



A quarterly publication of Sertoma Centre

# NETWORK

Volume 20, Issue 4/Spring 2013/Supporting Individuals with Disabilities

## Motesem Mansur Man on a Mission

Motesem Mansur has much to celebrate: a recent birthday, his graduation from Sertoma Centre's Mental Health Services Program, his upcoming speaking engagements at schools in New York, an interview with an online Autism Radio Talk Show and nine published books.

Moe is a man on a mission and is using all his abilities to accomplish this mission. You may remember an article about Moe in our *Network News* in 2010, or perhaps you saw him when he was featured on ABC 7 with Karen Meyer in 2011. Moe represented Sertoma Centre at the 2011 IARF Conference in Springfield and shared his poetry with us when Sertoma celebrated its 40th Anniversary.

Moe describes himself as a writer and artist with Asperger's syndrome, bipolar disorder, and schizophrenia who is determined to change the world's views on disabilities, both physical and mental. He accomplishes this lofty goal through art and writing. Moe's favorite quote is: "Commit to art and writing. The best weapons to express oneself must be used wisely and carefully."

We are extremely proud of Moe and his efforts to achieve personal success. If you would like to contact Moe about his books or art, you can email Moe at [moe8600@gmail.com](mailto:moe8600@gmail.com).



Motesem read one of his books for the students at Woodgate School in Matteson, IL.

## Sertoma Self-Advocates Pay it Forward



Sertoma United Members (left to right): Jakkar Dorsey, Tyonna McClendon, Derrick Hudson, Tanya Crewe, Archie Garrett, and Baltazar Alpuche collected food, diapers, clothing and personal hygiene products for donation to Together We Cope in Tinley Park.

Sertoma Centre, Inc. is a social service agency serving individuals with disabilities which depends on the community for support. Those who provide financial support or donate their time often feel good about making a difference in the lives of others. Sertoma United members also enjoy the feeling of paying it forward. On Friday, January 4, members of Sertoma United delivered a van load of non-perishable items to Together We Cope in Tinley Park, IL. This is their third food drive and the second year they donated to Together We Cope.

Their timing could not have been better with so many food pantries and crisis centers running on empty after the holidays. The group also felt that since our country has been struggling through tough financial times, this was a perfect time for this project. Sertoma United is Sertoma Centres' Self-Advocacy Program which encourages its members to advocate for themselves and others. Member, Derrick Hudson said, "I want to thank Together We Cope for helping to get food to those people who need it. I would like to participate with Together We Cope more in the future." Sertoma United seeks to teach individuals with disabilities at Sertoma Centre the skills to advocate for their goals and desires in life. For more information about this program, please contact Melissa Sands at 708-730-6343 or [msands@sertomacentre.org](mailto:msands@sertomacentre.org).



Gus van den Brink,  
Executive Director



# It Takes a Deep Commitment To Change and an Even Deeper Commitment to Grow.

Ralph Ellison

Today I had the pleasure of joining the members of the POW-R Sertoma Club for lunch here at Sertoma Centre. I introduced their new and prospective members to the Centre and the individuals we serve. The POW-R Sertoma Club is one of three Sertoma Clubs that started the Centre in 1971. As I was walking through the facilities in Alsip with the club members, I was reminded of all the changes and growth we have realized over the years. I was also reminded of all the plans we have to expand services and make changes to better serve individuals and meet our community's needs through the future. So I thought I would share with you a few of the things happening at Sertoma Centre.

One significant happening was the closing of the Good as New Thrift Store located at our Matteson facility in early February. The store was open for five years. However, during this period we were unable to bring profitability to an acceptable level and realized there are more

cost effective ways to offer the employment opportunities and work experiences it provided for our consumers.

The Mental Health Program which is also located in the Matteson facility has almost doubled in enrollment during the past year. Due to changes made by the state and with the expansion of managed care in Illinois, we have been able to provide services to additional individuals that have serious mental illness. This is a real blessing for these individuals and has created the need for additional space. We are currently in the planning phase to renovate part of the thrift store space for mental health services.

