



the TAPESTRY

CREATING HOPE. CHANGING LIVES. CHALLENGING ALL LIMITS.

Fall 2011



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Center for Health & Wellness celebrates a year of outstanding accomplishments

Healthcare leaders and community and business partners joined Little City residents, family members and staff on June 24, to commemorate the one-year anniversary of Little City's Center for Health & Wellness by celebrating the many accomplishments, benefits and goals it has for the future.

The Center for Health & Wellness provides primary medical and oral care, social and emotional behavioral health, recreational health and nutritional and dietary health to children and adults with autism and other intellectual and developmental disabilities.

"The value and foundation we have here are the relationships being built between the residents and the staff," stated Bob Shears, Director of Support Services. "Many individuals

Director of Support Services Bob Shears welcomes the community to the first anniversary of the Center for Health & Wellness on June 24.

at Little City stop by the center on a regular basis just to share their healthcare experience and learn more. It's very empowering."

By engaging in a partnership with Northwest Community Hospital to deliver medical and oral healthcare services to all Little City residents, the need for emergency room visits has decreased 60 to 75 percent since May 2010.

Before the center opened, residents would have to travel 90 miles round-trip to Rockford to receive oral care, which added an extra level of trauma and inconvenience. With the implementation of a dental desensitization program with an on-site hygienist and dentist, there has been a decrease in the use of sedation techniques. Residents are now taken through their visit on a step-by-step basis to ensure they are comfortable and receive the care they need.

Also included in the Center for Health & Wellness is a renovated and well-equipped Fitness Center that was specifically developed for individuals with disabilities, including those confined to wheelchairs. In addition, it includes a pool and a playground designed specifically for individuals with autism, which gives children a greater chance to use gross motor skills while playing.

The Center for Health & Wellness has many projects it hopes to work on in the future, including telehealth, automating clinical and medical records and expanding internships. Little City also hopes to one day have the ability to offer the center's services to a broader regional community of children and adults with disabilities.



*I am the one
out of every 63*

CHILDREN IN ILLINOIS BORN WITH A DEVELOPMENTAL DISABILITY.

the TAPESTRY

Made up of different colors, textures and threads, the individual elements of a tapestry are not impactful or dramatic, but when woven together, they create something extraordinary and purposeful. Like a tapestry, the lives and individual stories of those touched by the Little City mission create something moving and special.

EXECUTIVE DIRECTOR'S CORNER

"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles." —Christopher Reeve



Little City Friends and Family,
Mr. Reeve's quote above couldn't be truer. Contemplate that thought and place it into context with a child or adult we serve—an individual with severe disabilities—who finds the strength to persevere and endure in spite of overwhelming obstacles (challenges we could never fathom).

Our children and adults have to look within themselves, somewhere deep down, in a place where no one can relate, and find the power to overcome the challenges placed on them because of their intellectual and developmental disabilities.

One example that comes to mind is that of my friend, John King, one of our acclaimed artists. Though John has an intellectual disability, he has exhibited artwork at the most prestigious, international museums. John is a hero.

My young friend, Krista, battles cerebral palsy. And though she is confined to a wheelchair, she walked for the first time (underwater) using our Olympic-size swimming pool. She, too, is a hero.

Some of these amazing stories will serve as the inspiration for our upcoming awareness, community involvement and fundraising campaign. The word, "hero," is used often but I hope you will experience, as I experience, that the most inspiring heroes are our neighbors—the children and adults of Little City who each day, find the strength to persevere and endure in spite of overwhelming obstacles.

I promise you will continue to see our heroes in action. John, Krista and I thank you for your friendship and for your continued support of their "heroic acts."

Blessings,

Shawn E. Jeffers
Executive Director

P.S. To learn how to support our "heroes," visit www.littlecity.org/support today.



Support Little City today and be a hero to John, Krista and hundreds of others.

