

Donation Dollars at Work

Your gifts help CCRI provide the people we serve with many needs and experiences, regardless of disability or income level.

This issue of the CCRI Review is dedicated to illustrating the importance donations have made in the lives of those we serve. We sincerely want to thank you for your generosity. Our donors include our employees, families, community members, local businesses, organizations, etc.

Three years ago, the CCRI, Inc. Board of Directors began concentrating on CCRI's fundraising efforts. With the forecast of funding cuts looming in our future the Board of Directors wanted to be proactive. State funding for disability services was getting tighter and more and more people needed services, further stretching available funding for services. Their goal was to maintain funding for programs like Camp H.E.R.O., Adaptive Softball League and Community Connections. In addition, Board members could see that if we wanted to continue to support people in their goal of living a high quality life it would have to be done with a combination of service dollars and donor dollars. Never in our wildest imagination did we anticipate how quickly and severely our services would be cut; hence, solidifying the Board's vision about the importance of our fundraising efforts.

As donations come in, they are placed in our Service Enhancement Fund until a need is identified. In addition to Camp H.E.R.O., Adaptive Softball League, and Community Connections activities, Service Enhancement Funds are used to support summer day camp, provide free community outings, provide accessible transportation (vans and lifts), therapeutic programming equipment, modification of homes to make them accessible, YMCA passes, "school off" activity days, horse riding therapy and supplies for people moving into their own homes from the homeless shelter. Many of the people we serve have very limited incomes and budgets. It can be a struggle to provide the basics such as food, clothing and shelter. Your gifts help us provide the people we serve with many needs and experiences, regardless of disability or income level.

For example, sometimes hobbies and creative outlets can help maintain good mental health. It can be therapeutic and a big part of a person's recovery process. These activities can give a person something to look forward to and can help bring focus to their lives. For many, CCRI's Service Enhancement Fund has done just that.



Christy uses art therapy to help her relax.

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Christy enjoys art and it is considered therapy and relaxation for her depression. Her creative expression through the use of paint has opened many new doors for her. We have used donations to keep her art supplies well stocked and she has put them to good use. She now paints on a regular basis and uses her artistic talents to give back to the community. She regularly donates her art to fundraisers for silent auction items. Last year, the Hjemkomst Center had an art show featuring local artists with disabilities. Her art work was displayed during the exhibit. She was very proud that her art debuted in a professional exhibit since she still considers herself a new artist. It was a tremendous self-esteem booster. She has developed many new artistic techniques and skills and her paintings are beautiful.

Thanks to his tread mill Justin is half the man he used to be. Justin struggled with his weight most of his life and was ready to make some changes. His staff helped him develop an exercise plan and a food plan that he could follow. One of CCRI's professional caregivers started bringing their bike to work and they would go for bike rides around the neighborhood.



Justin after successfully losing 60 lbs.

However, with winter looming he didn't want to lose the progress he had made and a gym membership or exercise equipment wasn't in his budget. With CCRI's Service Enhancement Fund, CCRI quickly located a next to new tread mill at an estate sale and Justin has been using it ever since. In total he has lost 60 pounds. The picture shows his success. Today he is enjoying a much more active life with his friends and family.

Over the past two years, fifty-one passes to the YMCA have been provided to people. The YMCA is a great place for many, because it offers so many fun activities under one roof (swimming, basketball, bicycles, tennis and so much more). This allows people to burn off energy, get exercise in some cases without even realizing it, meet new friends and have fun. One of Mike's favorite activities is swimming. Swimming is something he enjoys, his body is able to move about in the water more naturally. In the water, Mike feels like everyone else, because no one can see that he needs to use a walker. His legs just propel him through the water, while splashing and playing with the other kids. It's a freeing experience for him. In addition, some individuals can't tolerate the outdoor sun or heat so the YMCA is a wonderful alternative.

Approximately 84 people per year benefit from CCRI's Adaptive Softball League. Donations pay for the vast majority of the cost so that participants are only asked to pay a nominal fee. For many, the season isn't long enough, and they eagerly look forward to their weekly games. Not only is it a time to compete, but more importantly it is a time to make friends.



Bob takes his turn at bat.

In some cases, we have used donations to pay the \$25 fee for someone who couldn't afford it. In these cases, playing in the league was seen as therapeutic for their mental health issues. It was not only an opportunity for exercise, but an opportunity to reduce isolation and get out of the house.

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In addition to Justin's treadmill, many other people have benefitted from donations to purchase the items needed to pursue good health. Sandra needed a swimsuit so she could participate in water aerobics. New tennis shoes so Janice could get a membership at Curves. Some people have mental health issues that cause them high anxiety in crowds or being around strangers so going to the gym isn't an option and exercising at home is a necessity. CCRI was able to purchase bar bells for Cory which allowed him to exercise at home.

Growing old can be hard enough, but when you add isolation, it can be a recipe for depression for many elderly people. Clarence's health was failing so he needed to move into a nursing home. He wanted to see his significant other, but neither of them could drive and they didn't have any family members to help them, and communicating by phone was difficult for Clarence. The good news is he began receiving CCRI Adult Rehabilitative Mental Health Services (ARMHS) to help manage his depression. Thanks to CCRI's generous donors Clarence and his significant other are now able to see one another regularly, which is assisting with his depression. Service Enhancement Funds are paying for the necessary rides or we have volunteers providing transportation so that they can visit one another often.

