



the TAPESTRY

Winter 2012

CREATING HOPE. CHANGING LIVES. CHALLENGING ALL LIMITS.



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Little City launches 'I am my own Hero' campaign

Although Jim Stelmach battles an intellectual disability, he is an award-winning athlete with over 12 gold, eight silver and four bronze medals. The 27-year-old Olympian has earned medals at each event that he has participated in over the past several years.

Jim plays multiple sports at Little City and competes in Special Olympics such as basketball, volleyball, softball and weight lifting. He pitched in the last softball game that won Little City's first state team championship! All players wore their gold medals proudly the next week on campus. Whether it is an individual or team activity, Jim is involved with sports year round.

Jim's story represents just one of hundreds of success stories at Little City.

With the steadfast goals of generating much-needed awareness and funds for children and adults with autism and other intellectual and developmental disabilities, Little City once again rolled out a strategic awareness and fundraising campaign focusing on numerous success stories that make the children and adults at Little City, "heroes."

View more photos of Jim and other Little City Heroes at www.littlecity.org/hero

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles," once stated Christopher Reeve. "This was the compelling statement that birthed the concept," commented Executive Director Shawn E. Jeffers.

"We remain inspired because we have the opportunity to witness first-hand, each and every day, how the children and adults at Little City find the strength to persevere and endure in spite of overwhelming obstacles; to me, they're heroes."

Little City's Hero Campaign focuses on seven individuals, highlighting a unique, heroic attribute. The campaign tells the story of an award-winning athlete, an artist, an advocate and more.

The organization's Development and Marketing & Communications teams utilized print, social media, direct mail, email marketing and outdoor advertising opportunities (through strategic alliances with the Metra and Chicago Transit Authority) to spur interest of these special stories. The campaign also aimed to humanize and empower individuals with disabilities.

"I am my own Hero" follows Little City's award-winning "I am the One" awareness and acquisition campaign, which earned the non-profit organization six awards, including the Publicity Club of Chicago (PCC) Golden Trumpet for Community Relations, the PCC Quality-of-Life Award (one of four top honors), the Chicago Association of Direct Marketing Past-Presidents' Award (Best in Show) and the PRSA Chicago Award of Excellence, among others.

The heroic tales behind each unique individual at Little City are made possible because of the continued support of community leaders and committed supporters like you. Little City and its heroes thank **you** for being a hero and making these seven stories, and countless others, possible.



I have an intellectual disability,
and I excelled in school today.

Because of Little City, I am my own hero.

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

"A blessing is when you're called to do something and you do it." —Shawn E. Jeffers



Little City Friends and Family,

Last month, I presented the keynote address at Little City's Annual Dinner Gala for Former Mayor Richard Daley at the John G. Shedd Aquarium. I shared a very personal, very touching story.

I told members of the audience that their presence that evening puts them on the autism train, and they are free to get on and off whenever they need or want to. Like our guests at the dinner, you as a donor, as a friend of Little City, as a reader of this column, are also free to get on and get off whenever you need or want to. You can also sit in any car you wish—front, back or middle.

But for parents and family members who have a child or loved one with autism, their seat, their car, their time and their destination on the train, is more permanent and forever determined. They must sit in the lead car with no choice but to stay on for the duration of the ride. And the view is different from the lead car.

You see all of the obstacles, feel the bumps and know when the train has failed to make a stop or make a turn. You see the distance between where you are and the next critical milestone. You see the conductor and watch his or her face as the train moves on. You see

the people come go and go and you witness their expressions and feelings.

Yes, life from the lead car of the autism train is quite different. There is a sense of urgency and you don't have a second chance to get things right. You don't have the luxury of waiting. There is no reset or pause button, or other mechanism for controlling the speed. The autism train moves on.

In that car, you learn that recent studies have estimated the lifetime cost to care for an individual with an autism spectrum disorder is \$3.2 million. However, you also learn that the cost of lifelong care can be reduced by two-thirds with early diagnosis and intervention—something Little City is fully committed to.

