



MILESTONE INC.

Building Lives • Building Futures

M A T T E R S

Newsletter For The Friends & Supporters of MILESTONE, Inc.



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WORKING TOGETHER FOR ALEX

Sometimes people just know after one visit when a facility will meet their needs. That was the case when Lakemoor Illinois School District officials visited RocVale Children's Home and told Cathy Baker it would be the perfect place for her son, Alex Agase.

Alex moved into RocVale in December of last year, after a short nine month wait. His mom and dad divorced when Alex was very young, but both vowed to work together to find the perfect placement for their son. His mom had remarried and there were concerns about the safety of Alex's infant brother, so placement became a priority. They both wanted something close to Lakemoor where they live, so Cathy Baker and Eric Agase developed a list of possible places and spent their days off visiting them. Eric was impressed when he visited Milestone, but he did not see RocVale. After school district



Mom, Alex & Dad.

officials visited, they called Cathy immediately and told her it would be the perfect place for her son. After both parents saw the facility and talked to staff they agreed and the placement process began. They expected to be on the waiting list for years but after nine months they received the call they were waiting for, a spot was available at RocVale.

Cathy called Alex's dad immediately with the news. They work together when it comes to Alex making sure every decision is in his best interest. If Alex is visiting dad for the weekend he makes sure there is time with mom, and mom does the same when it is her turn. She said she dreaded the day Alex would move away from home, but she knows it was in his best interest and she knows RocVale is the best place for him. Alex is always happy to see his parents, but he is also happy to return to his new home, and is always greeted with a warm homecoming. Cathy Baker believes the move to RocVale was good for both parents and most importantly good for Alex.



Alex and the stocking he made.



A winning medal and smile.



At the Homecoming dance.



MILESTONE MAKES A DIFFERENCE IN THE COMMUNITY

- **MILESTONE** Industries collected 28 boxes of clothing for hurricane victims



Loading the van with clothes.

- **ELMWOOD HEIGHTS** held a bake sale to raise money for the American Red Cross



Collecting money to help others.



Enjoying the treats at Elmwood Heights.

- **MTC** raised money at a picnic for the American Red Cross, and collected school supplies for Haskell School
- **DTI** held a bake sale to raise money for hurricane relief, 11 group homes made goodies



Looking over the goodies at the DTI bake sale.

- **Team MILESTONE**, led by Lenny raised well over \$1,000 for the American Cancer Society Breast Cancer Walk



The MILESTONE Breast Cancer Walk Team.

HOLIDAY CARD BUSINESS BOOMING

Everyone at Milestone Industries was busy filling card orders this holiday season. By late October orders had been placed for more than triple the 2004 amount. Workers were kept very busy making paper, sewing the designs, and filling the boxes. While it is too late to get cards for the 2005 holiday season, they will return in 2006.



Last minute instructions.



The final inspection.



Dear Friend,

For more than 32 years, MILESTONE has been a leader in providing residential and employment opportunities for individuals with developmental disabilities. We have grown from one employee in 1973 to over 580 today, with over 30 different residential facilities, three different vocational training facilities, and the only free standing dental clinic in the nation dedicated to serving individuals with developmental disabilities.

You, through your donations and support have helped make this growth possible. While we do receive a large percentage of our operating funds from state and federal agencies, budget restrictions in both Springfield and Washington often adversely limit what is allocated for organizations like MILESTONE.

We are committed to remaining a leader in the field and to providing innovative individual centered services to the developmentally disabled. But, we need to find additional funding in order to keep growing and to meet that goal.

Please consider sharing this holiday season with my family at MILESTONE. Help me continue to meet MILESTONE's goal and commitment to Winnebago County's citizens with developmental disabilities. We are only restricted by the amount of funding we are able to raise in order to meet the needs.

Thank you for your continued support, and may the spirit and joy of the holidays richly bless you and yours.

Sincerely,

James P. Hamilton
President and Chief Executive Officer
MILESTONE, INC.





MILESTONE INDUSTRIES GETS THE JOB DONE

When the people at MS2 Graphics expanded and added their mailing division they needed to find a company that could help with some of the insert jobs. Most could be handled with their automated systems, but not the jobs with odd sized or shaped inserts. Those needed to be done by hand. The owners had heard about MILESTONE Industries, investigated the services offered and decided to give MILESTONE Industries a try. That was 5 years ago. Mary Scordato, one of owners of MS2, says the number of



Making sure everything is perfect.

projects MILESTONE Industries helps with varies but she estimates it has been between 100 and 150 each year. Scordato says they generally will not out source jobs because of quality control issues, but that has never been an issue with MILESTONE Industries. She says the work is always done on time and accurately, and she will continue to use MILESTONE Industries when the need arises. For more information on how MILESTONE Industries can help your business call Bob Stephenson at 639-2810.



Hard at work.

DENTAL CLINIC EMPLOYEE GRANTED CITIZENSHIP

Dental Hygienist Inessa Tom came to America six years ago from Russia, and this past September she was granted American Citizenship. The official ceremony was in Downtown Chicago at the Harold Washington Library Winter Garden, on Citizenship day, which is September 16th. Over 100 people representing 43 countries were sworn in as citizens during the ceremony. Tom says the process which included taking and passing a citizenship exam took about a year to complete.



ASK A DENTIST

Dear Dr Jason,

My mouth bleeds when I brush my teeth? Do I have an infection?
-Perry

A lot of people ask that question. The truth is that bleeding is nearly always a symptom of gingivitis, an early stage of gum disease.

