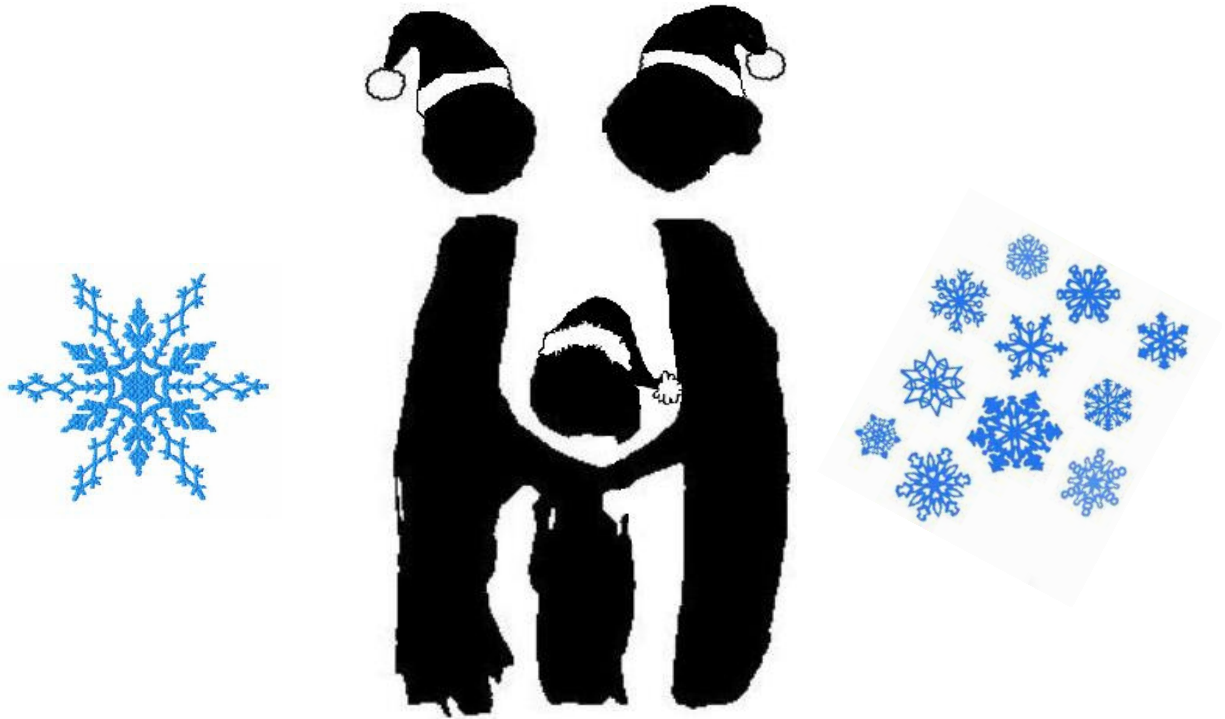


Kenneth Young Center Newsletter



December 2011

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UPCOMING EVENTS

Volunteer Potluck

January is National Soup Month, so KYC is hosting a soup Potluck on Thursday, **January 12** for all of our volunteers, but we need your help! We need volunteers to help plan and coordinate the event. Please contact Colette Young, Volunteer Coordinator, at 847.524.8800 x182 or at coletley@kennethyoung.org if you are able to lend your time and talents. If you are a Kenneth Young Center volunteer, mark your calendars and be on the look out for more information.

Kenneth Young Center Wellness Fair

Join us Wednesday, **February 8** from 3:00 to 6:30 pm for our first ever Wellness Fair. Massage therapists, chiropractors, stress management specialists, nutritionists, healthy foods, and other professionals will be there to help lead you down different paths toward wellness. No need to RSVP, just bring your friends and family.

HOW YOU CAN HELP

Volunteering

Kenneth Young Center collaborates with individual and group volunteers to provide direct service and support on many levels. We always have a broad selection of volunteer opportunities available. Contact our Volunteer Coordinator, Colette Young, at 847.524.8800 x182 or at coletley@kennethyoung.org if you are interested.

Volunteer Positions to be Filled Immediately:

- Meals on Wheels Drivers
- Money Management Volunteers
- Handy Man Volunteers (to help seniors)

Monetary Donations

Monetary gifts are more important than ever. State budget cuts, changes in legislation and new restrictions are limiting the types of services we can provide. Making a donation will allow us to keep providing the services necessary to help those in need. You can send your donation in the attached, postage paid envelop.

