

Giving Seniors a Place to SOAR

By Kim Nygaard, Director of Developmental Disabilities

Pioneer Center offers a wide range of training and vocational services to persons with developmental disabilities. These services help clients with disabilities find community employment, and/or gain greater independence and quality of life through participation in community and facility-based social, recreational and vocational activities. One of our unique programs is SOAR (Stepping Out Adult Recreation).

SOAR is our senior program. The program allows aging adults with developmental disabilities the option of partial or total retirement from their traditional work programs. This is a wonderful and new concept. With the assistance of early intervention, medical technology, preventative and routine care, the life expectancy of a person with developmental disabilities has increased over the years. It is a newer phenomenon to consider a senior person with developmental disabilities eligible for retirement. In the past, all persons with developmental disabilities were sent

to their day programming regardless of their age or desire to continue to work. SOAR allows the person a choice of how much or how little they would still like to work when they reach the age of 50. SOAR promotes healthy aging and active retirement lifestyles to these seniors. It allows the individual to have a choice, to not have the pressure of having to work, or allowing the individual the ability to work and earn a paycheck.

The clients in SOAR are happy with their program and with their life choices. When I want to take a little break and visit with some of our clients, I head back to SOAR. There I see smiling faces happy to visit or to allow me to participate in their activities with them. SOAR teaches us that we all want the ability to make choices for ourselves. I am proud that we have an exceptional program for our seniors with developmental disabilities that advocates for the clients right to make personal choices throughout their lifespan.



Red Hats "It's Great to Be Me Tea Party"

In April, clients in the SOAR (Stepping Out Adult Recreation program) celebrated during an "It's Great to Be Me Tea Party".

Youth Service Bureau Announces New Parenting Program—The Incredible Years

The Incredible Years Parenting Program is an interactive program based on methods proven to work in connecting parents more fully to their child's development both in life and school. The program is designed to help parents enhance their interactions with their children (monitoring behaviors, positive discipline, building confidence in youth). The program will also strengthen parent's involvement in their child's school experience in order to promote their academic, social and emotional competencies and reduce conduct problems.

Parents participating in the program will receive handouts, participate in discussions and problem solving and watch videos of new parenting skills. They will practice the new skills and return to the group and share how the skills worked in their family setting. This program

is recommended by the American Psychological Association. Groups will meet starting on Wednesday, September 14, 2011 from 6:00-8:00 pm. The group will be completed prior to the holiday season in December. Registration must be made two weeks in advance. You can sign-up earlier to ensure space in the group. Medicaid, private insurance and a sliding fee scale are accepted. To register, call Youth Service Bureau at 815-338-7360 and ask for the intake department.





from the desk of the **PRESIDENT**

Financial Stability

I am happy to share that Pioneer Center has received a reprieve from the State of Illinois' impending budget cuts until November 1, 2011. Payment rates from this past year will remain in effect up until this date. This will allow us additional time to work with legislators when they return to session in September on minimizing the cutbacks and time to internally strategize how we will address the cuts should they come to fruition.

In light of the precipitous nature of state funding we are also working diligently on increasing the number of grants we apply for. This will allow us a unique way of maintaining some of the income we stand to lose. We are also looking for new grants to replace ones that are being discontinued. Currently, several programs are losing grant support including the Youth Service Bureau's Day Reporting Center program.

Online Business Venture for Clients

In the coming months watch for a Pioneer Center online business to open. Originally launching through Amazon.com and then growing into an eBay business, this new venture will bring together Sweet Repeats Thrift Shoppe and our clients in an exciting collaboration. The product line will begin with books donated to Sweet Repeats and gradually grow to include other larger items.

Staff at Sweet Repeats will set up the business and classes will be established in the Employee Development Services program and Mental Health Division to teach clients about small business topics including accounting, social networking, advertising, photography, inventory control and more. This will allow our clients to keep up with

current work force trends and allow them to become ever more self-sufficient and resilient.

