

Focusing on Fall Fun!

OUR RUN WALK & ROLL HAS A FUN NEW FEATURE

Marklund will celebrate the Fall season with a new twist on the popular Run, Walk & Roll 5K/1 Mile event by adding in a delicious **Breakfast Bar** sponsored by Buona Beef! Join in the fun of the 6th Annual Run, Walk & Roll-Geneva 5K and 1-Mile event Sunday, Oct. 21, at Marklund's Geneva campus.

Sunday, October 21, 2018

Fitch Foundation presents

Start 8 a.m.

5K/1 MILE
RUN WALK AND ROLL
Marklund GENEVA



"This year, rather than hosting two separate autumn fundraising events - the Run, Walk & Roll and the Pancake Breakfast - we decided to combine them into one event for everyone to enjoy," said race director Stephanie Heinz, Marklund's Community Events Manager. "This way, we're offering the best of both events and opening it to race participants and spectators!"

Runners, walkers, and wheelchair riders of all ages are invited to participate in the 5K and 1-Mile walk-run. The competitive wheelchair race begins at 7:55 a.m., and the 5K and 1-Mile race starts at 8 a.m., at 1S450 Wyatt Drive in Geneva. 5K participants will run, walk, or compete using racing wheelchairs on a USATF Certified Course that winds through the adjacent South Mill Creek neighborhood.

The 1-Mile walk shares a portion of the 5K course and is open to individuals and families, as well as those with strollers, walkers or wheelchairs. Therapy dogs are welcome; however, other pets are not allowed. **The presenting sponsor for this year's event is the Fitch Foundation.**

Not a runner, not a problem!

Following the Run, Walk & Roll, we will host the new outdoor **Breakfast Bar**. It will feature a wide assortment of menu items including pancakes, scrambled eggs, a donut bar, pastries, bananas, bagels, and coffee.

Per tradition, we will also serve pizza from Pal Joey's and feature our popular hot chocolate bar!

Entry into the Breakfast Bar is included in Run, Walk & Roll registration fee; non-race participants will be charged \$5 per person. Advance reservations are not necessary for the Breakfast Bar.

Marklund has new racewear options for registrants, including a new event hoodie or fleece headband (*guaranteed for those who register by Oct. 1*).



Register today at www.Marklund.org/5K.

Money is also raised from individual fundraising efforts by runners/walkers who set up personal fundraising pages. Top fundraisers receive recognition and those who raise \$100 or more will be entered in the grand prize drawing.

Volunteers are needed!

Many volunteers are needed to make this event a success. Volunteers help set up, check-in participants, cheer on runners throughout the course, serve food, and tear down. Families, school and church groups, scout troops, athletic teams, neighbors, and individuals are welcome to volunteer. Sign up on the website at www.marklund.org/5K.

Register & Fundraise at www.marklund.org/5K

Fundraise \$100 or more for a chance to win a Grand Prize!

- Prizes
- Live Music
- USATF Certified Course
- Hot Chocolate Bar
- Choice of Event Hoodie or Fleece Headband



Hyde Center 1S450 Wyatt Drive | Geneva, IL 60134

By participating in the Run, Walk & Roll you are helping to make everyday life possible for individuals with profound disabilities!



NEW RAFFLE!

This year, we are introducing a new Raffle for a chance to win big prizes!

- 1st place: \$500
- 2nd place: \$250
- 3rd place: \$100

Raffle tickets are \$5 for a single ticket or \$20 for five.

Tickets may be purchased on the website at www.marklund.org/5K and on race day at the event.

To register for the Run, Walk & Roll-Geneva and to set up a personal fundraising page, visit www.marklund.org/5K



Marklund Hyde Center
1S450 Wyatt Drive
Geneva, IL 60134
630.593.5500

Marklund Wasmond Center
1435 Summit Street
Elgin, IL 60120
224.523.7530

Marklund Philip Center
164 S. Prairie Avenue
Bloomington, IL 60108
630.529.2871

Marklund Day School
164 S. Prairie Avenue
Bloomington, IL 60108
630.307.1882

Marklund Day School, Elgin Campus
1435 Summit Street
Elgin, IL 60120
630.307.1882

Meet our Directors of Nursing



Marklund Wasmond Center
Michelle Orwig, RN,
CDON, LNHA



Marklund Hyde Center
Krissy Dolen, RN



Marklund Philip Center
Rose Cousins, RN

Member of: APIC (Association for Professionals in Infection Control and Epidemiology); IHCA (Illinois Healthcare association); ANA (American Nurses Association); AADNS (American Association of Directors of Nursing Services); NAB (National Association of Long Term Care Administrator Boards)

With Marklund: 1 ½ years

Previous employment: Worked as a Director of Nursing at other facilities for approximately 8½ years, and prior to that I worked in a hospital setting for about eight years in the NICU/Labor & Delivery/Flight.

