



new foundation center

Getting Healthy – Staying Well

A healthy body contributes to emotional health. Nutritious food, exercise, rest, stress management, fun activities and good friends add up to a healthy life. New Foundation Center Health and Wellness services give members access to the education and tools that can lead to well-being.

People with mental illness have high rates of co-morbid illness, like diabetes and cardiovascular disease. In fact, their life span is an average 25 years shorter than the general population!

This trend exists among New Foundation Center members. Many have diabetes, high blood pressure or are at-risk for developing them. Many smoke or are overweight. We created the Health and Wellness program to try to prevent or change the outcome of these trends. Funding from Baxter International Foundation in 2006 helped get the program started and on-going foundation support sustains it.

Members take education sessions to learn the factors that contribute to illness prevention, illness symptoms, and effective treatments. Maria Moreno, RN, monitors metabolic measures and counsels members on the effects of their wellness efforts. Abdominal girth, weight, cholesterol, blood pressure, and glucose levels are tracked and used to plan lifestyle and medication changes. Some members have taken simple steps to improve their health like reducing soda and caffeine intake. Others have participated in smoking and other drug cessation programs.

Uzma Yunus, MD, and Maria work closely with New Foundation Center caseworkers to integrate medical and psychiatric interventions. This greatly enhances the effectiveness of medication treatment as well as the likelihood members will attend to both problems.

Another integral health and wellness partner is Norwood Drugs. We coordinate with this pharmacy for delivery of medication prescribed to members. Anne Lockwood, our Health and Wellness Coordinator, oversees the timely delivery, inventory and secure storage of medications and alerts members and staff of their arrival. Medication packets prepared by Norwood organize the medications so that they are grouped by time of dose. This reduces the chances of people missing or taking wrong doses of their medicine. The Commission on Accreditation of Rehabilitation Facilities (CARF) noted our “exemplary compliance” for this member service during our accreditation survey this summer.

Anne leads a weekly exercise group with her teammate Derek DeBoer. They use the Northfield Park District fitness center's treadmill, elliptical machines, weights and other equipment to workout. In good weather they walk to the facility adding another form of physical activity.



Members work out at Northfield Park District Fitness Center



Sue's Story

Salud!

Good physical health and good mental health go hand-in-hand.

At New Foundation Center, our focus is on wellness and recovery; on the integration of disciplines that include meaningful work, psychiatry, diet, relationships, physical activity and spiritual connection. People with mental illness are more vulnerable than others. They're more susceptible to abuse and trauma, to poverty and self-neglect. Some medications cause weight gain, which can lead to hypertension or diabetes. An illness, or chronic bad habits, can trigger

depression. And shamefully, our members' life spans are predicted to be 20 to 25 years shorter than the average American's.

In the last 20 years research has proven the efficacy of certain interventions and treatments. It's these proven interventions that we put into practice. Wellness Management and Recovery, metabolic syndrome monitoring, attention to newer atypical antipsychotic medications, coordination with pharmacies, smoking cessation, and other education and supports are knit into our service array. In our programs, each member's recovery is self-directed; the staff collaborates with members, with each other and with healthcare providers, to help members strive for healthy bodies and healthy spirits.

Thanks to grant support from Washington Square Health Foundation, Baxter International Foundation, the Foundation for Health Enhancement and Walgreens, we look forward to helping improve our members' quality and quantity of life.

Good health to you this fall and throughout the year!

He Quit!

"I think it was my breathing – I started wheezing," and that's what got Dave to stop smoking.

That along with the cost of cigarettes, the smell, and other health issues, motivated Dave to attend a seven session smoking cessation class last spring. Dave has been smoke-free since April 29th. He started smoking cigarettes when he was a teenager and has quit several times in the past.

Did he decide to quit before taking the class? "I was semi-committed at first but the overriding factor was that I wanted to breathe better," states Dave. The class structure really helped Dave. "They used a workbook and set goals, identified triggers and discussed reasons for quitting and the benefits of not smoking," he adds. They also talked about reasons to smoke.

