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NETWORK

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Snack Shack Turns One!

Contributed by Dana McFarlin-Lloyd, EDS Program Coordinator

Sertoma Centre's Snack Shack celebrated its one year anniversary. Since June 2013, the Snack Shack has provided lunches and snacks for the consumers and staff at our facility at 4100 W. 127th Street. in Alsip, IL. The Snack Shack has received rave reviews since it opened, but the real benefit has been the training opportunities it has provided for consumers. Participants have been able to learn customer service skills, stocking, inventory, and cash register training.

Consumers interested in working in the Snack Shack must complete an application, pass a money skills assessment and interview. Candidates then have an orientation day to determine if they are able to complete the duties of the position.

The Snack Shack Training Program lasts six months before individuals graduate; sooner if they obtain a community job. There have been six consumers who have graduated from the Snack Shack training (DaShaun D., Derrick H., Carrie P., Dominic R., Deborah S., and Ruthie W.). In just a year's time, there have been five participants that have obtained permanent community employment.



The Snack Shack is proud of the consumers who are now employed in the community.

Anthony F. works at Culver's in Evergreen Park; Carrie P. works at Jewel-Osco in Alsip; Deborah S. works at Smash Burger in Oak Lawn; and Jonathan T. works at the Olive Garden in Lansing. Let's congratulate our graduates and Snack Shack consumers who have community employment!

To commemorate the Snack Shack's one year anniversary, we spent the week celebrating. We gave away freeze pops throughout the week and had daily raffles.

Day 1 Raffle – Ebonie C. from Work Area 11 won a free sandwich or pizza from the Snack Shack.

Day 2 Raffle – Nicholas T. from Work Area 13 won a \$3 Gift Certificate to the Snack Shack.

Day 3 Raffle – Anna S. from Work Area 4 won a \$5 Gift Certificate to the Snack Shack.

What's next? The Snack Shack will continue to train consumers who have good money skills and are interested in learning customer service skills.



Pictured at their graduation celebration, left to right, Dana McFarlin-Lloyd, EDS Program Coordinator, Dominic R., Derrick H., Markisha Broomfield, DSP, Deborah S., and Ruthie W.

 Sertoma
Centre, Inc.



Gus van den Brink,
Executive Director



REALIZING OUR VISION

Even though it is summer and many of us are trying to take some time to enjoy the warmer weather, things do not slow down a bit at Sertoma Centre. This year is no exception as we work to provide the same level of service with no increase in most of our funding rates for the seventh consecutive year. In addition, we are managing the constant changes caused by the implementation of managed care across human services in Illinois. Although the challenges sometimes seem daunting, at Sertoma Centre, we are always looking for the positive side of challenges and change.

One of the positive aspects of the change to managed care and what the State calls "care coordination" is the movement to bring more services for individuals into their community and out of large facilities and institutions. Evidence of this would be the new programs that we have

started in our Mental Health and Counseling Services in Matteson. In the past three months Mental Health and Counseling Services has expanded to provide Crisis Assessment and Linkage, Discharge Linkage and Coordination of Service, Outreach to Individuals to Engage in Service Programs, and Community Support Team Services.

All of these services are focused on individuals that have severe mental illness, to assist and support them from the time they experience a crisis and/or present at a hospital; or when they are ready to leave the hospital or other institution. These services are designed to engage the individual wherever and whenever they need service. These offerings are available to provide what the individuals need to keep them in their community with the clinical and support services necessary for them to recover and manage their mental illness and live as

independently as possible. We are very excited to be a part of these initiatives by the State. If successful, it will result in great gains in providing effective community services designed to provide individuals what they need to live and work as independently as possible in their own communities. It will also be a win for the State and taxpayers as this community base system of care will be less expensive than care based in institutions, whether they are public or privately operated.

Thanks to all of our donors and volunteers who support the Centre and our efforts to engage the service system in Illinois. These are challenging times and managing the many changes coming at us is not easy. However, together we are making a big difference in our community and slowly realizing our vision of "communities where all people with disabilities live, work, and fully participate."

