winter!



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Mark your calendar with these important upcoming events:

POW-R NFL Bash – Sunday, January 18, 2015

Silent Partner Dinner – Friday, February 6, 2015

Housewares Pack-up – Tuesday, March 10, 2015

BIG Event – Firefighter Cook-Off – Saturday, May 2, 2015

For More Information, Call or Write:

Sertoma Centre, Inc.

4343 West 123rd St. Alsip, IL 60803

Phone: **(708) 371-9700** | Fax: **(708) 371-9747**

info@sertomacentre.org | www.sertomacentre.org

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