



A quarterly publication of Sertoma Centre

# NETWORK

Volume 22, Issue 2/Spring 2014/Supporting Individuals with Disabilities

## BIG Event & Firefighter Cook-Off Saturday, May 3, 2014

**To benefit individuals with disabilities.**

**5 p.m. to 9 p.m.**

115 Bourbon Street

3359 W. 115th St., Merrionette Park, IL

**Come for the Food - Stay for the Fun**

- Firefighter Cook-Off, "New" Consumer Team Participants
- Live Music Performed by Audiomatic
- Celebrity Judges
- Dave Fleming - Magician/Juggler
- Boomer from the Windy City Thunderbolts
- Hourly Split-the-Pot Raffles
- BIG Raffle - Grand Prize \$10,000
- Games and Crafts for Kids
- Fun for the Entire Family

**ADMISSION: \$10 for adults; \$5 for kids**

(With entry guests are provided food sampling tickets)



2013 Firefighter Cook-Off Champs: Blue Island, Chicago, Lombard & Niles

## CONSUMER APPRECIATION AT SERTOMA CENTRE

Consumer Appreciation is celebrated in a big way at our 127th Street facility each March.

Members of the Consumer Social Committee brainstormed on a way they could show the consumers how much they are appreciated by the staff.

As a part of the Consumer Star Recognition Program, a Consumer of the Year Award is given. This is the grand finale of a three-day celebration. It starts with the wearing of the green on St. Patrick's Day. On day two, the consumers wear their favorite sports jerseys. On the last day, the consumers are treated to a special party which includes a snack and beverage.

In February, consumers organized a hot dog day fund-raiser to help pay for a portion of the Consumer Appreciation event. Beverages and items for the Consumers of the Year gift bags were all donated.



Dashaun and Deborah received the 2014 Consumer of the Year Award at the end of a three-day Consumer Appreciation celebration.

Sertoma  
Centre, Inc.



Gus van den Brink,  
Executive Director



## THE WORKSHOP IS OUR CORNERSTONE!

The featured department in this newsletter is our Production Department. Thinking about our production/subcontract work makes me feel a bit nostalgic. This is the case because when I started working after college, my second job was working as the Production Manager at Elim Christian Services in Palos Heights. I have to say I remember that job very fondly. I really enjoyed organizing the work and seeing the satisfaction and pride in the faces of the individuals completing the work. There were many times when an individual who worked in the workshop would approach me to tell me how many pieces of a particular job they had just completed. Payday was always a delight, too; no matter the amount of the paycheck, there was always immense pride in receiving it as well as the plans they had to spend it.

This is no different today at Sertoma Centre. Although I am not Production Manager, when I walk through the workshop, invariably someone will come up to me to say hello and tell me about the work

they are doing and how many pieces they have completed.

The subcontract work we secure for the workshop is a very important aspect of what we provide at Sertoma Centre. If you ask an individual in the workshop about what they are doing and what they want to see more of, it is usually more and better paying jobs with a bigger paycheck. Isn't that what most of us want from the work we do? I can tell you from personal experience that both the staff and the individuals with disabilities working in the workshop dislike what we call downtime. Downtime is when consumers do not have any paying work; instead they do learning tasks and perform other activities.

In 1971, when Sertoma Centre opened its doors, it started as a sheltered workshop. Not long thereafter, we began offering employment services; working to assist individuals to secure jobs in the community. Although we prefer to see those we serve secure jobs in

the community, that is not the case for everyone. The subcontract work we secure for the workshop is very important: yet, it is more and more difficult to secure as light assembly and packaging is mostly completed by high-speed machines.

This is where you can help. If you know of a company that has light assembly or packaging work, please let us know. We get most of our subcontract work through referrals. This has become more and more the case as voicemail has made it almost impossible to talk with a real person at most businesses. If you want more information, go to our website [www.sertomacentre.org](http://www.sertomacentre.org) and click on the Contract Services link at the upper right-hand corner and read about both our Packaging and Assembly and our Janitorial Contract Services. Your help in getting a job for our workshop or janitorial services will make a real difference for the individuals we serve at Sertoma Centre.

