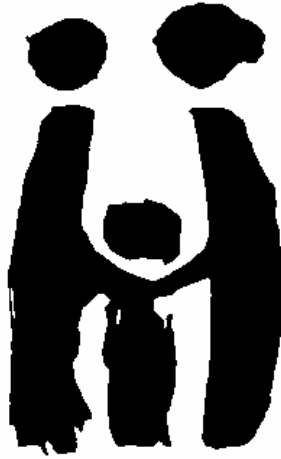


# Kenneth Young Center Newsletter



## June 2011

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# UPCOMING EVENTS

## June 23

Join us on Thursday, June 23, 2011 for our Talent Show Fundraiser at Kenneth Young Center. This is a fun opportunity to show your talent, have fun, be entertained and help a good cause all at once.

7:30 pm to 9:00 pm  
At Kenneth Young Center

Suggested Donation: \$10 public / \$5 clients

## August 4

Help make a difference and join us in a round of golf at Kenneth Young Center's annual golf outing! Breakfast, lunch, raffles, split-the-pot, goody bags, golfing, socializing, fun and more!



**Bloomington Golf Club**  
181 Glen Ellyn Rd  
Bloomington



Proceeds from this event will benefit mental health and senior services at KYC. Contact Fran Kirk with any questions about sponsorship benefits, contests, etc. at 847.524.8800 x103 or [frank@kennethyoung.org](mailto:frank@kennethyoung.org).

# FUN ANNOUNCEMENTS

## #1

**Kenneth Young Center has started a blog.** We would love for you to read it and interact with us at <http://kennethyoungcenter.wordpress.com>. We would also like suggestions for topics to share with the online community.

## #2

We have put up pictures and posted videos of this year's *WALK for the Mental Health of It!* Visit the "Photo Gallery" on our website ([www.kennethyoung.org](http://www.kennethyoung.org)) for photos, and view our videos on YouTube.

# SUPPORT GROUPS & EDUCATIONAL PROGRAMS

## ***Health and Wellness for Adolescents Program***

Adolescent participants (ages 13 and up) will learn how proper nutrition, exercise and sleep will help with mood management, stress and anger. Call Tricia Jonker at 847.524.8800 x125 for more details.

## ***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 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. 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 from other grandparents, share ideas and experiences about 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

### ***Resources for Caregivers***

This program helps you - the caregiver - locate information and resources to adjust to life's changes and transitions when caring for an elderly loved one. For more information, please call Daxa Sanghvi at 847.524.8800 x168

### ***Legal and Financial Problem Solving for Caregiver***

Are you a caregiver who cares for a loved one? If so, this educational seminar will provide you the necessary tools and resources needed for understanding and navigating Advanced Directives. For more information, please call Daxa Sanghvi at 847.524.8800 x168.

### ***Assistive Devices = An Easier Life with Independence***

As technology advances, new devices are being developed to help seniors maintain independence by utilizing creative solutions, modifications and adaptations. For more information, please call Daxa Sanghvi at 847.524.8800 x168.

## **SUPPORT**

**We need your financial help too, and now there are several ways you can make a difference:**

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/downsizing, in-kind donations before selling or holding auctions. All donations benefit our services and are greatly appreciated.

# 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.

## LETTER FROM A CLIENT

I wanted to say how much I appreciate everything you have done for me. After my mom passed away, I had so much trouble feeling anything - I was numb inside. I didn't want to care about anyone or anything. I thought I was going to feel that way for the rest of my life, but Kenneth Young Center has been so helpful and wonderful.

The staff at Kenneth Young Center taught me how to move past everything and take care of myself. I thought I knew everything, and I blamed all my bad work experiences on everyone else. I learned that I was doing things the wrong way, and that if I changed my attitude, good things could happen.

I am so much happier now, more independent, and more capable than I was before. The vocational program helped me find a wonderful job, and I will always be grateful. The vocational program staff taught me how to understand work expectations, how to talk to my boss, and how to be a good employee. I just love my job! The people there are so wonderful and friendly. I feel like I am part of a family.

Kenneth Young Center has taught me how to deal with my depression and the numb feelings I had. My therapist works with me so that I don't let my anxiety prevent me from living my life anymore. I am so lucky that I found this place and I just hope that somehow I am able to help others in the same way.

**Thank you!**

# RECOGNITION

## **Walkers, Supporters and Volunteers**

Thank you to the 300+ walkers, which included individuals, pets, families, companies and special groups, who came out to our *WALK for the Mental Health of It* on May 7. The event was a success and helped raise money to support services at Kenneth Young Center. Walkers and volunteers received free t-shirts, prizes, free food and drinks, and treats for the dogs.

