



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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MILESTONE'S ROCVALE CHILDREN'S HOME SELECTED AS ROCKFORD PRO AM BENEFICIARY

MILESTONE's RocVale

Children's Home was selected from a field of 32 applicants to be one of the beneficiaries of this year's Pro Am Golf Tournament. The Rockford Pro Am is the nation's longest free standing tournament and each year selects 2 area non profit organizations along with the Junior Golf Course of Greater Rockford to receive grants. 2006 marks the 30th anniversary of the tournament and the 100th anniversary of RocVale Children's Home, making it a significant year for both organizations. For the past 30 years the Rockford Pro Am has been a leader in providing the needed funds to improve healthcare for the area residents, the awarding of this grant will allow Milestone to continue the commitment to



courtesy Rockford Pro Am

youth that started in 1906 when the Rockford Children's Home, now RocVale, opened its doors. The grant will be used to equip an exercise room at RocVale with recumbent bikes, treadmills, rowing machines and balance and stability aides, using existing space at the facility. This will help our individuals maintain cardiovascular health through exercise when weather prevents them from being able to go outside. WREX Channel 13 will highlight the RocVale project during a special program about the ProAm on the day of the tournament. We also need your help. Volunteers are needed. The tournament is scheduled for July 10 at Forest Hills Country Club and we need 100 volunteers to help with the set up on Saturday July 8 and Sunday July 9 and to work in two concession areas on the 10th. Each volunteer will get a parking pass and a ticket to the tournament. If you can help please call Arles Hendershott at 639-2965 for more information or to sign up for a shift.



courtesy Rockford Pro Am



MILESTONE'S SPECIAL OLYMPIC ATHLETES STAND OUT

2006 has already been a busy year for MILESTONE'S Special Olympic Athletes. In January the ROCVALE ROCKERS and the MILESTONE SHOOTERS



Showing off their medals.

both brought home second place medals from the Basketball district tournament held at Byron High School. 6 MILESTONE athletes and 1 ROCVALE athlete will compete at the Individual Basketball Skills competition March 18th at Illinois State University.

The warm winter took its toll on the snowshoe and skiing district competition scheduled for January 9th. Due to a lack of snow the games were cancelled, and State Special Olympic officials drew names to determine who would qualify for the Winter Games in Galena.

Four MILESTONE athletes attended the Winter Games in Galena at the end of January, and all had a grand time. The event started with opening ceremonies in downtown Galena and ended with a dance. Jacob brought home a second place medal in downhill skiing and placed 4th in the Giant Slalom. Javier and Luis both received a bronze medal in the snow shoe 50m run. Mira also received a fourth place ribbon in the 50m run.



Coming home with medals.



Taking to the slopes.

SEEING ALL OF ROCKFORD

Individuals at MILESTONE's Downtown Community Center are seeing all that Rockford has to offer. Since the Center opened last July the group has gone on 200 outings. Each week the group studies a different subject so the Library is one of their favorite places. But, Memorial Hall, Burpee Museum and the Art Museum are also high on the list. During Aviation Week the group visited the Rockford Airport. They also look for ways to help others in the community. During the summer you may find them at a garage sale or two looking for items the Rockford Rescue Mission or Salvation Army can use. They also delivered hand made items to the residents of Alpine Nursing Home and donated food to the Rescue Mission. In the upcoming months they have volunteered to help the Rockford Park District by helping keep Beattie Park clean. Everyone at the MILESTONE Community Center wants to be involved in the community and also help the other members of the group. They delivered home made banana bread and flowers to one member of the group who broke her wrist. Group members say they want to make a difference in the community around them and within their group.



Cruising the Rock River



Enjoying the many parks in Rockford.

Polar Bear Plunge

Several MILESTONE employees braved the cold and took the Polar Bear Plunge into the lake at Rock Cut State Park on March 4th, amidst a cheering crowd of supporters. The annual fundraiser helps the Northwest Illinois Special Olympics program.





