



MILESTONE INC.

Building Lives • Building Futures

MATTERS

Newsletter For The Friends & Supporters of MILESTONE, Inc.

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LIFT-FREE ENVIRONMENT AT MILESTONE, INC.

Everyone at MILESTONE, Inc is committed to improving the quality of service provided to the individuals we serve and making each facility a safer place for both the individuals and staff. The goal in 2006 is to create a lift-free environment at as many MILESTONE, Inc facilities as possible, through the purchasing and use of new lifting and positioning equipment along with employee training. Throughout MILESTONE'S history the number of injuries to individuals has been minimal because most of the time a staff person is doing what he or she can to prevent any injury even if it means they get injured instead of the individual. The implementation of the lift-free environment



will greatly reduce the number of staff injuries, and as a result reduce the agency's worker compensation insurance costs. Not only will the employees have a safer work environment, the new equipment will also make their job easier. Grants from the Coleman and Gannett Foundations helped get the transition started and allowed MILESTONE to purchase new EZ Lifts, slings, walking belts, changing pads with handles and van stairs for Elmwood Heights and walking belts for the Adult Group Homes. We are continuing to work with other foundations so that more EZ lifts, slings, walking belts, portable lifts and other types of equipment can be purchased for the other facilities.





BOTH A FRIEND AND ADVOCATE

She is both a friend and advocate for the individuals, that is how MILESTONE social worker Yvonne Alexander describes Mary Saunders a Guardian representative from



Admiring a new watch.

the Illinois office of State Guardian. Saunders is the court appointed guardian for 40 individuals, currently living in MILESTONE Adult group homes. As guardian she is the person who makes sure each individual gets the care he or she needs. It is a role she enjoys and regards the individuals as members of her extended family. She has been a guardian representative for the past 11 years and says the most rewarding part is when she sees individuals under her care bloom and grow as people. Saunders enjoys working with the Milestone staff because she knows the needs of the individuals will always be put before anything else. There is no typical day for Saunders as she is guardian representative for about 60 people in a fourteen-county area. She is kept busy as she makes it a priority to attend annual staffing meetings and visit each individual at their home and day placement site. But, MILESTONE staff also says Saunders goes the extra mile and attends many special events that involve her individuals. Everyone in the MILESTONE Social Service department agrees Saunders is not afraid to let you know what she thinks is best for the individual, after she takes their requests and opinions into consideration. Social Services Director Helen Pyfer has worked with several divisions of the Office of State Guardian and truly believes the advocates in the Rockford area are the best in the state. Saunders says she loves the people and that is why she does what she does



Job well done.



Following along.



Helping with math.



MILESTONE ATHLETES WIN BIG

It was a busy spring for the MILESTONE Special Olympians. More than 140 individuals took part in the Track and Field meet at Harlem High School in May and many qualified for the State Games in Normal, Illinois in June. The MILESTONE team was the largest at the event. Another 20 individuals took part in the Bocce ball tournament for the Northwest Illinois area in La Salle. Everyone at both events had a great time.



A winning attitude.



Taking the plunge.



The Polar Plunge Team



Enjoying the day.



Taking the lead.



Having fun.



Parade of athletes

In March MILESTONE Staff braved the cold and took the Polar Bear Plunge at Rock Cut State Park for Special Olympics. The team raised over \$1,500.

MILESTONE Special Olympic medals

Bocce	Track and Field
9 gold medals	43 Gold
8 silver medals	45 silver
13 bronze medals	41 bronze

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. Call the Resource Development department at 639-2965 for more information.



Hoping to catch a big one.



Nothing like a cookout.

WALMART DIVERSITY TRAINING

For a second year in a row MILESTONE, Inc was well represented at the Diversity In The Workplace event sponsored by WalMart. Lenny, a greeter at the East State Street WalMart and a MILESTONE resident, was again asked to make a presentation to area managers about why a company should hire a person with a disability.

THANK YOU VOLUNTEERS

Thank you to the people who responded to the call and volunteered to help by volunteering at the Rockford ProAm on behalf of MILESTONE. Your willingness to help is greatly appreciated.



The grant from the ProAm will be used to buy equipment for an exercise room at RocVale Children's home.



