



MILESTONE INC.

Building Lives • Building Futures

M A T T E R S

Newsletter For The Friends & Supporters of MILESTONE, Inc.

MILESTONE MADE A DIFFERENCE

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When her brother moved out of his college dorm and into his own apartment, Mira Pandya started asking her parents when she could have her own apartment. Both Vidyut and Magda Pandya knew the time had come to start looking at the different options that were available. Mira was a student at Jefferson High School when her parents started working with Access Services, they were surprised when after just a few months they heard from 2 agencies who had openings. The Pandyas decided to look at both and weighed each option carefully. They decided on MILESTONE for a number of reasons. They liked the level of family involvement and how each individual was responsible for helping keep their room in order and helped with things like the weekly shopping. By the time the required paperwork was completed Mira was 18 and could move into an Adult Group Home. Her parents say she adjusted with ease and credit several things including the fact she knew one of her house mates from Camp Sunshine. Mira graduated from Jefferson High School in 1991 and started working at Growth Enterprises. A few years after MILESTONE Industries was opened, she changed jobs and started working at MILESTONE Industries. She says she loves the variety of jobs at MILESTONE Industries and the fact she has learned how to use a computer. About 10 years ago Mira moved to a different MILESTONE Group Home and her parents say she has grown



tremendously and has become more self sufficient and independent. They know someone from MILESTONE will always be there to help Mira and that has given them peace of mind. They also like the fact MILESTONE has given their daughter a chance to participate in community events and quickly add she loves being involved in Special Olympics, being a member of the MILESTONE Dancers and going on community outings. While Mira agrees, she also quickly adds that two of her favorite things are being an Aunt to her older brother's daughter, and traveling with her family. Both her parents enjoy being involved with MILESTONE. Her mother has served on the Human Rights Committee, which reviews the behavior development programs for the individuals, helped with the decorating of the homes and volunteered whenever there is a need. Her parents also say they really enjoy going to Mira's house for the annual holiday dinner for parents and guardians. While the decision to start looking at different places for their daughter was not easy, they are glad MILESTONE was there to meet their needs.





MILESTONE WINS BIG AT STATE SPECIAL OLYMPIC GAMES

Nine MILESTONE athletes braved the cold and snow and headed to Galena for The Illinois State Winter Special Olympic games. The temperature at Chestnut Mountain may have been below zero but that did not put a chill on the enthusiasm of the over 350 athletes in attendance. Opening ceremonies traditionally held in downtown Galena were cancelled because of the weather but the closing dance more than made up for it.



Medal Count

First Place -2
Second Place-4

Third Place - 2
Fourth Place - 3

ATHLETES TAKE PART IN BASKETBALL AND SWIMMING COMPETITION

7 MILESTONE basketball players headed to Bloomington in March for the state basketball skills competition after winning a gold medal at the district competition. The MILESTONE shooters team place fourth at the District meet and the RocVale Rockers placed second.



3 MILESTONE swimmers traveled to the district competition in Naperville in March.



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 3th, amidst a cheering crowd of supporters. The annual fundraiser helps the Northwest Illinois Special Olympics program.





TIME CAPSULE OPENED MARKING THE START OF ROCVALE'S SECOND 100 YEARS.



MILESTONE'S RocVale Children's Home marked the beginning of its second Century of Caring by removing and opening a time capsule placed in the Rockford Children's Home in 1924.

Jim Hamilton, President and CEO of MILESTONE and Perry Sabet, Suburban Chicago architect and owner of the Pioneer building removed the time capsule from the cornerstone and opened it. The following items were found in the 1924 time capsule:

- Brochures used in the Capital Campaign for the Children's Home
- A copy of the Children's Home By-Laws and Charter
- Photos from the 1920 Groundbreaking ceremony
- Newspaper articles about the opening of the new facility
- A list of Board Members
- A list of donors

An envelope containing the following was collected for a new time capsule :

- Artwork created by the residents of RocVale
- A copy of the Blueprints of the present Children's Home
- A photograph of a group of residents
- A History of the Rockford Children's Home/RocVale
- A copy of the Rockford Register Star article on the Children's Home 100th anniversary

The items removed from the original time capsule were on display at Midway Village and Museum Center so people could see them first hand. All three area television stations and the Rockford Register Star covered the time capsule opening.

