



OAK PARK RIVER FOREST

Infant Welfare Society

Sponsors of The Children's Clinic

Our Mission

The Oak Park River Forest Infant

Welfare Society sponsors The

Children's Clinic, a community

supported healthcare

organization that provides

medical, dental and social

services to children of families

who are unable to afford the

cost of private healthcare.

Through partnerships with other

community organizations, we

support the physical and social

well-being of children.



left: Dr. Karen Walker, Medical Director, engages with patient; right: Patient in waiting area

Dear Friends,

As another fiscal year comes to a close, we are reminded of the urgency of the Oak Park River Forest Infant Welfare Society's mission to provide healthcare to children whose families cannot afford the cost of private care. It is a function of the economics of running a health clinic for low-income children that there will always be a gap between what our patients can afford to pay for their healthcare and the actual cost of that care. Thanks to people like you, however, we have the resources we need to fulfill our 96 year old mission.

The Society is in the process of revising our Strategic Plan which will set our path for the next five years. In the interim, we will focus on what we do best – delivering quality affordable healthcare to more than 3,100 low-income children each year from our community.

If you are not already involved in the Infant Welfare Society, please consider joining us in our effort to ensure that all children, regardless of income or insurance status, get the healthcare they need to grow up into healthy, productive and well-adjusted adults. Together, we can improve the life chances of thousands of at-risk children each year.

Sincerely,

Jennifer GoodSmith
President
OPRF Infant Welfare Society

Elizabeth Lippitt, MHSA
Executive Director
The Children's Clinic

Combating Childhood Obesity

Childhood obesity is a public health problem of epidemic proportions. The U.S. Centers for Disease Control and Prevention estimate that 17% of American children are obese, three times the percentage three decades ago. At the Infant Welfare Society Children's Clinic, an alarming 35% of our patients are considered overweight or obese – that is, they have a Body Mass Index (BMI) of 85% or higher. Childhood obesity is associated with risk factors for cardiovascular disease, high blood pressure and high cholesterol, respiratory problems, bone and joint problems, and mental health issues including low self-esteem. In addition, obese children are at higher risk for poor academic performance.

Combating obesity is nothing short of a crusade at the Clinic. Our doctors and nurse practitioners discuss nutrition and the importance of engaging in regular physical activity at every well child visit and every child receives a **Healthy Snacks brochure** from the **Oak Park Pioneering Healthy Communities Initiative**. Beginning at 2 years of age, all medical patients have their Body Mass Index measured in the well child visit. Patients with a BMI in excess of 85% receive a series of metabolic labs and are referred to our **Nutrition Program**, an individualized family-centered approach to weight management. The Nutrition Program, run by our in-house dietitian **Angela Dougé**, helps families develop healthier eating habits and increase the amount of their physical activity through counseling, nutrition education, a food pantry inventory, and the maintenance of diet and exercise logs.

Nina, a 17 year old girl from Oak Park, is a typical Nutrition Program patient. Nina's mother brought her in for a well-child visit because she was concerned about Nina's recent weight gain and lethargy. At 5' 3", Nina had a BMI of 36.8, weighing in at 205 pounds. Our medical practitioner referred her to the Nutrition Program where Ms. Dougé talked to Nina about the ideal weight of her frame, educated her on basic nutrition and healthy eating habits and the need to incorporate physical activity into her daily routine. By the time she graduated from the program four months later, Nina had lost 18 pounds, reducing her BMI to a healthier 35.3.



Alma teaching students nutrition

Our effort to stem the tide of obesity does not stop at the Clinic door. Our bilingual Health Education Outreach Coordinator, **Alma Mangio**, runs the **Oral Health and Nutrition Education Program** which provides classroom-based workshops for low-income preschoolers, elementary school children and their parents. The primary message imparted at these workshops is that nutritious foods make our teeth and bodies strong.

This healthy snack recipe was provided by Melissa Elsmo who writes the Food column for The Oak Leaves. Copies were distributed to Clinic patients in March.

Veg-Head Snacks

Introduce your kids to one of the healthiest snack foods around, hummus. Hummus is a delicious Middle Eastern spread made from cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice, salt and garlic. It's a great source of iron, vitamin B6, protein, fiber and folate. We recommend letting your kids assemble this healthy treat themselves to get them interested in trying new foods. These kid-friendly bites take minutes to prepare and are a great way to use leftover salad ingredients.

