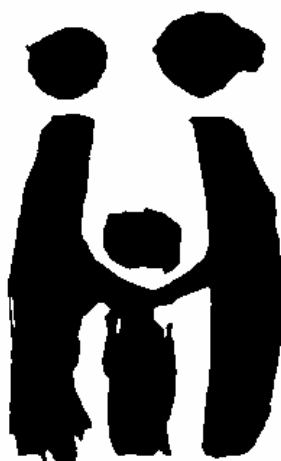


# Kenneth Young Center Newsletter



## August 2011

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# UPCOMING EVENTS

## August 18-20

Mark your calendars for a three-day, family fun, community event at Living Hope Church in Elk Grove Village. KYC will be showcased along with other community-based organizations. The event will include games, activities, concerts and more. Call 847.985.6446 for more information.

## September 17

Mark your calendars for Kenneth Young Center's annual *Finding Solutions House Walk* on Saturday, September 17 at 10:00 a.m. Multiple Elk Grove Village homeowners found solutions to problems within their homes (space, style, functionality, etc.) and are now sharing their stories and inviting you to see their changes. Additionally, we will again offer an Expo of services, merchandise and décor to help you find your own creative, beautiful and functional solutions.

### **Ticket prices:**

\$20 per person (pre-purchase price)

\$25 per person (day-of-event purchase price)

The Expo portion of the event is free and open to everyone, not just HouseWalk attendees. The Expo begins at 9:30 a.m. at KYC. For more information, call Lois Colaprete at 847.524.8800 x119.

# VOLUNTEER HELP NEEDED



Kenneth Young Center collaborates with individual and group volunteers to provide direct service and support on many levels. Our volunteers are an essential component of the Kenneth Young Center team. We always have a broad selection of volunteer opportunities available. Contact our Volunteer Coordinator, Colette Young, at [colettey@kennethyoung.org](mailto:colettey@kennethyoung.org) or at 847.524.8800 x182 if you are interested.

We would like to extend a special thank you to all of our volunteers who have dedicated their personal time, talent, partnership and support to a greater cause.

# SUPPORT GROUPS & EDUCATIONAL PROGRAMS

## ***Parent Power Program***

Learn positive parenting techniques instead of punishment to bring about, and increase positive behaviors. Call Tricia Jonker at 847.524.8800 x125 for more details.

## ***Support Groups for Children, Teens and Parents***

Kenneth Young Center has a selection of support groups and programs available for children, teens and parents experiencing troublesome behaviors, depressive thoughts, ADHD and more. Additionally, there are teen mentoring, parent mentoring and group therapy programs available. Call Joe Serio at 847.524.8800 x127 for more detail about our child, adolescent and parent programs.

## ***Take Charge of Your Health***

This is a six-week program for adults with chronic health conditions. In these workshops, you will learn chronic disease self-management, and learn how to cope with fatigue, frustration, pain and isolation. This program takes place Wednesdays, July 13 through August 17 from 10:00 a.m. to 12:30 p.m. at Kenneth Young Center. Call 866.253.9426 for more details or to register.

## ***Caregiver Support Group***

If you provide help for a family member or a relative with shopping, driving, personal care, medicines, finances, etc., please attend this support group. For more information or to register, please call Daxa Sanghvi at 847.524.8800 x168.

## ***Grandparents Raising Grandchildren Support Group***

In this support group, grandparents will receive support for raising grandchildren, get information and resources, and discuss how to cope with the challenges. For more information or to register, please call Daxa Sanghvi at 847.524.8800 x168.

## ***Powerful Tools for Caregivers***

An educational program designed to help you - the caregiver - take care of yourself while taking care of your loved one. For more information, please call Daxa Sanghvi at 847.524.8800 x168.

## ***Making Sense of Memory Loss***

A five-part educational program developed to help family members caring for a loved one in the early stages of memory loss. For more information, please call Daxa Sanghvi at 847.524.8800 x168.

## **KYC NEEDS YOUR SUPPORT**

**As of July 1, 2011, Kenneth Young Center will be entering its 41st fiscal year. Last fiscal year was difficult for our agency due to state budget cuts, changes in legislation and new restrictions. Now more than ever, we need your help making this new fiscal year one of our best ever. Please see below for ways you can help:**

Making an online donation has never been easier, just visit our website and click the "Donate Now" button to make a one-time or monthly donation to Kenneth Young Center. We will send you a donation tax receipt with our thank you message in return. Please know, KYC clients and staff are truly grateful for your support! Or you can mail your donation to

Kenneth Young Center  
Attn: Resource Development  
1001 Rohlwing Rd.  
Elk Grove Village, IL 60007

### **ALSO**

Please keep Kenneth Young Center's Resale Shop in mind for all estate, in-kind donations before selling or holding auctions. All donations benefit our services and are greatly appreciated.

## **IN THE NEWS**

**On July 14, 2011, the Daily Herald published an article titled, "Mentally Ill Have Important Role" written by our very own, Tica King:**

Our country needs us, we who are afflicted in some way with mental illness. We have a lot to contribute. Each one of us is a uniquely designed work of art, a gift to the world. Recovery is for everyone who seeks it. Awaken from your despair, loneliness, delusions and depression. The time is now no matter how young or old you are. Even if you have been beaten down, rise again, and again, and again, and again. Rise up, not to fight, but to lift others up beside you, to unite in our call to serve God and humanity. We all have a role to play, a purpose, however large or small. There is meaning to each glimmer of life.