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

# Two Mental Health Trainings Available This Spring

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



Mental Health Services is excited to announce two upcoming trainings that will be held at our Matteson location at 4331 W. Lincoln Hwy. Mental Health First Aid is an 8-hour evidence

based public education course that helps participants identify, understand, and respond to signs of mental illness and substance abuse disorders. At the completion of the training, participants will receive certification in Mental Health First Aid. The training will be held on Saturday, April 12, 2014, from 8:30 a.m. -5:30 p.m. The training is free, though donations are accepted.

QPR (Question, Persuade, Refer) is a 2-hour suicide intervention/prevention training that increases public awareness of suicide and teaches training participants how to identify and intervene in a situation in which there is suicidal intent. This free training will be offered on Saturday, May 17, 2014 from 9-11 a.m. To register for trainings, please contact Gia Washington at (708) 748-1951 Ext. 418 or register online at [www.april12mhfa.eventbrite.com](http://www.april12mhfa.eventbrite.com) and [www.may17qpr.eventbrite.com](http://www.may17qpr.eventbrite.com).

## WITH A GRATEFUL HEART

Contributed by: *Laura Gardner Volunteer Services Manager*

Don't you just love the spring? The birds are chirping, the flowers are blooming, and our volunteers are busy bees. Spring is our busiest season. We have the Silent Partner Dinner, International Housewares Show at McCormick Place, the SUPER SALE, the BIG Event, and the High Tea. At the center of all of it, the one constant through all of this hustle and bustle is our volunteers. I have been doing this job for a little more than two years now and each spring, I am amazed at how many wonderful, hard working volunteers we have. We are truly blessed. All of these amazing people make my job here such a

delight. I just wanted to take this moment to thank all of you for volunteering with Sertoma Centre. Whether you assist in the office, work with consumers in programs, volunteer at our special events, or are Sertoma staff volunteering with us, we are grateful to you.

I would like to especially say thanks to all of you who came out and supported us at this year's Housewares Show and SUPER SALE. More than 108 volunteers worked tirelessly to get the job done as booth leaders, product packers, registration assistants, and supply coordinators. Many of these same people came back the very next week to begin the work needed for the SUPER

SALE, unpacking boxes, setting up the store, and pricing everything. Everyone did this with a smile on their face.

When I was trying to think of what to write for this article, I thought of all the amazing Sertoma Centre volunteers. One word came to mind - GRATEFUL. Defined by the dictionary, grateful means being appreciative of benefits received or showing thanks to someone for a helpful act. Thank you for all of your generous, helpful acts. Please know that we are appreciative of all the benefits we receive when you volunteer with us. We are full of thanks and are grateful to all of you - Our Volunteers.



*These Housewares Show volunteers were raring to go on pack-up night.*



*This Cub Scout volunteer had a great time with Orlando during BINGO.*

# Programs With Purpose - Production And Assembly

Contributed by: *Tim Clemens, Production Manager and Ray Benaitis, Associate Director, of Business and Support Services*

Sertoma Centre's Production Department is responsible for obtaining subcontract work for the consumer to fulfill. Our current customer base is diverse; giving the consumer a wide variety of work and different options of tasks for their day. Work, jobs, and projects all mean the same thing to our more than 300 consumers. It means that they will be busy; and, they will receive a larger paycheck on payday. If you ask the consumers what they all love about Sertoma Centre. They will say programming, training, and the services that we provide here. However, their biggest smile and gratification comes in the form of money they earn. Payday here at Sertoma Centre is the best two days of the month. When you see the consumers smile and see their sense of pride and accomplishment, you know all their hard work is making a difference.

Production work comes in many forms: from nuts and bolts to plastic and paper; and too quality control and collation. We are a full service packing and fulfillment shop. We can perform the same type of packing and assembly work done by large packing and supply manufacturing companies. All of our packing and assembly work is completed by hand with quality and care. At many other packing and fulfillment companies, this is completed by machine. We frequently receive the jobs that a machine cannot do or complete. We also offer the human touch that provides a level of quality control that the machine cannot fulfill. We have more than 300 consumers ready to work for you.

