

onbalance



Letter from the Director:

So, you don't hear from us very often. Maybe that's a good thing. If you get as much junk mail as we do you likely appreciate as little mail as possible. We'll try to keep it simple and brief.

Unfortunately, when you don't hear from us, you may think that we don't need you or your help. Maybe you think that we have everything we need or that maybe we have stopped serving the community. Well, that certainly isn't the case. We're simply trying to be as efficient as we can. And your help is as important as ever.

Community support is essential for fulfilling our mission of making a difference in the lives of individuals with developmental disabilities, their families and the community.

Please consider making an end of the year contribution to Balance, Inc. We will put the money to work meeting the needs of members of our community.

Thanks so much for your support, your time and your consideration!

Craig Modahl
Executive Director

What We've Been Up To . . .

Balance, Inc. provides a variety of services to support individuals with developmental disabilities and their families. Our support is provided through on-going direct, active, one-to-one assistance with more than 75 individuals with disabilities.

Earlier this year we added another home in Grafton for two individuals. Our services are needing to adapt to the needs of an aging population. Several of those served by Balance are struggling with age related dementia as well as their developmental disability. This often requires unique support services and specialized training for staff members.

Balance continues to strive to meet the needs of the residents of our communities by providing them with the supports they need in their home communities.

To get more information about our services visit our website at:

www.balanceinc.org

(Yah, we know the website needs work. That's on the "to do" list! Any volunteers?)

Summer Recreation – *Our Second Year*

For the last two summers, Balance has been operating the special summer recreation program for children with developmental disabilities. This year we

Growing the Experience



The current summer recreation

Volunteers make the program work!

program serves children ages 5 – 15. Once a

served 23 children with 32 volunteers and five part time staff.

This program has become an essential service for the children and their families. It has also become an important part of the summer for the high school and college students who volunteer for the month long program. Many volunteers come back year after year to spend this month with the kids.

This program is funded by the Ozaukee County Department of Human Services with additional contributions from the Ozaukee County Arc and the Cedarburg Junior Womens Club.



child reaches 16 they are no longer eligible to participate. For the child and the family this can make for a difficult and long summer.

There are no respite or recreation programs to help with the long

summer days. Balance is working with many of the families of children who are aging out of the program to develop an alternative for them.

We are hoping to develop partnerships with local colleges and universities to create a work/study program. Funding for this expansion will need to come from private sources.

Expansion –

There is a waiting list for the current program. The needs continue for all ages and abilities. Please consider adding your

support to the summer recreation program. We are always looking for additional volunteers as well.

How

BALANCE INC. Individual counseling for those participating in our services.

home management, meal planning and other activities. This service is an alternative to more intensive living arrangements such as group homes. Most individuals in this program work in the community and pay their own rent and living expenses. Balance provides the needed staff assistance.

Pace

Pace is our Adult Day Service program. It is a community based activity program for individuals who require a high level of support due to their disability. The staff support provided through this program helps individuals build skills, participate in community activities and events, build and maintain their physical health, and contribute to the strength of the community.

Over 75% of the time is spent in the community. We use local resources such as the YMCA, public libraries, parks and trails. We give back to the community by assisting with meal deliveries for Meals-On-Wheels, volunteering at other nonprofit organizations and faith communities.

Individualized Services

As we strive to use resources efficiently by matching the support with the individual, we need to be creative in our service approach. In addition to the services listed, Balance also provides the following:

- **Occupational Therapy:** We have a registered occupational therapist on staff developing supports, therapy routines, and activities.
- Balance has provided **consultations** to schools seeking to enhance the skills of their students in order to prepare them for adult life.

Supported Living

Many individuals with developmental disabilities wish to live in their own homes or apartments in the community and do not require assistance around the clock. We provide support in Ozaukee County for these individuals through our supported living program.

This program provides assistance in the home a few hours each week with money management,

Helps . . .

Adult Family Homes

Balance operates several adult family homes in Ozaukee County. Each of these homes has two individuals who receive assistance 24 hours each day due to their disability.

The care we provide includes all activities of daily living. Each individual benefits from unique supports necessary to meet the complex care they require. During most waking hours there are two staff providing assistance in each home.

Special Summer Recreation Program

Balance operates the Ozaukee County special summer recreation program for children with developmental disabilities. Children ages 5 to 15 attend activities with the assistance of

volunteers everyday during a four week period each summer. This program supports up to 24 children each year providing respite care for the families and exceptional

recreation opportunities for the children.

Here's How You Can Help

Volunteer: We can use volunteers in many different ways. The summer recreation program is a great opportunity for high school and college students to gain community service hours. Be careful though – it has proven addictive!

Donations: We are always looking for donations. Financial support helps us to provide essential services now and in the future.

Shopping: There are two ways of shopping for the things you need that can support Balance. One is through the Pick N Save We Care program. Designate Balance as the organization that benefits from your purchases. Our We Care number is **50500**. If you shop online, visit www.greatergood.com first and designate Balance as the organization you want to support through your purchases.

Heart N Home: By locally made craft projects at our booth at the Heart N Home consignment shop in downtown Port Washington. Items at the booth are made by people Balance supports and others who support Balance.

Grants Help Improve Facilities and Organization Capacity

Balance, Inc. has received three grants this year that improve the facilities and the capacity of the organization to serve the community.

The first of these grants was from the **Wisconsin Housing and Economic Development Authority** for new windows at our duplex in Grafton. The \$10,000 grant covered the majority of the costs of replacing all of the 30 year old windows with energy efficient windows in both units.

Two grants from the **Nonprofit Management Fund** are helping Balance develop its organizational structure allowing it to increase its capacity to serve the community. The first grant was for a “diagnostic clinic” which evaluated the management systems and structure. The resulting report is helping the board of directors to improve its process and make structural adjustments to the growing organization.

The second of these grants is assisting with the information technology systems used by the organization. Consultants from *Entech* (Empowering Nonprofits in Technology) are evaluating and developing systems to help the organization capitalize on technology systems available to the organization.

These grants will help improve services to those already being supported by Balance as well as increase the organization’s capacity to serve the

*Thank you for all of
your great support!!
It really makes a difference!!*