LITTLE CITY SPOTLIGHT

Stitching together the talents and voices of Little City residents

Little City parent Anita Miller launches therapeutic arts class for adults



Little City parent Anita Miller helps her son Dan and other participants explore ways to communicate visually through the arts.

In 2009, Little City parent and Chicago artist Anita Miller offered to devote her time and talent to create an arts enrichment program to be used as a therapeutic outlet for Little City's residents.

This past year, more than 30 individuals from the LifePath Adult Services program met weekly to explore their unique talents and express their individuality.

One notable project included the use of turntable devices, vibrant lacquer paints, sparkles and more.

Each artist selected a variety of colors and applied the paint to small squares of paper fastened to the turntable device moving rapidly in circles. The resulting "spin art" was then decorated per each artists' discretion using glitter and other embellishments.

The 42 individual spin art paintings from the artists were then joined together by Anita in a quilt-like fashion onto a 28"x36" poster, showcasing the individuality and self-expression of each artist, as well as the beauty created from the ensemble of pieces.

The "Art Quilt by Extraordinary Individuals" project is featured as an official piece of Chicago Artists Month, a Chicago-wide arts exhibit during the month of October at the Anita Miller Gallery located at 410 S. Michigan Ave., Suite 827.

Over the past few years, Anita also enlisted support from other Little City parents, family members, guardians and friends including Heather Figlioli, Sandra Loebe-Stoken, Rosellen Monter and Deby Shackelford.

Little City expresses its gratitude to Anita and the countless family and community members who help the children and adults of Little City explore their creativity, talents and unique potential to flourish. If you are interested in developing your own outreach program to help those served by Little City, contact Shawna Egan, Director of Community Affairs and Outreach at (847) 221-7840 or segan@littlecity.org.

CITY PLANNING

How does my donation help?

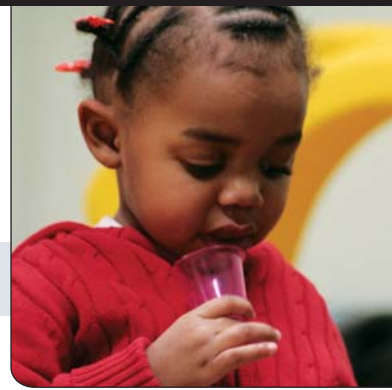


When you make a contribution to Little City, you not only join a community of supporters who share the same dream of providing the highest quality of life for people with disabilities, you also make an immediate impact in the lives of the hundreds of children and adults served by the organization.



No matter the amount, your support makes a difference. Here are a few examples of how your dollars could be put to work to further the mission of Little City:

- \$25** Furnishings or bedding for a children's or adult home on Little City's Palatine campus
- \$50** Community integration outing for five children with disabilities
- \$150** Supplies for staff to create communication schedules for nonverbal children and adult participants
- \$175** Craft supplies for a therapeutic arts program for 10 participants
- \$365** Extracurricular therapeutic activities (music/art/pet/aquatic therapies) for a classroom of students in the Center for Education for an entire semester
- \$500** iPad or touch-talk device for a Center for Education student to assist with communication needs
- \$750** Sensory-sensitive clothing for two children at Little City for an entire year
- \$1,000** Monthly gas and electricity bills for two adult group homes
- \$2,000** After-school programming for an entire quarter for a student attending the Center for Education
- \$3,000** Weekly nutritious meal preparation for the entire children's residential program
- \$4,000** Weekly medical services to meet the requirements of the children's program
- \$7,500** Monthly van transportation costs for adults to and from work
- \$10,000** Four weeks of therapeutic day camp for children with disabilities



Beyond the state required minimal standard of care, Little City's quality-of-life standard encompasses programs and services that foster a life of health, recreation, education and culture that protect one's rights, beliefs, choices and aspirations. In fact, **Little City must raise an average of \$10,000* per individual per year** to maintain a *quality of life* established for each child and adult at Little City.

Be a part of something big! We hope you will consider making a gift today.

