



# MILESTONE INC.

Building Lives • Building Futures

## MATTERS

Newsletter For The Friends & Supporters of MILESTONE, Inc.



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## GIVING BACK TO THE COMMUNITY

When the individuals served by MILESTONE heard about what happened in New Orleans after Hurricane Katrina hit, they wanted to know what they could do to help. After a successful fund raiser, they wanted to help other groups as well. Since then the individuals served by MILESTONE Industries and the Adult Group Homes have raised money and presented checks to the Rockford Rescue Mission, the Salvation Army and Northwest Illinois Special Olympics. They help serve brats at the Kiwanis Brat days, deliver meals for Lifescape Community Services, and collect bags for the Rock River Valley Pantry. When they heard about the earthquake in Haiti, they wanted to know what they could do to help. A MILESTONE Board member shared information about the Kids against Hunger program sponsored by Kids Around the World, and it became a perfect fit. A group



from MILESTONE Industries packed meals to be shipped to Haiti, another group organized a special fundraiser, and others helped pack meals during the day long Sharefest event.



Bill Grahn, Senior Vice President of Program Services says, "Volunteering helps the individuals served by MILESTONE to feel like they are part of the community, and he adds it is a way for MILESTONE to give back to a community that has supported the organization."

The Individuals served by Elmwood Heights, and the MILESTONE Training Center also are very involved in the community. Each year they ring bells for the Salvation Army, and help at the annual Clothing for Kids event, and volunteer at the Cancer Society's Relay for Life event.

Linda Thornbloom, Senior Vice President of Program Services says, "It brings joy to people to volunteer to do something that will benefit others."





## DID YOU KNOW...

The MILESTONE Kitchen prepares an average of 5585 meals each week.

## MEETING THE NEEDS OF THE INDIVIDUALS

MILESTONE'S staff and Consulting Psychologist Dr. Robert Fox, have developed a new program at the MILESTONE Community Center designed to meet the growing and changing needs of the individuals served as they age. Each individual at MILESTONE is assessed on a regular basis, and their care plan adapted as needed. The new program is designed to help each person maintain their current skill levels through programming and activities.

## HATE CRIME LAW AMENDED

The Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act, named after 2 famous hate crime victims, has been amended to include gender, sexual orientation and disability as categories.

## CONSTRUCTION WILL BEGIN THIS SPRING

Construction will begin soon on an independent living apartment building on South Mulford. There will be 8 apartments and 1 managers unit in the one story building. Each unit will have a full kitchen, dining area, living room, entry coat closet, bathroom and bedroom with full closet. The apartments will have adjustable height shelving, lever handles and individual heating/cooling controls. The design will allow any unit to be converted to an accessible unit. This will accommodate the changing needs of the individuals served by MILESTONE.

MILESTONE was one of 3 agencies in Illinois to receive funding from HUD for a supportive living project for people with disabilities.

## FROM THE DESK OF SHAWN WAY, MILESTONE CEO



“A true measure of a society is how it treats its most vulnerable citizens.”

author unknown

Everyone on the MILESTONE team works together to insure the individuals we serve are treated well, and always with dignity and respect. I am amazed at the caring, kindness and compassion of our staff, everyone truly is part of the MILESTONE family. During my first ninety days I've attended Christmas parties, a Boy Scout "camp-in" visited group homes and strolled through the workshop at Industries and regardless of the day, the time or the setting, I witness really good people caring for and working with really good people. We teach, we learn, we work and we play.

As winter grinds to a close and spring teases us with its color and warmth, the "circle of life" also runs its course here at MILESTONE. We say good-bye to long-time residents who spent their entire adult-life with us. Our individuals and staff grow so close it saddens us greatly to see them go. Then, as night turns to day we say hello to new individuals at RocVale who bring new excitement, boundless energy and hope for a new day.

In closing I'd like to express my appreciation to the many wonderful supporters of MILESTONE. This past holiday season we saw no end to the generosity of the Rockford community, and for that we are grateful. Funding from the State of Illinois continues to be worrisome, and something we will continue to watch as the legislature begins the budget process. The local economy continues to struggle, but so many of our friends found it in their heart to lend their time, talents and treasures and for that we are truly blessed. Thank you for being part of our family.