A New Chapter for Pioneer Center

Pioneer Center paid its respects to a long time leader and welcomed an era of change as a new chairman of the board took the reins in July. It gave me great pleasure to honor our outgoing Chairman of the Board, Len Duncan. Over the course of his 25 plus year tenure, Len was instrumental in the purchase of 13 group homes throughout McHenry County for the developmentally disabled and mentally ill. Through his leadership, services blossomed with the creation of the Traumatic Brain Injury program in 1992, the Psycho-Social Rehabilitation program in 2001 and the VOICE Sexual Assault Services program in 2006. In addition, he brought new services to the community through mergers with McHenry County PADS and Youth Service Bureau in 2006 and Children's Center for Autism in 2010.

In his place, Michael Moushey, a long time board member, will take on the job of guiding and growing the organization. As the organization moves forward much emphasis will be placed on developing a stronger level of awareness, knowledge and involvement within the community about the many services and programs Pioneer Center provides to the residents of McHenry County.

Sincerely,

Lorraine Kopczynski
President, CEO

Calendar of Events

August – September

Nick's Pizza in Crystal Lake

Adopt An Organization

August 20

Youth Service Bureau

Kroozers Cars for Kids

August 27

Charity Hockey Club

Enforcers – Charity Hockey

September 16

Woodstock High School Art Club

Creative Soles

September 17

McHenry County PADS

Pedal (or Walk!) for PADS

October 8 – 9

Mental Health Resource League

Fall Diddley Craft Fair

SAVE THE DATE

December 2

Pioneer Center

Holiday Luncheon & Book Review

To learn more about these events, visit

pioneercenter.org



Pioneer Center participated in the McHenry Area Chamber of Commerce's Art on the Fox display coordinated in celebration of the City of McHenry's 175th anniversary. Be sure to visit our fox on the corner of Main Street and Route 31.

Board Members- In the Spotlight

This past year, Pioneer Center was honored to welcome five new board members. One filled a vacancy on the existing board, the additional four transitioned from the Youth Service Bureau's board of directors. These additions enhanced the knowledge, strength and passion of our leadership.



Sue Low

Susan E. Low has been the Mayor of the City of McHenry since 2003. She began her career in public office in 2001 as McHenry's Ward 3 Alderman.

Sue earned a Bachelor of Science in Special Education from the University of Wisconsin-Whitewater and a Masters of Education from National-Louis University. Recently retired, she was a special education teacher for 31 years. Honored for her community service, she was served with the Frank E. Low Award in 1995. In 2004, she was the recipient of the Marian Central Catholic High School Distinguished Alumni Award. A third generation lifelong resident of the City of McHenry, Sue is married to Tom Low and has one daughter, Bethany.



Derik Morefield

Derik Morefield is a Woodstock resident and is the Deputy City Manager for Community and Economic Development for the City of Woodstock. He is a 1991 graduate of Illinois State University,

receiving a Bachelor of Science Degree in History, is a Type 9 Certified Teacher in the State of Illinois and received his Masters Degree in Public Administration from Northern Illinois University in 1998.

Derik has been a member of the Rotary Club of Woodstock, serving as President from 2004-2005, a youth mentor in Community Unit School District 200, a volunteer baseball, softball and wrestling coach, and was the Chairman of the McHenry County Youth Service Bureau at the time that this organization merged with Pioneer Center in 2010. Derik has two children, Kelsi age 12 and John age 16.



Brenda Bono

Brenda Bono has lived in McHenry for six years moving here from Jackson, Missouri. She has been in banking for over 30 years and currently works for Castle Bank as a bank manager for the two Lake in the Hills locations. She enjoys her job and being able to serve the customers in the community. Brenda has enjoyed her first year on the Pioneer Center Board and looks forward to learning more in the coming year.

Brenda is married to Jim and has two sons, one step-son and one step-daughter. She also has two grandsons, ages two and a half and one. Her hobbies include watching any type of sporting event, shopping and scrapbooking.



Mary Ann O'Steen

Mary Ann O'Steen is a resident of McHenry. She is currently the Vice President of Human Resources for Affinia Group, Global Brake & Chassis Division. Mary Ann served on the Workforce Investment

Board, was a charter member of Stateline Society for Human Resource Management and served on their board as well. She is an adjunct instructor at McHenry County College and received her Bachelor's degree from Marquette University and her Masters degree from Webster University. Mary Ann is married with four children and two grandchildren.



