

Kenneth Young Center Newsletter



November 2011

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UPCOMING EVENTS

November 17

Pampering Care Givers Event. In honor of National Care Givers Month, Kenneth Young Center is hosting a pampering event for care givers. Being a care taker can be stressful, exhausting and emotional.... so we want to help.

November 17 from 2:00 p.m. - 4:00 p.m.
Kenneth Young Center
1001 Rohlwing Rd.
Elk Grove Village, IL 60007

There will be fun activities, giveaways, refreshments and relaxation. Please RSVP to Daxa Sanghvi at 847.524.8800 x168 or daxas@kennethyoung.org.

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 or at 847.524.8800 x182 if you are interested.

***** We are in greatest need of Meals on Wheels drivers, money management volunteers, and handy men volunteers to assist seniors *****

HOW YOU CAN HELP

Monetary Donations

Personal and corporate donations are more important than ever. State budget cuts, changes in legislation and new restrictions are limiting the numbers and 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 donations to: Kenneth Young Center
Attn: Resource Development
1001 Rohlwing Rd.
Elk Grove Village, IL 60007

Other Donations

In-kind donations can be dropped off at our resale shop at 1150 S. Roselle Rd. in Schaumburg. Please remember to consider KYC for all estate donations.

Also, please consider KYC for your planned giving. Often times, people chose to distribute some of their assets to charities through their wills. Please contact Cheri Seley at 847.524.8800 x141 or at cheris@kennethyoung.org for more information on how planned giving provides tax benefits and leaves a lasting legacy behind.

Please know, KYC clients and staff are truly grateful for your support!

SUPPORT GROUPS & PROGRAMS

Support Groups & Programs for Children, Teens and

Parents Please call our Child and Adolescent Services department at 847.524.8800 for details about our programs and support groups for parents, teens and children.

Intensive Adolescent Program

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

Seniors and Caregivers Support Groups & Educational

Programs 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** - 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.
- **Powerful Tools for Caregivers (Educational Program)**
An educational program to help you - the caregiver - take care of yourself while taking care of your loved one.

VOLUNTEER STORY

Ali Faraj

Ali Faraj has been Kenneth Young Center's Board Chair for three years, and on the Board for six. On October 12, we awarded Ali with the Leadership Award at our Volunteer Recognition Dinner for all of his outstanding work and efforts.

In the last few years, Kenneth Young Center has witnessed the deconstruction of community mental health services thanks to serious budget cuts. Often, KYC doesn't get paid for services, and when we do, payments are significantly delayed; making it very difficult to continue operations and services.. This puts a considerable strain on the organizations strategic plans.

Ali has without a doubt had one of the most difficult tenures of any Board Chair; yet, has thrived in the position.

"We have never had a Board Chair step up for three years," explained Mitch Bruski, CEO. "He is a remarkable Board Chair, and he demonstrates powerful and sensitive leadership. He is sensitive regarding the important issues at hand, but he is successful because he is tough, even with me."

During Ali's tenure, he has been extremely supportive of the move toward permanent supportive housing. "It's a risk and a challenge, but he is strategic and will bring the initiative success," said Mitch. He has also encouraged other Board members to increase their participation and attention to events, and he has been instrumental in our move toward offering software to other agencies as part of our mission.

"We have reached our highest funding level during his tenure," said Mitch. "He's one of the few good men." Ali is a busy man. He and his wife have had three children during his time on the Board, and he is a career man with substantial responsibilities. Ali commutes to San Francisco on a weekly basis, yet always has time for Kenneth Young Center.

Thank you Ali Faraj for your leadership, commitment, compassion and volunteerism.

RECOGNITION

Volunteers



On Wednesday, October 12 Kenneth Young Center hosted its annual Volunteer Recognition Dinner as a very special THANK YOU to all of our 400 amazing volunteers who give so much of their time, talent and services. Volunteers are the backbone of our organization, and we would not be able to do what we do without them.

More than 200 volunteers were able to attend this year's dinner. "It was a great evening," said Colette Young, Volunteer Coordinator. "We laughed, told stories, ate delicious food, had fun, and met new people. We just hope the dinner helps to show our level of appreciation for each and every volunteer."

Additionally, we want to thank the talented members of the UltraSound Barbershop Quartet for providing entertainment, Finer Line Engraving Shop for making the beautiful awards, and K&M Printing for donating the bookmark giveaways.

Our Saviour's United Methodist Church

Over the years, [Our Saviour's United Methodist Church](#) in Schaumburg has shown unwavering support to Kenneth Young Center on many levels. We would like to thank the church for their recent donation of \$3,800, as well as the other contributions throughout the year. The church hosts an annual fundraiser and auction that proceeds benefit KYC.

