



CTF ILLINOIS NEWSLETTER

2014
VOL. 4, ISSUE 3

Empowering the lives of individuals with developmental and intellectual disabilities.

OUR MISSION STATEMENT:

CTF ILLINOIS is a not-for-profit organization dedicated to empowering individuals with developmental and intellectual disabilities through services and programs that help them reach their potential in an environment that fosters respect, dignity, and success for each individual.

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New Advocacy Center Open in November

CTF ILLINOIS is excited to announce the opening of a new Advocacy Center in Charleston, IL. The purpose of the center is to give 12 to 15 individuals an opportunity for customized employment and to be actively involved in one centralized location to advocate for themselves and others. The individuals and the center represents the third tenant of CTF ILLINOIS's organizational slogan of "Live. Work. Advocate." Mike Brown, CTF ILLINOIS VP-Charleston Operations states, "Advocacy is about engaging and communicating your views and rights as a citizen of your community, state and nation. Many of the efforts, programming and projects will revolve around citizenship activities.



New Advocacy Center located at 701 6th St. in Charleston, IL.

On a daily basis, individuals will provide leadership, training and advocacy for other CTF ILLINOIS individuals. They will raise their voice as advocates throughout the State of Illinois and explore the issues related to services for individuals with developmental and intellectual disabilities." Individuals at the Advocacy Center have already developed a platform of key issues

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Introducing "Light the Trees!" Fundraising Event

This holiday season, CTF ILLINOIS will "Light the Trees!" throughout the State of Illinois for individuals with developmental and intellectual disabilities. CTF ILLINOIS is dedicated to empowering individuals with disabilities through our programs and services to help them reach their full potential. Your charitable giving helps provide services and opportunities that otherwise might not be possible. Your donation makes their goals a reality.

Please help us "Light the Trees!" at our Charleston, Homewood, Olney, Lincoln and Champaign office locations and enlighten a life.



Look for a "Light the Trees!" sign in your area!

Donations will not only light the trees but decorate them also. For each donation we receive, we will write your name on an ornament

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A message from the President



Thank you!

Over the last several months I have received some very nice comments about our newsletter such as "I really like all the pictures" and "The format is great." These comments are greatly appreciated and I forward them to Jim Paden, VP of Communication, who does an outstanding job putting together the newsletter. Jim's very humble response always is "it was a group effort". The old adage that you can't judge a book by its

cover is certainly applicable here. No matter how Jim dresses up the newsletter it would be meaningless without the stories of our individuals' successes and the incredible staff we have working with the clients to help them reach new milestones.

The three articles included in this newsletter are just a few examples of the different programs/events we have at CTF ILLINOIS to help our clients reach their potential. We are continually searching for new and innovative ways to offer customized employment for our clients such as the Advocacy Center mentioned on the cover page of this newsletter.

With the Advocacy Center's recent opening, our Foundation - **Community Services Foundation (CSF)**, has

generously agreed to match contributions designated for the Advocacy Center. Details on how to give can be found on the insert that is included in the newsletter. Also, to increase local awareness of CTF ILLINOIS, in the communities where we provide services, we are introducing our **"Light the Trees!"** fundraising event. Information on how to give to this event is included in this newsletter.

Thank you in advance for your generous support and we wish you the very best in this Holiday Season.

Dennis D. Carpenter
President/CEO

CTF ILLINOIS' New Behavioral Health Therapist

We are excited to have Dave Hunter as CTF ILLINOIS' new Behavioral Health Therapist. Dave has been a counselor for over 30 years working with a variety of populations and he also taught at Eastern Illinois University for over 15 years.

His primary responsibility will be providing counseling services to clients, doing what he can to help them make their lives run more smoothly. His favorite therapeutic strategies include stress management and relaxation training, reframing, education and conflict mediation, served up with a healthy dose of fun and irreverence. He is also trained in DBT (Dialectical Behavioral Therapy) and EMDR (Eye Movement Desensitization and Reprocessing). Based on a recent self-generated poll (When you get to know Dave, this guy is funny) it ranked his effectiveness as somewhere between "Ehh" to "OMG, this dude is AMAZING!" We are so glad you are with us Dave!



