

Blue Cap Review

Keeping You Up to Date on All Things Blue Cap



Left to Right: Paige, Iris, Annie and Antonio leading the charge on My25 and Health Matters programming during Day Program

Empowering People Through Personal Health Goals

Being healthy and fit isn't just a New Year's Resolution or a fad here at Blue Cap, it's a lifestyle. Healthy goals are a part of supports and services every day. We recently wrapped up the UIC Health Matters program which has been a part of the Fall Season here at Blue Cap since 2020. We have also streamlined bringing healthy meals to people we support in the Community Residential Program. By partnering with My25, we have incorporated healthy mealtimes and grocery shopping habits into daily living.

Health Matters brought us together for 12 weeks of exercise and participation in both in-person and virtual classes. At the end of the program, we had a graduation to celebrate all the healthy habits everyone learned and practiced throughout the program!

My25 continues to be a success in the Community Residential Program. In fact, congratulations are in order for Blue Cap House Manager, Diamond Walls and the staff at one of the homes. They received a Certificate of Recognition from My25 for outstanding work educating and empowering the ladies in the home with creative ways to make healthy eating fun.

The people we serve have benefited greatly from these two programs which make a healthy lifestyle achievable and fun at the same time!

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Letter from the Executive Director

With the changing of the seasons comes changes in activities for everyone. The fall and winter saw people going more to the movies, to play Bingo, to the pool hall in Crestwood, the Shedd Aquarium, the Ice Cream Museum and some of the ladies attended a women's conference at the Family Christian Center. Others stayed home and "traveled" through YouTube videos, had game nights, in-house parties and binged on Netflix and sports.

Then came the holidays! People enjoyed decorating, cooking and attending parties. Folks with jobs attended Winter Holiday parties at their employers, and some were lucky enough to have Thanksgiving parties at work as well. The Holiday party involved crafts, desserts, present exchanges and dance, dance, dancing! Many people spent the holidays with family or friends and those that did not enjoyed each other's company celebrating the occasion right here at home at Blue Cap.

We provide the support so that people have the choice of what they want to do and where they want to go. Because people live together or attend the same Day Services, it does not mean they have to do everything together. We all have different interests no matter what our abilities. To support people to do what they want takes creativity with scheduling, staff being flexible and money!

You, the donor, contribute to these activities through your donations. So, whether you gave to Family & Friends for the Rose Walk, to the Golf Outing, Tag Days, Giving Tuesday, Auction, Holiday Appeal, or sent in a donation throughout the fall and winter, it all went to enhance the quality of services. The people we serve can live the lives they desire and deserve because of your donations. Thank you much!

Gratefully,

Pat Thies

Executive Director



Becky enjoying a mesmerizing underwater view at the Shedd Aquarium

Save the Date to Tee Off with the Blue Cap Foundation

29th Annual Charity Invitational
Wednesday, June 7, 2023
Silver Lake Country Club
14700 S. 82nd Ave., Orland Park

Event Highlights

9:00 Shotgun Start, Eye-Opener Station, Breakfast, Lunch, Plus Cocktails and Dinner of Your Choice off the Menu after the Round

"Fore" more information or if you are interested in joining the planning committee, please contact Jill Hart in the Development Office at 708-389-8137 Ext. 108 or by email to jillh@blue-cap.org



D'Shawn Powers Up to Educate ComEd Energy Consumers in 2023

ComEd's Energy Force Ambassador Program brings knowledge to consumers about energy efficiency and solar options all taught by people with intellectual and developmental disabilities. Each year, Blue Cap introduces a new Ambassador to the community. This year's Ambassador, D'Shawn, has already hit the ground running sharing energy saving tips to people in attendance at the National Black AIDS and HIV Awareness Event at the John D. Rita Rec Center in Blue Island. When asked how he enjoyed being the new Ambassador here at Blue Cap, D'Shawn replied, "I enjoyed meeting at least 37 new people and helping them with energy tips at my first event."