For Dave the benefits of not smoking outweighed any reasons to smoke. And now he is enjoying those benefits. Dave is breathing better, saving money (about \$90 per month), he smells better and he has more free time. "I didn't realize how I scheduled my life around smoking a cigarette," states Dave.

He adds, "It's hard and I use a nicotrol inhaler to satisfy the craving but I do feel a sense of accomplishment and it's helped my self-esteem, too."

Dave joins other New Foundation Center members – Bill, Jeff and Julie - who also made the decision to be smoke free! We congratulate them and all New Foundation Center members' who have decided to live healthier lives.



Dave - happy to be smoke-free!

Introducing–Sue Roberts

NFC's Next Board President

Kay Katz and Sue Roberts were best friends from childhood. Kay's brother Howard has a mental illness and she wanted to help him but there were no local services or housing for people like him. So Kay and some other family members founded New Foundation Center and she became their first president.

Sue was so moved by her friend's passion and commitment that she decided to help raise money for the organization. She ran a plant sale, organized a fundraiser at Arlington Park and even chaired the annual benefit. Over the years Sue has done myriad tasks like helping members get settled in their homes, lining shelves and finding furniture. She remained involved with New Foundation Center even after Kay passed away eight years ago.

Sue officially joined New Foundation Center's board in 2010, first as chair of the governance committee, participating in the endowment training and next as the president. "I feel honored to have been a part of New Foundation Center since its inception and look forward to leading the board for the next two years," states Sue.

She and her husband Wally live in Highland Park where they raised two children. They now have a grandchild Dylan who is the light of their lives. Welcome, Sue!



Sue Roberts

Legacy Builders

Looking Toward the Future

Legacy Builders is the name of the giving society created for those who decide to name New Foundation Center in their will or estate plans. It is a group of special friends who want to make a lasting impact on our mission.



You can be a member of the Legacy Builders society by including New Foundation Center in your will or living trust. There is no minimum amount – over time even a small amount can have a big impact. It does not have to be cash – you can leave stocks, real estate, and insurance policies. New Foundation Center can be one of the beneficiaries of your life insurance, pension plan or IRA.

For more information about how to join Legacy Builders and help insure New Foundation Center will be there for members to pursue lives of meaning and purpose call (847)501-2879.

Announcing!

We are proud to announce the three year CARF accreditation of our employment, housing and community integration services and that surveyors found clearly evident our pattern of practice excellence!

Magic Was in the Air!

Families, friends, and members gathered at Highland Park Country Club on Sunday September 11th and made some real magic by raising over \$100,000 for New Foundation Center. The evening included a magician, dj, great silent auction prizes and raffles. Author Margaret Hawkins spoke movingly about Barb, the subject of her book, "How We Got Barb Back, My Sister's Reawakening After 30 Years of Schizophrenia". A video montage by Beth Goshen of Highland Park highlighting events from the past year was shown and Todd Budnik took center stage to lead a service auction that raised over \$20,000 for special projects.

"This was truly a magical evening and we are so grateful to the many guests and donors whose generosity made our evening a big success," stated Bette Budnik, events chairperson. The money raised will help support programs and services that New Foundation Center's members use to support their recovery.



(from left) Wally and Sue Roberts (director) and Rick Schuster



(from left) Bette Budnik, Jim Hunt and Janet Parker – New Foundation Center directors



Author Margaret Hawkins talks about her book – "How We Got Barb Back"



Addie & Todd Budnik marvel at the magic!



(from left) Bob and Laura Peterson and Bob and Fleury Linn enjoy the silent auction

Many Thanks to the 2011 Magic committee:

Bette Budnik, chairperson
Linda Goldstein
Beth Goshen
Barbara Spencer

And to our 2011 Sponsors

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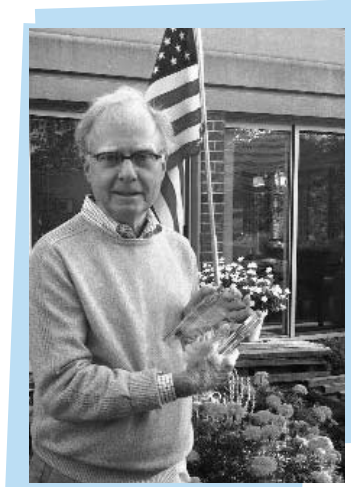
Anonymous, Jim & Pat Morrow,
Wally & Sue Roberts, Susan Shimon,
Sherwyn & Irvina Warren

Comings and Goings

Donald Hanigan has been a member of New Foundation Center's board for 14 years. He served for many years as Treasurer and for the last five as President. His term ends this October and we thank him for his many years of conscientious service. He has agreed to continue to volunteer on the finance committee and help guide us through these challenging times. Thank you, Don!