Dave Hunter

CTF ILLINOIS' New Advocacy Center Coordinator

CTF ILLINOIS would like to introduce the Coordinator for the new Advocacy Center. Valerie Vermilya main focus will be developing self-advocate community oriented service opportunities for individuals with developmental disabilities.

Valerie grew up in South Carolina and her first political process experience when she was 10 years old campaigning for her father when he ran for the office of State Representative. He served two terms in the South Carolina legislature. Valerie states "Growing up in a politically-oriented family has given me the core value of believing in the power of one persons' ability to create change. My goal is to be the resource person our individuals need to make the changes that they identify as necessary to creating a better life for themselves." Welcome Valerie! Glad you are here!



Valerie Vermilya

New Advocacy Center article continued...



Front entrance and lobby of the new Advocacy Center

and projects to guide their efforts. Their first major project was a timely campaign entitled "Get Out to Vote". Their target audience for the campaign was CTF ILLINOIS Employees. This internal campaign utilized flyers, shirts and posters and told why voting is your right and why it is so important to us and our democracy.

When Terry submitted his ballot into the machine he said, "I voted!" Everyone in the polling place spontaneously clapped and cheered. Terry was recognized by the Advocacy Center as our most "Distinguished Voter" and is an inspiration to everyone.



Terry at the polling booth

The second possible project on the list is the development of community service opportunities and volunteer opportunities. Both are very much needed in the community. The third set of projects is a rather long list, but, an exciting one as well. The list includes the development of an advocacy newspaper publication; the start up of an Internet disability radio station – which not only plays music but tells about the latest in disability news; and the development and writing of a daily/weekly blog. Eventually, Brown says that he would like to see individuals seek out sponsorships to sustain and grow the newspaper and radio station. Individuals would receive a

commission based upon the amount of ad and sponsorship revenue generated.

Through completing all of the projects above, they will be working with Valerie Vermilya, the Advocacy Center Coordinator. Valerie will assist the individuals to learn how to use the power of their voice while also championing their cause through the use of social technology (blogs, Facebook, websites); traditional efforts (letter writing, newsletters, rallies, phone calls); and electronic means (video production, photos, radio, podcasts). Individuals will also learn how to extend their computer knowledge, phone use and communication technology. The facility itself will have a computer lab, a phone bank, a large workspace for developing promotional materials, and 2 conference rooms. Now through December 31st, CTF ILLINOIS is asking for donations to help defer the cost of the computers, phones and other items to maintain and grow the Advocacy Center. Please read below about Make-A-Match.

The Make-A-Match program is an excellent time to make your donation to empower individuals at the Advocacy Center.



Community Services Foundation (CSF) will generously match every donation made to CTF ILLINOIS' Advocacy Center through December 31st.

Checks must be made payable to Community Services Foundation and can be mailed in the enclosed envelope.

One last goal the individuals have on their list at the Advocacy Center is to create local awareness by participating and/or creating community events such as building floats for parades, hosting cultural events and workshops and performing community service for local organizations. Individuals will also promote and coordinate Disability Awareness days and special events through the Advocacy Center as well.

The Advocacy Center is located at 701 S. 6th St. in Charleston and shares building space with First Mid-Illinois Bank & Trust. A special thank you goes out to Assistant VP and First-Mid Branch Manager Elizabeth Stark! The center is open Monday through Friday, 9:00 am to 3:00 pm. Please stop by anytime and visit! For more information, go to ctfillinois.org/advocacycenter.

Community Employment at LYFE Kitchen

Have you ever eaten at a LYFE Kitchen before? There is something to be said of this relatively new “healthy eating” establishment. Just take a look at their value statement and life story. It says... “Our hope is that LYFE Kitchen will be more than just another place to grab a bite. That it will be a place that reflects your values toward health, community and sustainability. And that maybe, we’ll be a source of inspiration, too.”

