

MATTERS

Newsletter For The Friends & Supporters of MILESTONE, Inc.

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MILESTONE'S CLUB WELLNESS

Computers and digital literacy have become an important part of everyday life, and MILESTONE is making sure the Individuals it serves have the skills necessary to succeed. A grant from COMCAST funded the purchase of iPads and Desktop PCs for MILESTONE Industries and the licensing for "Club Wellness". The goal of Club Wellness is to teach Individuals digital literacy along with healthy eating habits and easy exercises for Cardio, Muscle Strengthening and Flexibility. The training is 12 lessons/sessions.

Currently the group meets once a week at Industries. Scheduling for a second group which will meet in the late afternoon will soon start. Once these sessions are completed a new group of Individuals will begin the



training at different locations, until everyone who want to attend and is interested in participating can get a chance to do so. Then the original group will be offered the opportunity to participate again to learn more computer and healthy living skills. The educational

nutrition lessons and recipes also have become part of the living skills and cooking training at MILESTONE Industries.





FROM THE DESK OF BILL GRAHN, MILESTONE CEO AND PRESIDENT

Spring 2025

With Spring upon us we will soon see new growth around us. All things will take what they need from what is around them and begin to change. Through the nutrients provided a re-birth and new or renewed strength occurs, an exciting transformation. That excitement does not just exist in nature, but the excitement of transformation and renewed strength is also here at MILESTONE.

Over the past few months and continuing as we speak, our amazing staff have shown a hunger for growth and renewed strength. These wonderful leaders have taken on the task of education and implementation. They have improved upon existing training and written new curriculums. They have identified areas of need and attacked with vigor. They have provided essential training (nutrients) and refresher courses not only for themselves but for all staff. This desire or appetite to learn and grow has been openly seen among all. This is all in the name of providing the best possible service and outcomes to those that call MILESTONE home. They have prioritized service to every member of the MILESTONE Family in a quest to fulfill its mission daily. What an absolute testament to our resolute industrious staff.

Make no mistake, this growth is not only a testament to our amazing staff but one that can be attributed to you. We are truly blessed by your continued thoughts, prayers, contributions, and unwavering support. Thank you to everyone, the individuals, families, parents and guardians, our wonderful staff past and present, you and our amazing community. Each one of you provides essential nutrients that help renew our strength and provide new growth. As a member of the MILESTONE Family, you are all essential in our strength and growth. Remember Together we are Stronger.

Thank you!

Bill Grahn



SOMETIMES DECISIONS HAVE TO BE MADE AT AN EARLY AGE



The decision to seek residential placement for a child is never easy, and sometimes it must be made sooner than the parents would like. Michael had two younger siblings who were 13 months apart in age. He needed to maintain an extremely strict schedule which at the time was not possible. When he was 6 years old his parents

placed him in respite care, where he would stay for 2 weeks at a time. After seeing the profoundly positive effect it had and how happy he was and how well he did in school, they just knew in their hearts, seeking residential placement was the best decision for him at that time. He was connecting with people and was eager to learn at school .

His parents saw that he needed more help than they could give him at home and while the decision to seek residential placement was very very tough they knew it was needed. Michael moved into a children's group home and flourished. His parents say when they saw this they knew in their hearts they had made the right decision for him. When Michael turned 18, they started looking at adult placement options and MILESTONE was at the top of the list. They said the staff patiently answered all their questions and were both supportive and sympathetic. The decision was made, Michael would move into a MILESTONE home when an opening became available. This also meant he could continue attending school in the Harlem District until he turned 21. His mother says, "He has lived at the same home for over 20 years. He loves his room,

the staff, his housemates and working at MILESTONE Industries. He is very happy with his life, his home, his job. He wouldn't change a thing, and neither would we." She adds they are not surprised because Michael has a smile for everyone, gives the best hugs, always says please and thank you and has a great sense of humor and loves to tease.



His parents also say, "Working with MILESTONE'S staff has been the bonus. They feel like they know everyone who is involved in his care and can call and talk to someone at any time. They communicate with us on everything, and that is something they want. They want to be a part of Michael's life and appointments and any medical issues that come up."

Michael's mother started a Down Syndrome group for parents with The ARC several years ago because she says it helps to know you are not alone. Her advice for other parents is follow your heart. You are the ones who know how things are going. Make use of services as you need them and get involved in any group information offerings. Most importantly stay as involved as you can in every aspect of your child's life.

She added, "A parent must be persistent with every aspect of their child's care. It's not easy. Everything happens at a slower time, more effort must be made, illness is often present, and it can be incredibly challenging. But, MILESTONE can help with those things. That's what they do best."