In-Kind Donations

In-kind donations can be dropped off at our resale shop at 1150 S. Roselle Rd. in Schaumburg. All proceeds from resale shop sales benefit services provided at KYC.

You can also make in-kind donations to be used for auction and prizes at fund-raising events. Please contact Cheri Seley to learn how at 847.524.8800 x141 or at cheris@kennethyoung.org.

Estate Planning

Planned giving offers you, the donor, many benefits and it leaves a lasting legacy of generosity. Please contact Cheri Seley at 847.524.8800 x141 or at cheris@kennethyoung.org for more information about how planned giving benefits you and KYC.

SUPPORT GROUPS & PROGRAMS

Kenneth Young Center offers various educational programs and support groups to help our clients and families through difficult transitions and phases in life. Please see our website for detailed information regarding current programs and groups.

Children and Adolescents

KYC has specialized programs for teens struggling with anger or depression. These programs are unique and highly effective for treating behavioral problems and improving self-worth and self-esteem. Please contact Joe Serio at 847.524.8800 x127 or at joes@kennethyoung.org for more details.

Seniors & Care Givers

Call Daxa Sanghvi at 847.524.8800 x168 for details on the following programs and groups:

Caregiver Support Group

If you provide care for a family member or a relative who depends on you for help with shopping, driving, personal care, medicines, finances, etc., please attend this support group.

Grandparents Raising Grandchildren Support Group

In this group, grandparents receive support from other grandparents, share ideas and experiences about raising grandchildren, get information and resources, and discuss how to cope with the challenges.

CLIENT STORY

Dear Friends,

Warm greetings as the cold weather begins. I am writing to ask you to join me in supporting an important, worthy and critical cause, Kenneth Young Center. As you know, KYC is a mental health and senior services provider that is vitally important to the health and well being of our community - I am living proof of that.

My name is Colleen and I have been a client at Kenneth Young Center for just over a year. In that year, my life has changed for the better, and I owe it all to KYC. When I started coming to the Center, my life was a mess; I was depressed, scared, anxious and I felt lifeless. I had lost my mother, my job and eventually my marriage - my life was spinning out of control faster than I could blink. I couldn't get out of bed much less function enough to properly care for myself.

A friend of mine suggested I seek help at Kenneth Young Center. I had heard of KYC, but I assumed it was only for people who were uninsured or couldn't afford to see a doctor - boy, was I wrong. The facility is wonderful, fully operational and a blessing.

Less than six months into treatment, I could feel myself coming out of the darkness - I could make myself dinner; I gained a little weight back; I wanted to be around my friends again; and most importantly, I began feeling hope for my future again. Now, with help from KYC, I am happy, I am job searching, and I am once again a productive member of the community.

Recently, I learned that State budget cuts are threatening KYC's ability to operate and provide services. I truly believe I would not be here if it wasn't for the compassion, professionalism and services at the Center. My story is one of thousands. I have to believe there are many more like me out there, and even more in the future, who desperately need KYC. I urge you to please support Kenneth Young Center. **Your support is more important than ever, so please do what you can. Every dollar makes a difference.**

Thank you in advance for doing your part to help the community and people like me.

Gratefully yours,

Colleen

** Name and some details have been changed to protect the confidentiality of our client(s)*

ANNOUNCEMENTS

Don't forget to order your holiday cards

The Card Project is comprised of talented and artistic clients who sell one-of-a-kind, beautiful cards. The project was developed out of a desire to raise money for our Psychosocial Program (PSR). Staff and clients of our art group came together and created fund-raising, greeting cards for holidays and special occasions. Be sure to order your beautiful and unique holiday cards today. Every purchase supports individuals working toward recovery. Call 847.524.8800 x240 to place your order.

Please Help This Holiday Season

We are reaching out and asking for your kindness and assistance this holiday season. Many of our clients live below the poverty level and the holidays can be very stressful. Their wish lists are simple and basic. You can help by donating gift cards for groceries (Jewel, Dominicks, Walmart, Target), gas gift cards, art supplies for kids, books, and board games. Donations can be dropped off at Kenneth Young Center (1001 Rohlwing Rd. in Elk Grove Village) to Fran Kirk by Dec 14 to ensure families in need receive them in time for the holidays. Thank you!

RECOGNITION

Moneris Solutions

On July 9, Moneris Solutions in Schaumburg launched a Wellness Walk over the course of eight weeks. Team members tracked their steps with a pedometer, and the team with the most steps hosted a jean fundraiser in the office. Employees paid to wear jeans to work with all proceeds going to KYC. The company donated an additional \$500 to the total dollars raised, totalling \$1,520 to KYC.

