

# lambs tales

2017 Volume 1

Spring



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## our mission:

Helping people with developmental disabilities lead productive, happy lives and connecting with the human spirit in us all.

[www.lambsfarm.org](http://www.lambsfarm.org)

## The Wellness Center Presents: Let's Dance!

The Wellness Center has been providing many opportunities for Participants to enrich their healthy life style with exercise classes including group cardio workouts, strength training, trike riding, yoga and dance. That leads to the Wellness Center's theme for 2017: Let's Dance!

Participants love dancing and the plan is to bolster that love by incorporating more dance classes throughout the week. Participants are encouraged to join a dance class during the week and earn Healthy Lambs exercise credit to redeem for prizes. The Healthy Lambs exercise program

was developed several years ago in order to keep track of Participants exercise goals and to promote the benefits of physical activity.

Dancing is a legitimate form of aerobic and anaerobic exercise if done at a moderate to vigorous intensity. Dancing promotes flexibility, strength and balance while the music also inspires and encourages people to be creative.

The Wellness Center plans to offer more dance classes in the morning, after work and throughout the year via the monthly Wellness series. Performances by local dance troupes are being planned along with classes led by instructors specializing in various dance styles. Dancing is both

*(Continued on page 3)*

# In Memoriam: Nancy Sauseda 1942 - 2017



A Participant since the founding of Lambs Farm in 1961, it is with great sadness to share the passing of our dear friend, Nancy Sauseda.

Nancy was 74 years old and participated in the J.O.Y. Program on a daily basis. She loved to color, make pictures for others and write letters to friends and family. She brought smiles to everyone's faces and will truly be missed.

## Lambs Farm Annual Benefit

Save the date for Lambs Farm Annual Benefit, Harvesting the Spirit Downtown on the Farm on Saturday, November 4. Lambs Farm will be bringing denim and diamonds to Venue SIX10 in Chicago this year. For sponsorship opportunities and more information, please contact Director of Development, Mary McGonigel at 847-990-9733 or email [mmcgonigel@lambsfarm.org](mailto:mmcgonigel@lambsfarm.org).

## From the President and CEO's desk...

It has been said that the happiest people are those who make the most of everything that comes their way. That is an attitude from which we could all benefit, and one that clearly has been embraced by the Participants of Lambs Farm.



longer working can spend their days in a relaxed atmosphere doing the kinds of things they enjoy (games, arts and crafts, puzzles, etc.). As the number of Participants interested in these options has grown, we have had

to rent additional, fully-accessible space to accommodate them and combined these programs into our new Enrichment Program. Participants in the program can choose from the wide variety of activities available each day, enabling them to explore their individual interests. It is yet another opportunity that our Participants will make the most of and celebrate.

Their expectations are really quite simple: to be among people they care about and who care about them; to live in a nice home; to work in a rewarding job; to have a full social life; and, most of all, to be treated with respect and dignity. While we take those things for granted, our Participants actually appreciate and celebrate them - and that inspires us to assure they have every opportunity to enjoy lives that are happy and fulfilled.

Quality of life is important at Lambs Farm. It has contributed to the longevity our men and women enjoy today. Our goal remains to ensure we do everything possible to provide quality programming for all stages of our Participants' lives and every opportunity to enjoy lives that are meaningful to them.

As our Participants age, a new expectation has entered into their lives - the ability to retire. It has traditionally been the case that all residents must have a job. They have many choices, as some work in the community, others work in our campus businesses, and still others work on grounds, in housekeeping, in our administrative offices, or at Lambs Industries. As time has gone on, however, and with our Participants living much longer lives than anticipated, some have had more difficulty standing for long periods of time, are losing the dexterity necessary to perform necessary tasks, or simply want to "take it easy". After all, they have worked the better part of their lives, and are entitled to a more relaxed lifestyle.

Your support over the years has been an investment in those lives, and has ensured our ability to provide those opportunities. Please consider a gift to Lambs Farm today. What better investment can there be?

