

News & Views

September
2011

Volume 7, Issue 1

Coming Up

- September 23 — MEE closed for staff training.
- November 23 — MEE Thanksgiving dinner
- November 24-25 — MEE closed for Thanksgiving holiday

Inside this issue:

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Seven months, 114 pounds CILA Fit Club helps seven shed weight

Saying you are going to lose weight is easy. Losing it is hard. The seven individuals in the MALCOLM EATON Enterprises Community Integrated Living Arrangements (CILA) Program who have lost 114 pounds since February have shown the resolve it takes to work toward their goal.

“The whole CILA program is so proud of what these consumers have accomplished by making healthy choices,” said Laura Gray, CILA qualified service professional. “They are getting more fit and some have even had to buy new wardrobes. The consumers are working together and supporting each other, and that helps tremendously.”

Gray said seven of the 11 men and



Seth prepares a creamy fruit salad at his CILA home in Freeport.

women who live in two of MEE’s residential homes are participating in the CILA Fit Club program. The club started as a way to improve eating habits and correct health

concerns that were emerging. A plan of healthy eating, portion control and exercise was introduced for those who were interested in the program. It was [See FIT CLUB, Page 3](#)

Still feeling the pinch

State preserves budget but cuts come other ways

Budgets and budget cuts have loomed large in the news recently. At MALCOLM EATON *Enterprises*, the state of Illinois' budgetary season is always a great cause of concern. State funding comprises a large amount of MEE's budget and this year, 6 percent across-the-board reductions were threatened. Thankfully, these did not materialize and our funding levels remain the same. While that's good news, it's tempered by harsh reality.

Some critical programs, such as Respite, were subject to a 5 percent reserve — in essence, trimming them by that amount. Plus, Respite has only been funded for four months. While we were surprised that Respite was funded at all, we are also dismayed that its funding likely will not be renewed. Respite provides that much-needed break for caregivers of people with disabilities and is a crucial program for all



My Perspective
Sue Swanson

involved. It would be greatly missed. On another front, the state will be increasing our payment cycle, which is laughable considering the state is eight months in arrears on bills for services provided to the individuals with disabilities we serve. The state currently owes MEE nearly \$800,000 for these services. In addition, the state owes MEE another \$960,000 for bathroom tissue it has bought — and nearly \$500,000 of that is more than four months overdue. We cannot wait to see what “delayed” payment cycles will bring! In addition, United Way of Northwest Illinois has sliced our funding for the new fiscal year for

our Training United program, primarily designed to assist young people who are eligible for state funding but do not have funding available. Without this program, these individuals would not be able to attend MEE. Our United Way allocation was cut 28 percent from last fiscal year to this fiscal year. We understand this drop was in response to decreased giving to the overall United Way campaign. Regardless, it will mean that young men and women with disabilities may have to wait to enter services. We will be seeking ways to bridge the shortfall.



Our fiscal year ended on June 30 and Board of Directors terms expire on that date as well. This year, Donna Benton, Todd McKenna and Kam Stake departed from our board after serving six years. Patty Burke also ended her term as president. We are so grateful for the time and devotion these individuals give to MEE in meetings and at fund-raisers. A new board roster is on Page 6. We also said goodbye in [SEE FEELING, Page 3](#)

MALCOLM EATON honors 13

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MALCOLM EATON Enterprises hosted its annual awards picnic in August with 13 awards bestowed during the festivities at the West Campus.

Plaques were presented to volunteers, businesses,

staff and consumers for their accomplishments.

The day also featured various activities for the individuals with disabilities that MALCOLM EATON serves. Bingo, cards, movies, Wii bowling, bags games, photos

and music highlighted the day before lunch and awards. A luau theme put everyone in the mood for a party.

Congratulations to all the winners and many thanks to everyone who made the day possible.

Award Winners

Thirteen groups and individuals were recognized during MALCOLM EATON Enterprises' annual awards picnic.

