



# Lutheran Social Services of Illinois

## *Ways to help children and seniors*

If you or your group are interested in donating items on the following wish lists, please contact Theresa Coglianesse, Volunteer Coordinator at 847/635-4672 or Theresa.Coglianesse@lssi.org.

### **Group Homes (Belle Plaine, Hutchinson and Keystone)**

LSSI operates three group homes in Chicago for adults with a significant level of mental illness that has reduced their ability to live on their own. The group homes offer structure and consistent support, with the goal of helping residents successfully return to independence in the community of their choice. Group home staff works with residents to develop their skills for self-care, and helps residents to understand, cope with, and eventually recover from their mental illness.

- Twin bedding (men)
- Coffee maker
- Toasters
- Tea pot
- Light bulbs
- CD's — oldies, classical
- Hand soap, paper goods
- Batteries
- Flashlights
- Tupperware, tin foil, baggies
- Band-aids
- Reading lamps
- Bulletin boards
- Clocks
- Tooth brushes
- Mops, brooms
- Cordless phones
- Laundry items
- Curtains (will give measurements)
- Shower curtains, bath mats
- Board games and puzzles
- Gift cards for Lowes, Home Depot, Menards, Ikea, Jewel, Walmart and Sears

### **Byron Street (Project Hope, SASS and Journeys)**

Project HOPE clients, who range in age from 13-23 years old, come from all different racial and socioeconomic backgrounds. Most of them have very poor self-esteem and not many positive role models in their lives. Likewise, most of them struggle in social settings and need assistance with developing social skills (e.g., learning how to start conversations with others, what to expect from a friend, maintaining appropriate boundaries, standing up for themselves, etc). They are also working on gaining skills so that they can be independent adults. Many of them have some learning disabilities and have struggled in school, but all have at least an 8<sup>th</sup> grade reading level. We are looking to broaden the range of groups that we provide to enhance their experience in Project HOPE. We are also trying to partner with one of the local beautician schools to assist in helping them take more pride in their appearance and teach them how to tend to their appearance.

- Bus passes, art supplies, vinyl stackable chairs, sports equipment, footballs, soccer, bats
- Volunteers with a particular skill or talent and would like to donate some of their time sharing their skill or talent with the clients (i.e. writer/journalist, artist, yoga instructor, dance teacher,

personal trainer, karate instructor, chef, pilates teacher, someone that does job coaching/resume writing/interview skills, etc.)

- Art volunteers for various projects
- Poster board

## Project IMPACT (Intermediate Multidisciplinary Pre-Screening Assessment Crisis Team)

At LSSI, crisis workers are available through Project IMPACT, 24 hours a day, 7 days a week, in Swedish Covenant Hospital's Emergency Room in Chicago. Project IMPACT works to stabilize crisis situations and ensure that individuals are free from harm to themselves and others. After screening an individual, Project IMPACT staff will either recommend emergency hospitalization or provide assistance in locating follow-up services in the client's community. Project IMPACT refers clients to mental health centers, substance abuse treatment, domestic violence programs, detox centers, shelters and other community services that can provide the assistance that people need. Project IMPACT is licensed by the Illinois Department of Human Services.

- Sweatpants, t-shirts, socks
- Slippers
- Snacks for clients while they're waiting in the emergency room
- Bus passes
- Gift cards – Walgreens and CVS
- Outerwear (adults)
- Need an administrator to help with paperwork
- We are also in need of someone who may have an interest to work as a volunteer at Swedish Covenant Hospital as an administrator for paperwork.

## Head Start Programs

Lutheran Social Services of Illinois (LSSI) Head Start programs serve families with poverty level incomes at five accredited sites in some of Chicago's most economically disadvantaged neighborhoods (Humboldt Park, North Austin, Rogers Park, Uptown and West Englewood). Head Start is a federally funded program. LSSI's Head Start sites also receive additional funds from city and state sources.

- Easter baskets (for 68 children) filled with candy, small toys, art supplies, books, etc.

## Kenmore Facilities

Kenmore is a halfway house/extended aftercare facility that offers a residential program to men and women maintain their sobriety and continue to receive limited treatment while transitioning to their communities. This program is available at three sites in Chicago and one in Elgin.

- Easter baskets (for 30 children) for parents who are being treated for drug addiction.

## Salem House

Intouch Home Care provides non-medical assistance for older adults in their homes. Trained home care assistants (CNAs) help seniors with tasks such as housekeeping, laundering clothes, meal planning, minor home maintenance and grocery shopping. They also assist with personal care, provide medication reminders and transportation to appointments, and can also provide respite care in some locations.

- Salem House is always in need of food and gift cards for grocery stores such as Aldi or Jewel.