Sertoma Centre's Production Department is a packing and fulfillment shop that serves large Fortune 500 companies such as: Wilton Industries, Nalco Chemical, and LaPreferida, Inc. Equally important are our smaller customers such as In-Print Graphics, Crown Packaging, and Fanning Communications. Our motto is, "No job is too big or small." We like and need all types of work for our consumers. If you know of any company or organization needing packaging and assembly assistance, we have more than 600 hands waiting and willing to serve their needs. Please give us a call at 708-730-6319 to learn more.



*Crystal and Mark work together on a bottling project.*



*Evans shrink-wraps a skid in preparation for shipping.*



*Luke handles loading and unloading of the delivery truck.*

## Programs With Purpose

For more information regarding this program or if you would like to contract services for your business, please contact **Tim Clemens, Production Manager** at 708-730-6319 or [tclemens@sertomacentre.org](mailto:tclemens@sertomacentre.org). Additional resources are available at [www.sertomacentre.org](http://www.sertomacentre.org).

## Stroke of Genius



Almost nine years ago, a young man named Terry E. Jenkins, Jr., arrived at Sertoma Centre to participate in the Developmental Training Program at our facility at 127th Street in Alsip. Terry now uses his experience and knowledge to help train his peers. He is often asked to help when other work areas need additional assistance. "Terry is an excellent worker," stated Vanessa, Terry's DSP in work area 6.

Terry enjoys his job on the production floor where he works from 8 a.m. until 3 p.m. He and his co-workers typically assemble the tip cards for the cupcake and brownie kits. On days when things are a little slower in the workshop, Terry participates in EDS classes, which provide training in job readiness and preparation for Terry to possibly work in the Snack Shack Program. In addition, Terry has participated in the Van Washing Program which was introduced last spring.

Playing BINGO and UNO are two of Terry's favorite recreational activities here at Sertoma Centre. He also enjoys spending time with his friends in the Developmental Training Program. His Service Coordinator, Sheila, recognized Terry's amazing ability of remembering birthdays. He will not only remember your birthday, but can tell you what day of the week it falls on. Remembering the birthdays of the people Terry meets makes them feel special.

Terry is a big sports fan and loves watching his favorite teams on television. On March 17, 2014, Terry attended his first Chicago Bulls basketball game with his St. John MB Church, "Brothers Keepers" ministry and received an autographed poster of #13 Center, Joakim Noah.

When we asked Terry what he likes to do with his paycheck, he said he liked to order pepperoni pizza, shop for new clothes, get his hair cut and purchase new CDs from his church.



*We are thankful for Terry's excellent work on the production floor and his dedication to Sertoma Centre, Inc.*

## Sertoma Yoga Students Appreciate Donated Mats

*Contributed by: Cathy Welfare, Home Based Services Coordinator*

For the past 12 years, our consumers have had the opportunity to take weekly yoga classes taught by one of our staff members, Cathy Welfare. When the Yoga Program began, it received donations of mats and other equipment. After years of wear and tear as well as regular steam cleanings, the mats and other equipment used by the more than 20 yoga students had become worn and unusable.

Thanks to a generous donation from Hugger Mugger, a national yoga equipment company with an excellent reputation for quality products, yoga participants have new mats and equipment. They generously responded to a request for new equipment that

makes it easier for our consumers to participate and maximize the benefits of yoga.

Cathy uses the Iyengar style of yoga which emphasizes the use of props to allow individuals with disabilities to access yoga.

When Cathy began the program, she worked with Gabriel Halpern to solicit donated items as well as guidance on class structure. Once a month, yoga students from Sertoma Centre travel to Chicago for a class in a fully equipped studio at Yoga Circle, owned by Gabriel. Here, students use chairs, ropes, slings, blocks, and belts. They also receive adjustments and learn how to stretch properly.

