

1st QTR. • ISSUE 1 • APRIL 2023



# QUARTERLY PROGRAM UPDATES

## *An Update on Program Delivery*

April 2023

During the pandemic, it was necessary to evolve the way that Misericordia provided program services for our residents.

As we are returning to pre-Covid practices, I am pleased to provide an update on programs. During Covid, there were some changes made to Day Services.

**Day Services** guidance comes from the Department of Human Services (DHS). Under new guidance, DHS has designated two forms of day services, based on the source of funding for each resident's services. Those residents who receive home and community based funding, which are CILAs and Shannon Apartments, will receive services through Community Day Services (CDS). Residents that live in an ICF and our skilled nursing home will receive services through **McAuley Developmental Training and Conway/Holbrook Developmental Training (DT)**. All three branches of Day Services are committed to providing programming that is person-centered, uniquely meaningful, and challenging for our residents.

The **Recreation and Leisure team** and the **Moore Aquatics and Fitness Center** have begun to mix cohorts and revamp their offerings.

The **Outreach Programs** have been revamped and started this past quarter.

**Misericordia's school** continues to thrive, bringing services to those too medically fragile to attend public school.

Please enjoy the first quarterly newsletter of the year. Feel free to reach out if you have any questions.

Thanks,  
Tina Stendardo  
VP of Program Delivery

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# POOL and FITNESS

## Moore Aquatics and Fitness Center

April 2023

Report prepared by Mary Ann Zielke-Allen, Supervisor

- Misericordia participated in a new Special Olympics sport this year, snow snowshoeing. We had 12 residents actively participate in practicing. Of those 12, 9 advanced to regionals, and 7 qualified to go to state. The competition happened towards the end of January and early February. 4 residents received gold medals and 3 others placed.
- Swim teams have started up again. There are 70 residents who are on the teams. The residents are from CILAs, Mercy Glen, and the Village.
- This past quarter, we had 276 residents participate in some aspect of the Fitness Center. These include residents from the CILAs, Marian Center, Mercy Glen, McGowan, Quinlan, Rosemary, Connelly, Shannon Apartments, & Village homes.
- In February, residents participated in Special Olympics Powerlifting. 10 residents actively participated in practice and during the competition, 6 went on to regionals and 3 advanced to state.
- For the Swim Team, 45 residents participated in regionals, 12 placed at state, and one free style relay team placed for state as well.
- In March, Village residents participated in Special Olympics intermural volleyball. It was a 4-week program for our residents to learn new skills.
- Both Moore Aquatics and Fitness centers have welcomed back volunteers and have 2 students from Loyola University's Social Justice Program and 2 from the Federal Work Study program.
- Residents from McAuley DT continue to host in-person yoga sessions in their DT programs and Misericordia School.
- Yoga for the special child has been happening in person at McAuley for the past two years.







# OUTREACH

## ***Newly Revamped Outreach Center***

April 2023

Report prepared by Anne Maddock, Supervisor of Outreach Center 2023

The Outreach Program was revamped with 3 branches, launching in February.

### **Tina's Playgroup (0-7)**

The vision of Tina's Playgroup is to support parents of small children with I/DD.

This interactive playgroup brings families together to network and share resources

in an effort to support each other and the I/DD community. The program encourages children to learn through creative play.



### **Tweens Outreach (8-18)**

The vision of the Tween Outreach program is to welcome individuals with I/DD and their parents to social gatherings to give parents an opportunity to connect while their children are enjoying a variety of activities on Misericordia's campus.

### **Adult Outreach (19 and older)**

The vision of the Adult Outreach program is to provide activities that give the individuals with I/DD an opportunity to socialize and take advantage of what the Misericordia campus has to offer. Parents have an opportunity to connect with other parents.



- In February, all three groups held Valentine's Day parties where the kids had a blast making crafts and dancing with their friends. It was a great time for community families to connect and for their children to engage.
- In March, all three groups participated in activities & dancing around St. Paddy's Day. A great time was had by all.

THE VALIANT WOMAN

# SPRING at McAULEY



## Ryan's DT Classroom

Ryan's classroom is working on their April Calendar in Arts and Crafts and continuing their projects for recycling and activities on the Smart Board.



**TOP SECRET**

## Lisa's DT Classroom

Lisa has some top-secret projects going on to be revealed in May for Market Day.



## Hilda's & Margarita's DT Classrooms

Hilda's class is making pinwheels (we can't wait to see them spinning in the wind) and Margarita's class is making a spring flower garland to hang in the classroom.



## Teresa's DT Classroom

Teresa's class is working on a spring banner for their classroom wall. We're happy to have Rita back for Yoga and rotating through all the DT classrooms so everyone can experience this lovely time of relaxation and focus.



## Misericordia School Teacher: Wendy

In school we are learning about globes and preparing to make one for Earth Day. We are also enjoying the early spring flowers and the Redbud tree blooming in our courtyard.

Unfortunately, we have to enjoy all this blooming from inside right now, because some of us have pretty bad seasonal allergies. Thank goodness for our lovely large windows!