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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
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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.

More Than 1,000 People Received Free Training To Date



Sertoma Centre's Mental Health Services Free Community Education Program has trained more than 1,000 people since they started.

Contributed by: *Gia Washington, Community Services Manager for Mental Health and Counseling Services*

Sertoma Centre's Mental Health and Counseling Services offers a Community Education Program to provide free mental health related trainings to agencies, faith-based organizations, educational institutions, community groups, and government agencies.

To date, more than 1,000 people have been trained on topics such as QPR (Suicide Prevention), Mental Health First Aid, Anxiety Disorders, Depression, Verbal De-escalation, and Stress Management. Trainings can be customized for any group. To register your group for a training or to receive information on upcoming trainings, please contact Gia Washington at (708) 748-1951 Ext. 418.

Thank You - Thank You!

Contributed by: *Laura Gardner, Volunteer Services Manager*

We had some wonderful events at Sertoma Centre these past few months. None of these would have come together if it weren't for our fabulous volunteers. In April, we had the Super Sale and we logged over 660 hours of volunteer service for this project alone. Later in the month, we had about 20 volunteers assist with the Autism Walkathon which was a huge success. In May we hosted our BIG Event Firefighters' Cook-Off. Sertoma Centre was fortunate enough to have about 70 volunteers assisting

us on that fun day. In June, the Autism Jamboree had 30 volunteers come out to create an enjoyable atmosphere for more than 300 consumers. In between all of that, we had volunteers assist us with a Carnival Day, the High Tea preparations, and a Picnic Day for consumers at 123rd Street. I am so proud to work with such a fantastic group of people and even luckier to have such great support from our awesome volunteers.

**THANK YOU FOR ALL OF YOUR TIME,
TALENT, AND TREASURE.**

If You Have A Sweet Tooth For Sertoma Centre, Come Join Us For Candy Days!

This year, POW-R and American Heritage Sertoma Clubs will be hosting their Candy Day events in the month of September. We need many volunteers to help make these events a success. Volunteer shifts will be available on September 5th and 6th and on September 26th and 27th. All locations and shift times are being finalized. If interested in volunteering for Candy Days or need more information, please contact Laura Gardner at (708) 730-6211 or lgardner@sertomacentre.org. Hope to see you there!



Pictured at the Norm Meyer Day Carnival, left to right: Lisa C., Volunteer Michelle Gonzalez, Kelly M., and Laura P.



These volunteers from Brownie Troop 60084 assisted the consumers with a bowling game during the Autism Jamboree.

Programs With Purpose - Home Based Services

Contributed by: Dina Raya, Director of Consumer Services

Home Based Support Services is a program available under the Medicaid Waiver Program. Families who have home based funding receive a set amount of money monthly to purchase services needed for their family member with a disability. Individuals must be on the PUNS (Prioritization of Urgency of Need for Services) list to be eligible to receive Home Based Services.

Self-direction is basic to Home Based Support Services. These services may consist of day programs, counseling, therapy, supported employment, nursing, or a variety of therapies including speech, physical and/or occupational therapy. Personal support workers can also be hired to assist in performing activities of daily living and running goals with consumers.

Home Based Support Services Program funds can be used for a variety of services based on individual needs including:

- Personal Support
- Developmental Training
- Supported Employment
- Adult Day Care
- Regular Work
- Nursing
- Occupational Therapy
- Physical Therapy
- Behavioral Intervention/Counseling
- Speech Therapy
- Communication Therapy
- Home Modifications

The Service Coordinator is responsible for making desired services fit in the budget. They visit consumers in their home environment several times a year as well as at day programs they may attend. Sertoma Centre Service Coordinators have also led classes in self-advocacy, cooking, and yoga to increase consumer skills and independence.

The number of families who have received this funding has exploded in the past several years. Sertoma Centre has increased its staff from 3 to 5 Home Based Service Coordinators in one year. Currently, Sertoma serves 113 families.