We sadly said good-bye to Jim Anderson, a long standing supporter of New Foundation Center who passed away this summer. Jim served as a trustee of the Peter G. Horton Charitable Annuity Trust and was instrumental in garnering their support of our housing programs for people who were homeless. We are grateful for Jim's steady faith and confidence in New Foundation Center – he is missed.

We welcome Jim Henderson to the finance committee. Jim is founder and manager of Mast Investment Advisors and brings twenty-five years of experience in business and investment to New Foundation Center. His expertise will be of great value. Welcome Jim



Don Hanigan outgoing board president

CBS Runs Story About Expressive Arts



New Foundation Center's Expressive Arts program made the local news on Friday September 2 when Bill Kurtis interviewed New Foundation Center members about the Expressive Arts program and how it has helped their recovery. The story also featured Gail Fried, NFC art therapist and Dr. Uzma Yunis, NFC psychiatrist, who discussed the positive impact of creative expression on the brain.

You can see the entire piece by going to www.newfoundationcenter.org and clicking on the link.

Curtis and Bill Kurtis at the Open Studio

Getting Healthy–Staying Well

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The effects of members' participation in these wellness activities are starting to show. Members are setting health goals and working toward them. Some have stopped their weight gain. Some are losing weight, or exercising regularly.

Others have made one small but significant lifestyle change like not drinking soda. Dave and Jeff attended a smoking cessation course and have been smoke-free for six months! Julie lost 45 pounds and stopped smoking!

"There's no question that health and wellness services benefit our members," noted Anne Lockwood. "Members who participate see changes almost immediately," she adds.

Health and Wellness services are supported by private foundations and corporate donations. This summer Walgreens awarded \$15,000 for the Health and Wellness program – a real boost for these services and for our members who are getting healthy and living well.

Members At Work

By Allison Culver

Our Individual Placement and Supports (IPS) employment program completed its first year on June 30th and is going great! Thirty-nine members worked last year, 12 of whom started jobs during that period. Their average wage is \$9.41 and the average numbers of hours worked a week is 24. They have been hired at a local pizza place, wholesale food stores, and mental health agencies. One member works for a printing company and printed New Foundation Center's agency tee-shirt.

We are excited to see such great in-roads with local businesses who are hiring our members. If you are looking for capable, hard-working, reliable individuals to fill your staffing needs – we can help. Contact Allison Culver, Team Leader aculver@newfoundationcenter.org or (847) 386-3078.v

Save the Date:

Annual Meeting \ Wednesday, October 5th \ 7:00PM
Northfield Clubhouse – 444 W. Frontage Rd., Northfield

Open House \ Wednesday October 12th \ 6:30PM
Northfield Clubhouse

Join us for an evening to acquaint or re-acquaint you with New Foundation Center's programs, staff and board. Bring your questions, and suggestions to share. RSVP sshimon@newfoundationcenter.org or (847) 501-2939.

Carson's Days Are Here Again
Friday November 11th \ 9AM
Saturday November 12th \ 7AM

Start your holiday shopping by purchasing a Carson's coupon book worth hundreds of dollars in savings for just \$5. New Foundation Center keeps the \$5 and you get to shop at great savings. To purchase a coupon book contact Linda Cordin at lcordin@newfoundationcenter.org or (847) 386-3052.

Wish List

We asked our members and here is what they need:

Household items for members who recently moved into apartments – TV's, desk, dresser, vacuum, coffee pot, new sheets, comforters, and towels

Movie theater, restaurant gift cards – for a night out

Laptops, computers

Please contact Beth Dvorak at (847) 386-3070 or bdvorak@newfoundationcenter.org to arrange drop off.



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