Dan McCaleb

Dan McCaleb is a resident of Crystal Lake. He was born and raised in Erie, Pennsylvania and received his Bachelor of Arts degree from Allegheny College in 1990. Dan has worked at newspapers in

Pennsylvania, Louisiana and Indiana prior to moving to Illinois. He has been the editor of the Northwest Herald since 2007, previously managing editor since 2004. Dan is married to Allison and has two children, Matthew age 10 and Aleah age 8.



DIRECTOR
profile

About Kim Nygaard

Kim Nygaard is a licensed clinical therapist and addictions specialist. She began her career in social services by working with individuals with developmental disabilities in special recreation. She worked for Northwest Special Recreation Association for four years as program staff and then became the site director for day camps for persons with developmental disabilities. She has also worked as a screening, assessment and support services (SASS) counselor for Lake County. In addition, Kim has held multiple positions at Streamwood Behavioral Health Systems including therapist, clinical coordinator for developmental disability/mental illness adolescent residential program, administrative coordinator and chemical dependency director. She has also worked at Breaking Free, a not-for-profit outpatient substance abuse program based in Aurora as program director of clinical services.

Kim has given presentations on topics such as anxiety disorders, dual diagnosis (mental illness/chemical dependency and mental illness/developmental disability), drug trends, parenting 101, substance use in the workplace, compassion, fatigue and more.

Kim currently holds the position of Director of Developmental Disabilities at Pioneer Center.

PIONEER CENTER FOR HUMAN SERVICES
PRESENTS THE

6TH ANNUAL HOLIDAY LUNCHEON AND BOOK REVIEW

FRIDAY, DECEMBER 2 • 11:15 AM • D'ANDREA BANQUETS

Barbara Rinella, renowned book dramatist presents
Cleopatra: A Life by Stacy Schiff

Watch as Rinella brings to life the formidable Queen with keen intellect, shrewd political instincts, appreciation for luxury and power and great loves and romantic involvements.

Raffles • Lunch • Entertainment
Cost: \$40 per ticket • Tables of 10 available.

SAVE THE DATE



DIRECTOR
profile

About Rick Mason

Rick Mason has his Masters Degree from Northeastern State University in Tahlequah, Oklahoma and is a licensed clinical professional counselor. Rick has a part-time private practice in Huntley, Illinois where he specializes in treating adolescents, adults and families. He started working at Pioneer Center in 2004 at the Mental Illness Division Group Homes as a Clinical Supervisor. He then went on to manage the Psychosocial Rehabilitation Program and Mental Illness Residential Program before becoming a staff trainer for mental health issues. Rick is what is considered a “be-backer” to Pioneer Center as he left in 2008 to work on developing his private practice but then returned in 2010 as the Director of Mental Health and Vocational Services.

Rick has a passion of advocating for mental health services and believes strongly that individuals must be able to incorporate hope and faith as recovery principles to live life to their fullest capacity. His philosophy of recovery is individuals need to feel connected to something positive that creates a passion or a strong desire for life.

Ways to Improve Emotional Health

By Rick Mason, Director of Mental Health Services

The definition of mental and emotional health refers to your overall psychological well-being. It includes how you feel about yourself, the quality of your relationships, and your ability to manage your feelings and solve problems. Having positive emotional health does not just happen and staying at the same level of emotional health is not that healthy. People who are mentally and emotionally healthy have a sense of contentment, passion for life, the ability to cope with stress and bounce back from adversity, a good sense of purpose and meaning, are actively involved in healthy fun activities, flexible, have a balance between work and play, and build and maintain fulfilling relationships. These positive characteristics of mental and emotional health allow you to participate in life to the fullest extent and face life’s challenges and stresses successfully.

With summer here and lots of sunlight available let’s take a look at things you can do and control to improve your emotional health. We all know that taking care of your physical body in a holistic manner is the first place to start in improving emotional health. The things that you do physically on a regular basis have a major impact on your mind. For example, exercise not only improves your heart and lungs, but also releases endorphins that lift our mood which causes us to be more positive mentally. Just keep in mind that the activities you engage in and the daily choices you make affect the way you feel physically and emotionally.

