



THE Associate

FALL 2010

PARK LAWN

Connecting Family, Friends and Community

IN THE SPOTLIGHT

UIC Fall Prevention at Park Lawn

Leigh supports herself by holding the back of a chair with one hand and then bends her right leg with five pounds around her ankle, all with a smile on her face. This is a big triumph for the 35-year-old because before now she has had extreme difficulty lifting her right leg, which often resulted in the vulnerability of falling.

Fractures are estimated to occur 1.7 – 3.5 times more often among people with intellectual and developmental disabilities (I/DD), which is primarily the result of fall-related injuries for those who are ambulatory.



Leigh prepares the 5 pound weights she wears during the UIC Fall Prevention Study. Her leg is getting stronger with each exercise.

That is the reason that the Department of Disability and Human Development at the University of Illinois at Chicago is conducting a study on ways to reduce the risk of falls in adults with I/DD.

This project, led by Drs. Kelly Hsieh and James Rimmer, is one of the projects within the Rehabilitation Research and Training Center on Aging with Developmental Disabilities: Lifespan Health and Function, funded by the National Institute on Disability and Rehabilitation Research.

Compared to the general population, people with I/DD tend to be more physically inactive with poor dietary habits. This may be associated with reduced muscle mass and bone density.

The question behind the study is to find out if strength and balance training prevents accidental falls in adults with I/DD who are at risk for a fall. The study will examine the effectiveness of different strategies to reduce the risk of falls.

There are a total of 19 participants from Park Lawn and UIC hopes to have a total goal of 114 participants from surrounding organizations. Those included in the study

are adults with a mild or moderate level of I/DD between the ages of 30 – 60 years. Each participant must have physician clearance prior to participating in the study.

When the beginning of the study occurred each participant had their fitness assessed. UIC tested the participants' lower extremity strength and balance, performance function, and cardiovascular health. Testing will occur a total of three times starting from the beginning of the study, the 6 month follow up and the 1 year follow up. After the first assessment, each participant was randomly assigned to one of three groups: strength and balance, walking, and a control group.



Park Lawn Participant Panos enjoys being a part of the UIC Fall Prevention study since he excels at the tippy toe exercise.

Park Lawn participant Panos is part of the strength and balance group. Panos has mastered the exercise where he has to stand on the tips of his toes. He cheers each time he's asked to perform this task. The strength and balance group will exercise for 6 months while progressively increasing the pounds in the ankle weights. At around the three month point, the majority of the eight participants were wearing 5 lbs. The session is broken down with a 2 minute warm up, then approximately 15 minutes of moderate intensity leg strengthening exercises and 25 minutes of balance exercises while concluding with 5 minutes of post-workout stretching.

The walking group is making strides when they walk each day for 30 minutes. The seven walking participants wear pedometers that record the number of steps taken. This is done inside the workshop later in the day after their daily work has been completed.

There are no changes to the daily routine of the four participants in the control group. However, they will receive the copy of the exercise DVD and taught the exercises after the study.

Throughout the time of the study, UIC will measure the strength, balance and cardio respiratory fitness of the participants. Park Lawn will measure the health history; falls risk assessment; exercise session attendance; and a documentation of falls over the course of one year.

The anticipated outcomes for this study are to better understand the occurrence of fall in adults with I/DD. UIC also hopes to create an evidence-based intervention to reduce the incidence or recurrence of falls in adults with I/DD.

The anticipated outcomes for Leigh, Panos and all participants in this study are to have fun while exercising and strengthening their bodies for future fall prevention. "Leigh talks about the exercise program to everyone she meets," said Judy, Leigh's mom. "She inspires people to exercise because of her enthusiasm and smile."

If you would like to find out more information about the Rehabilitation Research and Training Center on Aging with Developmental Disabilities: Lifespan Health and Function (RRTCADD) or the National Center on Physical Activity and Disability (NCPAD), please visit the websites: <http://www.rtcadd.org/> or <http://www.ncpad.org/>.