Another project that is moving forward is our permanent supportive housing project. This project will provide 16 apartments for individuals with disabilities who want to live in the south suburban area. Although housing projects require a lengthy application and development

process, our application is moving forward, and we are hopeful that it will be approved by the Illinois Housing Development Authority within the next two months.

There are many changes and improvements happening in operations and program services at Sertoma; too many to begin to include in this article. One I do want to mention though is our plan to open a consumer run café to provide pre-packaged food and snacks at our day program facilities in Alsip. The café will offer food and beverage choices that are delicious and healthy while providing learning experiences for consumers in its operation.

There is never a dull moment at Sertoma Centre and no one has time to see moss grow under their feet. Thanks to you, our many supporters, Sertoma is always expanding and improving to better meet the needs of individuals with disabilities and their families.

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www.sertomacentre.org



South/Southwest Suburban

## 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 web site: [www.sertomacentre.org](http://www.sertomacentre.org).

# Sertoma Centre To Host 3 Major Events This Spring

## We Have Something for Everyone!

### April 27 - Sertoma Centre's 10th Annual BIG Event.

Be part of something BIG! Come out and support area firefighters and individuals with disabilities at this one-of-a-kind family friendly event. Where can you go for \$10 and enjoy delicious food prepared by Sertoma's favorite firehouse chefs, great music by the Walk-Ins, a magician/juggler, Dave Fleming,



face painter, raffles and so much more? The BIG Event is being held at 115 Bourbon Street in Merrionette Park, IL from 5 pm - 9 pm. Adults: \$10 entry fee donation provides ten food tickets. Children age 12 & under: \$5 entry fee donation provides five food tickets. Children age 3 and under are free. Want a chance to win **\$10,000**? Consider purchasing a

**BIG Raffle Ticket.** Tickets are only \$100, please contact: Amy Chmura at 708-730-6206 or [achmura@sertomacentre.org](mailto:achmura@sertomacentre.org).

### June 1 and June 2 – Housewares Super Sale is Back!

Shoppers, enjoy deep discounts on brand new houseware items fresh from the 2013 International Housewares Show. Be sure to come out to Sertoma's Matteson facility at 4331 W. Lincoln Highway and stock up on great new items not yet seen in stores: cookware, dishware, cutlery, candles, décor, brooms, mops and much more. The Super Sale will be held in the former Good as New Thrift Store from 10 am – 5 pm each day.

### June 5 – Ladies High Tea Party – It's Tea Time!

Ladies, make plans to enjoy a delightful afternoon of fun, food and fashion. Sertoma Centre, Inc. and Sertoma Speech and Hearing Center are hosting this unique event to be held at Crystal Tree Country Club in Orland Park, IL at 11 am. Tickets are \$40 per person and include a traditional high tea, music, raffles, a fashion show by Kimberly Bond Boutique and a presentation on women's healthy lifestyles, by Dr. Marie Tholl-Pappas of The Center for Integrated Medicine.

The proceeds from all three events benefit individuals with disabilities served by Sertoma Centre. For more information regarding these events, please visit [www.sertomacentre.org](http://www.sertomacentre.org) or call 708-730-6208.

## Happy Birthday, Dr. Seuss!!

Contributed by Laura Gardner, Volunteer Services Manager

You might be wondering what in the world does Dr. Seuss, the best-loved children's author of all time, have to do with the volunteer program at Sertoma Centre? It can be summed up with one word: INSPIRATION. Dr. Seuss was the master at inspiration; not only behind millions of kids reading every day but also encouraging people to inspire themselves and others. As I work to define and expand the wonderful volunteer program we already have at Sertoma Centre, I am inspired by so many famous Dr. Seuss quotes. In honor of his birthday, March 2nd, I thought it would be a great opportunity to share some of them with you. Whether you want to change directions in your life and are thinking of getting a new job, or wanting to give back to your community to make a difference in someone else's life, I hope these quotes inspire you in some way to be the game changer you know you can be.

~ "Today you are You, that is truer than true. There is no one alive that is Youer than You."

~ "Will you succeed? Yes, you will indeed! Ninety-eight and three-quarters percent guaranteed."