The following are a list of areas you can monitor and seek to improve:

- Get enough rest and relaxation. Most people need a minimum of seven to eight hours of sleep per night.
- Eat healthy and make sure your meals are nutritious. Eating different types of foods affects your energy.
- Exercise is a powerful antidote to stress, anxiety, and depression. To maximize your benefit of exercise it needs to occur for 30 minutes, five days a week. Make sure you get a checkup before starting, though.
- Sunlight is extremely important. Make sure you get enough sunlight no matter the time of year. From late September till late March the sun is lower in the sky for most of the day, which means you need 30 minutes of natural sunlight or longer per day. You will need a minimum of 20 minutes of natural sunlight per day in the summer.

I encourage people to find any activity that they enjoy and do it daily. The best way to improve your emotional health is to come up with a plan and buddy up with someone and get started. So good luck and let’s get going!

TWOS Sales, Inc. - Making a Difference

TWOS Sales, Inc. is a business that has a strong sense of faith in their product and in Pioneer Center. The business was established in 1993 by Jerry Micklewright. Jerry wished to highlight the importance of invoking the St. Joseph statue with the sale of one’s home, in addition to incorporating faith and persistent prayer. Ann DeMartino took over her father’s business after his passing and has continued the tradition in addition to expanding the business in a positive manner. Since then, TWOS Sales, Inc. has been featured on the History Channel as a practice that has been an expression and representation of many people’s faith.

One very special feature that Ann has incorporated into this business is how the product is assembled and shipped. Ann entrusts her product in the hands of the clients at Pioneer Industries, a division of Pioneer Center, for assembling and shipping purposes.

“I am a strong advocate of this facility, believing that the center is beneficial to both the client and those businesses they provide a service to; such as TWOS Sales, Inc. and the St. Joseph Home Sale Practice,” said Ann.

The partnership between TWOS Sales, Inc. and Pioneer Center is not only valuable to Ann’s business, but also to the clients of Pioneer Center. Clients with developmental disabilities and mental illness have the opportunity to work at Pioneer Industries, a unique program at Pioneer Center that provides real-world work opportunities for wages. Through this program, clients are able to learn valuable skills, earn pay and maintain and grow their confidence.

To learn more about outsourcing work to Pioneer Industries, call Craig Adams at 815.759.7148.

Annual Awards Ceremony

Every year in June Pioneer Center pauses to recognize the service, dedication and commitment of employees, board members and members of the community. This year the following awards were presented.



The **Employee of the Year Award** was presented to Lynn Kuranz, a registered nurse in the developmental disability services division. Lynn has been credited with many accomplishments over the course of her tenure with Pioneer Center including making significant improvements in the organization's Basic Health and Safety classes and taking it upon herself to re-design the course hand-outs. She is also recognized for her devotion to the clients and ensuring their accomplishments and milestones are celebrated.

In addition, staff service awards were presented to 24 employees for 5, 10, 15, 20, 25, 30 and 40 years of service to Pioneer Center.

Volunteer of the Year Award was presented to Jeanne Thomson who four years ago was challenged by a leadership class to create a charity event for a local organization. From her hard work, Pedal for PADS, an annual bike-a-thon fundraiser to benefit McHenry County PADS came to be.

Wizard Awards are given each year to employees or community members that have supported Pioneer Center in an exemplary way. This year, Wizard Awards were presented to:



Dominick's Pharmacy of Fox Lake – Dominick's Pharmacy of Fox Lake supplies thousands of medications monthly for Pioneer Center clients both on time and correctly, packaged in bubble packs that are color coded for our client's convenience. They have even delivered medications that are needed right away. Pharmacists Russ Anderson and Don VanLier are speedy, accurate and friendly.



Buddyz Pizza – Joe Scarnato, owner of Buddyz Pizza in McHenry, was approached by Pioneer Center to determine if positions might be available for Pioneer Center clients, his response—“Absolutely.” After interviews with five potential candidates, Joe was asked if any of the clients might be a good fit. Joe responded that he thought they were all impressive and he could not pick one over another, so he hired all five.

First Presbyterian Church of Woodstock – The First Presbyterian Church has donated space for the TAMI (Teen Age Mother's Initiative) group to meet each week since TAMI's inception. The entire congregation is always supportive of the young parents and even donates the proceeds from collections to the program.

Kroozers Northern Illinois Car Club – The Kroozers have volunteered their time to host the annual Kroozers Cars for Kids fundraising event to benefit Youth Service Bureau for over 14 years.