Favorite Marklund memory: I don't have just one that sticks out yet. Everything we do here is exceptional, how do you choose just one thing?

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible" —Michelle Orwig, RN, quoting Francis of Assisi

Member of: DDNA (Developmental Disabilities Nurses Association)

With Marklund: 5 years. Started in September 2013 as a part time staff nurse, full-time nurse from April 2014 to May 2015, nurse manager from May 2015 to January 2016, Director of Nursing from January 2016 to present

Education: Studied at the National University of Health Sciences and earned my nursing degree from Waubesa Community College

Previous employment: Marklund was my very first nursing position after nursing school and has become my home.

Favorite Marklund memory: It's actually really hard to pick a favorite moment because we make so many memories each and every day. From moments like seeing their first skyscraper downtown to that moment when their favorite staff returns from an extended leave, my favorite memory is the pure joy our residents emanate in those special moments.

"Working at Marklund is like coming home to family each day; it is by far the most inspiring and rewarding experience of my professional career." —Krissy Dolen

With Marklund: 19 years, first as a staff nurse on night shift, then as day shift supervisor, and the Director of Nursing for 14 years.

Education: Graduated from St. Francis School of Nursing in Peoria

Previous Employment: Worked for four years at Carle Foundation Hospital in Urbana, Il, then 13 years at Rose Medical Center in Denver CO, before returning to my roots in Illinois so that my children could grow up knowing their 19 cousins, many aunts and uncles, and grandparents.

Favorite Marklund memory: I have too many favorite Marklund memories, but I would say one that stays with me is, way back, when there were 90 residents here at Bloomingdale--the Christmas Eve Day gift opening was a first for me. It had never seen so much pure joy in everyone: the residents, the staff and the volunteers. It was a life-changing day.

"Working here is a gift, you WANT to come to work every single day. You will be inspired by the residents and a staff of people who are truly like your second family." —Rose Cousins

VOLUNTEER FOCUS



Volunteering is "a gift" to local family

As a teacher at St. Walter Catholic School, in Roselle, Dana Rau relishes seeing her students – and children – learn, whether it be in the classroom or out in the community. So when Dana learned about volunteer opportunities at Marklund, she immediately saw an educational opportunity for her children, Sophia, 11, and Ladd, 8. The Rauses, of Bloomingdale, signed up to volunteer in July 2017, and have since given 71 ½ hours, playing games, reading stories, taking walks, and participating in other activities with residents at the Philip Center.

"Volunteering at Marklund has taught my children many important life lessons," Dana said. "They get to see the nurses, therapists, and staff caring for residents. I can't think of a better way to demonstrate how to be kind and good, than by seeing that."

In addition, the family has participated in Marklund's Giving Tree through St. Walter's. Dana has also taken the time on her own to research ways to get group passes for residents to visit local museums.

"Getting involved with Marklund has been a gift to me as a parent," Dana said. "It is making my children better people. I can't say thank you enough."

SAVE THE DATE

Marklund's 23rd ANNUAL TOP HAT BALL

HAVANA Nights

Saturday, February 2, 2019

6:00 pm - 12:30 am
Marriott Magnificent Mile

Drink a Mojito, roll a cigar, and dance the hot night away at "Havana Nights," Marklund's 23rd Annual Top Hat Ball.

Celebrate the beauty, magic, romance, and culture of Cuba's tropical capital and all of its dazzling colors and flavors while supporting the care of children and adults with profound disabilities being served at Marklund. Wear your best whites - or other favorite colors - and join us for an evening to remember at the Chicago Marriott Downtown Magnificent Mile. Visit www.marklund.org/tophatball for information and reservations.

SUMMER FUN 2018



Friends, sun, and making memories – Sounds like summer to me!

“Summer Games” held at all three Marklund locations made for a lot of fun and memories for residents, staff and volunteers alike! Also, for the third year, the entire Kane County Cougars baseball team visited the Hyde Center in Geneva and played an exciting game of Marklund-style baseball with our residents and community clients on our Miracle League Field. Everyone had a blast! #MemoriesToLastTheWholeYear



Meet the 2018-19 Marklund Board of Directors

Marklund's Board of Directors - all of whom are volunteers - is made up of professional men and women from many walks of life. We appreciate the wealth of knowledge and expertise that the members bring to the board, and their interest to learn more and to do what they can to keep the organization healthy and strong. Shown at this summer's Board Retreat held at the Philip Center are (L to R): Bill Dolen, Maria Dombrowski, Jim Armbruster, Jack Zimmerman, Dan Foley, Duane Fitch, Mike Herlihy, Jeff Risch, Carie Carney, Gerry Estes, Sonya Evanosky, Brian Little, Jeff Blanchette, and Frank Murnane. (Not pictured: Howard Brandeisky)

CORPORATE PARTNER SPOTLIGHT

The newest Corporate Partner is a long-time supporter of Marklund's residents. In 2006, Presence Marketing started to fulfill countless resident-specific holiday gift wish lists through the Giving Tree program. Since then, their impact has grown through the annual tradition of participating in the Giving Tree and brightening the residents' lives by donating toward their therapeutic programming. Additionally, they have sponsored Marklund's Bloomingdale and Geneva Run, Walk & Roll 5K/1M series.