- Multigrain Flatbread
- Hummus
- Sprouts, Broccoli Florets, Diced Cucumbers, Sliced Baby Carrots, Sliced Olives, Sliced Bell Peppers

Cut flatbreads into 3" rounds using a cookie or biscuit cutter and spread with an even layer of hummus. Have the kids make happy faces with the assorted fresh veggies listed above. Then enjoy!



Tee It Up FORE Kids

The Infant Welfare Society's first annual golf outing on June 18th was a rousing success! 90 golfers played at Ruffled Feathers Golf Club in Lemont on that sultry day, raising over \$35,000 for The Children's Clinic. Winners included **JP Sanavaitis'** foursome from **NWC Construction** who came in first place after 18 holes. In a dramatic display, 900 golf balls were dropped onto the course from a helicopter and the owners of the three balls that landed closest to the hole won fabulous prizes.



Clockwise from top left: Sally Prescott & Brett Samuels, Event Co-Chairs; Sanchez, Daniels & Hoffman, LLP; Alice Ireland & Dianne Andrews; Elizabeth Lippitt, Executive Director, Jennifer GoodSmith, President OPRF IWS, & Dr. Jill Baskin, Oral Health Director; Silent auction items

THANK YOU!

A special thank you to all of our sponsors for their generous support:

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Infant Welfare Society Circle 31

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Laurus Strategies

Midwest Orthopaedics at Rush

Debra Rosenberg

Sanchez, Daniels & Hoffman, LLP

The Tennis and Fitness Centre

Terra Engineering

A big round of applause to our first-time event co-chairs, Sally Prescott and Brett Samuels, without whom this event would never have gotten off the ground.

By the Numbers... Our 2012 Fiscal Year:

- 3,169 children received medical and/or dental care in 10,024 visits, a six percent increase in visits from Fiscal Year 2011
- 975 elementary and preschool school children received preventive dental care at school through the Portable Dentistry Program
- 2,022 elementary school children, 751 preschool children, and 131 parents participated in classroom-based oral health and nutrition education workshops
- The Clinic participated in 27 community health fairs, reaching an estimated 1,963 individuals
- Developmental and social/emotional screens were administered at 1,174 well child visits
- 59 families and 29 individuals received long-term mental health therapy
- 15 fourth year dental students, 3 nurse practitioner students, 1 medical resident, 1 medical assistant and a dental assistant student completed a rotation at the Clinic

Odds and Ends

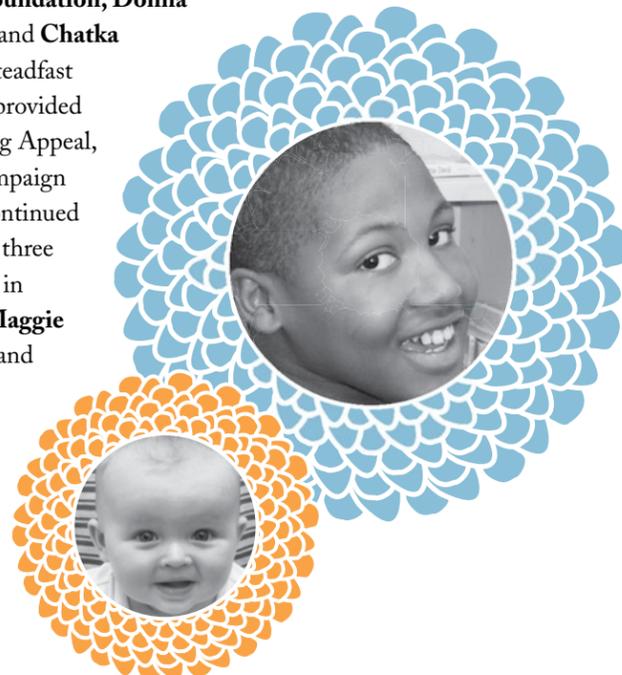
The Infant Welfare Society was the beneficiary of the River Forest **Whole Foods Market 5% Community Support Day** on February 15th which raised \$3,872 for the Clinic... The **HomeMade Pizza** Company fundraiser on May 2nd raised \$650 on what the Oak Park franchise described as the busiest day in their history... A big shout out to **Univision Radio** for their donation of 500 tickets to the Infant Welfare Society for the Cubs games on May 29 and 30. The tickets were distributed to supporters who registered early for the Golf Outing and ordered pizzas at our Homemade Pizza fundraiser, to our hard-working Clinic staff, and to 50 patient families. The Cubs were big winners both days, sweeping the series, and so were our supporters.