Welcome New Directors

Nancy Schmitz, Development Director, has been with the Park Lawn Development Office since 1991. Prior to accepting the position of Director of Development in July of 2010, Nancy maintained and managed the fundraising and special events set up to increase public awareness, create partnerships and support the agency's mission. Director of Development responsibilities include coordinating annual and planned giving programs, submitting grant applications and instituting the major gifts program. Nancy facilitates the functions of the Resource Development Committee and is a member of the Director team. In her time away from the office Nancy volunteers her time for the Frankfort Lions Club, supports Greyhound rescue and studies genealogy.



James S. Adducci, Finance Director, has been employed by Park Lawn since October 2009. He holds a B.S. in Accounting and a Masters in Business Administration degree from Saint Xavier University. Jim is also a licensed Certified Public Accountant, and a Certified Financial Planner™ professional. His professional affiliations include: American Institute of Certified Public Accountants; Illinois CPA Society; and the Financial Planning Association.



PARK LAWN Redesign Online

Park Lawn is pleased to announce our newly redesigned website.

The more modern website, still available at www.parklawn.com, will feature up to date photos, videos and news alerts on the happenings of Park Lawn. Although the site has been updated regularly, it's been several years since the site has been redesigned so comprehensively. Park Lawn is also making online waves on Twitter, Youtube and Facebook. You can follow Park Lawn Charity on Twitter, at www.twitter.com/parklawncharity, watch videos on www.youtube.com/parklawnassociation or become a fan on Facebook at www.facebook.com/parklawncharity. The goal is to highlight the abilities of Park Lawn participants and other general topics relating all individuals with intellectual and developmental disabilities throughout the country.

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Board Notes

AN UPDATE FROM BOARD PRESIDENT JONATHAN PERRY

Park Lawn was founded by parents who wanted to provide educational services to their children with intellectual and developmental disabilities (I/DD) at a time when there were no other opportunities or any government financial support. We have evolved over the years to provide a full array of services including housing and employment. Park Lawn has been able to adapt to the changing needs of the individuals we serve and has done so with the highest level of quality, care, and professionalism. Thank goodness public attitudes and awareness have also progressed to a point where the state has been providing funding for these services.

In an effort to improve the care of the individuals we serve, our staff has continued to be innovative. Through private grants received, a group headed up by Julie Grounds has done some excellent work on finding ways to deal with an aging I/DD population. The training materials developed in that program will help the I/DD population in the Chicago area and potentially throughout the nation.

The board of directors has recently distributed the donation policy to association members. We need your help in meeting your annual fundraising goals to ensure Park Lawn remains a viable organization in the short run. We have launched a planned giving program to address funding needs in the medium term. When the opportunity comes for you to participate in this deferred giving program, I encourage you to do so. Finally, we have been looking into different business ventures to help assure we can generate funds in the long term. All of these efforts are being done to achieve our vision.

The vision for the future of Park Lawn is to be well recognized in our field and the community for our quality programs, expert and caring staff, and dedicated volunteers. We will do this while reducing the reliance of state funding from 75% to 50% of our budget and by controlling costs through collaborating with other providers and enhancing revenues by diversified means.

Although the state has been providing funding for some services, they cannot do it all. It has been my long standing belief that the more dependent you are upon government for your funding, the worse off you will be in the long run. There seems to be a tendency to become complacent that things are being taken care of by someone else and that your own efforts are not needed anymore. Nothing can be further from the truth.

We need to get back to the entrepreneurial spirit of our roots. We are doing that from a programmatic standpoint through private grants and now we need to do it from a revenue standpoint. We all need to do our part. Whether it's through your own direct contributions, time spent helping fundraise, or soliciting donations from others, our efforts will help shape the future and destiny of Park Lawn.

Sincerely,

Jonathan Perry
Board President
Park Lawn Association



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends:

"The more things change, the more they remain the same..."

It seems like we've heard that before, maybe even often and in reference to many different contexts. It's a statement that is usually interpreted as negative, indicating a lack of progress with unresolved issues remaining and dismissive of the efforts expended. Surely we can do better...