The riders in the front car know that in order to help their child or loved one achieve their dream and have a full and abundant life, it will take resources and people committed to stay on the train; people committed to help because they cannot do it alone.

My friends, people often speak about blessings as something that happens to them.

I think a blessing occurs when you're called to something...and you actually do it, because you have the opportunity and the means to do so.

I wish each of you a full and abundant New Year with many opportunities to do something special for those in need.

Warmest personal regards,

Shawn E. Jeffers



P.S. To support those in the lead car, visit www.littlecity.org/support.

LITTLE CITY SPOTLIGHT



Little City appoints new Chief Development Officer

Little City Executive Director Shawn E. Jeffers is pleased to announce Rebecca Clarkin as the new Chief Development Officer (CDO). As the CDO,

Little City's new Chief Development Officer Rebecca Clarkin

Rebecca will oversee the Development department including Special Events, Major Gifts, Individual Giving, Grants and all donor-related activities.

"With great moments come great people. We're delighted to welcome Rebecca aboard as part of our leadership team and we're looking forward to her skillfully championing our fundraising efforts. Her presence substantially improves our ability to achieve our impacting life-changing, strategic objectives," commented Shawn E. Jeffers.

Little City elects new slate of officers

Officers of the Board

President

Edward J. Hockfield, Time Tested Formulas, Inc.

Assistant Treasurer

Charles G. Fergus, Office of the Illinois Attorney General

Executive Vice President

Matthew B. Schubert, Paramount Staffing

Secretary

Daniel N. Luber, Rabjohns Financial Group

Vice President

Douglas A. Wilson, Breakthrough Technologies, LLC

Assistant Secretary

Alex G. Alexandrou, City of Aurora

Treasurer

Matthew B. Schubert, Paramount Staffing

Immediate Past President
General Counsel

Fred G. Lebed, The Prairie Group Consulting, Inc.

John J. George, Daley and George, Ltd.

CITY PLANNING

Little City introduces new healthy habits, exciting participants

Under the leadership of its new director, Kelly Goldstein, the Center for Health & Wellness (CHW) launched a new, agency-wide health initiative, which offers complimentary physical activities and provides education and support around healthy dietary practices to all clients and staff.

The CHW work group was made up of an initial group of 21 individuals who have been identified as being high risk and live both on and off-campus. Beginning last November, these individuals participated in five weeks of training and will continue to be monitored throughout January.

The first week of training for the group included recreational and fitness components delivered by Recreational Therapist Tim LaHart. He created individualized exercise programs for each individual and identified exercise opportunities in all home environments.

"Debbie is one of our biggest success stories. The first week she refused to exercise, but I was able to show her activities that didn't involve a lot of movement and since then she's shown a lot of improvement. Debbie likes using Thera-Bands and she does walking exercises to increase her balance. She's happier and now readily accepts the idea of diet and exercise," said Tim.

Many of the adults enjoy using the bikes and

treadmills at the Fitness Center, where they go at least once a week. One of the homes has implemented a dance routine that all residents are able to participate in, which makes exercise more fun and engaging.

Weeks two, three and four were dedicated to different dietary and nutritional topics. Little City's registered dietician met with supervisors, home managers and other staff leadership each week to train them on topics that included good nutrition, healthy choice meal plans, food service safety and sanitation.

Throughout the weeks, individuals learned about portion control and healthy choice guidelines, created and purchased items on their weekly grocery lists and reviewed recipes, special diet guidelines and proper hand washing and glove usage when handling food.

Lastly, the CHW work group received oral health training that was delivered by a dental hygienist, which helped individuals identify appropriate oral health techniques. Adults learned correct brushing and flossing methods.

Baseline and monthly assessments have been documented on all clients to monitor change and growth. Once the initial homes are sustained with an increase in health and wellness activities, new homes will be included in the training.

With this initiative, Little City hopes to improve the overall health and wellness of their residents by helping them lower their cholesterol and blood pressure and increasing their strength, endurance, self motivation, flexibility, balance and coordination.