Gingivitis occurs if food and plaque, which contain bacteria, are allowed to collect around your teeth. Untreated gingivitis will get worse over time and develop pockets between the gums and the teeth.

You may be surprised to know that you can reverse early stages of gum disease in about two weeks time. You need to brush for at least two minutes twice a day, pointing the bristles of the brush toward your gums. Most importantly FLOSS, your toothbrush cannot get in between your teeth. We can go over it better at your next dental appointment if you still have questions.

For more information about the MILESTONE Dental Clinic call 484-8678





ONE FAMILY'S JOURNEY TO MILESTONE

Like most young men in their 20's Michael Burja likes to be with his friends, so when he graduated from High School in 2002, his family had some decisions to make.



The Burja Family.

While they enjoyed having Michael at home, they also knew it was time to start looking at long term options. Because of some medical needs a specialized care facility was needed. His parents had an idea of what they were looking for, and hoped that when they found it the waiting list for admission would not be too long.

Their search began while Michael was in high school with the help of the Lake County School District Social Work department.



Enjoying a holiday party.

MILESTONE's Elmwood Heights facility was one of the places they suggested visiting. But, there were also others. Michael's father had been transferred several times during his career, so the family was also familiar with facilities in other states, but they wanted a facility in Illinois.

Several things impressed the Burja family when they visited Elmwood Heights, the friendliness of the staff, the low turn over rate, and the fact they could see a home that was not part of the official tour. They

asked to be put on the waiting list, and while there was no urgency for placement, they also knew the reality of the waiting list. In less than a year the wait was over and

Michael moved into Elmwood Heights in July of 2004.

Since then his family has been a very active and involved MILESTONE family, visiting often and taking part in special events like Special Olympics. Last December his sister and her friends made scarves for everyone in Michael's house.

Michael goes to the Milestone Training Center everyday and attends as many special outings as he can. He went to camp this past summer and served as a door greeter during a special event at Elmwood Heights.

His parents say it is evident Michael enjoys being at MILESTONE, and it is obvious how much the staff cares about the individuals. They say in many ways the staff is like a second family to Michael.



Michael and his sister Amanda enjoying one of the activities.



Enjoying camping.



SEWING GROUP HAS FUN

Every Thursday you will find MILESTONE Team Leader Terri Miller doing one of the favorite parts of her job, leading four separate sewing groups. The groups are held at various MILESTONE locations and range in size from one individual to 5. The group started 9 years ago and has continued to grow. The women talk, watch TV and have fun while making projects they



Learning a new stitch.



Starting a new project.

can keep or give as gifts to family and friends. Some like making clay pot turkeys while others like working on needlepoint kleenex box covers, but one thing is the same each project is a work of art. They get project ideas from many places and are always on the look out for a new idea or new material to work with.



Making a holiday gift.

HALLOWEEN AT MTC

Twelve students from Rockford Christian School helped make the Halloween party at MTC a special day for all.



MILESTONE MODEL

When you open your Christmas Flyer from Farm and Fleet you will see a model from MILESTONE, INC. John is part of the Downtown Community Services program and submitted sample photos to Farm and Fleet last spring. A few months passed and he got the call he wanted, he had been picked to be a model. This was John's first experience as a model and he hopes it is not his last.



Gaia helps John with the final touches.



NEW BIKE AND RECREATION PATH AT ROCVALE

The wonderful fall weather gave RocVale residents an opportunity to enjoy the recently constructed Bike and Recreation path. A grant from the William S. Howard Charitable Trust made the project a reality. Most afternoons after school the children at RocVale could be found having fun while polishing their bicycling skills and getting exercise, and most are anxiously awaiting the return of warm weather.



Building the new bike path.



Enjoying the new bike path.

MILESTONE MISSION STATEMENT

“Everyone has the right to be treated with respect, to participate in community life, to develop and exercise personal competence, to have family and friends, and to make decisions in their lives.”

Milestone, Inc. exists to ensure that persons with developmental disabilities can exercise these same rights.

MILESTONE, Inc. is a 501 (c)(3) Illinois not-for-profit organization. MILESTONE Matters is developed to inform the public of the program services we offer to developmentally disabled citizens from the greater Rockford area. To learn more about MILESTONE and the individuals we serve, please call (815) 654-6100.

Chief Executive Officer: James P. Hamilton
MILESTONE Matters Editor: Arles Hendershott

THANK YOU MILESTONE SUPPORTERS

A big thank you to Ingersoll Cutting Tools for the 36 donated laptop computers. Several are being used by individuals at the Community Center and others will be used in the future for a computer class for CILA clients.

The individuals at MILESTONE will stay warm this winter thanks to the KNITWITS group from Roscoe United Methodist Church and the over 100 hand knit hats they made.

MILESTONE, INC. RECOGNIZES LONG TERM EMPLOYEES

15 year anniversary

Trixie Hickok	Oct.
Winnie Mack	Nov.
Donna Jones	Nov.



HOLIDAY SPIRIT FILLS MILESTONE

The hustle and bustle of the holidays is evident at MILESTONE, as each division is busy getting ready for the season. Everyone at MTC is working on their community project, while INDUSTRIES is admiring the display they built at the annual Festival Of Lights. ELMWOOD HEIGHTS individuals are looking forward to their annual Christmas party, and staff and residents at each Group Home and ROCVALE Children's home are busy decorating their homes and welcoming visitors. The joy of the holidays fills every part of MILESTONE, and from our family to yours, "May your holiday season be a joyous one."



For the past 3 years a group of young people from St. Mark Church and the staff and individuals at Thyme group home celebrate the holidays together.

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