



**DuPagePads**

The Solution to End Homelessness.

Winter 2017

## Improving Clients' Health DuPagePads Offers Chronic Disease Self-Management Series

DuPagePads is hosting a free, on-going, six-week Chronic Disease Self-Management series to assist participants in improving their quality of life and managing their own care. Staff at DuPagePads have been certified to facilitate this group session.

Chronic health conditions include hypertension (high blood pressure), diabetes, asthma, COPD (chronic obstructive pulmonary disease), congestive heart failure, arthritis and mental health illness. In 2016, of the individuals DuPagePads served, **370 reported having at least one of these conditions and 517 reported having a mental health illness.**

These conditions are often exacerbated by homelessness itself: not having stable housing, being food insecure, transportation issues, experiencing harsh weather conditions and a lack of social connectedness all negatively impact one's health.

When chronic health conditions are not managed properly, program participants end up being hospitalized or using the emergency room. Not only is the client's health suffering, but it is costlier to taxpayers than if the client had been regularly accessing primary care from a physician.

In partnership with DuPage County Health Department and Age Options, topics covered how to:

- use medications effectively
- manage your symptoms
- handle difficult emotions
- communicate about your health
- use relaxation techniques
- exercise safely and easily

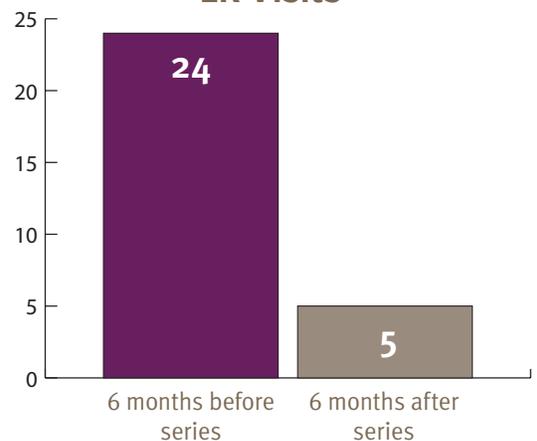
“Managing chronic diseases is so important for the population we serve and this workshop goes a long way in helping participants not only survive their health challenges, but thrive,” Carol Simler, DuPagePads President & CEO shares.

### Tangible Results

Michelle recently completed the workshop and says, “What I really enjoyed about this series was the relaxation techniques I learned and how the mind and body are so directly related. Now, I am always listening to my relaxation CD and my grandson is enjoying it too!”



### ER Visits



**Reducing ER visits saves taxpayers dollars!**

## A Day I Will Never Forget – John’s Story

I grew up in DuPage County, graduated from Wheaton North and attended the University of Illinois until I became more interested in food service than engineering.

For 45 years I worked in the hotel and food service industry, doing many jobs from cooking and serving to purchasing. I worked at Four Seasons, Knickerbocker and Hyatt Hotels in Chicago.

My life struggles began when my mother, who lived alone in Carol Stream, fell and shattered her foot. I agreed to help her daily, even though I was working 12 hours a day in downtown Chicago, where I also lived.

I would get her to rehab, shop for her, and help her financially. After two years of the 2-3 hour daily commute, I quit my job and moved to Carol Stream.

Never much of a drinker before, I turned to alcohol then. Before I knew it, I had 3 DUI’s, which is a felony.

**I not only lost my license, but my career.** I could not work in hotels – most large companies will not hire convicted felons. It was humiliating to apply. I rode my bike everywhere and worked for small “Ma and Pa places,” doing whatever was needed.

I reached a point where I could no longer support myself, and spent time at DuPagePads shelters. I used the ER as my doctor, and found myself blacking out often. I had high blood sugar and my feet screamed with pain. **I ignored my health issues, and continued riding my bike to shelter sites, even in the snow, with all I owned on my back.**

A year ago, after getting hit by a car on my bike, I realized I was “a dead man walking.” DuPagePads case managers gave me hope, and I realized the first step was to stop drinking.

While in rehab, I learned about chronic disease self-management, and how I needed to change my lifestyle. My case managers helped me to be proactive, positive, and face my health issues.

### JULY 11, 2016 IS A DAY I WILL NEVER FORGET.

I spent the morning with my case manager, selecting nice used furniture, getting groceries and at 2:00pm, I walked into my DuPagePads Supportive Housing apartment for the first time.

**This home means everything to me.** Now I am on insulin, eat properly and see doctors regularly.

**I have no doubt that without DuPagePads, I would not be here today.** Because my case managers believed in me, I now look forward to many more years of a healthy lifestyle.

**I have nothing but gratitude for DuPagePads and their supporters for saving my life.**



## You Can Save Lives!

### DuPagePads Street Outreach Program Needs Your Support

Ever wonder what to do when you see someone who you think might be homeless out in the community?