MILESTONE MISSION STATEMENT

"Everyone has the right to be treated with respect, to participate in community life, to develop and exercise personal competence, to have family and friends, and to make decisions in their lives." MILESTONE, Inc. exists to ensure that persons with developmental disabilities can exercise these same rights.



WOODWARD GRANT HELPS THE MILESTONE DENTAL CLINIC



A grant from the Woodward Governor Charitable Foundation provided the funding for new exam chair for the MILESTONE Dental Clinic. The clinic provides care to patients from throughout Illinois and is the only place these Individuals can receive the dental care they need.



MILESTONE DENTAL CLINIC RECEIVES GRANT TO HELP CHILDREN

DELTA DENTAL The MILESTONE Dental Clinic received a grant from the Delta Dental of Illinois Foundation to cover the cost of providing care to children who are uninsured. The Delta Dental of Illinois Foundation is the charitable arm of Delta Dental of Illinois and works to support and improve the oral health of people in Illinois and their access to care, with a specific focus on children.

TRY BETA CLUB HELPS MILESTONE



New iPads are in use at MILESTONE Industries thanks to a grant from Rockford's Try Beta Club. The iPads will be used to help teach help teach both job skills and life skills.

KNIGHTS OF COLUMBUS SUPPORT MILESTONE

Members of the Knights of Columbus from Holy Family Parish visited MILESTONE with a donation. The group raises money each year by selling Tootsie rolls throughout the community.



COMMUNITY FOUNDATION OF NORTHERN ILLINOIS

COMMUNITY FOUNDATION OF NORTHERN ILLINOIS PROVIDES FUNDING FOR EZ LIFTS

A grant from the Community Foundation of Northern Illinois provided the needed funding for 4 new EZ Lifts for MILESTONE's Adult group homes. The lifts will allow our Individuals to stay in their homes and make them more accessible as part of MILESTONE's Aging in Place program.

The mission of the Community Foundation of Northern Illinois is to inspire endowment and promote philanthropy for the current and future needs of the people of Northern Illinois. Since its founding in 1953 CFNIL has granted more than \$85 million for charitable purposes. Learn more about CFNIL's history, grantmaking, and commitment to endowment at <https://cfnil.org>.



ENJOYING A DAY AT THE SPA

The ladies at MILESTONE Industries were treated to a relaxing Spa Day. They enjoyed picking out nail polish colors and being pampered for the day.



A NIGHT TO SHINE

Sixty Individuals walked the red carpet and danced the night away at a Night to Shine at City First Church. Everyone went above and beyond to make it an unforgettable event. Each person was greeted by paparazzi, had their hair and make-up done, received a corsage or boutonniere, enjoyed a catered dinner, and danced the night away. The Tim Tebow Foundation started a Night to Shine in 2014 by partnering with local churches and businesses. Everyone had a wonderful time, and the smiles provided proof it was a Night to Shine.





SPECIAL OLYMPICS UPDATE

REGION A BASKETBALL SKILLS TOURNAMENT

30 athletes from the MILESTONE team traveled to Dixon to compete in the Special Olympics Region A Basketball skills tournament. The weather cooperated, and everyone did their best. Six Gold medalist advanced to the State basketball Tournament.



Basketball Skills

- 6 - Gold medals
- 7 - silver medals
- 4 - bronze medals
- 3 - 4th place ribbons
- 4 - 5th place ribbons
- 4 - 6th place ribbons
- 2 - 7th place ribbons

Up Coming Events

- Bocce Competition**
April 26th -- Dekalb
Practice starts March 16th
- Spring Track and Field Games**
May 3 --Harlem High School
Practice starts March 18

State Games

Weekend of June 20th-ISU Campus

Golf

July Tournament
Practice starts in early June

Softball Skills

Practice starts the last week of June

HELP US PUT SMILES ON THE FACES OF THE INDIVIDUALS MILESTONE SERVES.

Summer camp is a yearly highlight for the Individuals at MILESTONE,

It will be a hybrid this year with some people traveling to summer camp , and others will be camping at home, or taking part in local group activities.

Our goal is to send as many Individuals as possible to summer camp for a week. However, for those who cannot travel, we will bring Summer Camp to them with a Summer Camp Staycation. All the fun of summer camp will be brought to them, through a combination of activities, virtual events, group events and a special "Camp MILESTONE" area at MILESTONE industries.

Please help us make it a reality by Adopting a Camper or an Activity

For \$50 you can adopt an activity box.

Or

For \$100 you can Adopt a camper's Staycation, or trip to summer camp.

