

highlights

“Helping people reach out and connect with their community”

Inside

- A Very Cardinal Christmas 2
- Shopping List 2
- One Volunteer's Experience 3
- Thank You Donors 3
- Grace Serves 4

The mission of Cardinal Services is to support people with challenges or disabilities in reaching their personal goals.

Supporting One Another



*Jane Greene, C.E.O.,
Cardinal Services, Inc.*

During the holiday season there are always countless ways that people reach out to one another. Relationships are emphasized and appreciated. Yet, the unfortunate fact is that people served by Cardinal often have fewer social ties than others. Many do not have employment, don't have the resources to participate in community activities, and need support to do the things they enjoy doing.

All of us live better lives with increased social ties and relationships. Economic, health and social science research all demonstrate how our lives are enhanced by social ties with other people: our families, friends, neighbors, social groups and co-workers. Increases in these contacts are associated with improved mental and physical health, lower rates of social problems and greater access to economic security. In other words, we need one another to live full, happy and healthy lives.

Organizations like Cardinal serve as a bridge to link people who are often isolated with people that have an interest in reaching out to others. The desires of people with disabilities or needs are connected with the broader human service system and the local community. It is important that children be prepared for Kindergarten and adults with disabilities are healthy, safe and engaged. Yet, it is also important that families of

children served and adults with disabilities served have a *network of friends and acquaintances* in their lives. The support network is what gives all of our lives meaning and enjoyment.

As you read the *Highlights* articles today, you will see that there are many in our community who have become a support to someone served by Cardinal. When you talk with these individuals they will tell you that they get more in return as a result of the relationship than they have invested. You will also see that there are many served by Cardinal who are giving to others in the community that have needs.

We all have characteristics of value that are of benefit to others. We just need to take the time and make the effort to develop those relationships that give such meaning to our lives. Thanks to each of you who give of yourselves to help others.



Ryan Jessen of National City, John Lane and Nate Wilkinson building friendships on their way to a Notre Dame game.

A Very Cardinal Christmas!

SHOPPING LIST

Here are a few items of which we find ourselves in need.

- Large Umbrellas
- Stationery Bike
- Scrapbooking Materials
- Knitting Yarn
- Office Furniture
- Onesies
- Diapers
- Receiving Blankets



The 2009 holiday season was a very happy one at Cardinal Services. It's the time of year when everyone seems to want to do things for others. In some cases that meant people helping us and those we serve. In other instances it meant Cardinal friends, staff and consumers joining together to do for others. Together, it made for a special time. Here are some of the many blessings scattered through our 2009 holiday season.

Bright Lights is a troop of young girls who have been caroling at Cardinal group homes for the past few years. This year they visited the residents of three homes, singing to and with consumers, sharing their time and holiday spirit.

Advocacy Angels celebrated with a party that asked attendees to bring a new unwrapped gift for a child. 84 gifts and \$180 was collected and delivered to Bowen Center.



Employees and retirees of **R.R. Donnelley** joined with the company to collect enough money to provide a toy for every Head Start child as

well as a bag of groceries for each family. Parents were very moved by the gift.

Consumers were given tickets to a live performance of *The Sound of Music*, courtesy of **Ramada/Wagon Wheel Theatre**. A show at The Wheel is always a treat but at Christmastime it's doubly special as it gave people an opportunity to get dressed up and spend a night out during this festive season.



Cardinal employees and consumers in Day Services held a food drive to benefit the pantry at Combined

Community Services.

In just a few days, they filled a dozen boxes with more than 200 items. Said one consumer, "Some people don't have enough money to buy food. We can help them so we did." Sometimes, it's just that simple.

Both the **YAPs** (Young Adult Professionals) and the **KEYS** (Kosciusko Endowment Youth Services) donated toys to be used in the Mentone, North

Webster and Warsaw Head Start classrooms. These toys get a *lot* of use and so these gifts will help keep the collection fresh.