With an emphasis on integration into the community, LYFE Kitchen has hired two individuals from CTF ILLINOIS on a part-time basis. Eric Edquist, VP of CTF ILLINOIS South Suburban Operations asked Cary Cooper, CEO of LYFE Kitchen-Chicago on why he believes it is important to employ people with disabilities. Mr. Cooper responded with the following, “As you know I have a son with special needs and I know how important it is to provide a meaningful work experience. Too frequently, these adults are shut out of the work force. In my experience they make wonderful employees and have a lot to offer. In



Photos—Top right: Chris Bottom right: Mark

Below: 413 North Clark St., River North Neighborhood, Chicago



addition, my typical employees learn so much by being around these individuals. One of the reasons I went into LYFE Kitchen is to be able to provide this work experience.”

CTF ILLINOIS Individuals Chris and Mark are working at the 413 North Clark St. – River North Neighborhood, Chicago LYFE Kitchen location. Their responsibilities include polishing silverware, stocking

shelves, filling the salt and pepper shakers and returning menus to the cashiers. Cooper also stated that, “I hear it’s going well and I am very pleased. I am glad it is working out for Chris and Mark.”

We are so proud of Chris and Mark and their efforts and thank you LYFE Kitchen for your business partnership with CTF ILLINOIS!



First Olney Fish Fry Fundraiser a Success! Thank you!

Over 250 families, friends and hungry people attended the first CTF ILLINOIS Olney Fish Fry on Friday, October 24th. Country Rhodes catering served up all-you-could eat walleye, mini-shrimp, chicken strips and a ton of sides. Desserts were homemade and sold by a few of our individuals. The 50/50

winner was Ray Strzezer. A big thank you to everyone who stopped by, our volunteers and VFW Post #4336 in Olney. The entire event was a great success! We even might have our another fish fry in the Spring of 2015! Thank you all once again for a successful fundraiser!



Thank you VFW Post #4226



Wendi and Rhonda collecting tickets



Alice and Ashley in the Kitchen



Jenni & Individuals Debbie and Richard

CTF ILLINOIS 2014 Fall Fun and Activities!



A beautiful day at the pumpkin patch



Elevator selfie at the SABC Conference in Oklahoma



Enjoying the day at the Soul Circus



Tons of fun at the Pumpkin Patch!



Decker receiving a certificate



Whitetail CILA in their Halloween costumes!



Greg and Georgia at the Zoo



Homewood office Halloween Party



Mary Jo, 9 Muses Art Director Josh Benton, Jim, Yvonne, Greg, Heidi



Covered bridge festival in Mansfield, IN

Advocacy Center Individuals participate in EIU Homecoming Parade

What a beautiful day it was for the EIU Homecoming Parade! On Saturday, October 25th, nine of our individuals who will be working at the new Advocacy Center participated in the homecoming parade. Individuals waved, shook hands and walked the parade route while

handing out almost 400 flyers promoting the opening of the new center in Charleston. Not only did our individuals walk the route, we also had some help from Anna Oldham, from Trim, Tone n Tan. Thank you Anna and also a big thank you to our staff—Valerie, Alisa and Megan!



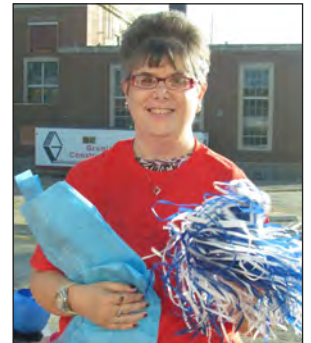
Individuals from the new Advocacy Center getting ready for the parade



Kendall, Anna Oldham and Miranda



Melissa handed out flyers



Barbie getting ready!