AN INSPIRATION TO ALL WHO MEET HER

An Inspiration to us all is how ARC Executive Director Jacki Neil Boss describes Josette. Josette has been part of MILESTONE's Intermittent CILA program for the past 25 years and she says she loves being part of the MILESTONE



Josette at the ARC's workshop.

family. Josette is a very busy lady, most days you will find her in the ARC office working in the Art room. She is one of the original participants in the ARC's Project Art program, and was one of the people who wanted to do more. So in response, there is now an art room where people can work on their creations during the week. Josette's artwork has gained a lot of attention in the Rockford community, the Rockford Public Library commissioned a piece from her and she has helped many non profits in the area by supplying pieces for silent auctions. She also enjoys doing beadwork and has designed many jewelry pieces that have been sold at Art Shows and helped raise money for the ARC's Project Art program. Her creative talent is not limited to artwork, she has also written a play showing the things disabled people have in common with non-disabled people for the ARC, along with other short stories and poetry. Josette loves to read and in recent

years worked to improve this skill and now enjoys college level books. She currently is tutoring a young man and working with him to improve his reading skills. When she is not working on her artwork, you will find her volunteering in the ARC



Josette with Ted Schulz and Patty Stadelman from WTVO at the Great Home Getaway Thank You party.

office, and when it is time for the ARC's Great Home Giveaway you will find her selling raffle tickets, and volunteering at several of the ARC's open house events. Josette is from the Netherlands and became a United States Citizen 5 years ago. She says she wants to give



Getting ready for the Memorial day parade.

back to the community that welcomed her and her parents and two sisters, which is why she looks for ways to help both people and organizations. When she is not at home or with friends, or helping at the ARC office you will find her attending meetings for the recently formed Alpine Aktion Kiwanis group. She is the current president of the 30 member Kiwanis group and led their efforts to raise money for the hurricane victims. She would also like to see the group adopt a road in the future and develop a program to visit children in hospitals who are lonely and scared. Josette says she loves MILESTONE for many reasons including the fact she gets to meet people with similar disabilities.

But, she quickly adds she tends to not let her disability get in her way and always strives to do better. She is also a world traveler and says her favorite destinations are Vermont and her native Netherlands, but she always enjoys returning home to her MILESTONE apartment.



Josette's latest creation.



MILESTONE RESPITE PROGRAM HELPS AREA FAMILIES

One Saturday and one evening each month the MILESTONE Training Center is the site of a respite program for area families. On Saturday about 20 families use the program, with participants ranging in age from 4 years to the mid sixties. Everyone has fun helping each other and activities include cooking, arts and crafts, sensory activities, gym and movie time and



occasionally a trip to the playground or the apple orchard. Space is limited and reservations are required. The program is free for those enrolled in the MILESTONE respite program, but it is open to any family who has a family member with a developmental disability on a fee basis. For more information call Yvonne Alexander at 639-2973.



ASK A DENTIST

Dear Dr Jay
I'm soooo scared of the dentist. Can't I just take a pill to put me asleep when I come to see you?
-Annie



Dear Annie
We want everyone to feel comfortable going to the dentist. With that being said pills that make you fall asleep are not always safe for everyone. We try to use the least amount possible for those patients who do need something to calm them. We can try things like music and movies during your next appointment. These will keep out noises that may scare you and help you relax. We have headphones and a TV and DVD player now so feel free to bring your favorite music or movie to listen to. Let's give this a try first.
-Dr Jay

DENTAL CLINIC HOURS EXPANDED

A limited number of evening appointments are now being offered at the MILESTONE Dental Clinic to meet the needs of working parents. "Because more of our younger patients are living at home, and because many are coming from the Chicago Suburbs we needed to expand our hours," Dental Director Dr. Jason Grinter explained.



A recent grant from the Illinois Children's Healthcare Foundation helped make the additional hours possible. The MILESTONE Dental Clinic is the only free standing dental clinic in the nation dedicated to serving developmentally disabled children and adults. For information on scheduling parents can call (815) 484-8678.