Research shows that yoga has many health benefits for all of us. Thanks to the generosity of Hugger Mugger, our weekly yoga classes will continue, allowing our consumers to increase flexibility and stamina, decrease stress and anxiety, and improve mental health.



*Yoga students appreciate Hugger Mugger's mat donation.*

### Consumer Winter Ball



Erik and Ivery danced away those winter blues during the month of January.

### Tennis Anyone?



Byron practices hitting tennis balls over the net during an adaptiveness demonstration by the USTA (United States Tennis Association).

### Silent Partner Dinner Volunteers



Consumers from our Residential Program and two students from Moraine Valley Community College volunteered at the Silent Partner Dinner in February.

### Mardi Gras Celebration



Linda and John celebrated Mardi Gras during a party in March.

### Cub Scout Visit to Sertoma Centre



Cubs Scouts from Pack 442 of Tinley Park arranged a BINGO day for consumers in our Day Programs at our 123rd Street facility in Alsip.

### Ladies, Pick Your Polish Color



Members of the Orland Park Area 4-H Club hosted a girls spa day for our Day Program consumers.

## IT'S TEA TIME - JUNE 4, 2014

Make your reservations now to enjoy a delightful afternoon of fun, food, and fashion. Sertoma Centre, Inc. and Sertoma Speech and Hearing Center are hosting this unique event on Wednesday, June 4, at Crystal Tree Country Club in Orland Park, IL. The event begins at 11 a.m. Tickets are \$40 per person which includes a traditional high tea, music, raffles, a fashion show by Funkie Fashions, and the comedic talents of Tracy DeGraaf. Proceeds support the program and services for Sertoma Centre, Inc. and Sertoma Speech & Hearing Center. For event information, go to [www.sertomacentre.org](http://www.sertomacentre.org). To make reservations, please visit [www.sertomacenter.org](http://www.sertomacenter.org) or call 708-599-9500.



## Silent Partner Members

Marilyn Aspan  
Jean Biela  
Lane Brady  
Glenn Bylina  
Lynn Booe  
Barbara Campbell  
Kathy Carlig  
Tony Casale  
John Cencig  
Eileen Clancy  
Robert Clifford  
Sue Colella  
John Collie  
John Cosich  
Tory Cosich  
Robert Cozza  
Jerry Crozza  
Pat Danaher  
Allan DeLange  
Brian Denk  
Scott Doerfler  
Ken Donkel

Tom Donnelly  
Mark Duncan  
Dennis Duren  
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  
David Kane  
Arthur Katzmann  
Edwin Krupa  
Mary Jean Labriola  
Paul Lill

Jerry Lipinski  
Shirley Mandernach  
Charlene Mathis  
Ed McCormick  
Dr. Jeanine McMahon  
Egon Menker  
Dorothy Menker  
Fran Mildice  
Edward Mulcahy  
Ed Ochylski  
Joe O'Connell  
Larry Owens  
John Parker  
Dominic Porto  
Dr. Laurel Quinn  
Joe Racine  
Jose Ramillo  
Mark Richel  
Donald Rizzs  
Patricia Rizzs  
Kelly Ryan  
Vince Sabia

William Sandrick  
Mary Ann Sain  
Dr. Chris Sarlas  
John Savaglio  
Lorraine Schultz  
Robert Scott  
Brian Sheaffer  
Frank Sheridan  
Richard Sorley  
Robert Straz  
Patrick Sullivan  
Frank Tomecek  
Gus van den Brink  
Joseph Varanauski, Sr.  
Kathy Vennetti  
James Watters  
Linda Welsh  
Rich Zarembo  
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.

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



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## Please Mark Your Calendars With These Important Dates

***BIG EVENT 2014  
FIREFIGHTERS COOK-OFF  
MAY 3, 2014***

***SERTOMA 5K RUN/WALK  
MAY 18, 2014***

***HIGH TEA  
JUNE 4, 2014***

***ACTION CLUB GOLF OUTING  
July 16, 2014***

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 **Sertoma  
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## Lawn Care Services

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