At Park Lawn, we have a bit of a different 'take' on it. While we too can recognize its downside validity, we also believe that it "just depends" whether it's a comment on good or bad.

We live in a time of great and accelerating innovation, yet more and more people struggle to maintain and not be left behind. We live in a State that by many measures is seemingly sliding beyond mediocrity and increasingly unable guarantee even core services let alone provide for the needs of its most vulnerable citizens. The fears are reminiscent of a time called the 'Great Depression'.

But life goes on, for after all, today and tomorrow are all that we really have, and now is our time. Park Lawn is all about change - always has been and always will be. However, those we serve most often care little about the process. Theirs is a tangible world of outcomes, having needs met, being understood and respected and loved. It is our ongoing task to adapt to changing circumstance to provide operational stability and progress so we can remain the 'same' for them... And we are doing so, and that's good.

As outlined in our President Jonathan Perry's message, we continue to review and renew our efforts for financial viability and resource diversity to best ensure future success and independence in actualizing our ongoing mission. We also know that we are not alone in this vision. We are ever so grateful for the compassionate consideration and generosity of friends like you. In a very real sense, you are with us every day in all that we do. Thank you.

So is Park Lawn changing or remaining the same? As you can see, it's both - not in a sense of standing still of course, but remaining true to the values that caused us to be and that continue to drive us forward in doing right by those we serve now and for those yet to come. May it always be so...

Sincerely,

James R. Weise
Executive Director

PARK LAWN Planned Giving

There are a number of different gift-giving vehicles enabling you to incorporate charitable intentions in your long-term financial planning. **Planned Giving** (Deferred Giving) is defined as a supplemental, long term type of fund raising used to build an endowment fund that will have continued benefits for Park Lawn. In addition to making a dramatic difference in the lives of hundreds of individuals with intellectual and developmental disabilities, planned giving can offer you substantial tax savings. Planned Giving options might include a bequest; naming a charitable beneficiary for a retirement plan or IRA; the transfer of stocks, real estate, or life insurance; the establishment of a gift annuity; or the establishment of a charitable lead or remainder trust. For more information, please contact Park Lawn's Development Office at (708) 425-6867 or info@parklawn.com.

Park Lawn Raffle... Win a TOUR OF IRELAND

Trip for TWO... 7 days, 5 nights and 9 meals

Your experience includes round trip airfare, first class hotels, 9 meals/person and transportation to the following locations:

- Dublin Castle
- Kiss the Blarney Stone
- Burlington Caberet Dinner & Show
- Bunratty Castle Medieval Banquet
- Ring of Kerry Tour & Cliffs of Moher

Drawing: February 19, 2011
Gaelic Park at Park Lawn's Rhapsody in Blue Live Auction

Tickets can be purchased by contacting Laurie Leiser at Park Lawn's Development Office at 708-425-6867 or lleiser@parklawn.com.

Raffle proceeds benefit Park Lawn - service individuals with intellectual and developmental disabilities. Tickets to the auction are sold separately. Winner need not be present to win. World Travel Mart of Oak Lawn must be contacted within 30 days of drawing. Some restrictions and fees may apply. No cash value. Trip is transferable to an alternate destination. Auction and ticket information available at www.parklawn.com or call (708) 425-6867 or visit Park Lawn at 10833 LaPorte Ave. Oak Lawn, IL 60453.



HOLD THIS DATE

March 6, 2011

Chicago Kiwi Club Presents

"Monty Python's Spam A Lot"

Drury Lane, Oak Brook
100 Drury Lane | Oakbrook, Illinois 60181

Ticket Price: \$65.00 per person

3:00 pm Mini Lotto and Cash Bar
4:00 pm Dinner
6:00 pm Show Begins

Park Lawn's Ireland Tour Raffle

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

of tickets at \$100. each _____

Tickets are \$100. each
and may be split or
divided among friends.
Only 400 tickets
will be sold!