Self-Advocates Becoming Empowered Conference (SABE)

Four of our CTF Tigers attended the Self Advocates Becoming Empowered (SABE) Conference in Oklahoma City on October 9-12th. The conference theme was entitled "The Sooner We're Equal the Better." SABE wanted to show the pride of the "Sooner State", but they also wanted to describe the efforts of self-advocates across America and the globe. Advocating that individuals should enjoy the same rights as any citizen in any

community while striving to live independent and fulfilling lives. Speakers and sessions focused on self-advocates' journeys to equality and what others can do to have more equality in their own communities. Our Tigers also had a little fun with the Ghost Busters cast during the conference. SABE was founded in 1990 and has worked hard for the full inclusion of people with developmental disabilities in the community and



throughout the 50 states. CTF ILLINOIS and ARC of Illinois provided the necessary funds for the "Tigers" to attend and participate in the conference! It was a great learning and life experience for the individuals who attended.



"Light the Trees!" continued...

and hang it from one of our trees. Just tell us what office location you'd like your tree ornament at so we can place it on the tree for our individuals to see. Let's make our trees



so bright and so heavy full of ornaments that we have to buy another tree! You can help make some of our individuals, like **Keith, Tovey, Billy and Yvonne's** (photo on the left) dreams become a reality.

If you want to make a donation, please use the enclosed envelop OR you can donate through our website at www.ctfillinois.org.



CTF ILLINOIS "Wish List"

Below is an abbreviated list of the items on CTF ILLINOIS' current "Wish List". The Wish List consists of some items that are needed to support our programs and other items that are desired to help improve our programs and services. If you would like to donate one of the items below or have an in-kind donation that is not on this list, please contact please contact Jim Paden, at 217-352-1557 or jimpaden@ctfillinois.org.

Art Supplies

Crayons, paint, pens/pencils, colored pencils, glitter, glue gun with glue sticks, construction paper, colored tissue paper, jewelry making kits, balloons



Technology

iPads, Disposable cameras, Flip video cameras, TV

Office Supplies

Batteries AA/AAA, electric pencil sharpeners, staplers, shredders, VCR/DVD player, plastic storage bins

Certificates and passes to vendors for community outings (Restaurants, bowling, movies, etc.)

Furnishings for Group Homes

Curtains, living room furniture set, dishware set, vacuums (new), DVD player

If you would like to make a monetary donation, please use the envelope enclosed or go to our website at www.ctfillinois.org.

CTF ILLINOIS Empowerment Night!

**A FUNDRAISING EVENT FOR CTF ILLINOIS!
YOU HAVE THE POWER TO CHANGE A LIFE!**

Thursday, December 4

**White Horse Inn
510 E John St.
Champaign, IL.
6 to 10pm**



Silent Auction

**Win Prizes— ½ Price Sandwiches
For more information,
go to www.ctfillinois.org**

Save the Date! Holiday Party Schedule for our Individuals

If you are a parent or guardian, please save the date for the events below:

- The party for individuals in **Olney** will be on Tuesday, December 23rd.
- Various parties for individuals in **Charleston** will be held on Friday, December 19th.
- The date for the **Homewood** party will be announced in the near future! Please check our website for details. Thank you!





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"Like" CTF ILLINOIS at [Facebook.com/ctfillinois](https://www.facebook.com/ctfillinois)

CTF ILLINOIS' Facebook page is good source for the latest news, event information, and other happenings throughout the organization.



Would you consider a donation?

CTF ILLINOIS would not be able to provide such excellent care without your donations.
Gifts of any amount are appreciated.

Please go to the ctfillinois.org website for more information or if you have questions, please call 217-352-1557 and ask to speak to Jim Paden.

**CTF ILLINOIS IS PROUD TO BE
ASSOCIATED WITH THE
FOLLOWING ORGANIZATIONS:**



Member of the
ILLINOIS Association of
Rehabilitation Facilities



Funded in part
by the United Way
of Coles County



Certified and Funded by
the ILLINOIS Department
of Human Services

CTF ILLINOIS NEWSLETTER QUESTIONS AND COMMENTS

Jim Paden, VP Communications and Event Planning—(217) 419-8627 or jimpaden@ctfillinois.org

CTF ILLINOIS... Empowering the lives of individuals with developmental and Intellectual disabilities.