Awards and honorees were:

- Outstanding Volunteer — Group: Dakota Servant Leadership Group
- Outstanding Volunteer — Individual: Toby Rogers
- Outstanding Governmental Advocate: Stephenson County Mental Health 708 Board
- Top Business — Industrial: Honeywell Sensing & Control
- Top Business — Employer: Freeport Salvation Army Corps Community Center
- Staff Achievement — Service: Melissa Remmers & Jim Wilkinson
- Staff Achievement — Program: Jared Hartman & Lindsay Shearer
- Progress Toward Goals Award — Community Integrated Living Arrangements Program: Mike W.
- Progress Toward Goals Award — Community Employment Program: Jennifer N.
- Progress Toward Goals Award — Developmental Training II: Kathy H.
- Progress Toward Goals Award — Developmental Training I: Tony H.

CILA Fit Club

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quickly embraced, Gray said.

Healthy eating focuses on increasing amounts of fruits and vegetables and decreasing processed foods.

Informational materials helped consumers learn about the foods and build healthier meals.

In addition, portion control is key with participants using new sectioned plates to guide serving sizes.

Exercise classes complement the eating plan. Brian Babcock, director of Vocational/Residential Services, conducts conditioning exercises for the men enrolled in the program that incorporate jogging in place and hand weights. The women, meanwhile, use exercise tapes and hand weights to help them shed the pounds.

“They do just the normal kinds of things you do when you are trying to lose weight,” Gray said. “They still go out for pizza and to restaurants but they now choose healthier foods.”

Both houses have enjoyed pizza parties — their rewards for losing 50 pounds as a house. Weekly weigh-ins have helped spur the groups along.

Babcock, who was responsible for starting

CILA Fit Club, is pleased with the outcome so far and hopeful for the future. “The consumers have really adopted a new lifestyle,” he said. “The weight loss is great; but the bigger success is that they are independently choosing more nutritious food, snacking in moderation, and staying physically active. They are using and adopting long-term tools for health.

Feeling

CONTINUED FROM Page 2

June to Patsy Cook who served MEE for more than 17 years in a variety of capacities, most recently as director of community services. Patsy has started a business of her own, Northern Illinois Behavioral Services LLC and is continuing to serve MEE as a behavioral therapist. We are grateful to Patsy for the many years of dedicated service that she gave to MALCOLM EATON. She, at one time or another, managed nearly every department at MEE, and has helped build it into the top service provider it is today. We thank her.



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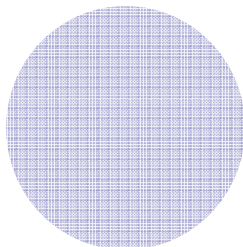
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Summer harvest plentiful from fund-raisers

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MALCOLM EATON Enterprises' supporters proved exceptionally generous by backing a number of fund-raisers the organization hosted in the late spring and summer.

"We felt fortunate this year to have the opportunity to conduct eight events from April to August," said Julie Hilliger, director of Communications & Marketing. "In the process, we raised nearly \$36,000 to benefit MALCOLM EATON's consumers

and its programs. That's phenomenal! We are so grateful."

The fund-raisers and the totals raised were:

- Texas Hold 'Em, April 1, \$2,300.
- Cub Foods Brat Stand, April 29 and 30, \$2,022. At the time, this was a brat stand record.
- Texas Hold 'Em, May 6, \$2,217.
- Pork Chop Dinner & Car Show, May 22, \$8,299.
- MALCOLM EATON

Day at Prime Table Restaurant, June 7, \$417.

- Golf 'N Games, June 11, \$16,180.
- Texas Hold 'Em, July 15, \$2,008.
- Little Cubs Field Charity Challenge, July 31, \$2,749.43.

Proceeds from the brat stand were designated for Xtreme Xpeditions Summer Camp while all other proceeds funded MALCOLM EATON'S general operations and programs.