Return this form with your payment.
Make payment payable to Park Lawn.
10833 S. LaPorte, Oak Lawn, IL 60453
708-425-6867
Winner need not be present.

Contributions are voluntary and not a requirement to win.
Some restrictions and fees may apply.

Tag Days: Miles of Smiles

Volunteers of all ages are needed to help Park Lawn in the annual Tag Day event on the weekends of April 15th/16th and 22nd/23rd, 2011. The goal of Tag Days is to inform the community about the work of Park Lawn while raising revenue for Park Lawn's programs. Last year Park Lawn raised more than \$55,000 for individuals with intellectual and developmental disabilities.



Park Lawn Board Director Cheri Boublis had great success when she brought her dog Pauly along to tag with her.

Association Board Director Robert Barnes has stepped up to the plate to make this event an even greater success. He has interviewed the most successful taggers and Park Lawn families to ask for their secret. The general consensus is by recruiting more volunteers to collect donations on street corners and by store fronts, Park Lawn will increase revenue and spread awareness of the good work we do to our friends in the community. So we need your help!!

Safety vests, collection buckets and handouts with Park Lawn's logo will be provided to all volunteers. Convenient time slots and locations close to work, home or school throughout the suburbs of Chicago are available for everyone.

For more information on Tag Days or to schedule a time and location, call Kristen Bonk at Park Lawn's Development Office at 708-425-6867 or email her at kbonk@parklawn.com.



Park Lawn participant Diane and Leslie enjoyed tagging with Workshop Employee Jennifer.

Supported Employment Program Highlight

Cindy and the Community Nutrition Network & Senior Services Association



Park Lawn participant Cindy LOVES her job. She is scheduled to work at Community Nutrition Network and Senior Services Association (CNNSSA) for 4 days of the week and enjoys it so much that she chose to volunteer on the fifth day. How many people do you know enjoy their job that much? Cindy is able to work in the community through Park Lawn's Supported Employment Program (SEP).

SEP places individuals with intellectual and developmental disabilities in community jobs. It is a mutual benefit to the local companies because they gain qualified and dedicated employees, like Cindy, and Park Lawn SEP participants gain better independence, self-esteem, and the satisfaction that they are contributing back to the community.

Before Park Lawn's assistance in 1989, she had a job as an office assistant at a local Oak Lawn business. It was noticed among her peers at work that she was having difficulties functioning on the job and needed training and support. That was when Park Lawn was contacted and training began.

Prior to Cindy's community placement, she received vocational training at Park Lawn's workshop location in Oak Lawn. During this time her skills were enhanced to suit job specifications and performance. There are two vital steps of Park Lawn's vocational training, the occupational skills learned and the actual work performed. The job readiness skills include starting work on time and setting up their workstations. She also worked on many jobs that included counting, folding, stacking, packaging and more.

Once it was determined Cindy had the necessary skills to work in the community, she received assistance from a supported employment job coach. The job coach assumes the responsibility for any training necessary in order for the worker to adjust to the job setting. This eliminates any time and additional expenses for the employer because the job coach is provided at no charge by Park Lawn.

Since joining Park Lawn's Supported Employment Program, Cindy has developed many skills from working with several south suburban small businesses. Her strengths include cleaning, good mobility and endurance. When Cindy is not working in the community, she strengthens her skills and capabilities at Park Lawn's workshop.

In May 2008, a part-time position became available at the Community Nutrition Network and Senior Services Association in Hometown. Her main tasks are cleaning the cafeteria by picking up and washing trays, wiping tables and cleaning the floor. Because it is in Cindy's nature to be caring and nurturing, she assists the seniors with anything they need. She will help put their coats on, hold the door and always provide a cheerful greeting.

She works at the Senior Center one hour and 15 minutes for four days, but when they needed someone for Thursdays, Cindy asked to volunteer, so she could be there to help. Everyone at the Senior Center has praised her dedication and great attitude. When they have special outings, Cindy is always asked to attend. It truly is a win-win situation that benefits the entire community.