MILESTONE'S ROCVALE CHILDREN'S HOME CENTENNIAL ANNIVERSARY

2006 marks the 100th anniversary of RocVale Children's home, and while the population served has changed over the years, the mission of caring for children has not. RocVale, formerly known as the Rockford Children's Home opened its doors in 1906 after a group of concerned citizens saw there was a need for a home for dependent children. Up until this point Mrs. James T. Joslin, a local probation officer, would keep the children in her home overnight rather than allow them to spend the night in jail, the only other alternative. The original Children's home was at the corner of sixth street and second avenue on a piece of property purchased from R.H. Shumway for \$8,000. By 1920 the number of children cared for each month had increased to 20 and a larger



Original Rockford Children's Home at 6th Street and 2nd Avenue. The home was located here from 1906 to 1925.

facility was needed. After two fundraising drives property was purchased at the corner of Longwood and Rural and ground was broken for the larger facility in 1924. In the spring of 1925 thirty eight children moved into the new facility, by the fall that number had grown to 81 and requests were coming in daily. The children attended public school, church, received allowances, joined scouting, and celebrated birthdays and holidays. In 1966 space became a problem once again and the Maguire home on Arlington Avenue was built and opened as a result. The next chapter of RocVale's history is the move to the Rockton Avenue campus which we will look at in the next edition of Milestone Matters.



Rockford Children's Home at 631 Longwood. The home was located here from 1925 to 1970.

AN ONSTAGE DEBUT

A love of dancing led to a part in Jefferson High School's production of FAME. Sarah, a resident of RocVale auditioned and was picked to be part of the Chorus for the spring production. This was the first time Sarah performed in a Jefferson high School production. As part of the chorus she sang and danced in many of the musical numbers.

VOLUNTEERS HONORED

Alpine Fireside Health center honored the individuals from MILESTONE Industries who have volunteered at the facility for the past 3 years. The volunteers received a special certificate and attended a reception in their honor. Each month they help put up the calendars in the resident's rooms, help with devotions and socialize with the residents.



ROCVALE EASTER EGG HUNT

The residents of RocVale Children's home enjoyed hunting for 1,500 candy filled eggs donated by "The Undertaker". Everyone found enough to fill their baskets and bags.



Eggs were hidden everywhere.



All smiles.



A basket full of goodies.



MILESTONE'S RESPITE PROGRAM MAKES A DIFFERENCE

Having a disabled child changes your family entirely and has an effect on everyone, but it is something Larry and Betty McGee would not change. Their 32-year-old son Greg, who has a



The McGee Family.

developmental disability, lives with them, and both are devoted to giving him the best care possible for as long as they can. Greg graduated from Page Park school in 1995 and works at the Barbara Olson Center of Hope during the week. The McGees have used MILESTONE'S respite program since it began recognizing the fact all caregivers need a break. Once a month you will find Greg at the Saturday group respite program at the MILESTONE Training center which his parents say he loves. The highlights of the day include laps around the gym with his walker, playing games, doing puzzles and watching videos. And we can't forget the hot lunch which in November was a full-blown turkey dinner complete with all the trimmings. Members of the MILESTONE staff say Greg loves to socialize with everyone who is part of the program. Participants range in age from 4 to 80 years old. They say they know he is there with his booming welcoming hello, and he always has to get a "big-big" hug when he leaves. Greg will try to participate in all the activities, but sometimes a pre activity inspection is required, especially if it is a messy one. They also say Greg has a contagious smile and you can count on him laughing out loud when he is watching the younger kids playing. His parents say this program



Greg enjoying Special Olympics.

gives them time to do necessary errands, or just have quiet time together. The respite program also helps when there are in home needs through the list of providers maintained by



Greg loves to paint.

the MILESTONE staff. This allowed the McGees to attend Greg's brother's wedding in Chicago in 2000. The caregivers enjoyed the festivities with Greg, allowing his parents, who were also the parents of the groom, to mingle with the other guests.

The McGees call the respite program a win-win for everyone, as Greg gets to be with other people and his parents are able to get a break, which allows them to come back refreshed and recharged. Everyone in the McGee household says they appreciate the MILESTONE respite program



Teamwork makes it easier.



