



MILESTONE INC.

Building Lives • Building Futures

M A T T E R S

Newsletter For The Friends & Supporters of MILESTONE, Inc.



HOLIDAYS ARE A SPECIAL TIME AT MILESTONE

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Everywhere you look at MILESTONE, everyone is busy getting ready for the holidays.

Staff and Individuals are busy at our various homes putting up trees, lights and other decorations.

Different recipes are being tried in advance so the perfect holiday meal is served on Christmas Day. Individuals are busy getting ready for Christmas parties and visits from family and friends.

Many people and organizations help us make sure the holiday season is happy and joyous for everyone at MILESTONE.



Each year the Illinois Association of Clubs and Illinois Beverage Association sponsor a Christmas party at Harmony Hall for individuals at our Elmwood Heights and Elmwood East facilities. It is a day filled with smiles, good food, and presents. Many of our individuals do not go home for Christmas, thanks to the Dan Wickstrand Memorial Fund our staff is able to shop for gifts and there will be presents under the trees for them. Our homes are filled with the sounds of people unwrapping gifts and discovering what is inside on Christmas morning.



There is always a lot of activity this time of year as many groups make arrangements to come and help wrap presents, decorate or entertain.

It is also a time when the staff at MILESTONE is thanked for their dedication and hard work, during an employee Holiday lunch. Where a good time is had by all.

The magic of the season is truly felt by everyone at every MILESTONE facility.



LEARNING HOW TO LIVE ON HIS OWN

Learning how to live independently is the most valuable lesson MILESTONE has taught Gary Lee according to Les and Carolyn Dryden his guardians and parents. Gary is part of MILESTONE'S Intermittent CILA program and lives in his own apartment. Gary also works for MILESTONE. For the past six years Gary can be found every afternoon hard at work cleaning the downtown community center and CILA offices. MILESTONE staff help Gary by going over his household budget and what he plans to buy when he goes grocery shopping. Gary became part of the MILESTONE family when RocVale Children's Home and MILESTONE



merged in 2001. Gary moved into RocVale in 1980, where most of his friends from school lived. After he graduated from Page Park School, Gary lived in one of RocVale's group homes and then transitioned to an apartment with a roommate for eight years and then to his own apartment. The Drydens became Gary's guardians when he was six months old and to Gary they are Mom and Dad, and he is their son. While it was tough to see him move out of their home and into RocVale, they knew it was the right thing for Gary. The Dryden's are very proud of Gary and all that he has accomplished and what he has done for himself. Gary has a very busy life. On weekends he is busy with family activities along with his Special Olympic teams. The Drydens take him to football and basketball games at Boylan and he enjoys going to Chicago Cubs games or Six Flags Great America with his MILESTONE friends. Traveling tops his list of favorite activities and he and a friend have been to San Diego, Disneyland and Pikes Peak. Gary says he is very happy to be part of the MILESTONE family.



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.



Dear Friend,

The holidays are a special time for all of us. As this time of year approaches, I fondly remember many joyous Christmas mornings from my childhood. As I grow older, those memories helped establish the true meaning of Christmas for me, something I now share with my MILESTONE family. Whatever your faith, I am sure you agree the love of family, the gathering friends, and the feeling of warmth in the home make the holiday season special.

On Christmas morning I visit each of our homes and I see first hand how the individuals we serve are able to share in this true meaning of Christmas. They have a family at MILESTONE, countless friends and are able to live in a warm and wonderful home. This is all thanks to the generosity of people like you, our donors.

Because of you, each of our individuals receive Christmas gifts, enjoy holiday parties and community events. I am able to relive my wonderful holiday memories when I see all their smiling and happy faces. The spirit of Christmas, the love of family, and the special bond between friends is the true essence of MILESTONE, and what makes it special. Please help me continue to provide these special memories for the individuals we serve by making a donation to MILESTONE. Your past and future support allows us to keep the spirit of Christmas alive throughout the year at MILESTONE.

Sincerely,

Jim Hamilton
President and Chief Executive Officer





MOVING DAY AT MILESTONE

MILESTONE Staff were busy preparing the Black Oak Trail Group Home for new residents. Four individuals from RocVale Children's Home moved into Black Oak Trail as a group along with one individual from the community. This move allowed for a continuation of care from staff who knew the individuals. Both the individuals and their families were happy they could remain part of the MILESTONE family as they transitioned to the adult program.



MILESTONE PART OF STATEWIDE STUDY

Ten individuals from MILESTONE Industries were part of a focus group for I-SAIL, Illinois Self Advocates In The Lead, led by Josette who is part MILESTONE's Downtown CILA program. Members of the group were asked about life in their homes and on the job. Josette also conducted I-SAIL focus groups at The ARC and in Freeport, as part of a statewide project.



FMA SUPPORTS ROCVALE CHILDREN'S HOME

Throughout the year, the employees at Rockford based Fabricators & Manufacturers Association, Intl. (FMA) contribute to a quarterly community service project. MILESTONE'S RocVale Children Home was selected as the recipient for their fourth quarter efforts with the money to be used for holiday gifts for the children.



Employees raised donations through a \$3 Casual Day Sticker program and different fundraisers.

The fundraisers include bake sales, cook-outs, and special food days.

The FMA board also matched the funds raised by the employees.

The staff at FMA say they do this to recognize the efforts of our community and want to do their part to support the Rockford area.

MILESTONE JOINS IN THE FIGHT AGAINST BREAST CANCER



Individuals and staff from MILESTONE raised money for the Making Strides against Breast Cancer walk sponsored by the American Cancer Society. The team also completed the four-mile course in record time.





