



Finding Solutions

KENNETH YOUNG CENTER: Community Mental Health and Senior Services

Vol. 25 Fall, 2008

Finding my Job

My name is Lisa Hendrickson and I am a vocational counselor at Kenneth Young Center. We work with clients to help them prepare for and find employment. For those already working, we work on improving work skills and behavior to maximize performance, and ultimately stay employed. Recently, I was talking with one of my clients on the phone and she volunteered to tell her story to our current job seeking group.

I want to tell you my story about finding a job. Kenneth Young is a wonderful place and with their help and your own perseverance, you can land one too.

I can recall my first interview, working in a retail store. Lisa Hendrickson, my job coach, went with me, and we met 30 minutes before the interview. I was very nervous and she helped me relax and stressed points that I should mention during the interview. We also reviewed how I should answer the most typical interview questions and that I should always be positive. The most important thing is to never be negative during the interview. If you don't like something, you can always talk to your counselor about it afterwards. Since



this was my first interview in years, I was very nervous but tried to focus on what Lisa was saying and the job ahead. I answered all of the interviewer's questions and was told that they would get back to me. I wrote a thank you note and hoped. I called a number of times to follow-up, but unfortunately it fell through.

Lisa reminded me that finding a job can take time and helped me keep my spirits up. Lisa, Mary, and Darla helped keep me focused and did not give up on me. Most importantly, they did not allow me to give up on myself. During times that I got frustrated and was not doing all that I could to find a job, they helped keep me focused and get back on track.

I interviewed for almost a year. I found that the most important thing was that I truly wanted to work and believed that I could. I was offered two positions during this year, but after evaluating them with Lisa, I decided neither was a good fit and declined. Lisa helped me by calling, meeting with me weekly, telling me about different job leads, reviewing job leads that I had found, teaching me different strategies, and talking me through a multitude of personal issues.

I was lucky to have participated in Darla's class, where I was coached and prepared for interviewing. Lisa went with me on most of my interviews and the ones that she couldn't – we would always speak beforehand to review the most important details. Even though I knew all the right things to say, I would sometimes be too nervous to remember. Darla and Lisa helped me through that.

After many interviews, I landed a job. I love my job, but it was a difficult adjustment at first. I had difficulty learning the tasks, was very nervous and unsure of

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myself. I had to remind myself every day to follow the rules, be courteous to my fellow workers, and put in a hard day's work.

My first day on the job, I was a nervous wreck. I came in very early and worked hard, but I did not meet up to the standards of the store manager. I met or spoke with Lisa every day after work to review what problems I had and come up with strategies to fix them. The second day, I was quite successful setting up books for the store. My manager told me how impressed he was and I started to believe that maybe I could do this job. I was shuffled around to various departments as I had not found my niche yet, but I wasn't giving up. Lisa spoke with my managers often and always encouraged me. One day, my manager asked me to work in the fitting room. It was a fairly simple job but involved accuracy and diplomacy with customers. I found that I enjoyed the customer contact and being exact in counting and recording items. The store was thrilled with me in this position, and that's where I am today.

There have been a few days when I have gotten uncomfortably nervous. I didn't feel I could concentrate on my duties or deal with the customers appropriately. I did the best I could and a few times checked in with Lisa when I was having an unusually hard time. I always reminded myself of the saying, "tomorrow is another day". And believe it or not, the next day was always better.

The most important thing that I can say is that if you work hard, listen to your job coach, and don't give up, you will get a job.

I would very much like to thank the Kenneth Young Center. I couldn't have done this without the help and support of Mary Drabik, Darla Moore, and Lisa Hendrickson. It truly has improved my life.

She has been at her job for almost 8 months now. We continue to check in regularly and work through issues as they arise. She is very happy and her employer loves her. And, there are so many other success stories that I don't have time to share. Lisa Hendrickson

BUONA BENEFIT NIGHT



Benefiting

Kenneth Young Center

Tuesday, October 21, 2008
3 PM – Closing

Buona in Itasca
1170 N. Arlington Heights Rd.
(630) 773-2333

15-25% of all sales incurred as a result of your participation
will be donated directly to Kenneth Young Center

PRESENT THIS FLYER WHEN ORDERING

BUONA GIFT CERTIFICATES/CARDS AND
COUPONS WILL NOT BE HONORED.

Kenneth Young Center
October 21, 2008
Buona in Itasca
3 PM until Closing



Kenneth Young Resale Shop

COUPON!