## INVOLVING ALL GENERATIONS

When she was 20 years old, Peggy Silvius knew she wanted a place of her own. She visited her sister Jill's dorm room many times and kept telling her family one day she would have a place of her own also. Her parents, Dwight and Doris Silvius kept that in mind as they watched a presentation at Peggy's school from a member of MILESTONE'S staff about the residential programs. Soon after they were told MILESTONE had an opening so the Silvius family decided to tour a group home. Peggy knew right away it was what she wanted. Her parents knew there was a waiting list, so they knew the time had come for her to realize her dream of having a place of her own. In 1981 at age 20 Peggy became part of the MILESTONE family and moved into Searles. She still needed to complete school, so she attended Page Park school for one year and after graduation went to work at Dasco. Peggy is now at MILESTONE Industries and enjoys going to work everyday, especially when she can work on Christmas card orders.



Her parents wanted to plan for the future, so after Peggy moved into Searles, they spoke to her sister Jill about being a co-guardian. They wanted two

generations involved with Peggy's care and her sister agreed. Everyone involved says it was a great decision and has worked very well, in fact they are now talking to Jill's niece about assuming the responsibility of co-guardian sometime in the future. They know that careful planning will insure Peggy gets the best care possible.



Peggy's mother says MILESTONE has been a blessing, and she enjoys working with the staff because she knows they will always act with her



daughter's best interest in mind. The family has enjoyed getting to know the other people in Peggy's home and often would invite everyone to the family farm for the day.

Her family has watched Peggy grow and mature over the years and enjoy the fact that when she comes home for visits she likes to help with the cooking and cleaning, just like she does at her own home.

They say while she likes being at home with family, she is always ready to return to her MILESTONE home and her 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.



## ROCKFORD AREA ARTS COUNCIL PROGRAM

The Rockford Area Arts Council awarded MILESTONE an access grant for the art program at MILESTONE industries. As part of the program Individuals will work with artists to learn new creative outlets. Their work will be on display throughout the community when the program has been completed. The Rockford Area Arts Council received support from the City of Rockford, The Illinois Arts Council and its members.



## HELPING ROCVALE

RocVale Children's Home received a grant from the Village of Machesney Park for a new digital scale. The staff at RocVale monitor each child's weight closely and the new scale will give more accurate readings.



## ROCK VALLEY FEDERAL CREDIT UNION LENDS A HELPING HAND

The children at RocVale Children's Home are a bit warmer this winter, thanks to the efforts of Rock Valley Federal Credit Union. A mitten drive was held at each RockValley Federal Credit Union location, and customers donated enough gloves and mittens to meet the need at RocVale. There was also a second drive for much needed art supplies for the children at RocVale. Thank you to everyone involved with both drives.



## SERVICE PROJECT HELPS ROCVALE

The children at RocVale were thrilled to receive hand made fleece blankets from Brownie troop 427 in Belvidere. The girls in the troop earned a service merit badge for their work



## ROCKFORD BANDS TOGETHER HELPS MILESTONE

MILESTONE was chosen as the beneficiary of this year's Rockford Bands Together Concert.

The concert featured performances by The Rockford Wind Ensemble, The Old Town Band, The Kishwaukee Valley band, and The Rockford Christian Fellowship Band.



## SENSORY THERAPY OFFERINGS EXPANDED

A grant from the Alpine Kiwanis allowed MILESTONE to purchase sensory therapy equipment for the MILESTONE Training Center. The current program needed to be expanded in order to meet the needs of the individuals. Thanks to Alpine Kiwanis the need was met.



## BOY SCOUT CAMP IN

Members of the MILESTONE Boy Scout Troop enjoyed a Winter Camp In at the MILESTONE Training center. The Scouts celebrated the 100th anniversary of Boy Scouts. A display with items dating back to the early 1900's let the scouts see and experience the early days of the program. Everyone enjoyed a rousing game of Jeopardy, playing basketball and eating pizza and cake and ice cream.