* The shortfall is due primarily to less than full reimbursement from the State of Illinois for services rendered, but also due to Little City's commitment to a quality of life.

Want to make your donation go further?

Opt-in to our **Annual Statements** to reduce administrative costs and ensure your dollars continue to fuel our critical programs and services.

By selecting this option on your donation reply form, you will receive **one printed, end-of-year statement** summarizing all your gifts for the entire calendar year in lieu of acknowledgment receipts after each gift. Statements will be mailed each January for the previous calendar year. You can also inform us of your participation by sending an email info@littlecit.org.

Help us save on postage and opt-in to **Annual Statements** today!

MAKING A DIFFERENCE

Corporate volunteers “Discover” ways to beautify Little City

Hundreds of Discover employees revamp the Palatine campus in one day

Over 450 volunteers from Riverwoods-based Discover Financial Service's Business Technology team visited the Little City campus on Friday, September 16, working on multiple volunteer projects that focused on improving the health and wellness of individuals with autism and other intellectual and developmental disabilities.

Discover volunteers returned to Little City for the third time to help beautify the campus at Little City as part of their 4th Annual Discover Cares Month, in which employees across the country volunteer within their communities.

“Everyone at Little City is very grateful for the continued support of the Discover volunteers,” Executive Director

Shawn Jeffers commented. “We are excited to have the opportunity to expand our therapeutic approach throughout our campus with the help of these volunteers.”

The team worked on many projects around the campus that emphasize health and wellness. They built discovery tables that help promote sensory integration and created a mock town, Little City Safety Town, which will teach individuals life skills such as stopping at a stop sign and how to use a crosswalk.

“Last year we brought 200 volunteers to Little City; this year Discover is bringing over 400. Little City is such a deserving organization and we are excited to help make a difference for the children and adults there,” said Discover Senior Vice President and Chief Information Officer Glenn Schneider.

Additional projects included painting a mural and multiple signs, yard work, laying mulch over a mile-and-a-half-long trail, gardening, building picnic tables and benches and painting homes in colors that are therapeutic for the children and adults with disabilities that reside there. In addition to funding all the projects and supplies that were needed for the day, Discover donated a new entrance sign to create more visibility for Little City.



More than 450 volunteers from Discover Financial Services visited Little City's campus for an extreme makeover.



Helping Hands

Little City extends its appreciation to the following groups and countless individuals, for their recent volunteer work with us:

- Assurance Agency
- Calvary English Chapel
- Discover Financial Services, Business Technology Department
- New Life Community Church
- One Brick
- Schneider Electric

Little City would also like to recognize the hundreds of corporate and individual volunteers that supported the following events:

- ChildBridge Summer Camp
- Founders Day Celebration
- LifePath Summer Picnic
- Little City Book Fair

For detailed descriptions of these recent projects or to learn more about getting involved, visit www.littlecity.org/volunteer or contact (847) 221-7804.

Unique benefits for YOUR business

Businesses that employ people with disabilities turn social issues into business opportunities. These opportunities translate into lower costs, higher revenues and increased profits. **Little City's Center for Employment** provides your company the ability to hire skilled workers with disabilities from Little City to assist with a variety of jobs. Services, which can be performed at your place of business or off-site on Little City's campus, include: light assembly, packaging, janitorial duties, warehouse work and more.

Learn how your business can partner with **Little City's Center for Employment** to increase your bottom line, benefit from tax incentives and provide a satisfaction of social civic duty! For more information, visit www.littlecity.org/hire, call (847) 221-7408 or email hire@littlecity.org.



Make the holiday season a little brighter

Send a beautiful message with these unique holiday cards from Little City artists

For more than 20 years, Little City's Center for the Arts has provided children and adults with intellectual and developmental disabilities the opportunity to explore and expand their unique and creative talents, promoting a sense of accomplishment and empowerment through the arts.

By sending holiday cards created by artists at Little City, you are introducing a community of artists without boundaries or limits to your business associates, family and friends. Little City believes that creativity has no disability, as demonstrated by these unique, high-quality holiday greeting cards.