DuPagePads Street Outreach program has the solution, give them a call. The agency has a toll-free phone number where concerned citizens, businesses and police departments can leave a message with details about the unsheltered individuals.

Skilled Street Outreach case managers travel throughout DuPage County and engage those who are disconnected from community resources.

This program provides: critical needs supplies like food, water, hygiene kits; referral information; and case management services including assistance in obtaining all eligible mainstream benefits.

**You can help save lives! Report any unsheltered individuals you observe in the community: DuPagePads Street Outreach Hotline - 866.682.3846, ext. 2275.**

## Share the Fare!

### Help DuPagePads Participants in Extreme Weather

Without reliable transportation, staying safe and obtaining stability is challenging. **DuPagePads Share the Fare fund** provides public transportation support and gas gift cards to assist those in need, so that their health and safety are not at risk, especially in inclement weather.

Consider making a donation to our Share the Fare fund today. In addition to emergencies, donations to the Share the Fare campaign ensure that transportation barriers do not prohibit individuals from employment and accessing life-changing support services.



## Employee of the Year

Congratulations to Lutisha Jefferson for being named DuPagePads 2016 Employee of the Year!

Lutisha was promoted to Director of Career Employment Solutions a year ago. Since that time, she has not only taken ownership of the program, but has made significant enhancements including:

- Organized and held the first annual Career Fair
- Assembled an Advisory Committee to help guide educational aspects of the program
- Improved record keeping, reporting and Short-Term Housing Employment Program, and
- Collaborated with case managers to ensure clients are ready to begin their employment journey.

Lutisha was nominated by her peers and selected by DuPagePads Leadership Team.



## Years of Service

Also recognized were DuPagePads staff who reached agency milestones:



- 10 Years:**
- Sue Madden – Administrative Assistant
  - Tim Paul – Client Service Center Case Manager



- 5 Years (from L to R):**
- Gabriele Wessendorf – Development & Finance Assistant
  - Janelle Barcelona – Vice President, Development
  - Sarah Swiston – Communications & Grants Manager

Jane Doyle  
Board Chair  
First Trust Portfolios L.P.

Marc Hausmann  
Board Vice Chair  
Maclyn Group

Valerie Jungels  
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Coldwell Banker Brokerage

Marcie Calandra  
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PowerForward DuPage

Praveen Chathappuram  
First Bank & Trust

Clay Hafner  
Pariveda Solutions, Inc.

Bill Hamik  
Retired, McKesson Corp.

Kathi Moore  
Motorola Solutions – Schaumburg

Paul Negris  
Oligra Partners, LLC

Jim Ryan  
Jim Ryan & Associates, Inc.

John J. Schroeder  
Cornerstone National Bank & Trust

Pamela A. Sharar-Stoppel  
Wheaton Bank & Trust,  
A Wintrust Community Bank

Carol Simler  
President & CEO  
DuPagePads





**DuPagePads**

THE SOLUTION TO END HOMELESSNESS.

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## Is DuPagePads in your will or trusts? Leave a lasting legacy.

Call Janelle Barcelona for more information: 630.682.3846, ext.2220.



**DuPagePads 15th Annual Galaxy Bowl  
– DuPagePads Strikes Back!**  
April 22, 2017, 12:00pm  
Fox Bowl, Wheaton

The Galaxy Bowl is a fun, family bowling event open to all! Help us STRIKE BACK against homelessness in DuPage County!

Assemble your five-person team and generate \$500 in team fundraising (or \$100 in individual fundraising). Team registration includes t-shirts, pizza, ice cream and more!

With only 30 lanes available, reserve your lane today by emailing Diana at [dmiller@dupagepads.org](mailto:dmiller@dupagepads.org).

**Drive For 75**  
June 25, 2017  
Autobahn Country Club, Joliet, IL

Continental Motors Group of Naperville, Autobahn Country Club and DuPagePads have teamed up for the seventh annual 4-hour karting enduro for charity! Teams will compete in raising money for the mission of DuPagePads to end homelessness with a goal of reaching \$75,000 by race day.



**DuPagePads 13th Annual Run 4 Home, 5K & 10K Run, 5K Walk**  
September 16, 2017, 8:00am  
DuPagePads, Wheaton, IL

Bring your family, friends and coworkers out to participate in DuPagePads Run 4 Home through the scenic streets of Wheaton. Take a step to end homelessness with DuPagePads!

**DuPagePads 15th Annual Wake Up Your Spirit Breakfast**  
November 8, 2017, 7:00am-8:30am  
Benedictine University, Lisle

More details to follow.



# Upcoming Events