



**Center for
Independence**
THROUGH CONDUCTIVE EDUCATION

Annual Report

March 2023

The mission of the Center for Independence is to help children and young adults with disabilities achieve their highest level of independence in the home, school, community and workforce. We provide therapy programs that develop life skills and motor function in a manner that promotes self-reliance and an "I Can!" attitude. Committed to breaking down barriers to employment, the Center also provides job linkage and placement for young adults with disabilities through our innovative program, Working Together Chicago.

(708) 588-0833 ~ www.CFImove.org



Note from the Director

This coming November, the Center will celebrate our 25th anniversary! Your kindness over the many years helped thousands of children and young adults with disabilities grow up strong, self-determined and hopeful. Like the last 24 years, this past year was filled with the joys of so many "firsts"! First time sitting, eating or taking unassisted steps with a walker or cane independently. We celebrated graduations from grade school, high school and college. The Center also celebrated people with disabilities accepting job offers and the immense pride of that first paycheck! You made those celebrations possible – thank you!

During 2022, the Center provided intensive therapy services to over 200 children and young adults with physical disabilities and provided more than \$1,060,000 in charitable care to ensure full participation regardless of income or insurance limitations. The Center also created 20 new paid jobs in the community and now

have 75 people with disabilities actively employed! With help from our generous community, we also provided free social work services, case management, respite days and provided holiday meals to families struggling to make ends meet.

A very special thank you to the State of Illinois and our generous donors and neighbors who made the complete renovation of our Countryside location possible – we are now ready and eager for the next 25 years!

Thank you for being with us over the years and for joining us in honoring people with disabilities. We look forward to what the future holds and the endless possibilities and celebrations that await the Center's children and young adults!

Patti Herbst / Executive Director

Site Locations: The Center is proud to offer programs at the following locations:

Countryside
(Main Site)
100 W. Plainfield Rd, Ste. 100
Countryside, IL 60525

Brighton Park - Chicago
2701 W. 36th Place
Chicago, IL 60632

Northwest
The Hope Collective
23153 W Miller Rd.,
Lake Zurich, IL 60047

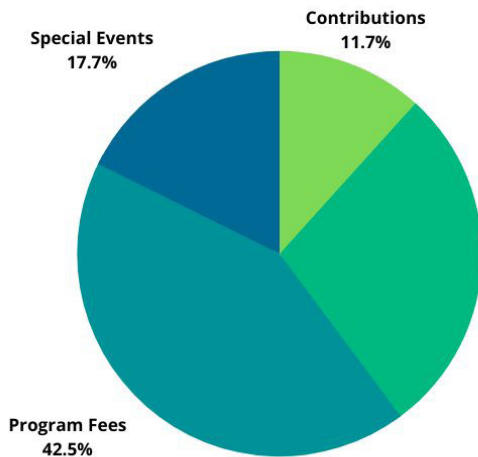
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"Like" the Center
on Social Media!



Financial Report

for year ending December 31, 2022



Foundation Grants
28.1%

CONTRIBUTIONS

\$224,437

FOUNDATION GRANTS

\$537,900

PROGRAM FEES

\$814,210

SPECIAL EVENTS

\$339,047

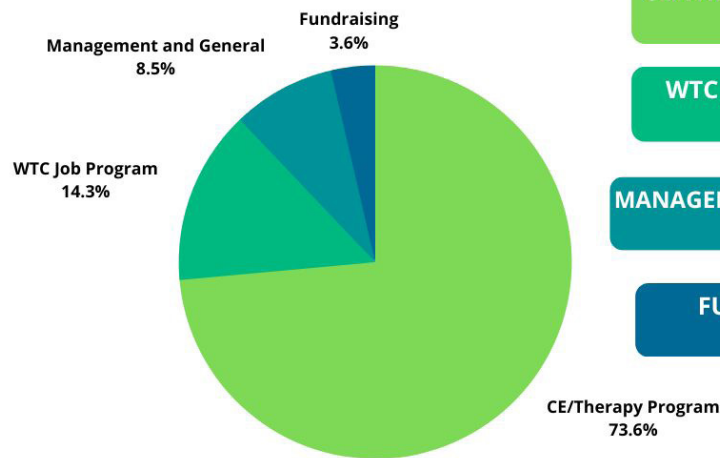
UNREALIZED LOSS ON INVESTMENTS

(\$107,778)

87% of every dollar was spent on therapy and vocational programs that serve children and young adults with disabilities!

