

SOLUTIONS

Summer Newsletter | 2017

Just
Like Me
CAMPAIGN

**Friendly Visitor
Program**

Important Tips
for those of us with
Aging Parents



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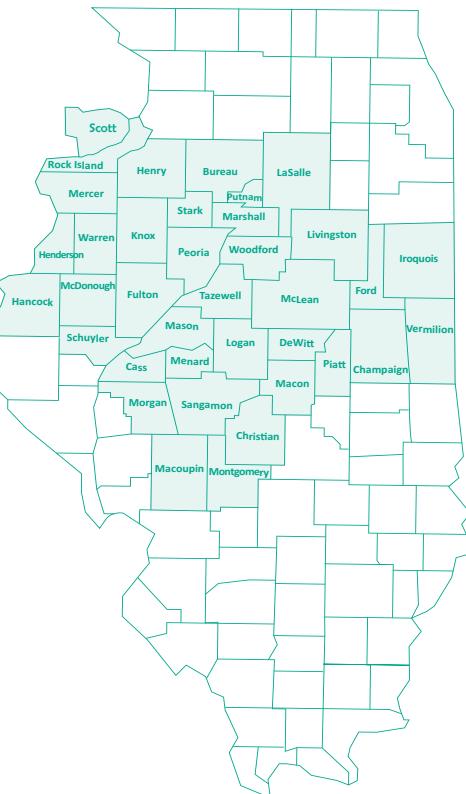


Our Mission:

The Center for Youth and Family Solutions engages and serves children and families in need with dignity, compassion, and respect by building upon individual and community strengths to resolve life challenges together.

Our Values:

- Collaboration and partnership
- Excellence
- Dedication to achieving solutions
- Treating everybody with dignity and respect



This past April, CYFS reached a significant milestone as we celebrated our 5 year anniversary. In that time, we have made a lasting and important impact in the lives of thousands of children, individuals and families who have experienced significant trauma, abuse and neglect and other life challenges.

We have helped them to heal, to cope and to thrive. The work our team does is by no means easy. The safety and security of human lives are at stake. That is why we want to take a moment and recognize the impact our programs and services have had.

By the numbers, over the last **five** years we have:
positively impacted over 80,000 lives,
finalized 840 adoptions,
provided safe and loving homes
for 5,000 children in foster care,
helped sustain independence for over
2,755 seniors and mentored over
500 youth in crisis intervention

We also know **90%** of individuals and families who came to us for help reported that our counseling services were effective in helping them resolve their presenting issue and **85%** reported they maintained their progress six months after services ended.

As you continue to read through our summer newsletter, you will learn not only about what we have been up to, but what we have achieved because of your unwavering support. That is why we at CYFS want to say, **CHEERS TO YOU!**

Cheers for 5 Years

Bringing Joy to kids in care.



Our "Just Like Me" activity fund, which we introduced at our 4th annual Blues for a Cause benefit concert, has been actively putting smiles on several kids throughout our service area.

The idea behind this fund is to help give kids who have been abused and neglected a sense of normalcy by enjoying things like riding a bike or playing little league or going to a water park. These experiences can be costly, and not all of our families can afford them. The great news is, because of the overwhelming response in donations we received at the concert, we have been able to help many of the youth in our care have something special to look forward to this summer!

Some of our favorite things we have been able to purchase because of your generosity:

- Summer camp for 10 year old Jacob so he can make new friends in the community he is relocating to this summer
- A first time experience to Wrigley Field for avid Cubs fan Camden and his foster family
- Swim passes for Janae so she can spend time with friends this summer
- Bicycles for 5 year old twins so they can enjoy playing outside together
- Six Flags passes for our boys in our Guardian Angel residential treatment program

A Heartfelt THANK YOU for your Support!

Are you interested in donating to the Just Like Me Activity fund?

Visit: cyfsolutions.org/get-involved/donate/

Just Like Me



Why We Advocate

Here at CYFS advocating for policy and legislative actions that help bring about positive outcomes for the children and families we serve and the communities we work in is part of our mission. The spring legislative session is an important time each year – but this year it held a special challenge due to the budget crisis in Illinois. These past few months, many of our foster parents, board members and staff met with several of our local general assembly members to tell them more about the positive impact of the programs we provide, the damage being done due to the lack of a state budget, and the desperate need for long overdue rate increases for foster parents and agencies like CYFS who provide state mandated services. In these dialogs, we are the voice for the voiceless- the children in our care- explaining how the budget impasse and historical neglect of rates truly is affecting the most vulnerable. We also pounded the social media pavement with our campaign called #HB2594WorthEveryPenny and we thank you if you joined us by sharing our advocacy posts featuring dedicated and committed staff of CYFS talking about their jobs and the needs of the children

they serve. Each time you shared, liked or retweeted our posts, you were also empowering others to become more informed about the sobering realities of the budget impasse.

Here's the thing - while the general assembly and governor left the spring session without a budget solution, we are going to press forward with our advocacy this summer. It's like this- when we have an emergency call in the middle of the night for an abused child in crisis- we respond. We accepted this duty and we are committed to our responsibilities. It is our belief the leaders of Illinois have also accepted their duty and we believe they do not have a choice either besides acting to fulfill their responsibilities and finalize a budget that includes adequate funding for the critical services for youth in our state. That is why we will continue to advocate for the kids in care, for foster parents, and for the professionals who work in helping children and families heal, cope and thrive.