For more information regarding Home Based Services, go to the “Programs” tab on our website: www.sertomacentre.org. For questions please contact Lynn King, Consumer Support Services Coordinator at 708-730-6352 or lking@sertomacentre.org.

Programs With Purpose

For more information regarding this program please contact Lynn King, Consumer Support Services Coordinator at 708-730-6352 or lking@sertomacentre.org. Additional resources are available at www.sertomacentre.org.



Kelly S. loves to swim! She enjoys her pool and even helps clear the debris. Needless to say, summer is her favorite season. She is happy with the services she receives from Home Based Services .

Provided by Beatrice Moore, HBS Coordinator



The Peer Support Group meets once a month to discuss their progress on independently meeting a specific objective. They use a chart to monitor their success. If a primary care giver confirms that they have accurately charted their own progress, they may choose a gift from a “token store.” The idea is that they earn the purchase power for a chosen gift by the documented achievement of their goal. The Peer Group has been meeting for over five years and has been a very successful avenue for socialization, learning about how others are doing on their personal objectives, and speaking about their preferences.

Provided by Cathy Welfare, HBS SC

Healthy and Able Program Update

Contributed by: Ma'rah Eiland, Healthy and Able Program Director and AmeriCorps Volunteer

Healthy and Able a.k.a., Health Matters, was brought to Sertoma Centre in 2012 in conjunction with the AmeriCorps Federal Program. The Health Matters curriculum and program were created by three professors and directors at the University of Illinois at Chicago from the Disability and Human Development Department. The purpose of the Health Matters Program is to educate people with intellectual and developmental disabilities about nutrition, health literacy, and health promotion. The Health Matters Program assists consumers by building a foundation to reach their life goals, promote positive attitudes, increase confidence, improve diet, fitness, and endurance.

Program Directors Ma'rah Eiland and Tammy Pierce's focus this year is to raise the bar and obtain great results. Ma'rah and Tammy work with Sertoma Centre's nursing staff, Valerie and Denise, to select fifteen at risk consumers from the Residential Program. The goal is to decrease Body Mass Index (BMI) and/or blood pressure.

Every month the consumers give themselves a new nutritional goal to reach and a plan put in place to make sure that goal is achieved. Every consumer is able to attend a Monday and Friday educational curriculum class and two exercise classes every week. Besides curriculum, in class there is dialogue about current events, fun leisure time, meal planning, and problems we face on a daily basis. Class can be very therapeutic, but fun. There are different activities that are presented to correlate with the weekly lessons from the book to bring variety and a different perception of the curriculum.

This year's program has had a 100 percent success rate. Each consumer has conquered the overall goal of decreasing their BMI and/or blood pressure. Every month their vital signs and weights are recorded. Health Matters biggest weight loss goes to Quincy

M. We are proud to say that Quincy has lost 75 pounds since March. The consumers in Health Matters are not alone; their instructors Ma'rah and Tammy have vowed to lose weight and make healthier choices with them. They have also been losing weight and lowered their blood pressure. Health Matters is all about building a foundation to maintain fulfilling lifestyles and achieving goals.



Program Directors Ma'rah Eiland and Tammy Pierce encourage Quincy and other consumers participating to be healthy!

Sertoma United Cooks Chili For The BIG Event Cook-Off

Contributed by: Melissa Sands, Consumer Support Services Specialist

Sertoma United, the Centre's self-advocacy group, was excited to participate in the BIG Event Firefighters Cook-off for the first time this year. Cordell A., Derrick H., and Nathaniel A., along with Christina Baader, a member of the Junior National Honor Society, and her friend, Chenoah Hassan, had a great time and helped to serve the food. Even those individuals that couldn't join us at 115 Bourbon Street were still able to help in some way. Consumers helped to make our shopping list, shop for groceries, clean and chop the veggies, and measure out the spices. Pictures were taken throughout the process and proudly displayed at our table. After the event, the group discussed participating in the BIG Event Firefighters Cook-off again because it was so much fun. The group discussed different ideas, including making food choices more appealing for the children who attend the event or just making other options available for people with different tastes. We decided to leave the chili to the firemen. Derrick H. said: "I liked the experience with people giving

good comments about the chili. I would like to have this experience again in the future. I am happy Sertoma United plans to participate again."