Park Lawn's SEP philosophy is to preserve and protect the health, safety and dignity of each participant in the program; to respect each participant as a person with individual needs and desires; support each participant in achieving their personal goals and becoming as self sufficient in as many life skills as possible. If you wish to learn more about Park Lawn's SEP program and how your business can be another satisfied employer helping the community, contact Karen Prisco at 708-425-7377 or email at kprisco@parklawn.com.

Lucky "5" Grand Drawing



Only **555** tickets will be sold at **\$50.00** each!

Special Bonus!

For an additional **\$15.00**, ticket purchasers are eligible for the **50/50** raffle, **50%** to the winner and **50%** to Park Lawn!

Ring in the New Year with Extra Cash!

Tickets are \$50.00 each and may be split or divided among friends (i.e. 2 people at \$25.00 each etc).

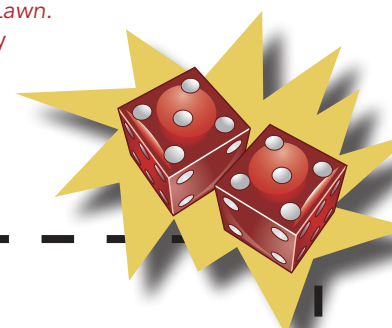
The Lucky 5 Grand Drawing will be held on January 11, 2011, at Park Lawn School, located at 10833 S. LaPorte in Oak Lawn at 1:11 p.m.

Lucky "5" Tickets and 50/50 tickets can be purchased by contacting Laurie Leiser at Park Lawn's Development Office at 708-425-6867 or lleiser@parklawn.com.

Help Us Sell Out! The proceeds from Park Lawn's Lucky 5 Raffle will benefit the programs and services such as the senior, transition, shredding and more that are provided to hundreds of individuals with intellectual and developmental disabilities. Park Lawn's mission is to provide services that promote independence, choice and access to community living for people with developmental disabilities. Please show your support by purchasing a ticket today. Thank You!

Return this form below with your payment made payable to Park Lawn. 10833 S. LaPorte, Oak Lawn, IL 60453 or call 708.425.6867 to pay with credit card.

Winner need not be present to win.



Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

of TICKETS at \$50 each _____ # of BONUS tickets at \$15 each _____

Total Enclosed \$ _____

Contributions are voluntary and not a requirement to win. Some restrictions and fees may apply.

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PARK LAWN ASSOCIATION
10833 South LaPorte
Oak Lawn, IL 60453

The Park Lawn Associate is published periodically. Park Lawn is a non-profit 501(c)(3) agency providing programs and services for individuals with developmental disabilities since 1955.



Find out if **5** is your lucky number
Details inside

Rhapsody in Blue

Saturday, February 19th, 2011
6 p.m. to midnight

Gaelic Park; 6119 W. 147th Street Oak Forest, IL

Cocktail hour with jazz trio followed by dinner, auction, entertainment, open bar, and more!

Tickets: \$125 per person | \$225 per couple
Reserved Table of 10 - \$1,000

All proceeds benefit Park Lawn, serving individuals with intellectual disabilities since 1955.

More information at www.parklawn.com

Upcoming Events 2011

Park Lawn's Fundraising Plan, **Giving Matters**, puts the next building block in place for Park Lawn's strategy to become a more sustainable organization. This fundraising plan documents and clearly spells out Park Lawn's overall fundraising picture, setting realistic financial goals and the strategies required to reach those goals. For more information, contact the Development Office at 708-425-6867 or visit www.parklawn.com.

January 11

Lucky "5" Raffle Drawing

February 19

Annual Auction & Dinner
"A Rhapsody in Blue" Gaelic Park winner announced for Trip to Ireland

March 6

Chicago Kiwi Club Presents,
"Monty Python's Spam A Lot"
at Drury Lane, Oakbrook.

