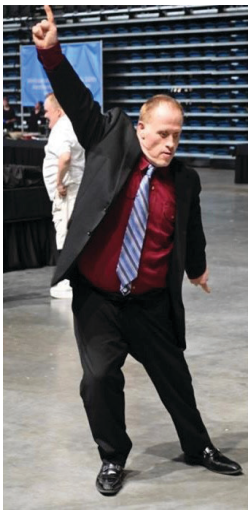


M A T T E R S

Newsletter For The Friends & Supporters of MILESTONE, Inc.

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A NEW JOURNEY BEGINS: MILESTONE EXPANDS MENTAL HEALTH SUPPORT FOR INDIVIDUALS WITH ID/DD



Journey Behavioral Health Clinic, a division of Milestone, is a specialized behavioral health clinic designed to support adults with intellectual and developmental disabilities who are experiencing mental health challenges, emotional stressors, or behavioral health needs. Our team provides individualized, community-based mental health services that are adapted to meet people where they are, both emotionally and physically, through therapy, assessments, treatment planning, skills training, and case management.

Journey was born out of a very real need in our community. Adults with intellectual and developmental disabilities experience the full range of human emotions, including anxiety, grief, depression, trauma, and the everyday stress of life. Yet far too often, they struggle to find therapists and counselors who truly understand how to support them. Families and care providers are left searching, and too many people simply go without the help they deserve. Journey exists to change that.

Milestone's clinic provides specialized mental health services, including therapy, assessments, treatment planning, skills training, and case management, all adapted to meet the unique needs of adults with ID/DD diagnoses. We believe good mental health care should never be one-size-fits-all. Our team is committed to meeting each person where they are, with patience, creativity, and deep respect for their individual story.

One thing I am especially proud of is our flexibility. We know that getting to a clinic is not always possible, so our team goes where people are, whether that is our Rockford office, a residential home, a day program, or even a virtual visit. Removing barriers to care is at the heart of everything we do.

Journey is open to any adult, age 18 or older, who has an ID/DD diagnosis and is experiencing mental health symptoms or challenges. We welcome referrals from individuals, families, and providers throughout northern Illinois, not just those already connected with Milestone. We currently accept Medicaid, Medicare, and MCOs.

We chose the name Journey very intentionally. Mental health is not a destination you arrive at, it's an ongoing process of healing, growth, and self-discovery. No one should have to walk that road alone, and that is exactly what our team is here for. We are honored to walk alongside the people we serve for however long they need us.

If you'd like to learn more, make a referral, or simply ask questions, please don't hesitate to reach out. I truly believe we are all pieces of the same puzzle, and I hope Journey can be part of yours.

With gratitude,
Anna Vvanti
Clinic Director, Journey Behavioral Health Clinic



FROM THE DESK OF BILL GRAHN, MILESTONE CEO AND PRESIDENT

Summer 2026

Dear Friends of Milestone

What a wonderful time to be part of the ever-growing Milestone family. The winter brought us planning, and the spring provided the time to nurture and now we look to the growth. We have planted the seeds that will move Milestone forward. Seeds that will provide stability, dignity, connection, and those opportunities to thrive. The collaborations that have begun will benefit our individuals that call Milestone home, our resolute staff that provide daily services and our beloved community.

We are so excited and proud to announce the opening of Journey Behavioral Health clinic where we are dedicated to helping our population onto their path of wellness. In collaboration our VP of Continuous Quality Improvement (VP CQI) is working hand in hand with the clinic providing another bridge or path to the staff that serve the individuals. This collaboration will strengthen services, enhance quality, and provide support that is desperately needed. The individuals deserve the best opportunities, and we are committed to providing the tools to help our team grow. We will continue providing services with a purpose, while showing compassion to one another in a fun environment, an environment where positivity, laughter, joy, and shared experiences make life exciting.

Most recently our incredible staff have pushed the needle of fun forward. Our Special Olympics coaches have been hard at work and during Spring Games 2026 of our 85-athlete team 25 of them earned gold medals and will head to State Summer Games in June. At Milestone Industries Day Services, the individuals wanted to give back and volunteer in our community. This group now routinely provides volunteer assistance and Rock River Food Pantry. These are only two examples I wish I had the time and space to recognize all the amazing events that are taking place.

As I write we have another small group of staff that are busy completing the registration process for those individuals who are looking forward to going to summer camp and yet another group of staff who are devising plans for those who are unable to attend a weeklong camp. We cannot thank everyone enough for their generous gifts to the Adopt-A-Camper campaign, bringing fun and joy to many.

We are so blessed to have the tremendous support of loving family, friends, parents/guardians, and community. We cannot thank you enough for your gifts, thoughts, prayers, and unwavering support. We are truly blessed that you are part of the Milestone Family.

Thank You!

Bill Grahm



MAKING DREAMS COME TRUE



When he was growing up David saw his brothers and sister go away to school and get their own homes, so when he graduated from Jefferson High School he wanted to do the same thing. His mother was aware of Milestone's programs and started making phone calls. Soon she was told about an opening in Milestone's Intermittent CILA program.