Redeem for

\$5 OFF

your purchase of
merchandise totaling
\$20 or more.

Kenneth Young Resale Shop
1150 S. Roselle Rd.
Schaumburg 60193

847.891.0978 expires 12-31-08



Dear Friends,

There's a new gallery of beautiful jewelry at Woodfield called Tanishq. I was thinking about their motto: "True is beautiful." That phrase could easily apply at Kenneth Young Center. For the people we serve TRUE means authentic, honest, integrated and balanced. To achieve this is a beautiful thing.

Our senior clients are striving to maintain dignity, independence and inner beauty, at the same time strength may be failing and their support networks may be weakening. Against these odds they can manage on their own because KYC staff and volunteers are putting just enough support in place to allow them to stay as independent as possible.

The ability to look forward to the remainder of one's life with hope and self-determination is a gift possessed by many of our senior clients. It is remarkable that, while in the position of accepting more and more help, the most successful elders find something to give to others and thereby maintain their inner strength in the face of odds.

True is beautiful. People of all ages come to us anxious, depressed, or 'stuck' in unhappy relationships with family, school or workplace. Their faces tell the story: confusion, hopelessness, anger, fear or sadness. It is heartening to see the beauty that returns when someone finds truth. It leads to peace, balance, authenticity and confidence.

People diagnosed with a serious mental illness face even more daunting odds. Not only can the symptoms of their illness be frightening and paralyzing, but the stigma that often goes along with mental illness can lead to isolation. Relationships with family and friends often deteriorate.

Recovery from a mental disorder means managing one's illness and participating in the life of the community: having friends, working and enjoying activities that are productive, fulfilling and just fun. Life can become beautiful once again.

To be liberated from the nightmare of mental illness, to have hope that one can find joy in life, and to feel the support that helps one be strong in the face of odds, these are the outcomes of good clinical intervention, mutual support from one's peers and the hard work that one must continue in order to be successful in finding happiness and independence in spite of mental illness. True is beautiful.

A handwritten signature in cursive script that reads "Mitch Bruski".

Mitch Bruski

THANK YOUs:

Palumbo Family Foundation

We are most grateful for The Palumbo Family Foundation's \$5,000 grant award in support of our Child/Adolescent and Family Services.

Struggling children and their families will be helped with a seamless delivery of services which include support and guidance, intervention, mentoring, individual and family therapy.

All of these services are necessary components in "assisting young people to thrive both in pursuit of education and achieving wellness in their lives", which is the mission of the Foundation.

Belvedere Events & Banquets

Thank you for sponsoring our "Awareness Receptions", which have introduced new supporters to Kenneth Young Center and encouraged long-time donors to learn more, all in a warm and elegant atmosphere donated by Belvedere.

KYC Golf Outing Sponsors

The generous sponsorship of these donors made this year's Golf Outing very successful as a fundraiser to ensure KYC can continue to help people feel good, do better and find solutions. Thank you to:



THANK YOUs: *continued from page 3.*

WCPT 820 AM Talk Radio
 Ricky Amundsen Foundation
 Streamwood Behavioral Health Systems
 Kelley, Kelley & Kelley
 Graybar Electrical
 Arthur J. Gallagher
 Alexian Brothers Health Systems
 Barry Roofing, Inc.
 Maryville-Scott Nolan Center
 Barrington Bank & Trust Co.
 Alexian Bros Behavioral Health Hospital

GONE 1
 McGill Property Management
 Dave & Buster's
 Riveredge Hospital
 S & C Salvage
 George Busse, Elk Grove Twp. Trustee
 Porte Brown, LLC

Thanks, too, to our great Golf committee:

Bob Kaminski, chair
 David Bergman
 Ben Brackney
 Bill Giacone

Bob Jacobsen
 Pete Justen
 Jim Markgraf
 Wendi Phillips
 Doug Polomsky
 Joe Roque
 Eileen Roethler
 Bill Rudolph



And what a great Golf Outing we had! These pictures will give you a feel for the event. More pictures and all of the foursomes can be viewed on our web site at www.kennethyoung.org.



Kenneth Young Center offers the following Groups for Children and Parents:

Taking Action

Helping Children Overcome Depression

Children ages 7-10 learn to name their emotions and how their thoughts affect both their emotions and behaviors. They'll learn and practice problem solving and coping skills to better handle tough situations.

Saturday Club

Socialization group for kids ages 6-8 struggling with basic social skills

Parenting Children Diagnosed with ADHD



Understand the symptoms of ADHD, get support from other parents and learn techniques to help your child cope with the disorder. Help structure life for them at home and school.