These 5" x 7" cards are printed on high-quality cardstock and **packaged in sets of 25 cards and envelopes**. Each design includes a biography of the artist and details on Little City's Center for the Arts on the back of the card.

To order your holiday cards today, visit www.littlecity.org/cards or call (847) 358-9467 to order by phone. Bulk ordering and custom imprinting are also available. Pricing details can be found below.

Number of packages:	Plain cards and envelopes (no imprint)	Imprinted cards and envelopes*
1-5 packages	\$30 per package	\$47 per package
6-12 packages	\$28 per package	\$44 per package
13-20 packages	\$26 per package	\$42 per package

Shipping and handling additional

* Logos and scanned artwork are not included. Please call for special pricing.

* Minimum imprint order of two packages (50 cards).

* Please allow seven days from time of order for delivery of imprinted cards.

* Imprinted card orders must be placed by December 9, 2011.

CHRISTMAS BASKET



"Gather with friends and family to enjoy the bounties of this holiday season."

PEACE DOVE



"Wishing you peace, joy and happiness this holiday season."

HANUKKAH



"May your holiday season be bright with joy and rich memories. Happy Hanukkah."

HAPPY HOLIDAYS



"Wishing you a cool Yule!"

CANDLES



"May the warmth and peace of the holidays be yours today and always."

NATIVITY



"May the meaning of his birth fill you with peace and love."

Community Partners

Thank you to the following funders for their generous grants that support the work and mission of Little City:

- After School Matters, Inc.
- Alvin H. Baum Family fund
- The Baird & Warner Good Will Network at the Chicago Community Trust
- Cook County
- Elk Grove Township
- Foglia Family Foundation
- Illinois Arts Council, a state agency
- Motorola Solutions Foundation
- Northern Trust Company
- Palatine Jaycees
- Palatine Township
- The Montgomery Ward Foundation
- Charles and M.R. Shapiro Foundation, Inc.

The above referenced grants were awarded on or after July 1, 2011.

HEART OF THE CITY

Little City links residents, staff and families with its founding members

First Annual Founders Day Celebration commemorates the past and builds a foundation for future success



Guests at Little City's Founders Day Celebration are treated to a horse-drawn tour of Little City's scenic 56-acre therapeutic campus in Palatine. More than 100 family members, participants, staff and board members connected with some of Little City's founding members.

Residents rode their bikes to the grove on Saturday, September 17, where State Representative Tom Morrison and over 100 families, board members, staff and volunteers gathered to celebrate Little City's accomplishments over the years and discuss the visions for the organization's future.

Guests enjoyed the beautiful fall afternoon at Little City's Palatine campus where plenty of

Guests were treated to a sunny afternoon on the Little City grounds, complete with a petting zoo, cookout, raffle prizes and live music.



entertainment for all ages was provided, including a tour of the campus on a horse-drawn wagon, a petting zoo, cook-out, games, raffles, music and dancing.

"Founders Day gave us the opportunity to celebrate the legacy of Little City, which has brought joy, dignity and love to hundreds of individuals with disabilities and their families for more than 50 years," commented Adam Meade, Director of Special Events. "It was a day to pay tribute to all those who have played a part in the growth of Little City."

Verne Carson, George Alexandrou and Rivian Wolf, daughter of Al Henry, each received Hall of Fame Awards for being part of the original founding families of Little City. Ed Telman, who served on the Board of Directors for 33 years, was also honored with a Hall of Fame Award for his long-time support and dedication.

Founders Day was a wonderful event where old friends came together and new friendships were made. As Little City continues to build its legacy throughout the next 50 years, it will further expand the dreams of its founders and create even more opportunities for people with disabilities.

Shawn Jeffers and newly-appointed Board President Edward Hockfield present the Hall of Fame Award to Little City parent, long-time board member and friend Verne Carson (right).