Additionally, church congregants compose one of the largest groups of volunteers at Kenneth Young Center. "Church members volunteer countless hours in many different capacities," said Colette Young, Volunteer Coordinator at Kenneth Young Center. "We are deeply grateful for their long standing partnership. They are truly inspiring."

We are forever grateful for this lasting and generous partnership. Thank you to everyone at Our Saviour's United Methodist Church!

Citi

Thank you to the employees from Citi's Credit Card Processing Department in Arlington Heights who came to the Kenneth Young Center resale shop to make a difference. More than 30 Citi employees came to help out on October 19th and 20th.

"They were amazing," said Fran Kirk, Community and Corporate Relations Coordinator at Kenneth Young Center. "They worked all day, and the shop looked wonderful. Our volunteers at the resale shop always work hard to keep it running smooth and looking great, but it was nice to have the Citi group come in and really spruce the place up. Now it looks like a real upscale secondhand store."

Our resale shop sees anywhere from 100 to 200 shoppers on an average day. Many people come looking for affordable items such as clothing, furniture and housewares to help their home look beautiful on a budget. All proceeds from the shop benefits our mental health and senior clients. **Citi's volunteers truly made an impact on many lives of our shoppers and our clients, so thank you for all of your work!**

EDUCATION

Why Have I Worked Here So Long?

Kenneth Young Center employees take pride in their work and demonstrate remarkable commitment to their community, clients and positions. Have you ever wondered why Kenneth Young Center employees are so dedicated and compassionate? We asked some of our longest standing employees why they have worked at KYC so long and how it has changed their lives.

Wayne Jozwiak, Seniors Case Manager - 31 years

I really liked what I've done here at KYC. From my clients who gave me courage and inspiration as they worked through their difficult concerns to the incredible staff who I have had the pleasure to know and work with, have never ceased to amaze me. Kenneth Young Center has been a family to me... sharing in my sorrows and joys, allowing me to grow, expecting me to do well but supporting me if I mis-stepped. KYC is filled with incredible people willing and able to truly help their clients. I have learned much from them. So it comes down to the environment that seems to have been a good fit for me. As long as this mutual relationship works, I anticipate being here a while longer - if they will have me.

Lois Colaprete, Administrative Assistant to CEO - 23 years

It is important for me to work for an organization 'that helps' people. I know firsthand the importance of positive mental health, and I am moved by how caring the staff is towards each other and toward their clients. It's an inspiring work environment and I love working here.

Tish Rudnicki, Senior Services Manager - 21 years

I've been here this long for three reasons: the flexibility when my kids were young, my belief in KYC's mission (and in that of the senior's team to "help older adults maintain their independence for as long as they are able to"), but mostly because of the people who work here - it is a pleasure and a privilege to work with such great people.

Cheri Seley, Resource Development Manger - 24 years

KYC has always been great about recognizing my efforts, using my talents and promoting me throughout the years. I have had the opportunity to do different jobs... I was a therapist and now I am in resource development. I have gained many different professional experiences, and my job has evolved around them. Also, KYC does amazing work in the community and I am proud to work here. And lastly, because they are flexible here; I have been able to maintain a healthy work-life balance.

NUTRITIONAL INFORMATION

Bell peppers are a great source of vitamins A and C. They make a colorful addition to any meal.

Varieties

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. As a bell pepper ages, its flavor becomes sweeter and milder. Red bell peppers contain eleven times more beta carotene (converted to vitamin A in the body) than green bell peppers.

Selection

Fresh peppers come in variety of colors, shapes, and sizes, but when selecting them, they all follow the same guidelines. Their skin should be firm without any wrinkles, and the stem should be fresh and green. They should feel heavy for their size. Avoid peppers with sunken areas, slashes or black spots.

Storage

Store unwashed bell peppers in a plastic bag in the refrigerator. They will stay fresh for about a week.

Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your daily recommended amount of fruits and vegetables is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk of coronary heart disease, stroke and some cancers. They're also low in calories, which helps prevent obesity ... a significant risk factor for type 2 diabetes, cancer and cardiovascular disease.** Bell peppers are high in vitamin C, fat free, saturated fat free, low sodium; cholesterol free, and low calorie. Yellow and red varieties are even higher in vitamins A and C than the green.



As our Thanks, we are doing some Giving.
This coupon entitles you to **25% off** jewelry collectibles and furniture, and **40% off** any one non-sale item at Kenneth Young Center's Resale Shop.

Limit one coupon per customer.
Coupon expires 11/30/2011

25% **40%**