Angela Dougé, Clinic Dietitian, and her family at the Cubs game

Infant Welfare Society Spring Appeal

It's a bit too early to post the results of the 2012 Spring Appeal but we are off to a great start thanks to several of our most generous donors – **Harmon and Dawn Brown, Good Heart Work Smart Foundation, Donna Myers and Aaron Lebovitz, and Chatka and Tony Ruggiero**. These steadfast benefactors have once again provided the seed money for the Spring Appeal, and we hope to reach our campaign goal of \$50,000, with your continued support. Many thanks to our three co-chairs for their leadership in this year's Spring Appeal – **Maggie Kelly, Michelle Vanderlaan and Carol Wootton**.



DONOR SPOTLIGHT

Interview with Mary Anderson of Oak Park

How did you first become involved with the OPRF Infant Welfare Society?

I had gone to a couple of the early showcase houses and become curious about the Infant Welfare Society. About that time, a friend of mine was starting a new circle and she invited me to attend. I was an OB and pediatric nurse and healthcare for children had been both a concern and an interest of mine. So, I joined and that was 25 years ago!

There are so many worthy charities, why do you support the Society's Children's Clinic?

I think that it is a combination of my nursing background and an interest in helping children. My children were lucky enough to have good healthcare growing up but not all children are that fortunate. Being able to help provide high quality healthcare for children is a great mission and one that my husband and I both support. However, my real inspiration comes every time I visit the clinic and see the actual children who we are helping. I coined a phrase some time back during my presidency, "It's all about the kids" and that pretty much sums it up.

I also take inspiration from being involved with a society that has a 96 year history of serving children. That is a tremendous legacy for all of us to take inspiration from and to keep us motivated to continue.

I coined a phrase some time back during my presidency, "It's all about the kids" and that pretty much sums it up.

You have been very active in the Society for years. How do you avoid volunteer burnout?

My energy level really feeds off the other members. We are fortunate in having great members who give a lot of time and talent and that, in turn, drive everyone. Working together on projects has been a wonderful experience and we can really get energized and moving when we have our tasks in front of us.

I also believe that by continuing to serve as a very active member, I am serving as a role model for my children and family. I have always volunteered for various charitable activities, going back to my childhood in DeKalb. I am happy that this seems to be working as my family all are actively involved in various charities.



Mary and Dick Anderson with grandson Henry

What is the most meaningful project you have been involved with at the Society?

There have been many meaningful projects over the past 25 years, but if I had to pick one, working on the Society's 90th Anniversary Celebration was particularly meaningful. I had an opportunity to work closely with Angel Harvey, society members, staff and members from the community. The celebration was a great party but more than that, it reminded me again, of the great legacy of the Society that we are continuing.

What prompted the Mary Anderson Nursing Fund and what do you hope to accomplish with it?

The fund was originally the idea of Development Director Marcy Rubic at the end of my term as president. With the help of Peggy Diamond, Angel Harvey and my husband, Dick, they were able to set up the fund and it was announced on the last night of my term at the annual meeting. I was very honored to have the fund named after me. Over the past several years with our support, significant contributions from the Harvey and Diamond families, and help and support from many other friends, the fund has continued to grow.

The fund is an endowment intended to support nursing activities at the Clinic. With the growth of the fund, we are now at a point where we will be able to start to use funds and we hope to fund a new nursing station as our first major effort. We also anticipate having some fun activities to generate additional support to help perpetuate the fund.

What do you tell friends about the Society?

What I usually say is, if you want to be involved with great volunteers in helping an organization accomplish a very important mission for children in need in our communities, the Infant Welfare Society is the place to be! I encourage friends to visit the Clinic and see the kids and the great services they receive from a very dedicated staff. When friends see all that, it is hard for them to not want to help and be involved.

Clinic News

Two longtime Clinic senior staff were honored by their peers recently. **Executive Director Elizabeth Lippitt** received the **William C. Staszak Award** from the **Oak Park Education Foundation** on April 28 for her role in advocating for and working to improve the health and education of Oak Park children. **Oral Health Director, Dr. Jill Baskin**, received the **Golden Toothbrush Award** on May 31 from **Erie Family Health Center** in recognition of her efforts in expanding dental care for low-income children in the Chicago area.

We have had several new additions to the Clinic staff in recent months. **Kristin Short**, formerly of Dominican University, is our new Director of Development. Pediatrician **Dr. Stephanie Weller**, a graduate of University of Illinois College of Medicine and an Oak Park resident, has joined the medical staff. **Carmen Spinelli** is the dedicated dental hygienist for the **Portable Dentistry Program**.