## Svitlana's DT Classroom

Things have truly sprung in this classroom. Vegetable and flower seeds that were planted and nurtured with care are growing before our eyes and will be planted out in the courtyard in about a month. Seedlings will also be available for purchase to staff in our General Store returning soon.







# RECREATION & LEISURE



## *Highlights from Recreation and Leisure*

April 2023

Report prepared by Gail Wojciechowski, Director

- We created the Morning Jumpstart and Workday Wind Down programs to provide options for residents before and after Day Services.
- Residents went to the Merit School of Music School for a sensory music concert.
- We hosted a campus-wide St. Paddy's Day party and BINGO with the assistance of the University of Iowa students.
- Though our local Special Olympics programs, 3 basketball teams competed and took home 2nd and 3rd place awards.
- Middle school students of the Latin School put on a performance for our residents.
- Northwestern's See Saw Performance group performed the Road Trip play.
- The Loyola men's basketball team competed against our residents.
- Through the Irish Heritage, residents participated in a 4-week class on Irish culture.
- Evanston Dance Ensemble visited and performed.
- Loyola 4 Chicago volunteers were welcomed back on campus to help assist in programs.
- Through the Chicago Park District, residents returned to competitive Bocce.
- Judo expert Bret Wolf hosted classes for our residents.
- The Heartbreakers performed at the Chicago Auto Show's First Look for Charity and the Heart of Gold Women's League events.
- Currently, the department hosts the following programs: Sewing, Yoga, Special Olympics Sports, Bocce, Adaptive Bowling, Movie Nights, Team Sports, Sensory Art and Music, Music and Drum Circles, Sign Language, Photography, Creative Dance, Arts and Crafts, Social Saturdays, Moto Activities Training, Heart Breakers and Showtime.







# CONWAY / HOLBROOK



## Highlights from Conway / Holbrook DT - part 1

April 2023

Report prepared by Mary-Frances Schultz and Dan Wallace, Directors

- The Amina Grace Hydroponics Program in the Greco Gardens started planting the zip towers and seed tables after winter break. They are starting with growing lettuce, basil and parsley that will be used in the Hearts and Flour Bakery.
- ComEd commissioned Village residents to assist with taking logos off their company shirts they no longer use. This has created work opportunities for many.
- Quinlan residents created purple flowers in support of Alzheimer's Awareness. They found new ways to make painting fun for everyone with our adaptive equipment. With the mixing of all the Quinlan homes into one cohort we were able to add men to the Workforce Room! Our daily exercise program got a real boost with the addition of hula hoops (purple!).
- Low Tide commissioned Village residents to create bracelets that are sold online and in specialty gift shops.
- Mercy Glen residents enjoyed their wellness time in the Agape Gym, worked on a Niagara Falls project, and hosted a virtual drum circle for their peers.
- Greco Gardens Programming began in person for Mercy Glen and Quinlan residents.
- Market Days was a success, with all DT program areas participating. Programs developed a business model, purchased the supplies and created one-of-a-kind art work that they sold to staff.

(Continued on page 7)





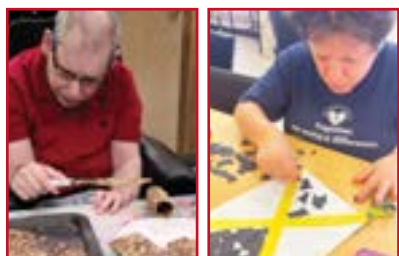


# CONWAY / HOLBROOK



## Highlights from Conway / Holbrook DT - part 2

April 2023



- Rosemary residents created Geometric sensory art projects, made handmade coasters for Market Day, and were busy traveling the world through the Tourism and Geography program.
- DT staff brought in plastic bags to assist with the creation of plastic bag mats by the Village residents to be donated to New Life for Old Bags.
- With leftover material, residents from the Village created cloth mats that were donated to a local homeless shelter.
- McGowan residents created a slalom race, attended Bocce tournaments, trained on their tennis skills for Special Olympics, and made tea towels for Market Day.
- Lenten Mass was held in Conway. Father Bart, Kathy, and Andrew hosted the event.
- All DT programs participated in a virtual dance party. There were over 39 groups that virtually connected to host activities from dancing, zumba, karaoke, sign language, yoga, and art projects.
- We were able to open another program to offer services in Conway to McAuley residents. Programming offered now includes Adaptive Art and Exploration.
- Marian Center residents celebrated MLK Day with educational lessons and projects, started a Book Mobile, hosted Friday Fun in the Agape Gym, and are working with Northwestern students to create a prototype for an adult drinking cup.
- Connelly residents made accurate scale models of wheelchairs, created art with paint on rollers, started their own blog, and hosted Derby Day.