April 15th/16th and 22nd/23rd

Tag & Candy Days, Streets and Store Fronts

April 30

31st Annual Volleyball for Charity
Tournament and Party

May 15

14th Annual Big Bikes Big Hearts
"Ride the Plank" Motorcycle Tour

June

Board Members Installation,
Volunteer, Corporate and Service Club
Recognition Dinner

July 18

26th Park Lawn Annual Golf
Invitational, "A Day in the Sun"

July 28

Grand Raffle Drawing,
Park Lawn School

January - December

Bingo

Special Events

Coordinated by Park Lawn families
(dates t/b/a)

February

Sis Foundation Bowl-A-Thon, hosted by the family of Meghan Reidy

Spring

Cubs Rooftop game and party, hosted by the family of Tom Mines

August

"Who's Your Daddy" Golf Outing, hosted by the family of Cara Janiszewski

Park Lawn presents "A Rhapsody in Blue"

Park Lawn is taking its annual auction to the next level!

On Saturday, February 19, 2011, Park Lawn will host its first annual auction and dinner titled "A Rhapsody in Blue". This title captures Park Lawn's blue colors and the enthusiasm that Park Lawn participants express every day when they come to Park Lawn programs. Show your support for Park Lawn while enjoying an electrifying evening of excitement, enthusiasm and thrill! Wear something blue to support our mission!

Let us bring this truly unique experience to you! Valet parking, a premium open bar, dinner, live / silent auctions, and dancing to live music by Sundance are just a part of the evening's agenda. Upon arrival, you'll be awed by ice sculptures lined with blue lighting. A jazz trio will provide a tasteful musical backdrop during cocktail hour. Park Lawn's photographer will capture a special moment of you and your guests with a commemorative keepsake photo. Amazing decorations and table centerpieces, in blue of course, will astound you!

The Live Auction will feature spectacular items, such as a Chicago Bears tailgating package, sports items and tickets, an aerobic thrill ride for two, an exclusive sunset cruise on Lake Michigan, trips, and unique experiences! Visit the silent auction for some eye catching items and packages! Another highlight of the Live Auction will be the "Fund-A-Cause". The money raised through the "Fund-A-Cause" will support Park Lawn's Angel Program. This program provides clothing, shelter, medical supplies and more for Park Lawn residents with little to no family involvement.



"A Rhapsody in Blue" Auction Committee members are very excited to share with you a true experience for Saturday, February 19, 2011. Pictured (L-R) Maureen McGrath; Bonnie Price; Maureen Reilly; Mary Smith. (Not pictured Cheri Boublis; Tracy Ritchey; Kathy Davey; Joan Hallgren)

Guests will enjoy a fabulous dinner of beef tenderloin and boneless breast of chicken. Premium wine will be served during dinner and desserts by The Chocolate Diva will follow. Each guest will leave with a goody filled gift bag with homemade chocolates, coffee and more.

Proceeds from "A Rhapsody in Blue" will benefit Park Lawn's mission to provide services that promote independence, choice and access to community living for people with intellectual and developmental disabilities.

TICKETS:

\$125 per person | \$225 per couple | Reserved Table of 10 - \$1,000

1965 Ford Mustang FOR SALE

First prize for the "Building Bridges to the Future" was a 1965 Ford Mustang. When Park Lawn Residential Director Ellie Crumback heard she was the winner, she was very excited, but knew what she wanted to do.

"I always said that if I ever won anything significant from a social service agency that I would donate the item back," Ellie said in a letter to Seguin Services explaining her actions. "After some consideration I have chosen not to accept the 1965 Mustang. Instead, as the official winner of the prize, I designate that Seguin Services and Park Lawn sell the Mustang for the highest price possible, and that the proceeds of the sale are split 50/50 between Seguin and Park Lawn."

More information about the 1965 Fully Restored Mustang Convertible will be available at www.seguinauto.org.

This 1965 Ford Mustang Convertible has Wimbledon white exterior and red luxury interior. This classic beauty comes packed with a 289 V-8 engine, radio, automatic transmission, and Mustang-style steel wheels. The asking price begins at \$25,000. The proceeds of the sale will be split between Park Lawn and Seguin Services.