Total Revenue & Public Support
\$1,807,816

\$1,066,420
(17,600 hours) of Charitable Care, allowing every child to participate regardless of income or insurance limitations!
THANK YOU!



CE/THERAPY PROGRAM

1,389,151

WTC JOB PROGRAM

\$270,914

MANAGEMENT AND GENERAL

\$157,272

FUNDRAISING

\$68,656

Total Expenses
\$1,885,993

Net Assets as of December 31, 2022: \$1,788,318

For a copy of the Center's Audited Financial Statements, please contact pherbst@cfice.org.

565 people served in 2022!

215 children and young adults in therapy, 132 young adults with varying disabilities in job development and 218 parents and siblings in support programs

97% of children and young adults have improved in daily life skills and independence

100% of Center families reported their child is more confident and self-motivated

480 hours of free Social Work and 6 Parent Training Workshops

20 New paid jobs created for adults with disabilities; 75 participants actively employed!

The Center completely renovated the Countryside therapy rooms and offices in 2022!



Since the beginning of 2022, Working Together Chicago and our participants have continued to succeed. WTC's exit from the challenges of the Covid-19 pandemic has been made possible through the continued hard work of many. We have discovered that our participants, employer-partners, and supporters are stronger and more resilient than a pandemic.

Most of the WTC participants have returned to previously held jobs and are excited to be back at work. WTC remains committed to securing additional employment opportunities. Each day we are encouraged by the removal of employment barriers, increased participant confidence and the life-changing impact of employment.

In November, WTC hosted its annual fundraiser at the La Grange American Legion Hall. The presentations from participants and a WTC parent evoked pride for all involved. The highlight of the evening, was when Ani Hunt, Center social worker with a disability, received a standing ovation after her presentation. For all of you who were able to attend or support our work, THANK YOU!

*Thank you for giving
young adults with
disabilities the
purpose and pride of
a paycheck!*



***Last year the Center provided the following services
FREE for all families to help reduce the immense
stress parents of children with disabilities often feel:***

- Workshops on banking, navigating disability rights, government benefits and more
- Social work services for siblings and parents
- Parents of children with disabilities are at higher risk for stress, anxiety and depression*
- Case Management
- Respite Days
- Food Drives
- Home, School and Doctor visits

**The Center has *never* turned
a child away due to insurance
or income limitations! Thank you.**

Conductive Education No limit to learning - reach your potential!

The wall rack is fun to climb, challenging a child's strength and using both sides of their body helps improve bilateral coordination skills to complete functional transitions independently!
-Emma Reynolds, DPT, Staff Therapist

Your donations make a difference...

64% of children attending the Center live in low-income households and face barriers to therapy services. But it's not just low-income families who face barriers...

High deductible insurance plans and HSA plans continue to shift the cost of therapy and healthcare to middle-income families.

The CDC estimates medical costs for children with Cerebral Palsy are **10 times higher** than typically-developing children. Middle-income families are struggling to pay for their child's necessary therapeutic services.

CE Testimonials from Center Families:

In the short time my son has been attending Center for Independence, I have already seen changes in him inspired by the immeasurable care, skill, compassion, positivity and encouragement provided by the therapists and teachers; who are just amazing. They are knowledgeable, understanding, and so patient with my son. He so looks forward to seeing them. He is consistently welcomed each time with such love and acceptance. What a difference they have already made in my son emotionally and physically. The peer group activities are positively impacting his socialization skills and the activities are such fun for him! What a treasure we found in Center of Independence, we have been truly blessed!

-Maria A, Northwest Mom

The program has done so many amazing things for my daughter! The program means the world to us.

-Susan D, Countryside Mom



What is Conductive Education?

Conductive Education is an intensive method of teaching people with motor disabilities to be more functionally independent. It is founded on the premise of neural plasticity; with intensive focused practice, the brain is capable of creating new pathways despite significant damage.

Children with motor disabilities develop and learn in the same way as typically developing children do. However, what most children learn through assimilation, the child with a motor disorder must be taught as a skill, whether it be walking, toileting, or dressing.