"It was so much fun," said Cheri Seley, Resource Development Manger at Kenneth Young Center. "The rain held out so the weather was perfect for a morning walk and run. We hope to see everyone again (and then some) next year."

A special thank you to Koz from WTMX 101.9 fm, The Mix, for making the event fun; Pepsi for supplying all the water and for being the event's premier sponsor; GFS Foods of Schaumburg for the free breakfast; DoggieDogTreats.com for providing special treats for our canine participants; and Stan Blanco for the free airplane ride prize. Also, a BIG thank you to our other sponsors: Alexian Brothers Health System, Barrie & Associates, Northwest Community Hospital, K&M Printing, and Meadows Credit Union for all of your support.

Last but certainly not least, a HUGE thank you to all the volunteers who came out and helped the event to run smoothly, and to the KYC Volunteer Committee for all of their hard work. "We wouldn't be able to do it without all of our wonderful volunteers and the hard work of the committee," said Cheri. "We can't thank them enough."

Donations for the WALK can still be made, please call Cheri Seley at 847.524.8800 x141 to learn how.

## **Thank you Bob Kaminiski and Bob Pearson**

Twelve years ago Bob Kaminiski became acquainted with Kenneth Young Center when his daughter was referred to KYC for services. Over the course of two years, Bob saw remarkable changes in his daughter. "She went from being a non-participant in the household, to being an active member in the house and community," Kaminiski said. "It was amazing what transpired during her recovery."

Bob began talking about his positive experiences to others including former KYC Board of Director, Bill Kelly. "I was playing golf with Bill and I told him how greatly impressed I was with the services and personal attention my family received," Kaminiski said. "It wasn't long after that, that Bill got me involved with the Golf Committee."

Ten years later, Bob Kaminiski is still a member of our Golf Committee and has co-chaired the event for the past five years. Bob says he isn't sure how much longer he can be involved with the committee, but he will for sure attend every outing as long as God is willing. "I love the people that you meet (volunteers, staff, business professionals and others)," He said. "I enjoy the excitement of handing out raffle prizes, and awards for accomplishments. The golf outing makes a difference in the community and in lives."

Bob has even recruited his good friend, Bob Pearson, who has been supporting the golf outing for five years. Not only has Bob Pearson supported our event personally, but he has also reached out to his employer, Illinois Stock Transfer. Bob Pearson has been responsible for bringing foursomes every year, and we can tell you that his 12 friends/colleagues are certainly some of the most gregarious and entertaining participants.

"I love going to the golf outing," said Bob Pearson. "It is a wonderful opportunity to socialize with friends and colleagues outside of work. The golf outing is always so fantastic - the people are wonderful, the food is excellent, but the reward from helping a great cause is the best."

## Did You Know

Did you know there is a crisis in Illinois that has an impact right here? The State of Illinois has been cutting funding for community mental health services. This means a large population of those in need will go un-served.

"Imagine the devastating effects if community mental health centers were extinct and only private treatment centers remained," proposed Mitch Bruski, CEO of Kenneth Young Center. "More than one million Illinoisans diagnosed with serious mental disorders would go without necessary, and oftentimes, life-saving treatment. The State is compromising our organization's core values, one of which is to 'employ the least restrictive approach.'"

"To make matters worse, the State is increasingly delayed in reimbursement for services," explained Bruski. This leaves safety net services like Kenneth Young Center with no choice but to limit, and even eliminate, services until funding is available and change is made.

**There is something you can do to help!** Contact your legislators and tell them to stop budget cuts and stop delaying payments for mental health services. By speaking out and being the voice for those who suffer from mental illness, you are making a difference. If we all take action, then legislators are left with no choice but to listen.

### ***Here is a glimpse into an approaching grim future:***

- *As mental health services are reduced, other community channels are overburdened. Hospital emergency rooms and the police, who are already at maximum capacity, will have to deal with an increasing number of people suffering from untreated mental illness.*
- *As those with mental illness are left untreated, they will slip into the darkness of their illness and will no longer be productive members of the community. You will see them on your street, many more will become homeless or they will end up in expensive institutional care.*



**25%**

**Off**

Enjoy the start of summer with this coupon, which entitles you to **25% Off** any one non-sale item. Limit one coupon per customer.

Coupon expires 6/30/2011