DEMAND FOR DENTAL CLINIC SERVICES CONTINUES TO GROW

In 2005 the service area of the MILESTONE Dental Clinic was expanded to include DuPage, Kane, Kendall, Lake, Will and McHenry counties to meet the dental care needs of people with developmental disabilities in those counties. Clinic administrator Kathy Olson and Dental Director Dr. Jason Grinter have been talking to school nurses, dental professionals and attending health fairs throughout the expanded area, and their efforts have paid off. Dr. Grinter and Kathy Olson recently handed out materials and spoke to parents at the "Cure Autism Now" walk at Solider Field in downtown Chicago. New patients are being seen weekly from the additional counties, and Monday evening hours have been added to the schedule to help meet the demand.



Thank you to the following Foundations and Corporations for supporting our expansion project.

- Chua Family Foundation
- Clarcor Foundation
- DAO Foundation
- Fulton Foundation
- Illinois Children's Healthcare Foundation
- Milton Brown Family Foundation
- Hamilton Sundstrand Corporation
- William M. Miller Trust

ASK A DENTIST

Dear Dr. Jay

Why does the dentist care what the heck I eat?

-Shelley the Sweet Tooth



Dentists have long recognized the link between good oral health and good nutrition. There is a growing concern among America's dentists that many of their patients are consuming record numbers of sugar-filled sodas, sweetened fruit drinks, and non-nutritious snack foods.

Eating patterns and food choices among children and teens are important factors that affect how quickly youngsters may develop tooth decay. When bacteria (plaque) come into contact with sugar or starch in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can eventually result in tooth decay.

What can you do?

Maintain a healthy diet. Make sure water is readily available and drink water more often. Limit eating and drinking between meals. Give preference to nutritious foods for snacks.

Fun Fact:

Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.

MUSIC FILLED THE AIR

The individuals at MILESTONE Industries enjoyed a

special performance by the VOICES OF HARLEM group from Harlem High School. This was the first time the group performed at MILESTONE and everyone agreed they will be invited back.





INDIVIDUALS AT MTC HONORED FOR VOLUNTEER EFFORTS

Once again the individuals at MTC helped make the decorations for the annual Jelly Bean Ball benefitting Easter Seals Children's Development center. The chairs at the family friendly yet formal event were decorated with chaircovers made by the MTC artists. Event organizers presented representatives from MTC with a plaque during the event.



Accepting The Award.



MTC Creations.

THANK YOU MILESTONE SUPPORTERS

A big thank you to Kim Swalve of Embroidery Specialties and Screen Printing for her help and support in obtaining supplies for the Christmas card production.

The residents at Elmwood Heights are enjoying the laprobes made by the Stonewall Stitchers group from Pecatonica.



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Milestone Industries is your on-time, competitively priced solution for all of your packaging, sorting and mailing needs. With over 12 years of contracting experience serving Northern Illinois and Southern Wisconsin, our proven track record will compliment your project no matter how big or small.

For a project quote or more information about Milestone Industries
 Contact: Bob Stephenson
 815.639.2810
 email: bstephenson@milestone-inc.org

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A DEDICATED VOLUNTEER

Each Tuesday the individuals at MILESTONE Industries get huge smiles on their faces when Pat Lenox walks into the room. Lenox was a MILESTONE employee and retired in April of 2005 to spend more time with her husband.



Learning all about computers.

However, she missed the individuals, and they missed her. So every Tuesday morning you will find her helping the individuals polish their computer skills and learn new programs.

MILESTONE, INC. RECOGNIZES LONG TERM EMPLOYEES

10 years

- Charu Chitale-Menon - April
- Dennis Steinwand - June
- Stefany Ulrich - May

15 years

- Shannin Meyer - May
- Jacque LaMagdelaine - April

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 Northern Illinois. 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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NEW HOLIDAY CARD DESIGNS UNVEILED

MILESTONE Industries unveiled 3 new holiday cards for the 2006 season.

The MILESTONE artists designed cards with Candy Canes, French Horns and the words Merry Christmas, to join the traditional favorites with Christmas trees and a Cardinal.

The designs are embroidered on navy or black paper made at MILESTONE Industries.

The price is \$2.00 per card for orders of 1-99 cards and \$1.50 per card for orders over 100. Free local delivery is also available. For more information please call Jeanette Moore at 639-2821.



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