In January, we said thank you and gave a heartfelt send off to last year's Blue Cap ComEd ambassador, Anna. She did a great job at many events and shared her knowledge of energy efficiency with hundreds of people.

Look for D'Shawn at community events and also in a few live events on Blue Cap's Facebook page throughout 2023.

D'Shawn can come to your event! Contact Carla Harris, Director of Clinical & Employment Services at carlah@blue-cap.org to inquire and make arrangements.



D'Shawn ready to share his knowledge

Galloping Our Way to Mental Wellbeing

From July to October 2022, people who were interested in equine-assisted learning attended sessions at Kopping Farms in Lemont. They learned under the guidance of instructors certified through the Professional Association of Therapeutic Horsemanship. The experience included grooming, bonding and horsemanship skills. The program promoted self-confidence and growth through learning to care for and ride horses. John, Fred and Ken shared that it brought back memories of horseback riding at Owasippe. They added that they are looking forward to getting back in the saddle again this year.



Fred, petting one of the horses

Real-Life Superheroes Hit the Streets for Blue Cap



Our amazing volunteers from Tri-State Disposal and the G Team working hard on Tag Days

Blue Cap Foundation's Annual Tag Days fundraiser was held on October 8. With a generous donation of gummi bears from Albanese World's Best Gummies, we were able to give back a little treat to generous donors who filled our collection cans.

A special thank you goes out to our teams from Tri-State Disposal, the Marrs-Meyer American Legion Post #991, the Sons of the American Legion, the Auxiliary Unit #991 and The G Team for hitting the streets to support Blue Cap Foundation. While out and about in Blue Island throughout September and October, you may have seen Blue Cap collection boxes at Bob's Auto Body & Auto Repair, Eagles Bowling Alley, Wentworth Tire-Calumet Park, Tri-State Disposal, Solvay, 3 Sisters Antique Mall, DeMars Restaurant, Chris' Northside Inn and Flowers by Cathe'. These collection sites raised over \$1,600. The support we receive in our communities is the bee's knees!

Thanks to the real-life superheroes who volunteered, donated and collected, we raised \$11,495 for Blue Cap Foundation, which ensures the future for our programs and services.

“Romin” For a Good Cause



Frankie having a blast during the car show

The Romin' Chariots Car Club has been an ongoing and faithful supporter of Blue Cap since we opened back in 1967. Here we are 56 years later, and they are still here supporting us.

In September, the Club hosted their 11th Annual Romin' the Island Car Show here at Blue Cap. Their generosity brought in \$4,100. Then on December 3, they hosted their annual Hotrod Holiday Hoedown at the Eagles Bowling Alley to help raise money for the food pantry at Blue Cap. They collected food, toys and \$1,650, which helped countless families in need during the holiday season.

Mark your calendar for this year's Romin' the Island Car Show on September 23 at Blue Cap, 1962 Broadway in Blue Island.

Ain't No Party Like an Office Party

Work Hard, Party Hard

Since May 2021, five people who participate in the Employment Program have worked for CW Resources doing janitorial services at the Ida B. Wells Federal Building. Over their time working there they have become part of the team and formed friendships with their coworkers.

In January, they attended the CW Employee Appreciation Celebration and were presented with Honorable Work Awards and Swag Bags. As Annie, Nicole, Ed, Kevin and Corey approach two years of employment at CW, they continue to grow and show that people with disabilities are valued employees who are part of the team.



Kevin, Thomas and Ed picked out their favorite props to pose with at their CW Resources Work Party

A "Hands on" Approach

Pathways to Improving Independence



Fox College OT Student, Mariah working on fine motor skills with Jeanie

Blue Cap began a partnership with Fox College back in May of 2018 to help students in the Occupational Therapy Assistants program receive their field practicum hours in the Community Day Program. Each semester, four students come to Blue Cap for four weeks. The future Occupational Therapy Assistants work one on one with people in a range of activities from skill building to exercise and sensory enrichment.