MILESTONE DENTAL CLINIC STAFF JOINS THE RONALD MCDONALD CARE MOBILE TEAM

Throughout the month of March members of the MILESTONE Dental Clinic staff are joining with health care providers from the Children's Medical Center at Rockford Health System on the Ronald McDonald Care Mobile to provide services to area children. As a result dental care for children with developmental disabilities can be offered during some of the Care Mobile visits. MILESTONE Dental Clinic staff will also be part of the Care Mobile Team when it returns to the area in June, September and December. The Ronald McDonald Care Mobile is a pediatric clinic on wheels and provides free medical and dental care to uninsured or under insured children who need care. Along with dental care some of the services provided are immunizations, physicals, well child exams and vision screening. The Care Mobile visits locations in Boone, Lee, Ogle, Stephenson and Winnebago counties, and first visited in March of 2003 as a partnership between Rockford Health System and Ronald McDonald Charities. Appointments are needed and can be scheduled by calling 971-5800.



DENTAL CLINIC STAFF TAKE PART IN CRYSTAL LAKE HEALTH FAIR

Over 100 parents of Children with developmental disabilities learned about the services that are available at the MILESTONE Dental Clinic during the second annual Get Connected conference sponsored by Opinions and Advocacy for McHenry County. The Dental Clinic has expanded its service area to include 5 suburban Chicago counties in an effort to meet patient demand. During the event's Health Fair MILESTONE Dental Clinic Administrator Kathy Olson and Dental Director Dr. Jason Grinter answered questions from parents and handed out information about the clinic.



CALLING ROCVALE HOME



Ethan's entire family.



Ethan and his dad.

The decision to place a child with developmental disabilities in a children's home is never an easy one for parents to make. But, they know it's never too early to start planning for their child's future. Sixteen year old Ethan Porzel's parents were told by placement counselors they needed to look towards the future in 2000.

The counselors suggested looking at RocVale Children's Home because of its reputation and the living environment it could offer their son. The Porzels liked what they saw, and the staff at RocVale felt that Ethan was a perfect match for their program. Renee Porzel, Ethan's mother, says she knows the placement was just meant to be because of the way all the pieces fell into place. Ethan moved into RocVale in January 2001. Both his brother Aaron and his parents appreciate the family atmosphere in the home. His mom says while she knew placement was the right thing to do, in many ways it was like putting her child up for adoption with the



Ethan and his brother.

option to visit him every couple of weeks. It was a tough decision to make, but the results have been wonderful. Ethan feels at home at RocVale, and many days after school can be found visiting with the staff or enjoying activities with the other people in his house. He also enjoys his classes and teachers at Page Park School. His parents say while he is happy to have them visit and take him out for spaghetti (his favorite food!), he is always happy to return to RocVale and his family there. While adult placement is a few years in the future for Ethan, his parents hope he will be able to transition into a MILESTONE Group Home.



Ethan and his mother.



ROCKFORD HOUSING AUTHORITY COMES THROUGH FOR MILESTONE

The first of the year found some MILESTONE individuals in new apartments. Nine individuals moved from apartments on the northwest side of Rockford to Olesen Plaza in the downtown area. Thanks to the Rockford Housing Authority Office who went above and beyond. Because of their efforts all of the MILESTONE apartments are on the same floor and there is even an apartment for staff. The individuals are happy with the move because it is within walking distance to the MILESTONE Community Center, work, and the CILA office. It is also closer to the library, museums, their bank and everything downtown Rockford has to offer.



Making sure there is a spot for everything.



Enjoying her new home.

WORKING TOGETHER ON TRAINING MATERIAL

Input from the individuals MILESTONE serves is very important when it comes to developing training material for staff. All direct care staff and most support staff take classes on human rights, and they hear directly from the individuals what is appropriate and what is not. Mario works with Training Coordinator Marnie on the development of the material used and helps teach the class. Everything from attitude to the importance of choice, to abuse and neglect is covered. Mario and Marnie work together to make sure the topics are discussed and understood by everyone. Staff members say they appreciate hearing about situations from the individual's perspective and have learned a great deal about Human Rights issues because of the team approach that is used.