The Rockford Children's home opened its doors in 1906 and moved to the Longwood location in the 1920s. In 1970 ground was broken for the current location on North Rockton Ave. In 1975 the name was changed to RocVale. In 2001 RocVale merged with MILESTONE, Inc.





ANOTHER PHASE OF NO-LIFT PROGRAM COMPLETE

Another phase of the No-Lift program at MILESTONE'S Elmwood Heights facility has been completed. A grant from the Rockford Memorial Development Foundation was used to purchase repositioning equipment. The Versaforms and Love Sacs will provide proper body alignment for longer periods of time, and allow individuals to be in the commons areas for longer periods without compromising their care. The new equipment also reduces the number of times during a shift that a staff member needs to lift an individual to reposition them.



AMCORE FOUNDATION AND WILLIAM MILLER TRUST AWARD GRANTS

Both the Amcore Foundation and the William Miller Trust awarded grants to MILESTONE to assist in the purchasing of the CARE TRAK System for Elmwood Heights, Elmwood East and the MILESTONE Training Center. The CARE TRAK system is an electronic care documentation system that will provide instant access to information about the individuals and their care plan to the staff at all three facilities. We are continuing to work with other foundations to secure the remaining funding needed for the program.



THANK YOU TO AN AREA FOUNDATION FOR THE NEW WHEELCHAIR VAN.

A private foundation provided the funding for a new wheelchair accessible van for MILESTONE, which was put to use the day it was delivered transporting individuals from Elmwood Heights to the MILESTONE Training Center.



ALPINE KIWANIS SUPPORT MTC

Alpine Kiwanis members continue to support the MILESTONE Training Center through donations. In January the group presented a check to be used to upgrade the TV's and DVD players used for training in the classrooms. In the past Alpine Kiwanis members have supported the Adopt A Camper program for the individuals at MTC and provided a grant for the facilities new handicapped accessible swing set.



ROCVALE HOMES GET NEW COMMUNICATION DEVICES

A grant from the Village of Machesney Park provided the funding for 5 GO TALK Communication devices for RocVale Children's Home, meeting the need of one for each home.

The GO TALK Communication Devices will help the children express their needs and wants to staff quickly through pictures and pre recorded messages. The GO TALK devices also help encourage the development of positive behavioral and socialization skills.





MILESTONE MOMENTS

Social worker Yvonne Alexander captured some special moments at many of the MILESTONE facilities through the eyes of her camera.



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 815-639-2965 for more information, or you will find information about sponsoring a camper on the enclosed envelope.





SELF ADVOCACY GROUP MEETS REGULARLY

Part of MILESTONE'S mission is to equip each individual with the skills needed to make decisions about their own life. That mission is the driving force behind the Self Advocacy Group which meets on a regular basis. Individuals from each of MILESTONE'S residential programs meet with Administrators to discuss a number of issues. The Administrative Staff also seeks input from this group regarding how to improve the services MILESTONE offers. The experience has been rewarding for both the individuals and the staff involved.

DENTAL CLINIC STAFF TAKE PART IN CRYSTAL LAKE HEALTH FAIR

Parents of Children with developmental disabilities learned about the services that are available at the MILESTONE Dental Clinic during the annual Mc Henry County Options and Advocacy Parents Conference. During the Health Fair Clinic Administrator Kathy Olson answered questions from parents and handed out information about the clinic and services offered by MILESTONE.



ASK A DENTIST



Dear Dr. Jay,

My dentist says I need a root canal, what is that?