Tracy Champion – Tracy Champion is not only executive assistant to Lorraine Kopczynski, President/CEO of Pioneer Center; she is also a dedicated volunteer and advocate for the organization. Over the years she has been instrumental in the development of the Human Service Advocates (HSA). She also breathed new life into the annual motorcycle run to benefit Pioneer Center. Originally starting with only 8 participants it has now grown to over 50 motorcyclists.



Erin Kelly – Over the years, Erin Kelly has sat on the Pioneer Center Foundation Board, was a member of the Goldrush committee and acted as chair of that committee for five years and was the chair of this year's main fundraising event Moonlight & Music. Her passion and dedication is contagious and there is most definitely a direct correlation to her involvement and the birth of the new Women's Auxiliary.

Two special awards were made to members of the community that have made a difference to McHenry County PADS. The **Donald and Barbara Brodie Community Service Award** was presented to Larry Holbein, owner of Luster Leaf Products, Inc. Luster Leaf Products has been a generous supporter of McHenry County PADS for over 10 years. Their support has helped improve the quality of life for many individuals and families throughout McHenry County.

The **Lloyd Mueller Outstanding Volunteer of the Year Award** was presented to Jane Keller.

The **Emeritus Award** was presented to Lenard Duncan, outgoing Chairman of the Board, for over 25 years of dedicated service on the Pioneer Center Board of Directors.

At the end of the evening a surprise proclamation was presented to Lorraine Kopczynski, President/CEO of Pioneer Center, in celebration of her 25 years of dedicated service to the organization. The proclamation made by Sue Low, Mayor of McHenry, named Friday, June 24, 2011 as official “Lorraine Kopczynski Day.”

15th Annual
KROOZERS
 cars for kids

Hosted by

Saturday, August 20
 5:00-9:00 pm
 Historic Woodstock Square

Over **360** classic cars and hot rods line the Woodstock Square to the delight of nearly **8,000** spectators. Festivities include:

Cash Raffle **Music** **Food Vendors**
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Interested in entering a classic car? To register call 815.759.7144.

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Sponsored by

TWOS Sales, Inc. • J&D Mechanical • Smith & Associates
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 Don Hansen Alignment & Auto Service • Golden Eagle Community Bank

Moonlight & Music

Pioneer Center's premier fundraising event was a huge success raising over **\$114,000** for the organization.



Karen Johanson and her sister Linda provide heartfelt testimony of the power and need of the services Pioneer Center provides the community.



Erin Kelly, chair of the Moonlight & Music event committee and Christin Kruse, Vice President of Funding Development for Pioneer Center, share the importance of the work Pioneer Center does in the community.



Suzanne Cannon, owner of Steffan's Jewelers and chair of the Pioneer Center Women's Auxiliary, presents Rosemary Blazier with the Hearts on Fire Diamond Pendant she won during the evening's gift box raffle.



Chuck and Helen Ruth



The threat of rain couldn't dampen the spirits of attendees who found the outdoor event moved indoors.



Lou Bianchi, Marla Pendergrast and Jean Bianchi

SPECIAL THANKS TO OUR CORPORATE PARTNERS

As of July 28, 2011



Donald E. Lewis Family Foundation



TWOS Sales, Inc.



Advocate Good Shepherd Hospital



By Christin Kruse, Vice President of Funding Development

A Sunday afternoon call yielded a \$50,000 gift to present during the inaugural Moonlight & Music event this past June. The contribution, a surprise donation, was given in honor of the hard work the newly formed Pioneer Center Women's Auxiliary did to pull off the Moonlight & Music charity event.

"Everyone does their part, and what these women accomplished, what the staff does each day and what the leadership team at Pioneer Center does to sustain the programs inspires me to do mine as well" said Kym Foglia.

It was a culmination of the ladies time and talents...paired with the generosity of Pioneer Center's loyal donors that we are able to sustain our valuable programs. Working together...doing "our part"...we define what it is to be a community.

SIMPLE NEEDS

Each of Pioneer Center's divisions has unique, basic needs that can be fulfilled, often times with only a small cost to you. Below is a list of simple needs that you can help us provide to our clients. Whether you can afford to contribute many or just one, the impact your in-kind donation has is powerful. Our clients often times crave the most basic of healthcare items, clothing and day-to-day life tools.