Parenting Power

A parenting group for parents of kids ages 4-12 aimed at teaching behavior

modification skills to the parents to increase prosocial behavior in their children at home, at school and in the community.

Coping Club

Children ages 6-11 struggling with anxiety

Skill Streaming (Middle School/Junior High)

Social skill building for young teens who are socially delayed, have difficulty making friends or who feel awkward in social settings. Learn basic rules of social interaction and practice social interactions in group settings

Break the Cycle – Helping Adolescents Overcome Depression

Helps teens learn how their thoughts, behaviors and emotions are interrelated. Develop problem solving skills and learn to schedule mastery activities to improve self esteem and resolve depression. High School group or Junior High group

Taking Charge

Parenting Defiant and "Out of Control" Teens

Get support from other parents while learning how to set firmer limits and reconnect with difficult teens

Dialectical Behavioral Therapy

For older adolescents and young adults (16-22) who experience intense emotional states and engage in self destructive behaviors

Learn skills to build and maintain healthy relationships, tolerate and change painful emotional states and decrease behaviors that interfere with quality of life.

Break the Cycle – Junior High Helping Adolescents Overcome Depression

Young teens learn how their thoughts, behaviors and emotions are interrelated, develop problem solving skills and learn mastery activities to improve self esteem and reduce depression

Aggression Replacement Training

For teens struggling to control their anger, acting out at school or at home, and exhibiting aggressive behaviors.

Senior Services



Daxa Sanghvi, Caregiver Specialist in KYC Senior Services, presents this ongoing informational column for seniors and their families, to bring you information about resources and support for clients and caregivers

Powerful Tools:

We offer classes and support groups for seniors and their families. Our “Powerful Tools” class is designed to empower and benefit those who help an older relative or friend. Many of our attendees are caring for someone with chronic illnesses like dementia or Parkinson’s Disease. Some are helping loved ones who have had a stroke. They are typically looking for ways to balance their own lives with the needs of their loved ones.

“Powerful Tools” meets for six sessions of two hours each. You will learn how to reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions, and learn to locate helpful resources. Interactive lessons and group discussion make this a dynamic and effective self-care program.

Two courses are starting up this September. See the “Coming Events” list in this newsletter or call me 847.524.8800 x168

Caregiver support group:

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

will meet other caregivers, exchange ideas, receive support and feel empowered. We meet the third Wednesday of the month from 3 to 4:30 PM here at KYC.

Sometimes we are so focused on our track that we cannot see other options. Or we are so overwhelmed that we can't take time to think or even rest. We may not tolerate another way of doing things or accept a different perception, even if it is to our advantage.

Here are some tips for taking care of yourself..... anyway.

- *You have a very busy schedule, take a moment to do nothing anyway.*
- *Try not to read too much in what someone said to you, explain or remember your intentions anyway.*
- *Be patient with a different viewpoint, persevere anyway.*
- *Understand strange behavior may occur, be compassionate anyway.*
- *Accept other's flaws and shortcomings, forgive them anyway.*
- *Know there will be challenges along the way, love and care anyway.*

Daxa

Elder Abuse Awareness

For Elder Abuse Awareness Month, KYC and Catholic Charities partnered to find a project to get the word out that elder abuse is not just physical abuse, and it happens every day. Furthermore there is help.

Large ads were placed on the backs of PACE buses this summer to share the toll free number for reporting suspected cases

Elder abuse is defined as neglect, physical injury, mental, emotional, sexual or financial exploitation to an adult 60 years of age or older. If you suspect someone is being abused, the following indicators may point to a problem:

1. untreated injuries, sprains or dislocations, scratches and cuts
2. sudden changes in behavior and/or withdrawal in social settings
3. a caregiver’s refusal to allow visitors

4. dehydration, malnutrition, poor personal hygiene, untreated health problems, hazardous or unsafe living conditions
5. sudden changes in bank account or banking practices, the inclusion of additional names on a victim’s bank signature card, unauthorized withdrawal of the victim’s funds using the victim’s ATM or credit card and abrupt changes in a will or other financial documents.

KYC and Catholic Charities respond to allegations of elder abuse, including emotional and financial exploitation. We use the “advocacy model”. That means we go in to help the situation, not to punish. Often caregivers need education and support to do a better job.