Proud I am, to be among those genuine, thoughtful and courageous people who have been diagnosed with mental illness. My friends, you are the best inspiration to me, and others, with beautiful minds and often great humor. Please don't ever, ever give up. Humbly, accept your burden, discipline yourselves that you may carry that

burden with dignity. And believe, with all your heart and soul, that you will make a difference and rise again.

Mental illness need not be an ending to our lives. It may truly be a beginning of new hope, new opportunity, new successes and greater love. Believe in your power to transform yourself, to overcome and be victorious in life. Ignore those who cast you aside, mock, scorn or ignore you. Remember, in this great country we are all created equal and we all have the right to life, liberty and the pursuit of happiness. How can we help make this society saner? You are the answer.

## EDUCATION

### Ten Dimensions of Wellness

Wellness is a "state of well-being." Wellness is broad and it encompasses the multiple dimensions below. Learn what you can do to improve your overall wellness:

#### **Physical Wellness**

To be physically well, you must be active through regular exercise; maintain a balanced and nutritious diet; get adequate sleep; refrain from use of tobacco, drugs and excessive alcohol; and know when it is appropriate to seek professional medical attention.

#### **Emotional Wellness**

To achieve emotional wellness, you need to reduce your stress, managing negative emotions, and create a sense of happiness in your life. To do this, we recommend you get in touch with your own feelings; learn to deflect the negativity of others; enjoy alone time once in a while; cope with life's stressors; spend more time doing pleasurable activities; and ask for help when needed

#### **Mental Wellness**

Mental wellness is one of the most important components to overall wellness. Without mental health, you experience increased physical illness, emotional instability, as well as changes in your social and spiritual life. The World Health Organization defines mental health as "a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." If you find it difficult to achieve, contact KYC for help.

## **Medical Wellness**

Medical, physical, emotional and mental wellness are closely related in the fact that without one, you often times have a hard time achieving the others. Medical wellness refers to health care and involves treating and preventing illness and disease. Visit your doctor if you experience physical symptoms indicting a medical condition.

## **Spiritual Wellness**

A sense of purpose is important for developing a sense of balance and peace in our lives, and is very important to our psyche. To achieve spiritual wellbeing you should explore religious or spiritual options, respect human life (including your own), get in tune with nature, and incorporate your personal values and beliefs into everyday actions.

## **Social Wellness**

The social dimension encourages us to contribute to our community and environment. It emphasizes the interdependence between ourselves and others. We should spend as much of our social time as possible around people who support and care about us. The number of relationships is not important, it is the quality of them that benefits our wellness.

## **Intellectual Wellness**

Our intellectual wellness does not refer to our IQs, it refers to our recognition of our own creative abilities and finding ways to expand our knowledge and skills while sharing our wisdom with others. This is a life long process that should never cease.

## **Occupational Wellness**

The opportunity to participate in activities provides us with a sense meaning, purpose and reward. Demonstrate your personal values, interests and beliefs by participating more at work or getting involved as a volunteer.

## **Environmental Wellness**

Good health and overall wellness can be cultivated by inhabiting pleasant, stimulating, healthy, clean, safe and supportive environments.

## **Financial Wellness**

You don't have to be rich to have a sense of financial wellness. Financial wellness depends on our perceptions of satisfaction with current and future situations. Meet with a financial advisor and learn to work with your income, debts and goals

## **DID YOU KNOW?**

Did you know that Kenneth Young Center offers a variety of services to help our senior community to live actively, independently, safely and healthy?

### **Volunteerism**

Getting involved with your community is a great way to stay active and social, and to have fun, so we offer a variety of volunteer opportunities perfect your lifestyle.

### **Meals on Wheels**

Hot, nutritious meals are delivered five days a week to home-bound seniors who are unable to prepare proper meals for themselves. This program enables those who wish to stay in their homes maintain their independence and stay healthy.

### **Visiting**

Everyone gets a little lonely sometimes, especially seniors who live alone. KYC volunteers visit seniors and form lasting, positive and rewarding friendships.

### **Shopping**

Inability to drive to stores and shop for necessities can lead many seniors to premature placement in an assisted living facility. We provide services to help seniors with shopping in effort to maintain independent living.

### **Money Management**

Money management can be confusing for anyone, especially for seniors who are learning to live on a fixed income, or for seniors who lost a spouse who once handled the finances. KYC has trained, professional and confidential volunteers who help seniors manage their money and prepare them for new stages in life.

### **Housekeeping**

Maintaining a clean and healthy home can get difficult for some of us as we age, that is why KYC Chore Housekeeping services are available to help.

### **Support Groups and Educational Programs**

Kenneth Young Center hosts a variety of programs and support groups to help seniors stay active, be healthy, re-gain socialization and maintain independence.

### **Additional Services**

Kenneth Young Center can help seniors and their families find programs and resources aimed at preventing premature assisted living placement:

|                        |                   |                         |
|------------------------|-------------------|-------------------------|
| Elder Abuse Prevention | Caregiver Respite | Emergency Home Response |
| Adult Day Care         | Care Coordination |                         |

For more information, call our Senior Services Department at 847.524.8800.

# COUPON

Enjoy a coupon to our wonderful Resale Shop located at:  
1150 S. Roselle Rd.  
Schaumburg, IL 60193



**50%**

**Off**

Enjoy an summer while it lasts at Kenneth Young Center's Resale Shop. This coupon entitles you to **50% Off** any non-sale item (excluding jewelry and collectibles).

**Limit one coupon per customer.**

*Coupon expires 8/31/2011*