You have brains in your head  
and feet in your shoes,  
you can steer yourself in any  
direction you choose!

- Dr. Seuss

~ "Today was good. Today was FUN. Tomorrow is another one."

~ "Step with care and great tact. And remember that Life's a Great Balancing Act."

As I write each one of these quotes, I can see the connection of value and inspiration that volunteering at Sertoma Centre can instill in anyone who joins us. We need the *brains* in your head and the *feet* in your shoes to steer us any direction you choose—we need new ideas and fancy footwork to keep volunteering afloat. We want YOU, the true person who discovers that feeling of aliveness by helping others. I know you will *succeed* and it will be guaranteed when you lend a hand to

someone in need. (I just came up with that one off the top of my head—move over Dr. Seuss!) Sertoma volunteers have FUN and know the value of a good time. Even if you are going through a rough patch, volunteering is fun and lightens your heart to help others. And of course, everyone is so busy, but life is truly a balancing act. So whether you are interested in volunteering for the BIG Event in April or the Super Sale in June or dropping by and sharing your talents with our consumers one day, give me a call to volunteer right away! I do want to leave you with what I think is the most important Dr. Seuss quote of all time from his 1971 book *The Lorax*. This quote is what drives my passion for volunteering and I hope it inspires you one day to volunteer with us at Sertoma...

**"Unless someone like you cares a whole awful lot. Nothing will get better. It's not."**

To volunteer, contact Laura Gardner, at [lgardner@sertomacentre.org](mailto:lgardner@sertomacentre.org) or 708-730-6211.

# Programs With Purpose - Mental Health Services

Contributed by Jean Tsai, Mental Health Services Manager

Since Mental Health Services moved to Matteson from Alsip three and half years ago, the program has grown from serving 25 consumers to 85 consumers. Services such as community support, focusing on supporting consumers in their natural environments, and psychosocial rehabilitation (PSR), with a focus on skill building and psychoeducation, have assisted many consumers to achieve personal success. (See the examples of consumer success in articles about Jim Young and Motesem Mansur.)



*Educational services prepare consumers for life in the community so they are able to maintain recovery and reach their goals.*

Mental Health Services is a consumer driven program. The program seeks to provide individuals with the skills needed to not only manage symptoms of mental illness but recover from mental illness. Recovery goals are individualized but frequently



*Services focus on community integration through practicing skills learned in PSR with the support of professional staff.*

involve living independently, obtaining employment, and interacting effectively in social settings. Psychosocial Rehabilitation educates consumers about mental illness, equips them to find effective coping strategies, and develops social skills to increase independence. Groups such as symptom management, recovery, anger management, self-esteem, and healthy relationships are offered on site Monday through Friday from 8:30 am to 2 pm. Consumers also practice those skills in the community with the support of staff by participating in Community Support Services. In addition, therapy and counseling services are available in individual and/or group format to assist consumers to process experiences and gain a deeper understanding of themselves. Accessing resources in the community is provided through case management services.

Jim and Moe both accessed all the services offered and combined with their drive and hard work, they achieved their goals. Jim and Moe learned skills to manage their symptoms and socialize with others in PSR. They used those skills, with support the staff, in the communities as they found apartments, interacted with the community members, and worked towards their goals. They accessed

other resources in the community that would help them to succeed and deal with their emotions and experiences during therapy.

Mental Health Services is looking forward to expanding to serve more people in a greater variety of ways. Individual Placement and Support, a way for consumers with mental illness to move into employment with Psychiatric Support Services, is needed by the individuals we serve. We plan to add those services and increase the number of program and group rooms, in addition to individual offices to accommodate these new services.



*Consumers learn cooking skills as part of Community Support Services.*

## Programs With Purpose

For more information regarding this program, please contact Katie Springfield, MHS Intake Coordinator, at 708-748-1951 ext. 410 or [kspringfield@sertomacentre.org](mailto:kspringfield@sertomacentre.org). Additional resources are available at [www.sertomacentre.org](http://www.sertomacentre.org).