## GIVING THE GIFT OF LIFE

The staff at MILESTONE rolled up their sleeves to help the Rock River Valley Blood Center. The Bloodmobile was at RocVale Children's Home, but staff from all MILESTONE facilities took part in the annual drive.



## TALKING TO LAWMAKERS

The fight for state funding is an ongoing issue which is why members of the State Advisory Council on Disabilities met with lawmakers in Springfield. Mario represented both MILESTONE and the Northwest Network, and told State Senators and Representatives, and a representative from the Governor's Office why funding for programs for the Community Based Programs was important. Mario said he enjoyed telling his story and explaining the need for adequate funding. He also said he had some fun while in Springfield and found time to go bowling. The Northwest Network represents both parents and service providers in Northwest Illinois and provides information on available services, pending legislation and other information of interest.



## THE MILESTONE DENTAL CLINIC CORNER

Last month we celebrated National Children's Dental Health Month. The American Dental Association(ADA) reminds everyone that it is important to take your children to the dentist. The ADA recommends the first dental visit be before the child's first birthday. Good oral habits developed when a child is young will last throughout their lifetime. A nice smile will be an asset throughout your child's life. Remember these quotes about smiles:

*A smile confuses an approaching frown. ~Author Unknown*

*Before you put on a frown, make absolutely sure there are no smiles available. ~Jim Beggs*

*Everyone smiles in the same language. ~Author Unknown*

## DR. MIKE TADIN NAMED DENTAL DIRECTOR AT THE MILESTONE DENTAL CLINIC

Dr. Mike, as he is known to his patients has a heartfelt passion for serving individuals with the greatest needs. He completed his undergraduate training at Loyola University in Chicago and graduated from the Northwestern University dental school. After a short period in private practice in the Chicago area he decided to provide dental care to the under served populations in the United States. He spent time with Indian Health Services in Arizona and acted as the Director of Community Health Programs at the University of Southern California. He then came back to the Chicago area where he was the Associate Director of the Chicago Health Outreach, Division of Homeless and HIV Clinics. He recently completed sedation training at Duquesne University in Pittsburgh.



## DR. ROOPA JOINS MILESTONE DENTAL CLINIC

Dr. Roopa Purushothaman has joined the MILESTONE Dental Clinic Staff. Dr. Roopa, as she prefers to be called, will be at the clinic several days a month to cover for Dr. Mike. Dr. Roopa is a pediatric dentist who has an interest in treating special needs children. She will also see some adults at the clinic. Dr. Roopa earned her DDS degree in Sydney, Australia, completed her pediatric residency at the University of Washington, and is currently working on her PhD in Biology at the University of Washington.



*A smile is an inexpensive way to change your looks. ~Charles Gordy*

*Life is like a mirror, we get the best results when we smile at it. ~Author Unknown*

*You're never fully dressed without a smile. ~Martin Charnin*

*Peace begins with a smile. ~Mother Teresa*

*Happy National Dental Health Month! SMILE*





## 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 a 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..



## SUPPORTING TROOPS IN IRAQ

Staff and individuals at MILESTONE'S Elmwood Heights facility collected supplies to send to 2 members of the armed forces serving in Iraq. One of the troops was the son of a Elmwood Heights nurse, and the other was someone who did not have a large family. Once the items were collected the individuals helped box everything and get it ready for shipping.



## SPECIAL OLYMPICS UPDATE

### GOING FOR THE GOLD

Everyone was smiling during the Illinois Winter Special Olympics games in Galena. 6 athletes represented MILESTONE and RocVale at the games. All the athletes enjoyed the dance and the chance to swim at night. They also were able to take a trip to Dubuque to see the figure skating competition.

- 1 Gold medal
- 3 Silver medals
- 1 Bronze medal
- 1 Fifth place ribbon

### SPECIAL OLYMPICS WINTER GAMES



### DISTRICT BASKETBALL CHAMPS

Both the MILESTONE and RocVale Basketball teams won gold medals in the district meets and will be competing at the State Special Olympics Tournament at Illinois State University. Three Athletes also qualified to compete in the individual skills competition during the state tournament.