We are grateful for the expertise the students share daily during their time here. Over the past five years they have all put their best foot forward for the people we support. As we say goodbye to each group of students, we hope that their time here at Blue Cap has set them on the path to success in the Occupational Therapy field. We look forward to continuing this partnership for many years to come.

Blue Cap's Dedicated Donors Show Up to Support in Rain or Shine

Blue Cap Family & Friends Association kicked off the 14th Annual Rose Walk on Sunday, September 11. Despite a downpour, people donned their rain gear and walked on the scenic walking route along the Cal-Sag Trail. Others enjoyed many indoor activities and lunch inside our spacious facility.

Thank you to the many who came out that day despite the rain and helped us raise \$6,225 which will be earmarked for a restricted Activity Fund which allows people to experience vibrant and meaningful community activities based on personal interests.

Thank you to the walkers, the volunteers and the sponsors who made it all possible. As always, we appreciate and value our partnership with the Eisenhower Leo Club students who came out to help that day as well.

Mark your calendar to walk with us again this year on September 10, 2023.



Top: Marilyn, a member of Family & Friends running the bake sale table

Bottom: D'Shawn getting his face painted to show off his Chicago Bulls pride!

Mushrooms, Moss and Magic *Autumn Nights 2022*

On Friday, November 4, committee members, sponsors, donors and volunteers dressed up for an evening out at Blue Cap's 34th Annual Auction fundraiser. The auction committee had all-hands-on-deck to transform the auction rooms and dining room into a mystical autumn night!

This year's auction had over 200 guests in attendance, 25 volunteers, 9 live auction items, 1 Special Project, 69 silent auction items, and over 75 raffle items. The evening grossed \$169,100 in support of Blue Cap and raised funds for "Blue Cap Fixer Upper." Each year, Blue Cap raises funds in support of a new Special Project. This year's Special Project was to fund home improvements, security and peace of mind in the Community Residential Program. The money raised from the Special Project will go directly to funding improvements in 8 homes in the program.

The 34th Annual Auction fundraiser was proudly sponsored by Tri-State Disposal Inc., The Keyser Family, Solvay, Old National Bank, Familia Dental, Independence Capital Financial Partners, Burnham Nationwide, Inc., CNB Bank & Trust, Metro Recycling, Demco Products, and 3B Filters.

Thank you to all of our donors, sponsors, auction committee members and volunteers for making this year a huge success.

Save the date for next year's 35th Auction Fundraiser on November 3, 2023 at DoubleTree Hotel Chicago-Alsip!



Family, Friends, Employees, Board Members & Donors enjoying the magic of the 34th Annual Auction

Ms. Tonja Poe
 Mr. & Mrs. Robert Pointer
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 Mr. & Mrs. Casimir F. Pyzik Jr.
 Ms. Sandy Quirk
 Mr. & Mrs. John Rauch
 Subhadra Ravindran
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 Ms. Judy Regnier
 Mr. & Mrs. Jeff Reid
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 Dempster
Memory of Robert Dempster
 Mr. & Mrs. William
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**Memory of Stephanie
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SAVE THE DATE 2023

May

12

Celebration
 Garden
 Dedication

June

7

29th
 Annual Charity
 Invitational
 Golf Outing

September

10

15th
 Annual Rose
 Walk

23

Romin' Chariots
 Car Show

October

7

Tag Days

November

3

45th Annual
 Auction
 Fundraiser



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For agency updates, special event information and how to donate, visit us at our newly updated website: www.blue-cap.org.

Stay informed on what is happening at Blue Cap, follow us!

@bluecapcharity



The Blue Cap Review is published three times a year. We welcome your response. Please contact Jill Hart, Editor, Blue Cap Review
1962 Broadway Blue Island, IL 60406
(708)389-6578.

WE'RE HIRING

Open Positions

- Community Direct Support Professional (DSP)
- House Manager
- Employment Services Facilitator
- Qualified Intellectual Disability Professional (QIDP)
- Custodian/Maintenance Worker
- Recreational Therapist



Join Our Team

send your resume to

✉ marianne.l@blue-cap.org