For children with autism, having constructive, planned activities throughout the day is important. Even more important is that the activities need to provide some type of sensory stimulation. Breck, Taylor and Brandon are all young boys with autism who happen to share a home together. When they were done with school in the spring, we purchased tickets for them to attend a variety of activities throughout the summer. We hoped to keep them involved in fun community activities as well as a wide variety of activities at home. Because they are too young to have jobs, their personal budgets did not afford them the ability to participate in some community activities. Thanks to



Brandon swings high up in the air...his face bright with the biggest smile you've ever seen.

donations, they spent their summer going to the Moorhead Pool, attending all seven days of the Red River Valley Fair enjoying unlimited carnival rides and going to Thunder Road to experience the thrill of the go-carts. As you can imagine, they had a blast. We worked with the school and purchased a specialized swing for the back yard. It was recently installed and they are now enjoying several hours a week playing outside, using the swing and exploring nature .

Mary was homeless and living between the shelter and friends. Unfortunately, these friends often exploited her. One evening when she had no place to go, she decided to stay in the park. While she was sleeping, she was attacked by someone who intended to sexually assault her. Luckily, she was able to get away. Mary couldn't afford the \$25 application fee for an apartment rental. CCRI used donations in the Service Enhancement Fund to pay the fee and helped her get into the YWCA until she could move into an apartment of her own. Unfortunately, Mary's story isn't that uncommon for

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Walk & Roll-a-thon for Disability Awareness Results



Jake takes the turn back to Gooseberry Park. His parents & their friends walk beside in support during CCRI's Walk & Roll-a-thon for Disability Awareness.

On behalf of the hundreds of people we serve, we would like to extend our sincere thanks for the generous support of our 4th annual Walk and Roll-a-thon for Disability Awareness. On Saturday, September 12th more than 250 people from the community participated in this important event.

A total of over \$17,000 was raised which will be used to fulfill our mission of enhancing and enriching the lives and learning of people with disabilities.

After the walk, everyone enjoyed carnival games, a silent auction, wonderful food and great music provided by Little Donny and the Groove Tones. The music added a festive feel to the whole event and it was a beautiful day to enjoy the outdoors at Gooseberry Park under the big tent.

A very special thank you to the following sponsors for their support:

Moorhead Medical Pharmacy; Hornbacher's; Thrivent Financial for Lutherans; Rent-All; FRS Industries; Dawson Insurance; Christensen Group Insurance; Janene Paulson/Coldwell Banker; Alerus Financial; Reardon Office Equipment; Premier Electric Service, Inc.; Zimmerman Investments, LLC; Christianson's Business Furniture; DakTech, Inc.; DFC Consultants; Fiebiger, Swanson, West Co.; Jack Arneson Insurance Agency; Laser Systems; Northwestern Bank; Payroll Professionals; and State Bank & Trust.

We would also like to thank Pam Grugel for her fundraising efforts. Pam raised nearly \$1400 worth of pledges. Her hard work and tenacity is greatly appreciated and respected. Thanks, Pam!

We are also proud to announce that Eric Offerdahl was the winner of the drawing for 2 free round trip airline tickets. Eric raised \$700 dollars in pledges. Congratulations, Eric!

The Walk and Roll-a-thon provides a wonderful opportunity for all of us to support people with disabilities in our community. It feels great to be able to participate in an event that has such a HUGE impact on a person's life. 100% of the proceeds will be added to our Service Enhancement Fund which helps the people we serve.



Pam with Rhonda King, CCRI Executive Director.

Mark your calendars for 2010 - Saturday, September 18 - We hope to see you there!

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individuals receiving ARMHS services. The good news is, we have been able to help many of them start a new life by assisting them in finding an apartment, getting the household supplies they need, supporting them to find a job; thus becoming more productive members of the community.

For many of the people we serve, finding meaningful employment is difficult. The road blocks are sometimes numerous. For many of them, a better life means being able to afford food and pay their rent. Ron hadn't worked for many years. For the first time in years, he was doing well enough that he felt he could hold a job. He applied for jobs and eventually was hired at a local grocery store. While attending training for his new job, he found out he would need to wear a uniform. Ron didn't think it would work out since he didn't have the required clothing and could not afford to buy them. Thanks to our donors, with money in the Service Enhancement Fund, he reported to work the next week in his new clothing.

These are only a few stories that illustrate how the generous gifts of others have impacted the lives of those we serve. On behalf of the many who have benefitted, we express our sincere gratitude.

You are making a difference.

You are helping build better lives.

Service Enhancement Funds

help pay for activities for kids during "school off" days and activities for adults, such as Camp H.E.R.O.



Music from Little Donny and the Groove Tones made our picnic event festive and fun. Thank you for sharing your time and talents with us!!

Memorials

In memory of

Rick Leach

Renae & Glen Hanson
Carol Olson
Rhonda King
Bonnie Leach
Terry Monson

Don Schneeweis

Rhonda King

While every effort is made to ensure the accuracy of donor records, errors occasionally occur. If your name has been omitted, or misspelled, please accept our apologies and contact Sheri at 218-331-2047.



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The mission of CCRI is to enhance and enrich the lives and learning of people with disabilities.

The vision of CCRI is to provide an environment where people of all abilities may experience life's possibilities.

CCRI LEADERSHIP TEAM

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CCRI Sr. Leadership

Rhonda King, Executive Director	21 Years
Lynette Weber, Options Director	18 Years
Shannon Bock, Director of Programs	14 Years
Sue Lopez, SLS Director	12 Years
Jody Hudson, Development Director	10 years
Mark McGuigan, Business Manager	8 years
Carmel Froemke, ARMHS Director	6 years
Andrea Ryan, HR Director	3 years

Save the Date

Monday, November 9, 2009
Client Appreciation Event

CCRI wishes to thank you & your family for being such important members of our organization. You & a guest (or family members) are invited to join us for an old-fashioned, homemade "thanks" giving meal on Monday, Nov. 9th from 5 - 7 pm

St. Francis De Sales Church
601 - 15th Ave. North
Moorhead