## Stroke of Genius

Contributed by Amy Chmura, Director of Advancement & Communications

Jim Young is settling into his new apartment. With the help of his family, he has decorated it and made it his own. He has made friends with a couple living across the hall. His favorite part about his new apartment is that he now has the time and space to do something he truly loves which is cooking. Jim loves making ribs, chicken and homemade pizza. Jim is now happy and proud of his new life.

But that was not always the case for Jim. Jim was in his teens when he began suffering from mental illness. He was depressed and sure that nothing in life would work out. It was through the support that he has received from Sertoma Centre's Mental Health Services Program that he knows there is hope and help for those suffering from mental illness. Jim said he likes participating in support groups where he and others share and draw on each other's experiences and reward each



*Jim enjoys cooking, but his real gift is sharing his story so that others can realize there is hope.*

other for their accomplishments. He is pleased that they have given him the skills to set goals and look toward the future.

Jim is willing to share his story and experiences with others to help them understand how mental illness affects a person. He has joined Sertoma Centre staff in speaking to groups at area universities and colleges about the stigma people with a mental illness face and what it is like to hallucinate and hear voices.

He wants others to understand how to work with and relate to someone who is diagnosed with a mental illness.

As for his future, Jim is setting goals that allow him to get more involved in the community. He is volunteering at a local animal shelter where he not only gets to play and socialize with the animals, but use one of his other hobbies to help the agency. Jim is a photography buff who brings his camera to the shelter to take photos of animals available for adoption. Jim said he can relate to the animals who feel destitute and all by themselves. He feels great being able to comfort them and show them they are not alone.

Jim is looking to join a local bowling league and get involved in church again. Years ago he used to play the guitar and would love to once again contribute to church services through his musical talents. Jim said he wants to find things that are pleasant and rewarding that he can do for himself and things he can share with others.

## HEALTH MATTERS

Contributed by Kim Haas, Director of Residential Services



*Gina Beninato encourages Bernie to spend time on the treadmill each day.*

Sertoma Centre, Inc., in collaboration with two other agencies, South Star and New Hope Center, recently welcomed two Americorps workers. This partnership has placed specially recruited and trained DSP workers in those agencies to implement the Healthy Matters Curriculum.

This program involves a University of Illinois designed curriculum for individuals with developmental disabilities. The focus of this program is to increase the general health and wellness of specific consumers. In October 2012, we welcomed our two workers Gina Beninato and Kathryn Perry.

Kathryn and Gina are working with 13 Residential CILA Home residents. Groups meet at Sertoma's facilities in Alsip.

The focus of the groups is to help the consumers learn ways to improve their health through both diet and exercise. Discussions focus on how to make alternative and healthier food choices, both in their homes and on outings. Each group participates in exercise two days a week for a one-hour session. Exercises are designed and adapted to individual capabilities and limitations. While some consumers may actively use a treadmill or exercise bike, others might do chair exercises to music, stretching, lower extremity exercises or chair dancing.



*Kathryn Perry helps Archie identify the healthy food choices he made at lunch.*

The specific goals of the program are to decrease BMI, decrease blood pressure, and increase social interactions and skills. To measure the consumers' progress, data was collected at the start of the program and will again be measured as the program continues.

This has been a great addition to our residential programming and we look forward to seeing the further progress our consumers make as they continue their participation with Gina and Kathryn. The program is scheduled to continue until early 2014.

## Cooking Class



Linda, Ivery and Donald take turns chopping the celery and onions for homemade cream of broccoli soup.

## Silent Partner Cruise Night Event



Staff, consumers and volunteers all did their part to make the Silent Partner Dinner an enjoyable evening aboard the SS Sertoma.

## Thank You to the Fuka Family



Lindsey Meyer and Kim Haas from Residential Services received a generous donation from Ted and Robert Fuka in memory of Gail Fuka.

## School Transition Outing



Joshua LeBlanc, on the left, and Jonathan Thomas, on the right, played a relaxation game called Mindball while visiting the museum.

## Valentine's Day Party



Byron, Erik and Ricardo enjoyed the food, fun and festivities at the Valentine's Day Party.