Our talented staff of Conductive Education Teachers, Physical and Occupational Therapists work together to provide a comprehensive program to promote confidence and motivation in every child, so that life skills are achieved to the best of their ability. The peer setting encourages children to take responsibility for their learning with an **"I Can!"** attitude.

Improving self-determination and self-reliance in children with disabilities is the greatest influence in success at school, college, and ultimately, employment!

Board of Directors

Our sincere thanks to the Board for donating their time and talents to the Center!

Board Chair, Clayton P. Kalweit
Goodwill Industries of SE Wisconsin
and Metro Chicago, Inc.

Matthew J. Coleman
Partner
Parente & Norem

Tracy Lewis
Registered Nurse
University of Chicago Hospital

Vice-Chair, John M. Thomas
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Internal Medicine and Pediatrics
Caring Family, SC

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Retired Professor of PT
Governors State University

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The Illinois Eye Institute

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Charles F. Herbst
Partner
Chamberlain and Herbst, CPA

Erick Valdez
Assistant Vice President
Brighton Park Wintrust Bank



The Center meets all 20 Better Business Bureau of Chicago Charity standards, is rated Platinum by Guidestar Charity Navigator, and received a 2022 "Top Non-Profit" Award from Philanthropedia!



Save the Dates

Early June - Grand Opening and Open House of the Countryside location

July 13th - Working Together Chicago Trivia Night and Fundraiser Kick Off Event

September 22nd - CFI 25th Annual Golf Outing and Fundraiser at Oak Brook Hills Resort

November 16th - WTC In-Person Fundraiser
More details to come!

Accreditation!

In December 2022 the Center was awarded Accreditation for quality programming and leadership by CQL. Congratulations to our terrific Staff and Board!



Center for Independence is an Illinois nonprofit under section 501 (c) 3 of the Internal Revenue Code.

Construction Update!

The Center is happy to report that the renovation of our Countryside location was officially completed in February and therapy has resumed in our new and improved therapy rooms!

We would like to give heartfelt thanks to the following companies and folks who made our construction possible:

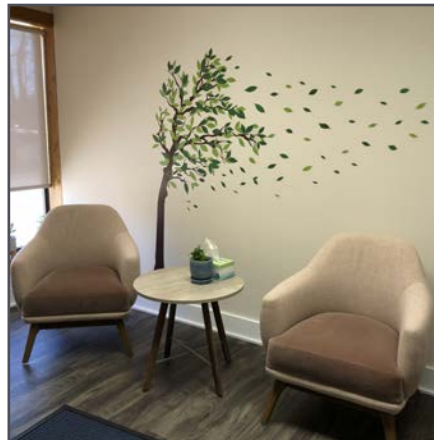
- Studio 222 Architects for creating an improved and functional design of our space
- Designs for Dignity for donating carpeting and furniture for our new parent waiting room, phone booth, and staff offices
- Ben Campbell and AMS for donating all of the HVAC work
- St. Cletus School and Parish for welcoming Center children and staff into their building to ensure critical programs continued throughout construction!
- The Building Department Staff at the City of Countryside for ensuring our renovation was timely and safe
- Klein Construction for managing the project timely and on a budget
- Our neighbors Sharma & Associates for being patient with the noise and inconvenience as our space was remodeled



INDUSTRIES, INC.
MEP+ SOLUTIONS



designs 4 dignity



Diversity Scholarship Award Ceremony



Please meet, Kiya Raines, Doctorate of Physical Therapy Student, the first recipient of the Center's Diversity Scholarship! Kiya is completing her student clinical rotation at the Center. Our thanks to the Board of Directors and Diversity Committee for creating this opportunity!

Pictured from left to right: Board Members, John Thomas and Tracy Lewis, Kiya Raines, DPTS, Josephine Boggs, Clinical Supervisor, and Board Members, Erick Valdez and Clay Kalweit

Center for Independence
through Conductive Education
100 W. Plainfield Rd, Ste. 100
Countryside, IL 60525
(708) 588-0833
www.CFImove.org
www.WorkingTogetherChicago.org

NON-PROFIT
PRSRT STD
U.S. POSTAGE PD
WESTERN SPRINGS, IL
PERMIT NO. 55



Thanks for helping so many amazing children and young adults with disabilities achieve their full potential!