Interested in learning more about our advocacy efforts? For more information about what we have been up to go to: <https://cyfsolutions.org/get-involved/advocate/>

#HB2594WorthEveryPenny

Friendly Visitor



“I plan to volunteer for as long as I can, I only wish there were more volunteers: the need is there.”

-Presley C. Sours

If you ask Rosemarie why she volunteers at CYFS she'll tell you because "there's a lot of people who have nobody." She just wants to be that somebody for them: a companion. Rosemarie is a volunteer for the Friendly Visitor's Program, which is a part of our New Day Senior Services, serving seniors in Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties. The program involves individuals helping isolated seniors in the community, aiming to combat their loneliness and assist them with activities in their daily life. The activities the volunteers coordinate with the seniors can be anything from running errands, transporting to medical appointments, or to simply be a friend. The ultimate goal is to improve the quality of life for the senior and build a bridge to connect with the community.

Rosemarie herself is an active member in the senior community, teaching exercise classes five days a week, and has volunteered with various local organizations over the last thirty-five years of her life. She has been with CYFS since the agency's inception, additionally devoting her time to Catholic Charities, Neighborhood House, and Central Illinois Riding Therapy (CIRT). She has serviced almost twenty seniors through Friendly Visitor's in the last five years and has ultimately become integral in some of her senior's lives. Many of her seniors have become her lifelong friends, often becoming akin to family. When asked how she makes such strong connections, she says "I just listen to them, some of these seniors do not have anybody in their lives who is willing to hear what they have to say."

Friendly Visitor's is unique in nature, with program coordinator Ruth Urbanc saying, "This program should be supported because there is no service like it, it fills a void in the community; while the program provides many resources like transportation, which is an important service for seniors, they value the friendships more than anything else." These friendships allow volunteers to improve seniors' experience with aging and help them





CYFS Volunteer Rosemarie with CYFS Senior Coordinator Ruth Urbanc

to live independently. Friendly Visitor's is always looking for more volunteers, people willing to be that support system for vulnerable seniors. Rosemarie says "I plan to volunteer for as long as I can, I only wish there were more volunteers: the need is there." If you are interested in volunteering, or if you or a family member would benefit from this service, get in contact with CYFS. Referrals can be made by family members, service providers, churches, medical professionals, or others in the community. For more information please contact:

Ruth Urbanc
2610 W. Richwoods BLVD
Peoria, IL 61604 309-323-6655
rubanc@cyfsolutions.org

The health risk of prolonged isolation for the elderly is equivalent to smoking 15 cigarettes a day.

Holt-Lunstad J, Smith TB, Layton JB

15

Being social in old age could reduce the risk of developing dementia by Alzheimer's Association

76%

Signs an older adult could benefit from having a Friendly Visitor:

- Receiving an excessive number of phone calls from the senior
- Recent loss of a spouse
- No social contacts, ex: no longer able to get to church or social functions
- Eating poorly
- Lack of physical activities
- Having difficulty getting to medical appointments

Signs an older adult could benefit from Senior Counseling Services:

- Increased anxiety or worrying
- Sadness or crying frequently
- Struggling with making decisions
- Lack of interest in doing things they used to enjoy, ex: reading, gardening, watching television programs
- Poor appetite
- Loss of self-regard, ex: no longer taking baths or washing clothes
- Physical pain without cause
- Irritability
- Showing signs of hopelessness

*All New Day Senior Services are available in home and at **no cost** to seniors.

Thank You!

We had an incredible night at our Blues for a Cause concert!

We'd like to thank all of our sponsors who made the evening extra special:

Presenting Sponsors: Lenny The Lawyer, Howard & Howard, John Graham & Associates, Kuhl Insurance

Digital Copy Systems • Knuckles Pizza • F&M Bank • GLT 89.1
• Peoria Charter • Peoria Charter Coach, Uftring Weston,
Heyl Royster & Zobrist Construction



It's Birdie Time! Chip in for CYFS!
Choose #770



Birdies for Charity is one of the most fun ways available for you to support The Center for Youth and Family Solutions! Not only can you win some great prizes- including a two year lease on a 2017 Lexus NX - you also get the most bang for your buck, as we receive 100% of your pledge plus another 5-10% bonus from the Birdies for Charity Fund!

Now more than ever, we could use your support. Your donation will go directly to help fund our critically needed expert Marriage and Family Therapy program where the need for service is currently greater than the resources available.

- 1.** Pick up a pledge form or send Karla at kgraham@cyfsolutions.org an email requesting a pledge form and she will mail one to you!
- 2.** Select The Center for Youth and Family Solutions as your charity (Bird # 770)
- 3.** Make your pledge
- 4.** Guess the number of birdies that will be made in the 2017 John Deere Classic!

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Get Involved!

Volunteering is a way to share your gifts, gain experience, and give back to your community. Our volunteers make a difference every day in the lives of our clients. Find out about volunteer opportunities at: cyfsolutions.org/get-involved/volunteer or call 309-323-6600

Donate!

Our service and outcomes aren't possible without the generosity of donors. Please give online at cyfsolutions.org/get-involved/donate or mail your tax-deductible contribution to:
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