Coming Events:

- Aug.30, 31, Sep 1 Our Saviour's United Methodist Church, 701 E Schaumburg Rd, Schaumburg: Parking site for Septemberfest with Hospitality Center showcasing KYC Services. Park here, cool off, restrooms and refreshments complimentary.
- Sept. 9 NAMI Family-to-Family Education Program continues for 12 weeks, offering information, insight, understanding and empowerment to families and friends of people with mental illness. Held at Kenneth Young Center. No charge. Preregistration required. Call Marianne 847.885.2279 or Jenny 630.289.0383.
- Sept. 10 – Oct. 15 Powerful Tools for Caregivers. Wednesdays 6 to 8 pm. Six two-hour sessions designed for caregivers of people with chronic illness like dementia, heart disease, Parkinson's or stroke. Learn to reduce stress, make good decisions, find resources, communicate with your loved one and balance your life. Held at KYC and co-led by trained professionals. Call Daxa Sanghvi 847.524.8800 x168.
- Sept. 11 – Oct. 16 Powerful Tools for Caregivers. Thursdays 2:30 to 5 pm (See above for content.)
Sept.14 Sunday 10:30 AM Our Saviour's Family Fest 2008. Fun! Food! Live music! Silent auction! Ice cream! all under a big tent and to raise money for Kenneth Young Center's work. 701 E Schaumburg Rd, Schaumburg
- Oct.15 KYC Volunteer Dinner at Belvedere Banquets
Theme: "Thank you for sharing your gifts"
- Nov. 22 Generations of Fashion – Fabuluous KYC Fashion Show at Belvedere Banquets
Contact Cheri Seley: 847.524.8800x141 cheris@kennethyoung.org
- Dec. 7 KYC Resale Shop HOLIDAY BAZAAR, Sunday noon to 4 pm at the Shop
1150 S Roselle Rd, Schaumburg



Kenneth Young Center please post **VOLUNTEER HELP NEEDED**

- KYC counsels adults, children and families through difficult times.
- We help elderly people manage in their own homes.
- We guide people with serious mental illness back to independence.



Fall 08

Kenneth Young Center

1001 Rohlwing Rd
Elk Grove Village

Meals on Wheels is desperate for drivers. Please help once a week – or every other week. Yes, we know gas is very expensive right now, and still our elderly clients are in need of this vital service. Can you afford to help?

Money Management for senior clients. Will you become a partner to a senior who can use your help to do some basic budgeting, maybe some check writing and reviewing bills?

Other seniors are waiting for a volunteer who can help with shopping or just weekly visits in their homes.

FOR THESE SENIOR SERVICES THE REQUIREMENTS ARE:

Be a caring person. Be patient. Be dependable. Agree to a background check. That's it!

Other needs:

Handypersons! We need another handyperson to help seniors with little projects in their homes and we are seeking a handyman to help us out once a week at the Resale Shop (replace bulbs, install hardware, fix things, help out, with your own tools.)

Resale Shop: We are short evening volunteers. Can you volunteer once a week from 4 to 7 pm? There's a great restaurant just down a few doors! Make it a special night for you and your date.

We also need help at the shop on Saturdays. Pick a three-hour shift. Come weekly or twice a month... even once a month would be a big help. It's fun and it's an important fundraiser for KYC. Give it a try; you'll like it!

Please attend our special events and get in on the planning, too. You might want to join the committee for Golf, Fashion Show or our Walk.

Pass this information on to your friends and colleagues. Perhaps they would like to join you in volunteering, donating, or attending our events. Invite them to visit our web site www.kennethyoung.org. Donations can also be made on line.

TO LEARN MORE ABOUT THESE AND OTHER VOLUNTEER OPPORTUNITIES, call Betty at 847.524.8800 x156

Kenneth Young Center 1001 Rohlwing Rd Elk Grove Village IL 60007 847.524.8800 www.kennethyoung.org





Kenneth Young Center

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forward it to a friend



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Save the Date!



Kenneth Young Center 20th Annual Fashion Show

Generations of Fashion

Saturday, November 22, 2008

Belvedere Banquets

1170 W Devon Avenue
Elk Grove Village

Cocktail hour . 11:00 am
Luncheon . 12:00 pm
Fashion Show . 1:15 pm
Designer Fashion Show by Fashions With Flair

Reserve your tickets today!

\$45 Individual**

\$450 Table of 10

\$550 Premier Table of 10

*** \$25 of ticket price is tax deductible*

Contact Cheri Seley at (847) 524-8800 or cheris@kennethyoung.org
Check out details at www.kennethyoung.org