From
N. Doe

Right from the pages of the American Dental Association website is the answer to your

question, hope this helps clear up your confusion. "Once upon a time, if you had a tooth with a diseased nerve, you'd probably lose that tooth. Today, with a special dental procedure called a root canal therapy you may save that tooth. Inside each tooth is the pulp which provides nutrients and nerves to the tooth, it runs like a thread down through the root. When the pulp is diseased or injured, the pulp tissue dies. If you don't remove it, your tooth gets infected and you could lose it. After the dentist removes the pulp, the root canal is cleaned and sealed off to protect it. Then your dentist places a crown over the tooth to help make it stronger. Most of the time, a root canal is a relatively simple procedure with little or no discomfort involving one to three visits. Best of all, it can save your tooth and your smile!"— Jason M. Grinter, D.D.S.

For more information about the MILESTONE Dental Clinic call 815-484-8678.

KEEPING EMPLOYEES INFORMED

Making sure employees are informed in any organization can be a challenge. With over 500 employees at over 30 locations the task can seem



overwhelming. But, each month Sue Bailey the Adult Group Home Administrative Assistant writes an internal newsletter called SMILESTONE NEWS. Information about the agency is included each month. Upcoming employee birthdays and service anniversaries are also shared along with thank yous from parents and guardians to the staff for going above and beyond. Senior Vice President and Chief Operating Officer Carol Bachhuber says it is one way staff can be recognized for the good work they do.

MILESTONE, INC. RECOGNIZES LONG TERM EMPLOYEES

10 years

June LaGrass - January

Danielle Jackson - February

20 years

Clarency Isom - January



THANK YOU MILESTONE SUPPORTERS

Thank you to both the East State and West Riverside Wal Marts for the grants for holiday gifts.

Thank you to the Rockford Association of Clubs and the Illinois Licensed Beverage association for the Holiday party at Harmony Hall and the gifts for our individuals.

Thank you to the Super Solos Group at Riverside Community Church for the hats, scarves, mittens, gloves and adaptive devices for Elmwood Heights.

Thank you to the Ben Harding Family Foundation for the pulse oximeters.

Thank you to the Daniel F. and Ada L. Rice Foundation for the grant for the Dental Clinic.

Thank you to the Richard Martin family for the Playground Gazebo for the RocVale Children's Home.

Thank you to the Marilyn J. Fulton Foundation for the Holiday Wish list Grant.

Thank you to the Martin Campbell Foundation for the E-Z Lifts for Elmwood Heights.

Thank you to the Rockford Register Star and Geri Nikolai for the newspaper articles on Rocvale's 100th anniversary, and the time capsule opening.

Thank you to Insight Communications for producing a Public Service Announcement about RocVale's 100th anniversary, and for airing it.

Thank you to WTVO/WQRF/MyTV Network for also airing the Public Service Announcement on RocVale's Anniversary.

Thank You to WREX for the segment on 13 CARES about RocVale's Anniversary.

Thank you to WTVO, WREX, and WIFR for covering the opening of RocVale's Time Capsule.

Thank you to ALL THE RIGHT STUFF for the talking Hallmark Valentine Bears.

Thank you to STUFF A SHOE for the 58 pairs of tennis shoes stuffed with various items.

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 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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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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MILESTONE ARTIST BUSY WORKING ON DESIGNS FOR THE 2007 HOLIDAY CARDS.



2006 was a record setting year for MILESTONE Industries holiday card sales. Over 4800 cards were sold. If you did not get your order in time for the 2006 Holiday Season mark your calendar. The 2007 card designs will be revealed in the June issue of MILESTONE MATTERS and on our website, www.milestone-inc.org. 7 new creative and exciting designs are in the works and will be offered along with



customer favorites, the Christmas Tree, French Horn and Cardinal. We will start taking orders at that time. Our artists have also been busy creating speciality cards to fill special request orders. If you are interested in finding out more about MILESTONE Industries Speciality cards call Jeanette Moore at 815-639-2821.

Address Service Requested

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