For more information, please call the Development Office at 815-639-2965





WISH LIST



MILESTONE TRAINING CENTER

iPads 4 @ \$400.....	\$1,600
Outside Recreation Area Upgrades.....	\$5,000
Sensory Equipment 12 Classrooms @ \$3000	\$36,000
Concrete Work/Leveling.....	\$15,000
Commercial Grade Entry Doors 2 @ \$2000.....	\$4000



MILESTONE INDUSTRIES

iPads 4 @ \$400.....	\$1,600
Various Educational Materials.....	\$3,000
Concrete Work/Leveling.....	\$15,000
Art Supplies.....	\$3,000
Replacement Carpeting.....	\$20,000
Outdoor Covered Swings 3 @ \$1000.....	\$3,000
Outdoor Recreation Area.....	\$20,000



ELMWOOD HEIGHTS SPECIALIZED CARE FACILITY

Adaptive Swing Set with Wheelchair Swing.....	\$8,000
Medical Equipment.....	\$10,000
Positioning Slings 40 @ \$275	\$11,000
Replacement Entrance Doors 6 @ \$5,000	\$30,000
Sensory Equipment 6 homes @ \$5,000.....	\$30,000
Patio Door Replacements for Homes.....	\$40,000
Bedroom/Bathroom Remodels and Upgrades in each Home 6 @ \$15,000.....	\$90,000
Replacement Flooring for Two Homes.....	\$20,000
EZ Lifts 5 @ \$8,000.....	\$40,000
EZ Lift Replacement Batteries 10 @ \$100.....	\$1,000
Medical Exam Bed.....	\$10,000
Replacement Windows for 6 Home @ \$15,000	\$90,000
Washer/Dryer for 6 Homes @ \$5,200.....	\$31,200
Closet Remodels in 6 Homes @ \$3,000.....	\$18,000
Ceiling Fans for 6 Homes @ \$1,920	\$11,520



MILESTONE DENTAL CLINIC

Parking Lot Repair and Repaving.....	\$40,000
Replace Carpeting/Flooring	\$9,000
Desk Chairs 4 @ \$150.....	\$600
New Office Windows.....	\$15,000
Dental Curing Lights 3 @ \$2,500.....	\$7,500
Mouthwatch I/O Camera 2 @ \$300	\$600

AGENCY WIDE

AEDs Used for Training	\$2,000
Robo-Coupe Commercial Food Processor 2 @ \$1,900.....	\$3,800



ADULT GROUP HOMES

Slings for EZ-stand 3 @ \$350.....	\$1,050
XXL EZ Lift Slings 2 @ \$400.....	\$800
Commercial Grade Oven	\$6,000
Patio	\$4,000
Exercise Equipment.....	\$2,550
Support Railings	\$3,000
Washer and Dryer 6 @ \$1,000	\$6,000
Carports at 2 Group Homes @ \$8,000.....	\$16,000
New Furniture 10 Homes @ \$7,500	\$75,000
Bathroom Renovations 2 @ \$30,000.....	\$60,000
New Flooring Multiple Homes.....	\$50,000
Automatic Door Openers for Bedrooms and Bathrooms 12 @ \$3500	\$42,000
Bedroom Conversion.....	\$12,000
Screened in Porch	\$8,000
Extended/Widened Driveway	\$10,000
Car/Sedan	\$40,000
Acoustic/Noise Reducing Tiles 2 Rooms @ \$8000.....	\$16,000
Bike Rack	\$500
New Windows at 2 Homes @ \$6,000.....	\$12,000
New Couch and Love Seat	\$2,000
Seated Scale.....	\$1,500
Large Standing Scale with Handles.....	\$1,000

MILESTONE, Inc. is a 501 (c)(3) Illinois not-for-profit organization. MILESTONE Matters is developed to inform the public of the program services we offer to developmentally disabled citizens from Northern Illinois. To learn more about MILESTONE and the individuals we serve, please call (815) 654-6100.

Bill Grahn, CEO and President
MILESTONE Matters Editor: Arles Hendershott
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EMPLOYEE ANNIVERSARIES

35 years	Dawn Brown	February	15 years	Nick Segalla	February
30 years	Malay Phetvixay	February	10 years	Scott Hilger	March
20 years	Andrea Barmore	January			



Building Lives & Futures

4060 McFarland Road
Rockford, IL 61111

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MILESTONE MATTERS

SPRING 2025



We're Hiring!

Open Positions:

Direct Service Provider: \$19.25/hr • QIDP: \$25.00/hr

C.N.A.: \$19.50/hr

\$600 Sign On Bonus

Benefits: Health Insurance, Dental/Vision insurance,
Paid Time Off, Life Insurance, 401k Profit Sharing,
Tuition Reimbursement, and so much more!

EOE



Apply online today at
www.jobsatmilestone.com

Contact Human Resources with any questions
at 815-639-2849 or hr@milestone-inc.org