



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 PROGRAMS PRAISED

MILESTONE received high marks during a recent survey of Adult group homes and MILESTONE Day Training Programs by the Illinois Department of Human Services (DHS) Bureau of Accreditation and Licensure.



MILESTONE'S CILA program scored 428 of a possible 441 points which is 97% and a 5% increase from the previous survey. The Day Training Program scored 306 of 309 or 99% which equals last years total.



Surveyors said, "MILESTONE exemplifies an exceptional organization that strives to find innovative ways to serve the individuals with various ranges of abilities. No matter what the challenges are, the staff continues to create ways that enable them to enrich the lives of the people they serve."

The survey also reported that when observing the day to day activities in the residential settings it is clear that the individuals are able to make many choices including personalizing their own bedrooms, going grocery shopping, and choosing activities in the community. In their opinion the individuals are afforded many opportunities that foster autonomy.



They went on to say the same holds true with the day training programs at MILESTONE where the individuals have activities available to them based on their ability level. Staff was praised by the surveyors for not only preparing lesson plans but for also setting goals and objectives that keep the individuals interested. They also praised the staff for their knowledge and compassion.





CELEBRATING 35 YEARS



A good time was had by everyone who attended MILESTONE'S 35th Anniversary Celebration. Parents, Friends, Individuals and Staff danced the night away after a wonderful dinner at Giovanni's.

Three Board members, Lyla DeVerdi, Peg Hanson, and Audrey Wickstrand were honored for their years of service on the Board of Directors. Board President Tom Budd presented MILESTONE President and CEO Jim Hamilton a Memory Book in honor of his years of service.



Dear Friend,

On November 8th, six hundred friends of MILESTONE including, individuals we serve, family members, and supporters celebrated MILESTONE'S 35th anniversary, at Giovanni's. Let me share the theme of that special day and my thoughts with you.



Appreciative of the Past

Thirty five years ago on May 1, 1973, I was privileged to become the first Executive Director and the first employee of MILESTONE, Inc. When I accepted the position, MILESTONE had one building at 620 Kishwaukee Street, which was 100% mortgaged, a projected operating budget of \$12,000 and no individuals to serve. The organization had \$500 in the bank, no furniture, fixtures or equipment. My first office was furnished with a card table, a folding chair and a single line phone.



Acknowledging the Present

Thirty five years later, I am still proud and feel privileged to be the President and Chief Executive Officer of MILESTONE. Our organization now provides residential and vocational services to 400 individuals and dental care to an additional 3,000 individuals with disabilities.



We have 40 locations throughout Winnebago county, and we have grown from 1 employee in 1973 to 585 employees in 2008. Our budget is now in excess of \$25,000,000.

Anticipating the Future

Our success is the result of excellent stewardship by our Board of Directors, gracious and generous support and acceptance by the citizens of the greater Rockford area, the commitment of our employees, and most importantly, the ambassadorial spirit of my friends, the individuals with disabilities served by MILESTONE. As I look to the future, these attributes will assure continued success.



In his tale, A CHRISTMAS CAROL, Charles Dickens wrote of Christmas Past, Present and Those Yet To Come. His novel introduced all of us to Ebenezer Scrooge, who discovered the true meaning of Christmas. I have been fortunate enough to see the spirit of Christmas Dickens wrote about every Christmas in the faces of the individuals MILESTONE serves, and in the generous support we have received from our donors.



During this season of giving, I again ask you to show your support of MILESTONE by making a donation, your generosity helps make it all possible.

Sincerely,

James P. Hamilton
President and Chief Executive Officer



GRANT 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.



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.

GRANT FOR ACCESSIBLE BATHROOM

MILESTONE received a grant from the Community Foundation of Northern Illinois, United Cerebral Palsy of Blackhawk Region Fund.



The grant provides part of the funding needed to build an accessible bathroom at Applewood Group Home.



The Community Foundation of Northern Illinois stewards over \$62 million. Each year the Foundation awards grants and scholarships of over \$3 million on behalf of donors.

EAGLE SCOUT PROJECT

As part of his Eagle Scout project, Michael Jaoude of Rockford Troop 622 designed and built a new picnic table for the individuals at Dierks Group Home. Jaoude chose MILESTONE for his project because he has an autistic brother, and he wanted to give back to the community because of all that has been done for his brother. He did receive some help from the other scouts in the troop and their dads, but Jaoude designed the assessable table and raised money for the project.



His family helped him move the table to Dierks.



NEW BIKES FOR ROCVALE



You could feel the excitement in the air, when the Baker and Agase families delivered the



bikes purchased with the profits from the "Bikers for Bikes" event to RocVale Children Home. Everyone was all smiles as the bikes were given test rides in the parking lot as soon as they were unloaded from the Mid West Tree Service Trucks.



A LONG JOURNEY TO MILESTONE

One of the first individuals to move into a MILESTONE facility in the early 1970's was Epiphania Marie Spinello, or Phania, as she is more commonly known. Her journey to MILESTONE was lengthy, and eventful. As a young girl her musical talent was something people marveled over. Phania would listen intently to her sister practicing her piano lessons, and without hesitation Phania could sit down at the piano and duplicate what her sister had played, totally by ear. The list of songs that Phania can play is long and included numbers she learned in her childhood. Her brothers say she loves music and is always willing to entertain those around her. They quickly add that one of the first words she spoke as a child was "Elvis", her favorite entertainer.