Sincerely,

Dianne M. Yaconetti  
President and CEO

For several years, we have had a Senior Program for older residents and more recently an Activities Program where Participants no

*(continued from cover)*

appropriate and adaptable for all levels of ability and Participants are thrilled with this theme as it is one of their favorite activities.

In January, Participants enjoyed a Zumba class led by a Lambs Farm staff member. In February, Dance Troupe Soul 2 Sole, performed a variety of dance routines for the Participants. After their performance, they invited the Participants to join in a few dances. The Participants loved learning some new dance moves.

The Wellness Center is gearing up for some fun themed dances as well. Participants will be able to enjoy a Saint Patrick's Day dance with festive decor and Irish music!

Dancing is something everyone can do. Lambs Farm is proud to embrace our Participants and provide so many opportunities to enrich their lives.



*Pat Parker doing the YMCA!*



*Richard Bloom dancing in Zumba Class!*

## Wellness Center Series Presents: *How To Be Cool*

Along with the "Let's Dance" theme, the Wellness Center also provides a continued learning experience for Participants on various wellness topics.

In February, the Wellness Center presented "How To Be Cool" with guest speaker, Rucci, our Behavior Specialist. During the presentation, Participants learned about coping mechanisms when they become upset. Rucci demonstrated how to use stoplight colors to gauge frustrations and express their feelings. Participants engaged in different stretches and deep breathing exercises. Their favorite part was trying various stress relieving objects that squish, wiggle and light up!



*Participant, Barb, shows off one of the stress relievers.*

# Fine Arts Presents: Aladdin!

Participants enrolled in this year's Fine Arts Theater class are learning the roles of Aladdin and will soon audition for their preferred role.

Performances will be held on Saturday, September 23 at 7:00pm and Sunday, September 24 at 2:00pm at the Gorton Community Center in Lake Forest.

### The 2017 cast of Aladdin *Role announcements coming soon!*

Doug Ardito

Richard Bloom

Tom Durbin

Ron Kishony

Sarah Komperda

Stephan Koss

Brayanna LaConte

Jon Lazar

Liz Rancourt

Sari Still

Erin Thill

Doug Wagner

Marianne Weber

"Do not be fooled by its commonplace appearance. Like so many things, it is not what is outside, but what is inside that counts."  
- Aladdin



# Farmyard & Attractions Opening April 1

The Farmyard & Attractions at Lambs Farm is gearing up for another fun-filled season! Set to open April 1, staff are keeping busy caring for the animals so they are ready for the many visitors they will encounter throughout the season. Many schools and groups are starting to plan Field Trips to the Farm as well! Want to take your class on a fun and educational trip? Contact our Field Trip Coordinator today at [fieldtripcoordinator@lambsfarm.org](mailto:fieldtripcoordinator@lambsfarm.org). Visit [www.lambsfarm.org](http://www.lambsfarm.org) for hours and prices.



*Mark, Lori and Janice enjoy crafts together*

## Lambs Farm opens new Enrichment Center

Located next to Lambs Industries, the new Enrichment Center is now open and Participants are able to enjoy an abundance of space. The building is now home to the former J.O.Y. (Just Older Youth) and the musical theater portion of the Fine Arts Program.

Participants are already enjoying their new environment, spending their days in the spacious and accessible setting as they take pleasure in crafting, knitting, gardening, playing games, watching movies and more. Staff are also planning trips for the Participants to enjoy time in the community.

The Enrichment Center benefits our older Participants which includes camaraderie with their peers and fulfilling their day with rewarding activities. Staff are patient, kind and caring as each person has different needs and skills. With everyone working together, the Enrichment Center is the perfect place for our Participants to continue growing.



*Stephan enjoys Musical Theater*



*Terry expressing herself through Colors*

# Greenhouse Opening May 1

The Dogwood Garden and Pet Center is preparing for spring and will have plants and flowers available for purchase starting May 1.