The **Warsaw Shrine Club** hosted a Christmas party for area kids including those from Cardinal's Healthy Families Program. Although it was a snowy, windy

night, many families came out knowing that this might be their child's only chance to see Santa and get a gift.

The children at the Warsaw Head Start were treated to a very special visit from **Santa** on December 17th! Many parents attended to enjoy the spectacle of each child having time with the jolly old elf himself. Also, many parents took the opportunity to whisper their own wishes into Santa's ear.



Cardinal Day Services Classroom #8 created Christmas cards for soldiers based overseas. Using construction paper and used, donated cards, they created more than 200

new cards, including in them a poem recognizing a soldier's sacrifice at the holidays. Cards were delivered to **American Legion Post #49** which sent them to soldiers in time for Christmas.



For the second year in a row, employees of **Symmetry Medical** brought a sleighful of toys to Head Start, enough for every child! Their generosity ensured that each Head

Start child opened a toy on Christmas morning. Families were so grateful and deeply moved by the generosity of their Symmetry neighbors.

A group of **Cardinal Friends** spent an afternoon stuffing and decorating gift bags for consumers in our Community Living Program. Some of these Friends were joined by others who boarded a KABS bus and set off to deliver the packages to consumers' homes. What a wonderful experience for all!

Cardinal CEO/President N. Jane Greene has been appointed to the Warsaw/Kosciusko Chamber of Commerce Board of Directors. This is Jane's second stint on the Board, where she previously served from 2001-2006. Her new term will run through 2012.

Watch our newest video by clicking on the YouTube link on our website at www.cardinalservices.org.

Head Start received \$128,869 in Federal Stimulus dollars to purchase a new bus and Early Head Start van. The dollars were spent locally at Warsaw Toyota and Kerlin Motors in Silver Lake.

One Volunteer's Experience

By Collin Abbot



When I first arrived at the Cardinal Services classroom to volunteer, I had no idea what to expect. Within an hour, I had assumed the role of instructor and cheerleader as a group of clients and I exercised to a Jane Fonda-like workout video. Dances, including the waltz and our own choreography of

Billy Joel's *Uptown Girl*, became classroom favorites.

My volunteer work was much more than fun and games; it was a learning experience, for the clients as well as for me. I hoped to help

the clients build their communication and cooperation skills. For instance, I led two classroom groups in constructing Halloween spider decorations by assigning specific tasks to each individual; by working together, the clients constructed this holiday craft that they otherwise may have struggled with individually.

After a dozen or more classroom visits, I recognize the lessons I have learned from these clients. My belief in the natural goodness of people was affirmed as I experienced the affectionate and caring disposition of my Cardinal classmates. As I leave Cardinal Services each week, I sport a more positive attitude thanks to the help of my new friends.

Thanks to everyone who has given to Cardinal Services from August 29, 2009 to January 11, 2010.

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Grace Serves



We now list volunteer opportunities on www.volunteerkosciusko.com. Check us out!



Grace freshman Brock Rhodes and Michelle Ousley compare holiday head gear at the Christmas party.

It's just a short drive up Winona Avenue, but more than a stretch of road lies between Grace College and Cardinal Services – or so it would seem. Last fall a group of 20 students decided that *nothing* should separate them and set out to do something about it.

They formed a “Serve Team” to partner with Cardinal: spend time with adults we serve, get to know them, share time with them and build relationships. Their first activity together was the Halloween Party in the Cardinal lunch room. Everyone dressed up in costumes and had a wonderful time dancing, playing holiday games and getting to know each other.

That night has led to friendships and time spent together in groups both big and small: some have gone out to the movies or had movie nights together at home. Cardinal consumers attended holiday gatherings and are meeting their student friends for coffee. With Lancer Basketball season underway, students have set aside red student block t-shirts for their new friends and are looking forward to having them at games.

What began with students wanting to develop a bond with people where they are going to college has resulted in a heartfelt connection among friends. We look forward to continuing this relationship!