Going over material for the class.

MILESTONE TRAINING CENTER MAKES A DIFFERENCE IN THE COMMUNITY

Once again the artists at the MILESTONE Training Center were called into action to make the centerpieces for the Jelly Bean Ball benefiting Easter Seals. Each is working hard to make their creation a standout. This is the second year the individuals at MTC have created the centerpieces for the spring fund raiser.



Working hard on a centerpiece.

THANK YOU MILESTONE SUPPORTERS

Thank you to the STONEWALL STITCHERS from Pecatonica for the 30 handmade quilts delivered to Elmwood Heights.

The MILESTONE Sewing Group thanks UNIQUE YARNS, INC. for the donated yarn.

Individuals at Elmwood Heights, RocVale and several of the Adult Group Homes will stay warm thanks to the SUPER SOLOS GROUP at Riverside Community Church and the hats, scarves and thumbless mittens they made. The wheelchair caddies, clothing protectors and lap robes delivered to Elmwood Heights were also appreciated.



Giving a smile of approval.



Learning what needs to be done.



ASSEMBLING SAMPLE KITS FOR US FILTER

In 2005 MILESTONE Industries assembled 8000 sample kits for US Filter. The kits are used when US Filter is designing a new system for a customer, tracking down a problem, or by customers who have US Filter equipment and need to routinely test a sample of the water.

This partnership started 3 years ago when the demand for sample kits increased, and it became evident outsourcing was needed. Dave Moyer, Manager of Analytical Services for US Filter said assembling the kits in house was too time consuming, he



Packing with care.

had heard about MILESTONE Industries so he decided to make a call to find out more. Moyer found the cost of using MILESTONE Industries was reasonable, so he decided to give it try. "We have a very good working relationship with MILESTONE Industries", according to Moyer who added it is a partnership that is working well for US Filter. For more information on MILESTONE Industries or for a no obligation quote call Bob Stephenson at 639-2810.



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ON THE JOB FOR 5 YEARS

February was a special month for Gary Lee because it marked his five year anniversary as a MILESTONE, INC. employee. Gary is a graduate of Page Park School and is part of the Intermittent CILA program. As a MILESTONE employee Gary is responsible for cleaning the downtown community center and CILA offices each afternoon, and he says it is a job he enjoys doing. Gary is also happy because he still finds time to be involved with Special Olympics and have fun with his friends.



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
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MILESTONE, INC. RECOGNIZES LONG TERM EMPLOYEES

10 years
Pat Bales

15 years
Lori Neuschwander Beth Gilmore
Judy Totten

20 years
Ruby Carr Norman Hines

30 years
Vernet Guerin



ADOPT A CAMPER

Remember the fun you had at summer camp? Help us make summer camp a reality for everyone at MILESTONE by adopting a camper.

For \$100 you can sponsor camper for a week at Camp Albrecht in Iowa
Or

For \$65 you can sponsor a camper at Camp Winnebago, a program designed for our medically fragile individuals who need specialized attention and care.

Each sponsor will receive a picture of their camper and a report outlining the activities of the week after the camper returns. Call the Resource Development department at 639-2965 for more information, or you will find information about sponsoring a camper on the enclosed envelope.



Hoping to catch a big one.



Nothing like a cookout.

PRO AM VOLUNTEERS NEEDED

MILESTONE, INC. needs to recruit 100 volunteers to help at this year's PRO AM on July 10 at Forest Hills Country Club. RocVale Children's Home is one of the 2006 beneficiaries.

Volunteers will help:

- Set up on Saturday and Sunday
- Work shifts in the Main Concession tent during the Pro AM
- Work shifts in Nunzio's Garden during the Pro AM

Volunteers will receive a parking pass and a ticket to the tournament. For more information call the Resource Development department at 639-2965 or to volunteer use the form on the enclosed envelope.

Address Service Requested

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