The greenhouse will be in a new location this year, right behind the Magnolia Cafe & Bakery. Make sure to stop by for all of your garden needs. The Garden and Pet Center is open daily 10am - 5pm.



dogwood  
garden &  
pet center



# 33rd Annual Golf Day

Join us for the 33rd anniversary of Lambs Farm's longest running fundraising event -- our Annual Lambs Farm Golf Day in Memory of Jack Stein. Golf Day is scheduled for Tuesday, July 11 at ThunderHawk Golf Club in Beach Park.

Golf Day features both morning and afternoon shotgun starts, 18-holes of golf, premium golfer gifts, challenging course competitions, and breakfast, lunch, and a cocktail reception with awards for the day's winners.

Sponsorship opportunities ranging from \$1,000 to \$10,000 are available. Foursomes are \$1,800 each; individual rounds are \$450. Online registration is available by visiting [www.lambsfarm.org/golf](http://www.lambsfarm.org/golf).

Grab your clubs and a few golf buddies, and get set to join us on the links for the 33rd Annual Lambs Farm Golf Day! For more information, please contact Mary McGonigel at 847-990-3733 or [mmcgonigel@lambsfarm.org](mailto:mmcgonigel@lambsfarm.org)



*Participants Marc and Martha volunteer at the Sweets for Sweetie Event on February 11*

## Participant Happenings

Participants are keeping busy around the Farm working at their jobs, participating in programs in the Wellness Center, going on house outings, volunteering at special events - they have very busy and fulfilled lives. Lambs Farm recently hosted a Valentine's event, Sweets for Sweetie, at the Magnolia Café & Bakery. Participants Marc and Martha volunteered their time to welcome guests and share the Lambs Farm Story. "I enjoy telling people

about Lambs Farm because this is my home. I am proud of it," Marc said. Next time you attend an event at Lambs Farm, make sure to say hi to Marc and Martha!

In mid February, the Quest Travel Class ventured off on an overnight trip starting at a mining museum. They also visited the House on the Rock in Spring Green, Wisconsin where they enjoyed looking at the homes treasures and collections. Quest instructor, Erin Flood, said their favorite part was the infinity room which overlooked all the trees.

Nearing the end of the Football season, Lambs Farm staff member, Gregg Guentz, gathered our many Packers lovers to watch their favorite team. Participants celebrated the Packers North Championship win in January and continued to root them on in the playoffs. "I love watching football together with my housemates," Participant Ruth Moyer said. "It's a lot of fun and we always have a good time."



*The Quest Travel Class at the House on the Rock*



# Fun & Fit Family Day 5K/2 Mile Walk

Join us for our 4th Annual Fun & Fit Family Day 5K Fun Run and Two Mile Walk on Saturday, June 24 from 9am - 12pm at Lambs Farm!

Last year 300 guests participated in this wonderful event which benefits the Lambs Farm Wellness Center. The Wellness Center provides the men and women of Lambs Farm a place to recreate, exercise, participate in activities and so much more! The Wellness Center, which includes fitness and nutrition, is home to a regulation size gym with a variety of cardio equipment, a strength training room and classrooms for projects and activities.

This year we are happy to partner with Road Runner Sports in Wilmette, and are looking forward to the return of our friends from the Libertyville Running Club who volunteered their time for the past two years.

Individuals can also fundraise on their own to earn incentives, including a free race entry! All details are on our website at [www.lambsfarm.org](http://www.lambsfarm.org).



*Lambs Farm Participant Deb (left) finishes Fun & Fit Family Day two mile walk last year. Champion Car Show winners take home a trophy (right).*

## Sponsor a Special Event Today!

Do you or your company want to help support people with developmental disabilities? Become a sponsor or donor for one of our upcoming special events! There are many opportunities to get involved all while benefiting the men and women of Lambs Farm. In return, you are recognized in various ways before, during and after the event.