David's dream became reality he was moving into his own apartment . It did not take him long to settle in and make new friends and according to his

brother Bill, Milestone was there every step of the way to make sure everything was going well. Plus David was able to go to work at Milestone Industries, an added bonus.

But, David's needs changed with time and he had to move into an apartment with more staff involvement. His brother said that transition was tough because he was now separated from a close friend, but Milestone's staff found a solution and the 2 friends were able to get together on a regular basis and stay in close contact.

As David aged it became apparent he needed to move into a group home, and again his Brother said the staff did everything to make the transition as



easy as possible on David. Soon he was comfortable in his new home.

David loves visiting with his family and is proud of the fact he is now an Uncle and can share advice and wisdom with his nieces and nephews.

His friends at the group home are his second family and David enjoys watching classic TV shows and movies with them, especially Rocky movies.

He also enjoys going bowling with his friends, getting his favorite Subway cold cut combo and going to church.

His brother Bill says letting go of control is the hardest part of being a guardian, but in David's case being as independent as possible is key to his quality of life. He also says Guardians need to remember Milestone's staff is always there to make sure their loved one is getting the best care possible.



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.



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

Summer camp is a yearly highlight for the Individuals at Milestone.

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 various celebrations throughout the summer. These will feature activities like a petting zoo, face painting and of course special food and treats. All the fun of summer camp will be brought to them, through a combination of activities and group events.

We will also plan special outings and trips to places like Chicago's Navy Pier and Galena.

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

For \$50 you can help cover the cost of a celebration or day trip.

Or

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

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



LENDING A HELPING HAND AT THE FOOD PANTRY



Individuals from Milestone Industries continued to make an impact on the community by volunteering at the Rock River Valley Food Pantry.

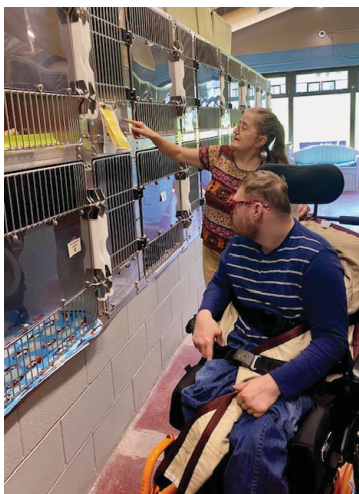
The group help sort items and pack food boxes.

The Individuals volunteer once a month, rotating between the Food Pantry and Rock House Kids.



MAKING TASTY TREATS

Everyone enjoys a special treat, including our four-legged friends. Which is why the Individuals from Milestone's Elmwood Heights Day Training program made special treats for the Winnebago Animal Shelter. Both the staff and the animals when they were delivered. A highlight of the trip was meeting the dogs and cats waiting to be adopted. This project was part of the America Gives Program which is a nationwide initiative launched by America250 to make 2026 a record-breaking year of volunteerism in honor of our nation's 250th anniversary. The staff at Elmwood Heights have projects planned for every month.





THANK YOU KJELLSTROM FAMILY FOUNDATION

A grant from the Kjellstrom Family Foundation will allow Milestone's staff to expand the smart technology program. The program is designed to give greater independence to the Individuals Milestone serves through the use of smart apps, iPads, Apple watches and smart medical devices.

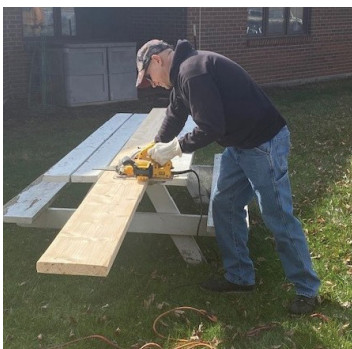
The Kjellstrom Family Foundation is a private grant-making foundation that was established in 2013, named after Rockford native Janet Kjellstrom who was an instrumental philanthropist and contributing community member.

HELEN BRACH FOUNDATION HELPS THE MILESTONE DENTAL CLINIC

A grant from the Helen Brach Foundation will provide the funding so uninsured and under-insured patients can get the dental care they need. The Milestone Dental clinic provides care to children and adults with developmental disabilities from 40 counties in Illinois, including the Chicago area.

VOLUNTEERS MAKE A DIFFERENCE AT ELMWOOD HEIGHTS

The Individuals at Milestone's Elmwood Heights facility will be busy this summer tending to their garden thanks to volunteers from Rockford's City First Church. The group spent a Saturday rebuilding the raised garden beds at Elmwood Heights and soon everyone will be busy planting, watering, and weeding. They will also be anxiously waiting for harvest time when they can enjoy the results of their hard work.



HELP MILESTONE EXPAND OUR SMART TECHNOLOGY PROGRAM

Many of our Individuals are non-verbal and the ability to communicate with more people has become a reality thanks to the GO TALK NOW App and their iPad.

