

## *Making a Difference . . .*

# **One Meal at a Time**

People with developmental disabilities who live in our community have many gifts to share with all of us. They are great neighbors, good friends, and often excellent employees. However, it can be difficult for them to make ends meet on very limited or fixed incomes. Even when the economy is doing well and the desire is strong it can be very difficult to find a good job.

Making a difference in the lives of our neighbors can be simple and inexpensive. Due to a disability it may be difficult for an individual to make a healthy meal everyday. We asked members of First Congregational Church in Port Washington, WI to consider helping by making a favorite casserole or “freezable” dish once a month that would be shared with others in our community. These meals will help offset the cost of food and reduce the need for paid support for those who live in their own homes.

That simple request has turned into over 100 meals in just the first few weeks. The meals are packaged in single serving freezable/microwavable containers. We are distributing them through our supported living program. It may not sound like much, but this small service has made a very big difference in the budgets of those who live on \$10 to \$15 a week for their groceries.

This little project has expanded into a small food and supply pantry for those we serve. We have personal care items collected through the Volunteer Center of Ozaukee’s annual drive. We are expanding these collections for people with developmental disabilities who need the support.

For information on how you can contribute, call Balance at 262-268-6811 or email to [info@balanceinc.org](mailto:info@balanceinc.org).

## **Chris Shares His Story**



This fall, board member Chris Fraser opened his home and his life to the world through a 10 minute video on Youtube. This video shows Chris in his home community of Port Washington enjoying the beautiful lakefront, seeing his friends at church on Sunday and how his home is set up to meet his needs.

Not many of us would be willing to have a camera follow us through our day and then share the very personal story and images of what our life is like. Chris was very excited to share this. Once you view the video you can see why. He has put together a pretty amazing life that keeps moving forward.

Please take a few moments and view the video by visiting our website at [www.balanceinc.org](http://www.balanceinc.org).

## From the Board President

As many of you know, Balance is a non-profit organization dedicated to improving the lives of individuals with developmental disabilities, and we have been doing so for over 20 years. Balance is a very special and unique organization and we now support close to 100 individuals on a regular basis!

Our support services are tailored specifically to each individual client and range from occasional in-home visits to 24/7 continual care in one of our homes.

Each of our clients has truly remarkable gifts and abilities, and we believe each individual deserves the opportunity to achieve all that he or she dreams about and is capable of reaching. Imagine the sense of delight and feeling of accomplishment our clients have when they achieve one of their goals!

We are blessed with a very dedicated Executive Director and professional Care Giving Team who strives everyday to help each of our important clients to be the very best that they can be. Our Team makes a tremendous difference in the quality of life and happiness of all our clients.

We are striving to help as many of developmentally disabled individuals as possible, and would truly appreciate your support.

Please . . . help us reach out and help another developmentally disabled person. Your gift, of any amount, will really help us make a difference – and will make you feel good at the same time!



Thank you so much!  
Art Young  
Board President

## From the Executive Director

Over the last three years there has been a major change in the way that services for people with developmental disabilities are funded in the State of Wisconsin. In this new program called Family Care, organizations such as Balance contract with Care Management Organizations (CMOs) to provide services.

This new system has resulted in elimination of the waiting list for services.



Unfortunately, it has also resulted in a much tighter budget for those receiving services. For example, in our supported living program for the same individuals we were serving in 2008, we continue to provide the support at an average 30% reduction from the reimbursement we received 3 years ago. In our adult family homes our average

reimbursement per person for services is 78% of what it was in 2008.

Striving for efficiency and cost savings is something we support. It is a part of our mission. However, these changes are making it much more difficult for us to provide the quality of service that is essential for the individuals who depend on us to receive the services they need everyday.

In this time we need your support more than ever. Please contribute in any way you are able. And, as always . . .

**Thank You!**

Craig Modahl  
Executive Director

## **A New Adult Family Home**

This fall, Balance purchased a home in Port Washington for the expansion of our adult family home services. This four bedroom home had been vacant and on the market for several months. It is in a quiet, mature neighborhood with easy access to community resources. With only minor modifications we will be providing a home for two or three individuals who require a high level of support.

This will be the sixth adult family home managed by Balance. These homes all have either two or three individuals residing in each one. These arrangements provide private bedrooms and a quiet home environment.

## **2010 Funding through the Greater Milwaukee Foundation**

Balance received exceptional support this year from family foundations:

- The Connections Center received a \$10,000 grant from the **Greater Milwaukee Foundation's Ted and Arleen Koenigs Fund 2**. This grant has allowed us to start the Connections Center and fund most of the expenses for the first year of the center's operation.
- The Special Summer Recreation program for children with developmental disabilities expansion – serving children age 16 through 18 – received \$10,000 from the **Greater Milwaukee Foundation's David A. and Nancy E. Putz Fund**. This grant allowed the program to serve several additional children and provide for many of the costs of the expanded program. Without this grant, the expansion of the summer recreation program would not have been possible.
- A grant of \$250 from the **Great Milwaukee Foundation's Habush Habush & Rottier Charitable Fund** helped the Special Summer Recreation program.

## **How You Can Help**

There are many different ways to help Balance provide services and support to people with developmental disabilities in our communities:

**Financial Contributions:** Donations of any amount are welcome and very much appreciated. Donations can be directed toward specific services, to our endowment fund or to meet the needs that we have at the time.

**Volunteer:** One of the greatest donations someone can offer is the gift of their time and talent. Whether this is to assist someone with their daily chores, to help maintain our

adult family homes, to volunteer in the office, or to spend the month of July helping kids in the special summer recreation program, every hour is a true gift.

**With a Meal or a Gift:** You can make something healthy to share through our meal collection. Or drop by some non-perishable food items or personal care items (new soaps, toothpaste, lotions, shampoos, etc.)

**Online Shopping:** If you shop online for holiday gifts or at any time, first visit [www.goodsearch.com](http://www.goodsearch.com). There you can shop at all the popular online stores and sign up for your shopping to benefit Balance, Inc. It's free and easier than you think.

Visit our website for more ideas: [www.balanceinc.org](http://www.balanceinc.org)

## Our Mission

Balance, Inc. is an organization dedicated to improving the quality of life for persons with developmental disabilities.

We provide services to individuals that promote and respond to their personal goals, desires, needs and dreams. We strive to empower each individual in determining the direction of his or her life.

Our services enhance the communities' capacity to understand and embrace persons with developmental disabilities. We are committed to provide services that maximize individual potential, while acting as prudent stewards of our resources.

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