Phania's long journey to MILESTONE included spending time in schools in New Mexico, Dixon and the Chicago area. When her family heard about Milestone they acted quickly so that Phania could move into one of the new homes. Over the years her family has been thoroughly pleased that the size and operation of the group homes has allowed for what they term excellent individualized attention, and programs. Her family also gives the care she has received at the MILESTONE Dental Clinic high marks.



Wednesday's are special to Phania, because that is the day she has dinner with her brother Guy, and visits other friends and family members. Phania loves people and enjoys filling them in on what she has been doing, and asking them about her day.



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.



MTC VOLUNTEERS PRAISED



DOING THE MOST GOOD™

August 20, 2008

Dear Clothes for Kids Volunteer,

School will be starting next week. Because of your commitment as a volunteer and the generous donations received through the "Clothes for Kids" program, 320 homeless students will enter the classroom with confidence wearing a brand new school outfit.

You are one of 89 individual volunteers who made this all possible! Many of you assisted at CherryVale Mall with handling the "adoption process" for the students. Others gave hours assembling distribution boxes or shopping after the event to make sure every child's needs were met to the best of our abilities. This truly is an example of a team effort. Thank you for the part you played!

Thank you once again for your help. You are appreciated!

Sincerely,

Tina
Tina Fewell

Volunteer Coordinator

HALLOWEEN CELEBRATION

Eleven sophomores from Rockford Christian Schools helped the individuals at the MILESTONE Training Center celebrate Halloween. The students helped with the scarecrow decorating, the pumpkin decorating and by applying washable tatoos. Everyone had a "spooky" good time.



ASK A DENTIST *From the Desk of Dr. Jason Grinter:*



The following is portions of an article that appeared in the Sept/October "InterFace", a publication of the Special Care Dentistry Association it is reprinted with the permission of Dr. Carlton Horbelt, Dental Director Arlington Developmental Center, Arlington, TN.

According to an article published in Psychosomatic Medicine, researchers have concluded that long-term caregivers of patients with Alzheimer's disease are twice as likely to develop gum disease as compared to persons in the general population. The researchers study found that there was very little difference in the oral hygiene levels of the caregivers and non-caregiver subjects. As a result of this, they came to the conclusion that the

increase in gum disease levels was related to the stress factors.

This research also demonstrated that the long-term caregiver's scored higher on several measurable characteristics of a systemic condition referred to as metabolic syndrome.

Peter Vitaliano, Ph.D., lead investigator made the following statement concerning the results: "On a practical level, these results speak to relationships between chronic stress and oral health in the general population and suggest that these are independent of oral care. They show that caregivers are at risk for oral health problems not just physical health problems."

WELCOMING FALL

Everyone at RocVale Children's Home had a great time welcoming in fall. Pumpkin painting, face painting, dancing and good food filled the afternoon. A private donation from a friend of RocVale made the party possible.





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, INC. RECOGNIZES LONG TERM EMPLOYEES

20 years

- Phil Batchelor** **October**
- Nancy Weaver** **November**
- Diane Alexander** **November**

15 years

- Millie Baymon** **October**
- Kelly Yankaitis** **October**
- Reggie Parham** **November**

10 years

- Tisha White** **October**
- Jennifer Flaming** **November**
- Donna Elder-Keller** **December**

MILESTONE ATHLETES SCORED BIG AT THE STATE VOLLEYBALL TOURNAMENT

The Smashers won gold and the Slammers won silver, The Vballers team took 3rd place, at the state qualifier.



ART SHOW A SUCCESS

Artwork created by several individuals at MILESTONE Industries was unveiled and displayed during a premiere artshow. The show was a huge success and the individuals are busy creating more pieces. The Rockford Area Arts Council recently awarded MILESTONE an access grant for modern painting classes at MILESTONE Industries. The Rockford Area Arts Council received support from the City of Rockford, The Illinois arts council and its members.



THANK YOU MILESTONE SUPPORTERS

Thank you to the Brynwood Hilander for the donation of stuffed Boyds Bears.

Thank you to Unique Yards for the donation of yarn for scarves, hats and mittens

Thank you to HMC products for the donation

Thank you to the Roscoe United Methodist Church knitting group for the handmade hats

Thank you to the employees of Zenith Cutter for the donation

Thank you to the Community School and Heartland Community Church for the Donation of Christmas presents to the children at RocVale.

Thank you to the knitting group at Riverside Community Church for the hats and gloves.

MILESTONE WISHLIST



Newspaper subscriptions

Magazine subscriptions

PEOPLE Magazines (new or used)

DVDs

Light Operated Mouse and Keyboard

Prescription Safety Glasses



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

Milestone Industries - A Division of Milestone Inc.

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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HOLIDAY CARD PRODUCTION KEEPS MILESTONE INDUSTRIES BUSY

Everyone at MILESTONE Industries has been busy making holiday cards. By late October orders hit the 6400 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 2008 holiday season, they will return in 2009.



PRESIDENTIAL DEBATE

The individuals at MILESTONE Industries learned about the issues in this years Presidential election during a candidate's debate. Representatives for both the Republicans and Democrats fielded questions from a moderator and those attending the debate. The individuals participated in a mock election using actual ballots to prepare them for voting on Nov. 4.



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