### SPECIAL OLYMPIC'S TEAM FUNDRAISER

Trent Geiger organized a 32 team Bags Tournament to raise money for the MILESTONE Special Olympics team. Proceeds from the event helped buy uniforms and a new banner for the team.





## WORKING TOGETHER

The Belvidere North High School boys and girls bowling teams, the Belvidere High School Journalism class and the Rockford Association of Clubs and Illinois Licensed Beverage Association helped



make the holidays happier for everyone at Elmwood Heights. The Rockford Association of Clubs and Illinois Beverage Association hosted a party for everyone at Harmony Hall, where the journalism students helped serve, and the members of the bowling teams volunteered to wrap the gifts for each individual.





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## THANK YOU MILESTONE SUPPORTERS

Thank you to the Super Solos group at Riverside Community Church for the lap robes and blankets.

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

Thank you to Kathy Janiszewski for the handmade quilts.

Thank you to the Licari family for the art supplies for RocVale Children's home and the handmade afghans in honor of their son's teachers.

Thank you to the Martin family for the donation that allowed us to purchase items from the MILESTONE Wish List.

Thank you to the Titus family for the items donated to the children at RocVale.

Thank you to Parkside Church of the Nazarene for the items donated to RocVale.

Thank you to Yvonne Harper for the handmade quilts for Elmwood Heights.

Thank you to the American Legion Auxiliary, Rockton chapter for the gifts for the children at RocVale.

Thank you to Rich at A Plus Printing for cutting all the Administrative forms MILESTONE uses.

## MILESTONE, INC. RECOGNIZES LONG TERM EMPLOYEES

### 10 years

<b>Lauri Krull</b>	<b>January</b>
<b>Mary McCain</b>	<b>February</b>
<b>Shelley Deiter</b>	<b>February</b>
<b>Erica Williams</b>	<b>March</b>

### 15 years

<b>Malay Phetvixa</b>	<b>February</b>
<b>Darlean Bailey</b>	<b>March</b>

### 20 years

<b>Jan Hembrough</b>	<b>January</b>
<b>Donna McBride</b>	<b>February</b>

### 30 years

<b>Marva Brown</b>	<b>December</b>
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## MILESTONE WISHLIST



- Large Plastic Radio Flyer Wagons
- Newspaper subscriptions
- PEOPLE Magazines (new or used)
- DVDs
- Art supplies
- Wii games for RocVale

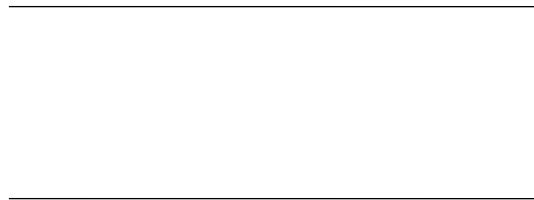
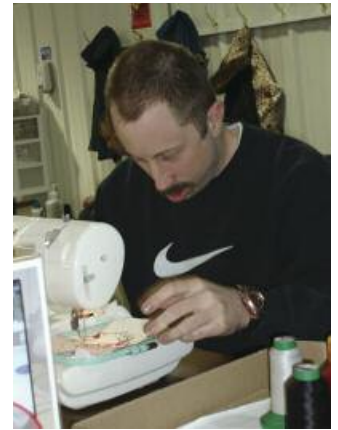
MILESTONE, Inc. is a 501 (c)(3) Illinois not-for-profit organization. MILESTONE Matters is developed to inform the public of the program services we offer to developmentally disabled citizens from Northern Illinois. To learn more about MILESTONE and the individuals we serve, please call (815) 654-6100.

President: James P. Hamilton  
 Chief Executive Officer: M. Shawn Way  
 MILESTONE Matters Editor: Arles Hendershott  
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# WORKING ON DESIGNS FOR THE 2010 HOLIDAY CARDS

If you want to order cards for the 2010 Holiday Season mark your calendar. The 2010 card designs will be revealed in the June issue of MILESTONE Matters and on our website, [www.Milestone-inc.org](http://www.Milestone-inc.org). Many new creative and exciting designs are in the works and will be offered along with returning customer favorites. 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.



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