Christina, Chenoah, and Nathaniel A., had a great time serving food and talking to the BIG Event attendees.

Youth Choir Visits Sertoma Centre



Consumers and staff attended a concert performed by the Youth Choir Ministry from Fairview United Methodist Church at St. Terrence Church in Alsip.

Norm Meyer Day Carnival



More than 100 consumers from Sertoma Centre enjoyed free carnival rides, games, and lunch provided by the Lions's Club at Norm Meyer Day at Orland Days.

Groundbreaking In Homewood



Sertoma Centre broke ground on June 11 for Kimball Court Apartments, a permanent supportive housing development in Homewood.

Celebrating Our CARF Accreditation



Back row, left to right: Adrian K., Melissa Sands, Consumer Support Services, William G., Derrick H., Eleanor S., Paula Phillips, AED, and Gus van den Brink, E.D. Seated left to right: Ida K. and Robert F.

Day Of Caring With Target Volunteers



Target volunteers shared their time and resources with the consumers who reside at the Lawler CILA house. The garden and flowers never looked better.

United Way Bus Tour



South-Southwest Suburban United Way came to Sertoma Centre's 127th St. facility and was very impressed with the consumers, programs, and the production facility.

Sertoma Centre's Summer Wish List

With the consumer garden and cook-outs in full swing at our facilities, there are a few things we have been wishing for:

- Two Larger Sized Charcoal Grills
- A Sprinkler for the Consumer Garden
- Rototiller

If you would like to donate any of these items or prefer to make a financial donation to underwrite the purchase, please contact Amy Chmura, Director of Advancement and Communications, at 708-730-6206 or achmura@sertomacentre.org.



Artists Donate Art For Auction

Contributed by Patty Medina, Direct Support Professional



*Pictured left to right: Armando M., Mike R., Tony Y., and Jeffrey B.
Contributing art but unavailable for this photo: Debra G.*

Here at Sertoma Centre, our Art Expressions Class sparks imagination and self-expression with hands-on art activities. During class, consumers are encouraged to share ideas, help each other, and be creative. They take great pride in their creations and enjoy speaking about their artwork. We do solo projects and group projects using different techniques and mediums. Class is fun, relaxing and rewarding. We are all very excited about the opportunities the art auction may present us in the future.

Action Sertoma Club hosts a golf outing/fundraising event every July. Joe Racine, owner of InPrint Graphics, and Lorna Martin helped organize a plan. They suggested this would be a great opportunity for the Art Expressions Class to show their work and help raise money for Sertoma Centre. The artwork will be re-produced on canvas and auctioned at the dinner portion of the golf outing.

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. These donors are the base of our annual individual giving campaign. We recognize these donors in our annual report, on our website, at two events per year, a dinner in February; and a golf outing in September. Silent Partners not only become a part of helping us provide programs and services to more than 725 people each year, but they also have the opportunity to network and establish relationships with other partners who share their same philanthropic goals.

We would like to welcome you to this partnership. If you are interested in becoming a Silent Partner, contact Amy Chmura, Director of Advancement and Communications, at 708-730-6206 or achmura@sertomacentre.org.

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www.sertomacentre.org



Please Mark Your Calendars With These Important Dates

*American Heritage Sertoma Club
Candy Days - Sept. 5-6*

*Silent Partner Golf Outing
Sept. 25, 2014
Idlewild Country Club*

*POW-R Sertoma Club Candy Days
Sept. 26-27*

*Sertoma Centre Annual Dinner and
Awards Night
Fall 2014*





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