With their national headquarters in South Barrington, Presence Marketing is the largest independent natural and organic food broker. Born from a desire to work in a dynamic and environmentally conscious industry, their mission is to join and support companies who share their drive to take better care of the planet and ourselves.

Learn more about Marklund's Giving Tree program at www.marklund.org/givingtree

Contact Vicki Krystof at vkrystof@marklund.org or 630-593-5482 to design a custom partnership for your business. Learn more about Marklund's other corporate partners at www.marklund.org/cp.



1S450 Wyatt Drive
Geneva, IL 60134



marklund® Event Calendar



6th Annual
Run, Walk & Roll-Geneva
Oct. 21, 2018



Giving Tuesday
Nov. 27, 2018



23rd Annual
Top Hat Ball-Havana Nights
Feb. 2, 2019



2nd Annual
Run, Walk & Roll-Bloomington
April 28, 2019



37th Annual
Marklund Golf Classic
June 5, 2019

OUR SOCIAL NETWORK



www.marklund.org

info@marklund.org

“Thank you for all the loving care Tammy is receiving here at Marklund. I’m so happy she is with this family.”

– Pat Lowe, parent

Support Marklund during the Holidays

Autumn may have just begun but it’s never too early to start planning for what’s coming around the corner. The holiday season moves through many different phases as we carve turkey, wrap presents, visit relatives, and watch the ball drop. As busy as it is, the holiday season is a wonderful time to show your support for Marklund, and there are many ways to do so:

Giving Tuesday



“Ready... Set... Give!” Mark your calendars for Tuesday, Nov. 27th, as we take to social media for #GivingTuesday! #GivingTuesday is a worldwide movement promoting donations to local nonprofit organizations, so follow us on Facebook, Instagram, Twitter, and LinkedIn where you can LIKE, SHARE, and RETWEET posts to encourage others to support Marklund with online gifts on this special day. We are pleased and thankful to announce that our total will include a generous matching donation from the Grand Victoria Foundation!

Last year’s #GivingTuesday campaign raised \$18,131, and we’d love to beat that amount! Information on how to give will be available prior to the event on our website and social media, so stay tuned! Of course, as part of #GivingTuesday, we are also participating in #ILGive, encouraging Illinoisans to participate and give in the communities where we live.

Year-End Appeal

Wrap-Up 2018 with your year end donation! Fundraising campaigns like this are necessary for nonprofit organizations like Marklund. Each year, gifts from our generous donors help make it possible for us to keep our promise of **making everyday life possible for individuals with profound disabilities**. So please watch your mailboxes (and email in-boxes!) in November and December for information on Marklund’s Annual Year-End Appeal. And if you have friends or family members who would also like to support us, we’ll be happy to get information to them. All donations are tax-deductible, and we will send you a receipt promptly.

Giving Trees & Gift Drive



With 174 residents in our three facilities, we would have quite the list for Santa. Help give the Jolly Old Elf a hand by supporting our Gift Drive and Giving Tree program. Each of our residents has a personal wish list, and these items are featured on individualized tags that hang on Marklund’s holiday trees, and other trees throughout the community. Simply grab a tag or two, purchase gifts from that list and return them to the appropriate Marklund residential location the week before Christmas. All gifts are sorted and then given to our residents on Christmas Eve morning or the day before. Then, like in a scene from a holiday movie, hundreds of volunteers show up at our

sites to assist residents with opening their gifts. The volunteers love it as much as the residents do, and many come back year after year!

Individuals may visit any Marklund location to select resident gift tags from our lobby trees. Any store or business that would like to create their own Marklund Giving Tree can request an assortment of the resident gift tags by emailing Cathy Nikrandt, Manager of Volunteer Engagement, at cnikrandt@marklund.org. In addition, those who wish to volunteer on Gift Opening morning can contact Cathy as well. Learn more at www.marklund.org/givingtree

Our Wish List

Did you know Marklund has a general wish list that can be helpful when shopping for gifts? If your school or church group, business or family wants to put together a gift basket for Marklund, you can find many ideas on this list. Items range from arts and craft materials, personal care items, room décor and even gift certificates. Find it at www.marklund.org/wishlist.

Volunteer Visits

Visiting with family and friends is a natural part of the holiday season. If your group would like to schedule a special visit with our residents, to sing carols, throw a party, bring treats, please let us know ahead of time. Contact our Volunteer Department staff to arrange a visit.