Thanks to a new grant from **Baxter International Foundation**, we are adding more clinic hours for our dental hygienist and a dental assistant in order to reduce the current eight week dental appointment backlog and reopen the Dental Clinic to new patients beginning in July.



Elizabeth Lippitt was awarded the William C. Staszak Award



Dr. Jill Baskin was presented the Golden Toothbrush Award by Dr. Lee Francis, CEO Erie Family Health Center

Promoting Literacy to Improve Health

In keeping with our philosophy of treating the whole child and in the interest of improving our patients' long-term health outcomes, Infant Welfare promotes literacy through the Clinic's **Giving Library**. At every well-child visit, our medical providers talk to our patients and their parents about the importance of reading and offer age-appropriate tips for encouraging reading in the home. Parents of children between 6 months of age and five years receive a "prescription" to read out loud to their child. Every child who comes to the Clinic for a medical or dental visit is invited to visit the Giving Library and choose a free book to take home. Over a thousand books were distributed to patients through the Giving Library last year.

The Giving Library is stocked with book donations from a number of sources. Thanks to the **Rotary Club of Oak Park-River Forest** and **The Donley Foundation**, the Infant Welfare Society will be stocking the Giving Library bookshelves this fall with new books for our youngest patients, those under the age of five, to prepare them for kindergarten. Last month, students from **Loyola University School of Nursing** collected 800 books for the Clinic. Spring Appeal Co-Chair **Michelle Vanderlaan** is hosting another book drop-off at her Marion Street children's clothing boutique, **Sugar Cup Trading Company**.

Infant Welfare Society volunteers maintain the Giving Library. For more information on volunteering for the literacy project, call the Clinic at (708) 848-0528, Ext 235.

top: Loyola student nurses; bottom: Sandy St. Pierre, LCSW, reading with a child



GRANT UPDATE

Infant Welfare Society is grateful for the grants and contracts from the following foundations, corporations and government agencies received in the Fiscal Year 2012:

- Anonymous
- The Blowitz-Ridgeway Foundation
- Blue Cross Blue Shield of Illinois
- Chicago Dental Society
- City of Berwyn CDBG
- City of Berwyn Health District
- Community Memorial Foundation
- Community Mental Health Board of Oak Park Township
- CVS Caremark
- The Donley Foundation
- First United Church of Oak Park
- Good Heart Work Smart Foundation
- John R. Houlsby Foundation
- Illinois Children's Healthcare Foundation
- Illinois Department of Public Health
- Jewel Osco
- Mark Morton Memorial Fund
- Oak Park River Forest Community Foundation
- Rotary Club of Oak Park River Forest
- Target
- United Way of Metropolitan Chicago
- University of Illinois
- Village of Oak Park CDBG
- VNA Foundation
- Westlake Health Foundation

Join the Oak Park River Forest Infant Welfare Society



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The Infant Welfare Society is proud of its long history of service in our communities in support of children whose families cannot afford the cost of healthcare. The Infant Welfare Society is comprised of eight circles each with its own traditions. Lasting friendships and connections are found within the Society. Circles meet at different times and days so there is a schedule for everyone. Members share ideas, learn new skills and inspire each other. Working together, members are able to make an impact on the lives of children in need. There are many meaningful volunteer opportunities to participate in. Whether it is reading to the children at the Clinic or assisting with a fundraising event, you will enjoy knowing you are making a difference in the life of a child. For membership, call 708-848-0528 ext. 235 or visit info@childrenscliniciws.org.



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Infant Welfare Society

Sponsors of The Children's Clinic

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14TH ANNUAL

OAK PARK RIVER FOREST INFANT WELFARE SOCIETY

Holiday Housewalk & Market 2012

Sugar Plum Market Preview Party

Thursday, November 29

Holiday Housewalk

Friday, November 30 & Saturday, December 1

Mark your calendars for the 14th Annual Oak Park River Forest Infant Welfare Society Holiday Housewalk and Market benefiting The Children's Clinic. The Housewalk features five beautifully decorated homes in Oak Park and River Forest all decked out for the holidays. The Holiday Market offers a unique shopping experience featuring more than 40 specialty vendors.

Join us for the Sugar Plum Market Preview Party, sponsored by Forest Park National Bank & Trust on November 29, then tour the homes and continue your holiday shopping on November 30 and December 1. Housewalk check-in and the Holiday Market will be held at the Koehneke Center at Concordia University.

This event benefits the OPRF Infant Welfare Society's work to provide medical, dental and social services to children of families who are unable to afford the cost of private healthcare through the Infant Welfare Society Children's Clinic.

For more information, visit www.childrenscliniciws.org.