Executive Director Shawn Jeffers poses with disability rights supporter State Representative Thomas Morrison (R-54th District) during the celebration.



To stay on top of Little City news, events and advocacy efforts, join us on our social networks.



News from around the City

Little City aims to continually provide a meaningful quality of life for the people it serves, including offering a variety of educational and recreational opportunities, wellness initiatives, options to explore creativity and more. **Some recent updates from around the “City” include:**



Little City Book Fair

More than 2,300 people visited the Little City Book Fair at its new location at Harper College in Palatine on August 19-21. Attendees browsed through over 100,000 new and gently used books in over 60 subject categories. Plans for next year's sale are already underway and will be available in the upcoming issues of the Little City Tapestry.

Little City Gives Back

The employees of Little City not only work hard every day to ensure the safety and wellness of the children and adults served, they have also pledged to raise money to better the programs and services at the organization. Through recurring payroll deductions and one-time donations, the team is on pace to raise over \$15,000 by the end the fiscal year. Congratulations to the dedicated employees who do so much to create hope and change lives!

Center for Education Grand Opening

The ChildBridge Center for Education, Little City's therapeutic day school, is now open for the 2011-2012 school year with one classroom of five students. In the upcoming years, the day school staff hopes to grow the school's curriculum and offer services to at least 50 students.



CITY GUIDE: UPCOMING EVENTS

Little City Annual Dinner Gala

Saturday, November 12, 2011
John G. Shedd Aquarium
1200 South Lake Shore Drive
Chicago, IL



Join Little City and some of Chicago's

finest leadership at Little City's 2011 Annual Dinner Gala at the Shedd Aquarium to enjoy a delightful evening of cocktails, fine international cuisine, dancing and private access to the Abbott Oceanarium, Caribbean Reef and the new Jellies exhibit.

Chaired by Board member Matthew Schubert and his wife Tina of Paramount Staffing, the evening will be led by Master of Ceremonies Bill Kurtis of CBS 2 Chicago. Former mayor and long-time supporter of individuals with disabilities **Richard M. Daley** will serve as the keynote speaker for the event. Daley has provided

more than 25 years of service to Little City as a Board member, guiding the growth of the organization into a thriving agency serving more than 400 children and adults with intellectual and developmental disabilities.

Little City has also collaborated with an impressive slate of Chicago and Illinois dignitaries serving as honorary chairs for this event including Governor of Illinois Patrick Quinn, Mayor of Chicago Rahm Emanuel and Cook County Board President Toni Preckwinkle.

For a complete listing of committee and honorary committee members, for more information about the evening or to register for the gala, visit www.littlecity.org/annualgala. Sponsorship opportunities with great publicity benefits can also be customized for you or your business.



For more information:

www.littlecity.org/annualgala

(847) 221-7892

For more information on any of Little City's events, please contact (847) 221-7807.



Little City Foundation
1760 West Algonquin Road
Palatine, IL 60067
www.littlecity.org



HOT CHOCOLATE 5K WALK · HOT CHOCOLATE 5K WALK ·

HOT
Chocolate 15/5k

SAVE THE DATE: November 5, 2011

Hot Chocolate 5k Walk for Little City

Lace up your walking shoes for the **Hot Chocolate 5k Walk** on **Saturday, November 5, 2011** at 8 a.m. A few miles can mean a big difference to the children and adults at Little City, as a portion of all walker registrations fees will be donated back to Little City!

All walkers will receive a goodie bag filled with great gear along with admission into the sweetest post-race party featuring Ghirardelli Hot Chocolate, fondue and other chocolate treats. Bring the entire family for post-walk fun at the Kid Zone complete with stilt walkers, magicians, face painting and more!

Visit www.littlecity.org for more information and a link to register. Don't miss this great opportunity to join thousands of Chicagoans in supporting Little City.

HOT CHOCOLATE 5K

HOT CHOCOLATE 5K

HOT CHOCOLATE 5K WALK · HOT CHOCOLATE 5K WALK ·