## Consumer Stars of the Year



Antwan Spears and Cheryl Lindsay were both recognized as 2013 Consumer Star of the Year recipients at our 127th street facility.

# WE DID IT - SNOWSTORM AND ALL!!

Thanks to everyone for all your hard work and full force efforts at the Housewares Show this year. Despite being down half our volunteer numbers we were able to pack 47 skids full of merchandise to benefit Sertoma Centre! Way to Go! And thanks to everyone who registered to volunteer but couldn't make it; we totally understand!! There is always next year. **Save the Date: Tuesday, March 18, 2014!**



**Sertoma has the BEST VOLUNTEERS - YOU ROCK!!**

## Silent Partner Members

Marilyn Aspan  
Jean Biela  
Lane Brady  
Glenn Bylina  
Barbara Campbell  
Kathy Carlig  
Tony Casale  
John Cencig  
Robert Clifford  
Sue Colella  
John Collie  
John Cosich  
Tory Cosich  
Robert Cozza  
Jerry Crotty  
Pat Danaher  
Brian Denk  
Scott Doerfler  
Tom Donnelly  
Mark Duncan

Dennis Dureno  
Gene Esposito  
Gene Esposito, Jr.  
John Fanning  
Richard Finger  
D.J. Fioretti  
Steven Foertsch  
Daniel Hack  
James Hamann  
Katherine Hamann  
Al Haraf  
Dan Harris  
Dr. George Harris  
David Hartley  
Debbie Hunt  
Larry Hunt  
Arthur Katzmann  
Edwin Krupa  
Mary Jean Labriola  
Paul Lill

Jerry Lipinski  
Shirley Mandernach  
Ed McCormick  
Dr. Jeanine McMahon  
Egon Menker  
Dorothy Menker  
Fran Mildice  
Edward Mulcahy  
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Larry Owens  
John Parker  
Dominic Porto  
Dr. Laurel Quinn  
Joe Racine  
Donald Rizzs  
Patricia Rizzs  
Kelly Ryan  
Vince Sabia  
Mary Ann Sain  
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John Savaglio  
Lorraine Schultz  
Robert Scott  
Don Sharko  
Brian Sheaffer  
Frank Sheridan  
Richard Sorley  
Robert Straz  
Patrick Sullivan  
Frank Tomecek  
Janis (Jay) Tomecek  
Gus van den Brink  
Joseph Varanouski, Sr.  
Kathy Vennetti  
James Watters  
Linda Welsh  
Rich Zaremba  
1 Anonymous

*Supporting the work of Sertoma Centre on a very personal, quiet and committed level. Members give an annual gift of \$500 or more to this program.*

*For more information, call Amy Chmura, Director of Advancement & Communications, at 708-730-6206.*

## Star Society Members

Cheryl Assise  
David & Kathy Carlig  
Gene Cunningham  
Beverly Harpold  
Roger & Pat Harpold  
David A. Hartley  
Greg Hase  
Cindy & Dave Isabel  
Robert McKenna Estate

Dominic Porto  
Peter & Alice Stratigos  
Robert S. Straz  
Edward & Donna Sumner  
Frank Tomecek  
Gus & Jayne van den Brink  
Ruth Walsh Estate  
Ernie Wulff

### *Sertoma Centre Foundation*

Star Society members name the Centre Foundation as a beneficiary in a life insurance policy, in a will, or in a bequest. For more information on the Star Society, contact Amy Chmura, Director of Advancement & Communications, at 708-730-6206.

Like us on Facebook, Twitter and LinkedIn: Sertoma Centre, Inc.



[www.sertomacentre.org](http://www.sertomacentre.org)



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## Please Mark Your Calendars With These Important Dates

**Saturday, April 27, 2013**

**BIG EVENT - 2013**

*115 Bourbon Street  
Merrionette Park, IL*

**Saturday, June 1 & Sunday, June 2**

**HOUSEWARES SUPER SALE**

*To be held at the former Good as New Thrift  
Store at Sertoma's Matteson Facility*

**Wednesday, June 5, 2013**

**LADIES HIGH TEA PARTY**

*Crystal Tree Country Club  
Orland Park, IL*



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