"Companies are always looking for creative and fun ways to increase community involvement, enhance the team building experience, and finding healthy solutions for happier employees," said Fran Kirk, Corporate and Community Relations Coordinator at Kenneth Young Center. "Moneris Solutions and its employees set an example for how everyone can collaboratively fulfill a philanthropic purpose while having fun and promoting overall health. They are a wonderful company to work with, and we appreciate them making KYC their charity of choice."

23rd Annual Fashion Show

Thank you to everyone who attended, supported and modeled at this year's Fashion Show, *How Sweet it is*, on Saturday, November 5. The event was a success! The models were beautiful and stylish, the kids were adorable, the Men In Tux were handsome and debonair, and the guests were generous.

More than 400 attendees had a great time, and many people won fantastic, exciting and luxurious prizes. We reached our goal of \$20,000, and had the biggest split-the-pot ever of \$4,000.

Thank you to all of our generous donors who donated items for our outstanding basket prizes, and to the event sponsors who made the event a success: Marie E. Bastings Charitable Trust, Streamwood Behavioral Health Center, Northwest Community Healthcare, Harris Bank, N.A., Pathway Senior Living, Pepsi Beverages Company, Elk Grove Village Bank & Trust and Salon Four 14.

Lastly, thank you to the wonderful Fashion Show Committee members whose creativity, style, time and talents made this year's show the best yet!

EDUCATION

Less Stress and More Holiday Cheer

The holidays are suppose to be a time of relaxing, laughter, love, giving and sharing, but for many, it ends up being a time of stress, anxiety and depression. So, what can we do to reduce (or eliminate) holiday stress?

Shorten the to-do list

You don't have to do everything. Do the things that bring you joy and shorten the list of the ones that don't. If it doesn't have to be done right now, make it wait.

Lower your expectations - be realistic

No one is perfect, so why do you feel you need to be? Stop trying to out do yourself, you deserve to enjoy the holidays too. Make one dessert instead of everybody's favorite cookies, start shopping early to avoid the pressure, etc. You don't have to do it all!

Reassess

The holidays can be a very busy time. It's acceptable to re-evaluate your schedule, list of activities, and To Do lists to make life less complicated.

Focus on the meaning of the holidays

It's easy to forget what the holidays are all about, so regroup yourself and your family and remind yourselves what it's supposed to be about. For example, teach your children to scale back and not expect every possible gift they can imagine, and instead be grateful for one or two gifts. This will also reduce your stress of having to be the perfect hostess and gift-giver, and it will improve your mental health to focus on positives.

Make a difference

The holidays are about giving and sharing, right? Volunteer at a local charity like KYC or a soup kitchen. Or maybe you can donate clothing to a shelter. Whatever you can do to make a difference in your community will also make a positive difference in your mental health. It feels good to help others.

Prioritize and delegate

If you are feeling overwhelmed, it's time to prioritize what needs to be done and what doesn't. Evaluate what can be delegated to others and lighten your load.

Stress and anxiety are directly linked to depression, heart attacks, skin conditions, ulcers, immune deficiencies, physical illnesses, muscle spasms, arthritis flare ups and much more. That is far from what the holiday times are about. Use these tips to help you to reduce your stress and enjoy the holidays.

NUTRITIONAL INFORMATION

Season Your Food Without Salt

According to Dietary Guidelines, most Americans eat more salt than their bodies need. The Dietary Guidelines recommend having less than 1 teaspoon of salt per day. Eating too much salt can increase your risk of having high blood pressure. High blood pressure can lead to stroke, coronary heart disease, and kidney disease. One way to reduce your risk of having high blood pressure is to reduce the amount of salt you add to your foods. Try using seasonings (herbs) other than salt to prepare your food.

When reading a Nutrition Facts label on for the sodium content. Foods that are low contain less than 140 mg per serving.

Nutrition Facts	
Serving Size 1/2 cup (123g)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 1g	
Vitamin A 10%	• Vitamin C 25%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sodium can be found in foods like:

- Processed Foods: canned vegetables, soups, luncheon meats, and frozen foods
- Natural Sources: meat, poultry, dairy products, and vegetables
- Snack Foods: juices, chips, granola bars, and popcorn
- Ketchup, mayonnaise, barbecue, soy, and tarter sauce



Enjoy the holidays by enjoying this coupon. This coupon entitles you to 25% off any one non-sale item at Kenneth Young Center's Resale Shop.

25%

Limit one coupon per customer.
Coupon expires 12/31/2011