Developmental Disability Division

Overall division needs:

- Arts and craft items
- Bath towels
- Puzzles
- Dish towels
- Games
- Male and female hygiene products
- Prize trinkets like jewelry, small toys etc. (*think Happy Meal toys...but for adults*)

Youth Service Bureau

Overall division needs:

- New toys for the waiting room and a toy box
- Washable Crayons, markers, construction paper
- Journals
- Board games
- UNO cards or the Ungame
- Gift cards for gas or groceries
- TV/DVD player for waiting room
- Children's movies on DVD (rated G or PG-13)
- Kid's backpacks
- School supplies
- Personal hygiene items—soap, shampoo, toilet paper, etc.)

For counseling programs:

- Play food, dishes, pots and pans for children's play kitchen
- Drawing paper
- Dry erase markers
- Easel for artwork

For Day Reporting Center:

- Clip boards
- Ping pong paddles and balls
- Plain white t-shirts (size XL)

For Mentor program:

- Movie passes
- Entertainment venue passes (mini-golf, etc.) for mentors to take children out

This program is also a great way to plan a school, neighborhood or organization fundraiser to benefit Pioneer Center and its divisions. Simply pick a need, promote your event and collect items. Be sure to call us and let us know you are coordinating a fundraiser so we can work with you on delivery of items and promotion of your event.

Items can be delivered to Barb Swanson, funding development manager, at 4001 Dayton Street, McHenry, IL.

Questions? Contact Barb at 815.759.7144 or bswanson@pioneercenter.org.

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Philanthropy Spotlight—



By Brent Maring, Guest Writer and Promotion Director for the Northwest Herald

Relevant information. Marketing solutions. Community advocates.

The above three ideals are part of the brand promise that the Northwest Herald and its parent company, Shaw Media, live by every day. It's the third item – community advocates – that I will focus on today.

Northwest Herald is a community-minded company, and its associates are community-minded people. We live here. We work here. We serve customers and readers who live and work here. We strive to make the communities we live in and work in better places, not just through our journalism and our advertising partnerships, but through our philanthropic efforts as well. And those efforts spread across the entire county.

Through donations, volunteering, editorial support and in a variety of other ways, the Northwest Herald and its staff support area Chambers of Commerce, park districts, the Raue Center for the Arts, Lakeside Legacy Foundation, CABA and USSSA, McHenry County College, Leadership Greater McHenry County, and Gavers Community Cancer Foundation.

We're also advocates of local, nonprofit, social service agencies, including Home of the Sparrow, Big Brothers Big Sisters, Turning Point, and others.

Of course, we're huge supporters of Pioneer Center for Human Services and all of the great work it does. In the past year, Northwest Herald was the exclusive media sponsor of the Youth Service Bureau's Kroozers Cars for Kids event and the Give the Gift of Shelter Annual Campaign, and we were a platinum sponsor of SleepOut for Shelter. This year, we also will sponsor the 4th annual Adolescent Allies Art Show, the 9th Annual Pizza and Beer Tasting, the 2nd Annual Survivor Sprint and the 2nd Annual Moonlight & Music event.

Many of our staff members serve as volunteer board members of various nonprofit agencies. Northwest Herald Editor Dan McCaleb joined the Pioneer Center Board of Directors last spring, moving over from the Youth Service Bureau board after the agencies merged.

In short, the Northwest Herald and its dedicated staff understand that giving back to communities where we live and work is essential. It makes the communities we serve better. It makes the Northwest Herald, its staff and their families, friends, and all who rely on these agencies better as well.

LEADERSHIP TEAM

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PIONEER

Center for Human Services



Pioneer Center for Human Services is a 501(c)3, non-profit charitable organization delivering community-based services.

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info@pioneercenter.org

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Pioneer Center for Human Services gratefully acknowledges local funding from United Way, The McHenry County Mental Health Board and the Mental Health Resource League.



I WANT TO SUPPORT PIONEER CENTER

Enclosed, please find my tax-deductible gift to Pioneer Center in the amount of:

- \$1,000 \$500 \$250 \$100 \$50 \$25 Other \$ _____

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Pioneer Center for Human Services is a 501(c)3, non-profit charitable organization. Contributions are tax-deductible to the extent allowed by law.