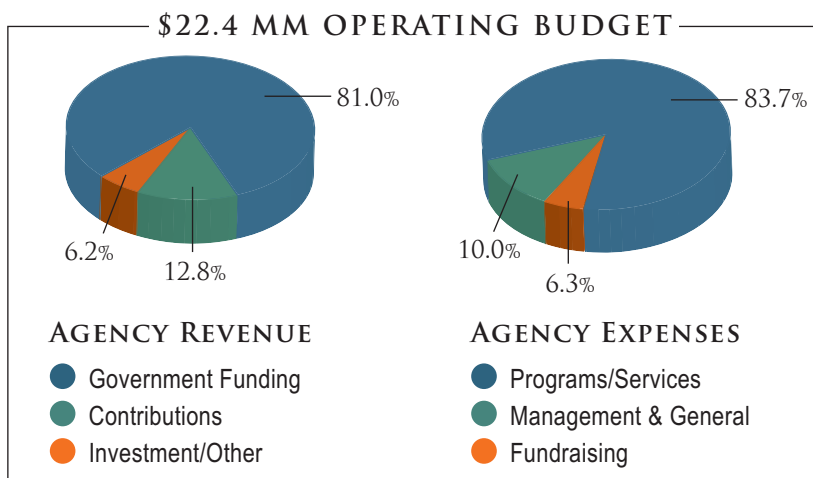


Tim LaHart with Debbie, one of the adults participating in the new health initiatives

Every Dollar Counts

Since 1959, Little City has provided innovative programs and services that foster development and personal fulfillment for the children and adults it serves. To do so, Little City relies on government funding and direct contributions from individuals, corporations and foundations. In fact, nearly 84 cents of every dollar spent supports first-class programs and services for hundreds of children and adults in need.

The pie charts provide a breakdown of Little City Foundation's operating budget for Fiscal Year 2011 dating July 1, 2010 through June 30, 2011.



Little City must raise an average of \$10,000 per individual per year to maintain the quality of life standards established for each child and adult we serve.

MAKING A DIFFERENCE

Little City hosts Chicago's sweetest walk



Staff gather with friends, family and Little City's Sue Saltsberg in Grant Park to promote the Little City mission to thousands

received a wind and water resistant running jacket and celebrated the accomplishment with chocolate fondue and hot chocolate from the Ghiradelli Chocolate Company.

Most importantly, the children and adults at Little City benefited with proceeds from the walk totaling \$20,000.

And thanks to RAM RACING co-owners, Steve Ginsburg and Little City Board Member Mitch Kovitz, Little City was once again selected as the beneficiary for next year's Hot Chocolate Walk! Keep an eye out for next year's date; organizers expect a sold-out event!

HOT Chocolate a RAM Racing Series 15/5k



Co-Owners of RAM RACING, Steve Ginsburg and Board Member Mitch Kovitz, present a \$20,000 check—proceeds from the successful "Hot Chocolate Walk for Little City" on Nov. 5, 2011

With a theme entitled, "Chocolate Made Me Do It," nearly 800 Chicagoans destined for decadent Ghiradelli chocolate gathered at Grant Park for the 1.2 mile Hot Chocolate Walk for Little City.

Walkers took in the crisp, autumn air with the breathtaking city views along Lake Michigan on Nov. 5, 2011.

Thanks to RAM RACING, the organizers of the sold-out 15/5k Hot Chocolate Race, the "Hot Chocolate Walk for Little City" proved a tremendous success. Each race participant

Helping Hands

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

- Broadspire, a Crawford Company
- CitiGroup
- Hoffman Estates High School Special Ed. Class
- The Home Depot
- Indian Princesses
- Little City's Junior Board
- The Nielsen Company
- Walgreens
- Willow Creek Church

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

FOSTER CARE & ADOPTION · FOSTER CARE & ADOPTION · FOSTER CARE & ADOPTION

Little City's Foster Care & Adoption Program

If you have the time and desire to partner with Little City as a foster parent caring for children with disabilities, please join us for an informational orientation session hosted the third Wednesday of every month. You will learn more about the agency and our commitment to you and the children in your care.