# CONWAY / HOLBROOK

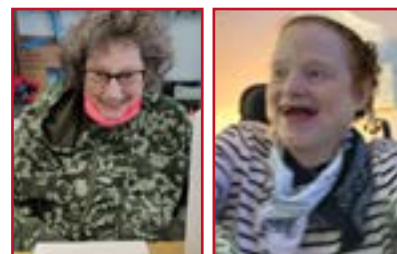


## *Highlights from Conway / Holbrook DT - part 3*

April 2023

Report prepared by Mary-Frances Schultz and Dan Wallace, Directors

- Residents from Mercy Glen, Rosemary, and Marian Center have enjoyed taking virtual trips around the world and studying different cultures.
- A second Gardens location has opened up in Holbrook for the residents to prepared for Spring clean-up at the Founder's Garden.
- Residents from the Marian Center created a life size peace sign in honor of Martin Luther King Jr. Day.
- All programs have started to welcome back volunteers to enhance program delivery.
- Residents from the Marian Center have enjoyed taking full advantage of the Conway sensory room and spa.
- Residents from Mercy Glen start their day with yoga and meditation through the Music Major Program.
- Residents from McAuley enjoyed creating one of a kind, screen printed tote bags for the Market Day sale.







# ACCESS & EMPLOYMENT



## ***Community Day Services Update - part 1***

April 2023

Report prepared by Nora Turgeon, Supervisor

### **Arts Programming:**

Arts programming at Misericordia remains an area where there is considerable collaboration between the Developmental Training and Community Day Services program, the two program areas of Day Services. As we are entering a time when more collaboration among residents and staff is becoming possible, there is an increased excitement to the idea of being able to work more closely together.

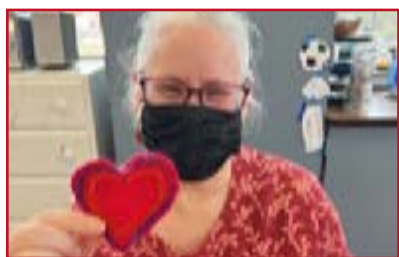
With the shift toward Artist in All moving to a summer date, the participant artists began work on new projects nearly immediately after finishing the last Artist in All. This event, which involves the work of approximately 200 participant artists, remains the highlight of the year for most of our artists, and many are looking forward to the event occurring in the warm weather. Participants were also able to contribute to the Heart of Gold event held on March 17.

### **Recycling Program:**

Something many do not know is that in addition to metal, plastic, cardboard, electronics, and paper, we now recycle Styrofoam. Our Center works with ABT to process this material, and we remain one of the few recycling centers to do so.

### **Coffee Program:**

Coffee employs 20 individuals, and in the previous quarter began to produce a 12 ounce bag of coffee. When a final price is decided for this product, it will join the sample package for sale in Misericordia branded businesses. Participants work on vocational skill building in this area when they are not working directly on making the product.





# ACCESS & EMPLOYMENT

## Community Day Services Update - part 2

April 2023

Report prepared by Nora Turgeon, Supervisor

### New Employment Opportunities:

Misericordia is always looking to expand both on-site and off-site vocational opportunities. We were able to reintroduce participant employment to our Gift Shop this previous quarter and are working to do the same with the Food Truck.

### Chicago Cultural Center:

Participants of Engage Chicago visited an interactive exhibition on the importance of philanthropy at the Chicago Cultural Center. We explored different historical figures of Chicago who made it their life mission to give back to society and spread their positive messages throughout. Participants were able to reflect on their own lives and add to the exhibition by writing down reasons they give back to the community. We concluded our visit by visiting “Buddy,” a storefront in the Cultural Center that sells various products and artwork made by local Chicago artists.

### North Shore Center for the Performing Arts:

During Oscars week, participants in Community Access were focusing their lesson on performing arts and theater. Participants learned about various actors and actresses and all the hard work that goes into performing arts. We had the opportunity to get a behind-the-scenes look of the North Shore Center for the Performing Arts in Skokie. We were given a private tour of the theater, learned of the history behind the theater, and were taken through the incredible shows hosted by the center.







# ACCESS & EMPLOYMENT



## Community Day Services Update - part 3

April 2023

Report prepared by Nora Turgeon, Supervisor

### St Frances Xavier Cabrini:

Participants in Arts and Culture, a section of Community Day Services, took a guided tour of The National Shrine of Saint Frances Xavier Cabrini in Lincoln Park. They learned that this shrine was built in 1955 to celebrate the life and accomplishments of Mother Cabrini, who was canonized as America's first citizen-Saint. They enjoyed the stunning Italian frescos on the ceiling and stained-glass windows depicting different stages of her life. The Shrine also features four side altars, where folks were able to light a candle and pray for loved ones or just simply meditate.

### Harper School:

Community Day Services was invited to Harper School to speak to their students about Misericordia as a part of their Disabilities Awareness Week. Participants spoke to the students about their hobbies, life at Misericordia, their jobs and volunteer opportunities, and the communities they are a part of. Partnerships with Harper School and other schools around the Chicagoland help to create a community with the students and a greater understanding of the full and meaning lives people with developmental disabilities lead. One of our participants had a special connection to a few of the students and was very excited to share more about his life with their friends at the school.



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***SEE YOU  
NEXT QUARTER!***