They are also now able to open and close blinds themselves, or turn lights on and off and monitor their health thanks to technology and iPad apps. This is a program that Milestone is active looking to expand with the goal of giving our Individuals more independence and opportunities. But we need more equipment in order to meet this goal. Please consider helping by looking at our Amazon Wishlist page ([link](#)).



HAVING FUN WHILE HELPING OTHERS

A check was given to the staff at The ARC of Winnebago, Boone and Ogle counties by an Individual from Milestone from a recent fundraiser for the organization. A "Mocktail" party was held at Elmwood Heights and everyone had a great time enjoying the delicious creations while raising money for The ARC. The event was part of the America Gives Program which is a nationwide initiative launched by America250 to make 2026 a record-breaking year of volunteerism in honor of our nation's 250th anniversary. The staff at Elmwood Heights have projects planned for every month.





SPECIAL OLYMPICS UPDATE

STATE BASKETBALL SKILLS TOURNAMENT

The late winter windy weather proved to be a challenge but 7 Milestone athletes braved it and made the trip to the State Basketball Skill tournament and were Victorious. Everyone had a great time and did their best during the competition.

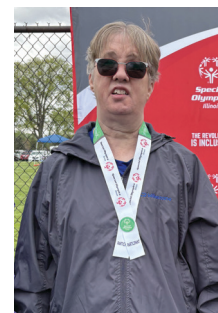


Basketball Skills

- 2 - Second Place Silver Medals
- 2 - Third Place Bronze Medals
- 3 - Fifth Place Ribbons

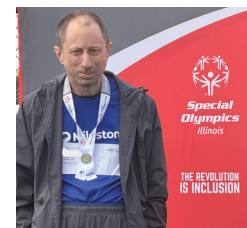
WINNING BIG AT TRACK AND FIELD SPRING GAMES

Once again Milestone had one of the largest teams at the Spring Regional Track and Field Tournament at Harlem High School with 85 athletes. The weather was great and 25 athletes will be advancing to the State Games at ISU in Bloomington/Normal.



Track and Field Medals

- (26) Gold Medals
- (24) Silver Medals
- (20) Bronze Medals
- (12) 4th Place Ribbons
- (10) 5th Place Ribbons
- (10) 6th Place Ribbons
- (2) 7th Place Ribbons



HELPING RAISE MONEY FOR SPECIAL OLYMPICS

Athletes from Milestone joined forces with the Stephenson County Sheriff's Department to help with the Cop on a Rooftop at Dunkin Donuts fundraiser benefiting Special Olympics. Four athletes traveled to the Freeport Dunkin Donuts location and helped raise close to \$5,000.



SOME COMPETITION CHANGES

Starting next spring Milestone Special Olympics will launch Unified cornhole. It will take the place of bocce at State Summer Games because Bocce is moving to the fall and will have its own state games. The Milestone team is ready for this change thanks to a grant from Alpine Kiwanis for the needed equipment.





WISH LIST



MILESTONE TRAINING CENTER

iPads 4 @ \$400.....	\$1,600
Outside Recreation Area Upgrades.....	\$5,000
Sensory Equipment 12 Classrooms @ \$3,000.....	\$36,000
Concrete Work/Leveling.....	\$15,000
Commercial Grade Entry Doors 2 @ \$2,000.....	\$4,000



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 @ \$1,000.....	\$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
Replacement Windows for 6 Home @ \$15,000.....	\$90,000
Hi/Low hospital beds and mattresses 5 @ \$4,000	\$20,000
Washer/Dryer for 6 Homes @ \$5,200	\$31,200
Closet Remodels in 6 Homes @ \$3,000.....	\$18,000
Medical Equipment Medical Rolling Crash cart 6 @ \$620	\$3,720
Hospital Beds Full electric 10 @ \$2,500	\$25,000



MILESTONE DENTAL CLINIC

Parking Lot Repair and Repaving.....	\$40,000
Replace Carpeting/Flooring	\$9,000
New Office Windows.....	\$15,000
Dental Curing Lights 2 @ \$1,400	\$2,800
Mouthwatch I/O Camera	\$300
Operative Handpiece 2 @ \$2,000	\$4,000
X-Ray Sensor 2 @ \$7,000.....	\$14,000



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
iPads 4 @ \$400.....	\$1,600
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 @ \$3,500	\$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 @ \$8,000.....	\$16,000
Bike Rack	\$500
New Windows at 2 Homes @ \$6,000.....	\$12,000
New Couch and Love Seat.....	\$2,000
Emergency Generator 3 @ \$1,800	\$5,400

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

Jacqueline Lamagdelaine	April
Shannin Meyer	May

30 years

Charu Chitale-Menon	April
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15 years

Amber Mosley	April
Robin Fant	May

10 years

Letaeja Hanserd	May
Sheila Withrow	May
Tina Gary	June



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MILESTONE MATTERS

SUMMER 2026



Milestone We're Hiring!

Open Positions:

Direct Service Provider: \$21.00/hr • QIDP: \$26.50/hr

C.N.A.: \$21.25/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