For more information, visit www.littlecity.org/foster, or contact foster@littlecity.org.



Palatine office hosts independent fundraiser collecting additional critical funds

The Baird & Warner Palatine office recently held an extremely successful fundraiser in October benefiting Little City. The fundraiser, which raised over \$9,500, was organized by members from the Palatine Baird & Warner office.

Donna Iuorio, the Baird & Warner Office Administrator, knows a Little City participant and has been a big supporter over the years. She pushed to have Little City as the beneficiary for their event.

Over 100 guests attended Dirty Nellie's in Palatine for both a live and silent auction, live music and to show their support of Little City.

Baird & Warner employees went to the community to get items for the auctions, which helped raise over \$7,000. An additional \$2,000 was given to Little City as a grant through their Good Will Network Fund, which thrives on the values of courtesy, cheerfulness and respect.

Little City welcomes other independent fundraising events. If you would like to set up an event benefiting Little City, please contact Shawna Egan, Director of Community Affairs and Outreach, for more information at (847) 221-7840.



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 A. Montgomery Ward Foundation
- Baird & Warner
- Baxter International Foundation
- Charles and M.R. Shapiro Foundation, Inc.
- The Chicago Community Trust
- Cook County
- Elk Grove Township
- Foglia Family Foundation
- Illinois Arts Council
- Motorola Solutions Foundation
- Northern Trust Company
- Palatine Jaycees
- Palatine Township

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

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@littlecity.org.

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

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



HEART OF THE CITY

Hundreds Gather at the Shedd for Little City's 2011 Annual Dinner Gala



Legendary CBS 2 anchor, Bill Kurtis, commanded the attention of hundreds in the Oceanarium with his presence and renowned talent

Chaired by Little City's newly appointed executive vice president of the board, Matt Schubert, more than 500 supporters including well-known community, civic and business leaders gathered at the John G. Shedd Aquarium on Saturday, Nov. 12 to celebrate Little City's advancements.

Long-time supporters and new friends joined together at the unique venue to learn about the importance of quality of life for individuals with disabilities and raised more than \$250,000 for the children and adults with disabilities at Little City.

With an honorary committee led by Mayor Rahm Emanuel, Illinois Governor Patrick Quinn and Cook County Board President Toni Preckwinkle,



Gala Chairs Matt and Tina Schubert take a moment from hosting hundreds of Little City friends to pose for a quick photo with daughter, Rachel

the evening included a captivating ceremony in which Little City bestowed its most distinguished honor, the Sidney L. Port Legacy of Distinction Award, to former mayor Richard M. Daley for his outstanding service and support to the Little City mission.

"I was first introduced to Little City at the start of my career as Mayor and I've always been a strong supporter," commented Former Mayor Richard M. Daley. "I served on the board for more than 20 years and witnessed how Little City made big advancements in the field of disability care."

Legendary Chicago television personality Bill Kurtis emceed the evening and commented, "with cutting-edge programs and services, Little City has led the way in transforming the field of disability care for more than 50 years." Mr. Kurtis also introduced Little City's Executive Director Shawn E. Jeffers, who offered a very powerful and personal keynote to the crowd of supporters.

"In this moment, we have a chance to contribute to something special. We don't have to wait, we can do it now," proclaimed Executive Director Shawn E. Jeffers. "A disability is lifelong; it's not episodic. A disability does not have a temporary pill. It's real and it's alive. And we don't have the luxury of waiting."

Unique fundraising measures also launched that evening, as the organization embarks on the construction of uniquely designed children's homes on its 56-acre Palatine campus. The homes will replace the current aging buildings with soothing colors and other sensory elements specific to the population of the children who receive services from Little City.