HAVING FUN AT THE ROCKFORD SPEEDWAY

The weather was very hot, but that did not prevent everyone from having fun during the "Special Needs Day" at the Rockford Speedway. While everyone enjoyed watching the races, several MILESTONE individuals were able to ride in the race cars and some even dropped the green flag to start a race. The Deery family provided a picnic lunch for everyone who attended.



SPECIAL OLYMPIC BOWLERS AND ROCVALE SMASHERS BRING HOME THE GOLD

Seventeen MILESTONE Special Olympic Bowlers competed at Park Lanes. Five went home with gold medals, but all had a good time and are looking forward to the next competition. The RocVale Smashers captured a gold medal in the Volleyball State Qualifier at LaSalle High School. The MILESTONE Slammers won silver medals and the V-Ballers earned bronze medals.



LEARNING SKILLS WHILE HAVING FUN

Members of the MILESTONE Boy Scout Varsity Team 360 troop enjoyed a week at camp Indian Trails in Janesville, Wisconsin. This year troop members worked on and earned their leather working merit badge. They also enjoyed time at the archery and shooting ranges. At night everyone enjoyed spending time around the campfire. Members of the troop also earned 4 daily inspection awards. Everyone is looking forward to more Scouting activities in 2008.



WELCOMING FALL



The grounds at Elmwood Heights were full of excitement during the annual End of Summer Bash. Individuals enjoyed meeting the animals at the petting zoo and trying their hand at the many games and activities.





WILLIAM S. HOWARD CHARITABLE TRUST PROVIDES FUNDING FOR ROCVALE'S BOY SCOUT PROGRAM

A grant from the William S. Howard Charitable Trust will continue to provide funding for the Boy Scout program at RocVale Children's Home. The program provides many educational and social opportunities for the boys who enjoy the many activities. Hundreds of boys have benefited from the Boy Scout program, which has been funded by the William S. Howard Charitable Trust for over 20 years.



The William S. Howard Charitable Trust was established in 1982 as the charitable component of the companies of William Charles, Ltd. Those companies include Rockford Blacktop Construction Co., William Charles Investments, and the William Charles Waste Companies. Together they comprise one of the largest, locally owned companies in the region.

ASK A DENTIST



From the Desk of Dr. Jason Grinter:

Your teeth: The 411 on Power Brushes

The use and variety of power toothbrushes available continues to grow. It is estimated that in 2005 - 73% of dentists and hygienists recommended power brushes. That number has jumped to 83% - 2006 and is projected to continue to rise. The Baby Boomer generation is more interested and concerned with the appearance and health of their

mouths. This fact also adds to the increased use of power brushes.

The advantages of a power brush include, more effective removal of dental plaque, whiter teeth through better stain removal, helps to reverse gingivitis, increases brushing compliance, easy to use (especially for those with manual dexterity issues) and it promotes overall oral health. There are a variety of power brushes on the market all with different advantages and the technology continues to improve. There is also a wide price range for brushes. This is one case where spending more money does get you a better product. The \$5.00 power brushes are not as effective as the \$80+ power brushes, but there is little difference between the higher end power brushes. Ask your dental professional about the power brush they recommend.

Dr. Jason Grinter is the Dental Director at Milestone's Dental Clinic

HELP MILESTONE EVERY TIME YOU SHOP

Help MILESTONE every time you shop at Logli's through the Schnucks eScrip Community Card program. All you have to do is pick up a free card at Logli's, register the card and designate MILESTONE as the non profit organization you want to help. Then give the card to the cashier when you check out. Each time you shop Schnucks will contribute up to 3% of your grocery bill to MILESTONE. For more information call the Resource Development department at (815) 639-2965.



MILESTONE SINGERS PERFORM AT PUMPKIN PATCH

The MILESTONE singers entertained several school groups when they performed at the Pumpkin Patch. A good time was had by both the performers and the members of the audience.





SPECIAL ENTERTAINMENT AT MILESTONE INDUSTRIES

Individuals at MILESTONE Industries were treated to a special performance by Elvis. Most could not resist the temptation to join in the fun and got up and danced during the performance.



MILESTONE WISHLIST



- Newspaper subscriptions
 - Magazine subscriptions
 - PEOPLE Magazines
 - Video Projector and lap top for staff training
 - Adult Bike Helmets and Shin and Knee pads
 - DVDs
 - Light Operated Mouse and Keyboard
 - Prescription Safety Glasses
- For more information please call the Resource Development Office at (815) 639-2965.

MILESTONE, INC. RECOGNIZES LONG TERM EMPLOYEES

10 years

- Anquinetta Williams** **October**
- Tina Ware** **November**
- Stacy Watkins** **November**
- Joe Pingo** **December**
- Jeanne Mayland** **December**

15 years

- Art Turner** **October**
- Marsha White-Smith** **November**

THANK YOU MILESTONE SUPPORTERS

Thank you to HMC Products Inc for the donation.

Thank you to Mr. Cedric Blazer and the employees of Zenith Cutter for their continued support of RocVale Children's Home.

Thank you to the Rockford Memorial Development Foundation staff for collecting PEOPLE magazines for MILESTONE's Elmwood Heights facility.

Thank you to Alpine Bank Employees for the Casual Day Friday contribution to RocVale Children's Home.

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
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MILESTONE INDUSTRIES

Packaging • Bagging • Heat Sealing
 Scaling • Blister Packing • Assembly Sorting
 Inspection • Collating • Mailing and Labeling

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 complement 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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HOLIDAY CARD PRODUCTION KEEPS MILESTONE INDUSTRIES BUSY



Everyone at MILESTONE Industries has been busy making holiday cards. By early October orders surpassed the 4800 mark. Workers were kept very busy making paper, sewing the designs, tearing cards and gluing to paper stock. Thank you to everyone who ordered cards this year. While it is too late to get cards for the 2007 holiday season, they will return in 2008.



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