Depending on the level of sponsorship, you will be provided with multiple exposure opportunities including vendor space, name or logo in our various newsletters, event programs, website, social media and more. Please join us in our sponsorship programs.

Contact Kathy McMeins today to secure your sponsorship of choice. E-mail her at [kmcmeins@lambsfarm.org](mailto:kmcmeins@lambsfarm.org) or call 847-990-3749 for a full list of opportunities.

Our Annual Golf Day Fundraiser, held on July 11 at ThunderHawk Golf Club is also seeking a variety of sponsorships!

Please contact Director of Development, Mary McGonigel at 847-990-3733 or email her at [mmcgonigel@lambsfarm.org](mailto:mmcgonigel@lambsfarm.org). You don't want to miss an opportunity for great exposure while at the same time supporting the men and women of Lambs Farm!



# Donor Salute:

Lambs Farm is grateful for the support we receive from our many friends. Listed below are the names of those especially generous individuals, foundations and corporations whose gifts of \$1,000 or more were received from September 1, 2016 to December 31, 2016.

## \$25,000 to \$49,999

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Mrs. Joan Fuller  
Golder Family Foundation  
Ms. Laurie Hernandez & Mr. Mark Stavropoulos  
Ms. Rose Kapoun  
The Kara Foundation  
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## \$10,000 to \$24,999

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Anonymous  
Mr. & Mrs. Rick Arko

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## Bequests

Estate of Elizabeth Conlin  
Jean Levy London Trust  
Melvin G. Magee Trust

# Tributes and Memorials:

The decision to honor and remember friends and loved ones with a gift to Lambs Farm is always considered a very special honor to us. Below, we list the names of those individuals who have been honored or remembered with a gift received from September 1, 2016 to December 31, 2016.

## In Honor Of:

Angelika Ade  
Ellen Allsteadt  
Stephen Allsteadt  
Catherine Alvary  
James D. Baker  
Michelle Benham  
Carol Benvenuti  
Andrew Bessick  
Paige Bessick  
Madison Bilancia  
Morgan Bilancia  
Elizabeth Brake  
Brian Branick  
Mike Brunette  
Robert Cairo  
Lori A. Carlson  
Donald Cholewa  
Carolyn Cleary  
Mary Coogan  
Joan Corn  
Myron R. Corn  
Elizabeth Creigh  
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Karen Dunne  
Steve Dunne  
Tom Felner  
David Fleming  
Michael Fox  
Fern S. Frank  
Michael Frank  
William Frankel  
Ann Fuller  
Brian T. Grady  
The Grossman Family  
John Gruebnau  
Michael Hechtman  
Marc Henry  
Mary M. Henthorn  
Ruth Heringlake  
Anndra Herzog

Katherine Higley  
Alyson Hofflander  
Judy Holstein  
Lawrence Holstein  
Robert Holstein  
Ruth H. Hutchison  
Maddie Ice  
Christina M. Jaggi  
Joshua Johnson  
Roberta Kapoun  
Emily Kappers  
Peggy Kimble  
Robert W. Kimble  
Susan Koehler  
Sarah Komperda  
Carol L. Kreiser  
Karyn Krupp  
Lambs Farm Staff  
Miriam Lazar  
Howard Levin  
Carole Levy  
Peter Levy  
Libertyville Running Club  
Jodye Lieberman  
Karen Lieberman  
Jody Lindquist  
John R. Lindquist  
Joy Lodge  
Laura Lyall  
The Matzka Family  
Christine Maxwell  
Lauren Miller  
Dennis Moss  
Colleen Moyer  
Greg Moyer  
Michael Moyer  
Ruth I. Moyer  
Paul Mroczka  
Marc Nachtman  
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Nancy Northrip

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Erin Thill  
Matthew M. Tielke  
Martha Torrence  
John Travaglio  
Mary Volz  
Douglas Wagner

The Wagner Family  
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Joanna Willix  
Cayce Wright  
Dwight Yackley  
Jeff Zemel  
Jon Zils