Little City also received a gift from RAM RACING of \$20,000—proceeds generated from the recent "Hot Chocolate Walk for Little City" hosted at Chicago's Grant Park.

Visit Little City's Facebook page (www.facebook.com/LittleCityFoundation) to see more photos of this momentous event and to learn more about getting involved in other events supporting Little City throughout the year.



Cook County Board President Toni Preckwinkle applauds the work of Richard Daley and Little City

Little City thanks its 2011 Little City Annual Dinner Gala event sponsors:

GOLD

Friends of Kevin Desmond

SILVER

Eleni & Jimmy Bousis

Merle & Verne Carson

Foglia Family Foundation

The Hockfield & Rose Families

Lawson Products

Paramount Staffing

Power Family Foundation

Sage Products

Walgreens

BRONZE

Breakthrough Technologies

Daley and George

Gianaras Family Foundation

Kovitz Investments

Linda LaPorte & Robert Shears

Daniel N. Luber &

Karen M. Wickman

Mesirow Financial

Midway Moving & Storage

Northwest Community Hospital

Show Sage LLC

Tristan & Cervantes

US Cellular

Wells Fargo Advisors

News from around the City

Little City aims to continually provide a distinguished 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 Advocacy Group

Eight members of the Little City Advocacy Group traveled to Springfield to attend the “Speak Out and Speak Up Summit” on Nov. 15-16.

This yearly conference provides training over two days for people who advocate for individuals with disabilities.



Adult Holiday Party

Adults were dressed in their best for their Holiday Party held at the Meridian Banquet Hall in Arlington Heights, which included dinner and dancing.

IN MEMORIAM

Maggie Daley (1943-2011), Loving Wife of Richard M. Daley, Little City Board Advisor



Chicago's longest-serving first lady, Maggie Daley, contributed to many civic, cultural and educational programs. A true humanitarian, Maggie's compassion included advocacy for individuals with autism and other disabilities.

Maggie was dedicated to Chicago youth programs providing assistance to develop life and career skills. She was also instrumental in preserving the Chicago Cultural Center.

She is survived by her husband and three children.

“We wish Richard and the entire Daley Family well and extend our kindest thoughts and prayers. Maggie truly encompassed the quintessential philanthropic spirit.” —*Ed Hockfield, President of the Board, Little City Foundation*

CITY GUIDE: UPCOMING EVENTS

Little City Food Frenzy

THURSDAY, MARCH 1, 2012

Loft on Lake

1366 W. Lake Street, Chicago

Raise your glass and help raise money with Little City's Junior Board! Feast on exclusive delicacies from Chicago's hottest restaurants, purchase raffle tickets for fantastic prizes and network with other young Chicago professionals for a great cause.

Visit www.littlecity.org/frenzy for more information on participating restaurants and to purchase your tickets today.



38th Annual Smiles Tag Days

SEPTEMBER 13, 14 and 15, 2012

Various Chicago and suburban locations

Want to make a difference in the lives of those at Little City while interacting with your own community? Then mark your calendar now for the 2012 Smiles Tag Days weekend! We're looking to recruit hundreds of volunteers to collect

donations from fellow community members at storefronts and street corners from Sept. 13-15. Just a few hours of your time can make a huge impact!

For questions, contact Kathryn Nelson at (847) 221-7804 or knelson@littlecity.org.



49th Annual Little City Invitational Golf Tournament

MONDAY, AUGUST 13, 2012

Twin Orchard Country Club

22353 Old McHenry Road, Long Grove



Join us for a great day of fun, golf and the opportunity to assist Little City in raising necessary funds to support children and adults with intellectual and developmental disabilities.

This year's tournament will be held at the renowned Twin Orchard Country Club in Long Grove, IL. Twin Orchard is one of the premier country clubs in the Midwest with two 18-hole golf courses, offering magnificent views of Northern Lake County.

Each year the Little City Invitational Golf Tournament honors an outstanding friend and supporter of Little City in memory of Morrie Kellman, founding member and creator of the Invitational Golf Tournament.

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