## In Memory Of:

Anthony Alberding  
Marjorie Alberding  
Thomas Andress  
Jules Andrews  
Joelyn Baubkus  
James Baudendistel  
Ann Benedetti  
Gloria Benham  
Manny Bergart  
Claire Blumenthal Miller  
William Bock  
John Brown  
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Francesco Cecala  
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Della Dunbar  
James D. Dunbar  
Robert Durbin  
Helen Eisenstadt  
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Kathy Garrett  
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Elliot Nachtman  
Emolyn J. Nachtman  
John Nachtman  
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Michael Nielsen  
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David Sundheim  
George M. Sundheim  
Sally Sundheim  
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Mary Ruth Terese  
Blanche Thormina  
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## Upcoming Events

### **Bunny Brunch**

*Friday & Saturday, April 14 & 15*

#### **Magnolia Cafe & Bakery and Visitors Center**

Join us for a delicious buffet then take a walk over to the Bunny Patch! At the Bunny Patch kids can enjoy Spring crafts, activities and a take a photo with the Easter bunny! Some of our Farmyard friends will be available for petting and learning.

Seatings are at 9am, 10:30am and 12 pm.

Call 847.362.5050 for reservations.

### **Easter Brunch**

*Sunday, April 16*

#### **Magnolia Cafe & Bakery**

Easter brunch features hand carved meats, breakfast classics, fresh fruit and vegetables and a fabulous dessert table!

Seatings are at 10am, 12pm and 2pm.

Call 847.362.5050 for reservations.

### **Model Train Day**

*Saturday, April 22*

#### **Magnolia Cafe & Bakery and Visitors Center**

Children of all ages can don their conductor's hat and operate the model trains courtesy of Valley Model Railroad Club. Admission to the model trains is free. Nominal fees for some crafts, activities and fun pass apply.

### **Mother's Day Brunch**

*Sunday, May 14*

#### **Magnolia Cafe & Bakery**

Call 847.362.5050 for reservations.

### **Lambs Farm Champion Car Show**

*Sunday, June 4*

#### **Lambs Farm**

Proud of your hot rod or motorcycle? Show it off!

All makes and models of cars, trucks and bikes are welcome to compete. Call 847.990.3749 for more information.

### **Father's Day Brunch**

*Sunday, June 18*

#### **Magnolia Cafe & Bakery**

Call 847.362.5050 for reservations.

### **4<sup>th</sup> Annual**

#### **Fun & Fit Family Day**

#### **5K Run/2 Mile Walk**

*Saturday, June 24*

#### **Lambs Farm**

Enjoy a fun 5K run or two mile walk starting at Lambs Farm and proceeding around Old School Forest Preserve, and help us raise money for the men & women of Lambs Farm. Sponsor booths, refreshments and fun, family activities after the race. Call 847.990.3749 for more information.

### **33<sup>rd</sup> Annual Lambs Farm Golf Day in memory of Jack Stein**

*Tuesday, July 11*

#### **ThunderHawk Golf Club, Beach Park**

Grab your friends and clubs, and head over to ThunderHawk for a great day on the links while benefiting Lambs Farm. Call 847.990.3733 for more information.

### **Participant Theater**

*Saturday & Sunday, September 23 & 24*

#### **Gorton Community Center, Lake Forest**

Lambs Farm Participant Theater Presents:  
Aladdin! Tickets will go on sale late summer.

### **Fall on the Farm**

*Saturday & Sunday, October 7 & 8*

#### **Lambs Farm**

Enjoy family friendly fun with fall themed crafts, entrance to the Farmyard and Attractions and the Lake County Heritage Farm Association will be on site with Tractors and Barrel Rides! There will also be a tent sale, food and beverage tent and live music open to the public. Call Kathy for more info at 847.990.3749 or email [kmcmeins@lambsfarm.org](mailto:kmcmeins@lambsfarm.org).