

LET KIDS BE KIDS *Recreational Therapy is Fun!*



We had Plenty of Snow this Winter for Outdoor Activities & Fun!



Wing King Contest!



YUM!



Winner, Winner Chicken Dinner!



SNOW PAINTING!



INDOOR MOVIE NIGHT!

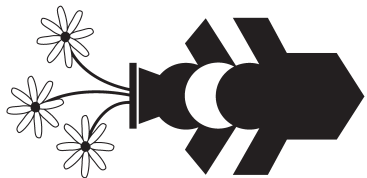


ALLENDALE ASSOCIATION
P.O. Box 1088
Grand Avenue & Offield Drive
Lake Villa, IL 60046

FINALLY...SPRING PLANTING SEASON IS HERE!
OUTSIDE ONLY SHOPPING ON FRI., MAY 7 & SAT., MAY 8 (10-4 PM)!
While shopping for plants may be a little different this year, we hope you will come and support our horticulture program!
Please wear your mask!

The kids in Nanci's classes have been busy preparing for the sale!

PLANT SALE



WE ARE OFFERING AN ASSORTMENT OF:
Hanging Baskets, Annuals, Vegetables, Herbs, Succulents
& Other Uncommon Varieties of Plants at Reasonable Prices.

We're growing with your support!

Allendale4kids.org

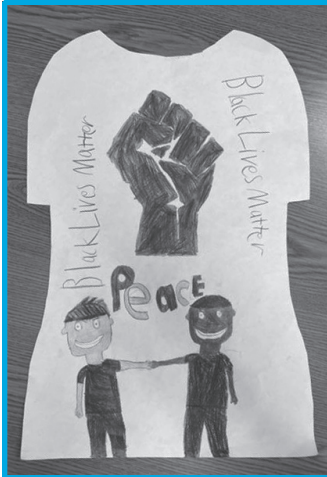


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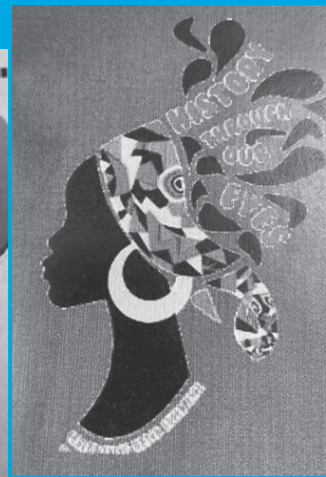
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2nd Place Design



1st Place Design



3rd Place Design

CELEBRATING BLACK HISTORY MONTH!

Allendale School sponsored a T-shirt Design Contest for all the students in honor of Black History Month. The artwork submitted needed to be student-created and had to represent or symbolize Black History.

The winning design entitled, "We Can't Walk Alone," was announced on February 22! Zhane will receive a free t-shirt of her design along with a design session with silk-screening teacher, Dan Garza, to finalize the art for t-shirt orders, production and purchase. She was also asked to identify an organization that supports racial equity and enhances the lives and civil rights of the black community to receive a portion of the proceeds from the sale of the t-shirts. She chose Black Lives Matter of Lake County, who will receive \$1 from each shirt sold.

Ms. Cathy's Class Celebrates Young Women of Color!

This project required students to choose subjects who were/are 1) not necessarily famous; and 2) young women of color. Students developed videos and slide presentations to educate their classmates. It was a well-received assignment and the results were inspiring, ranging from topics about women's stereotypes to empowerment. Projects highlighted women like:

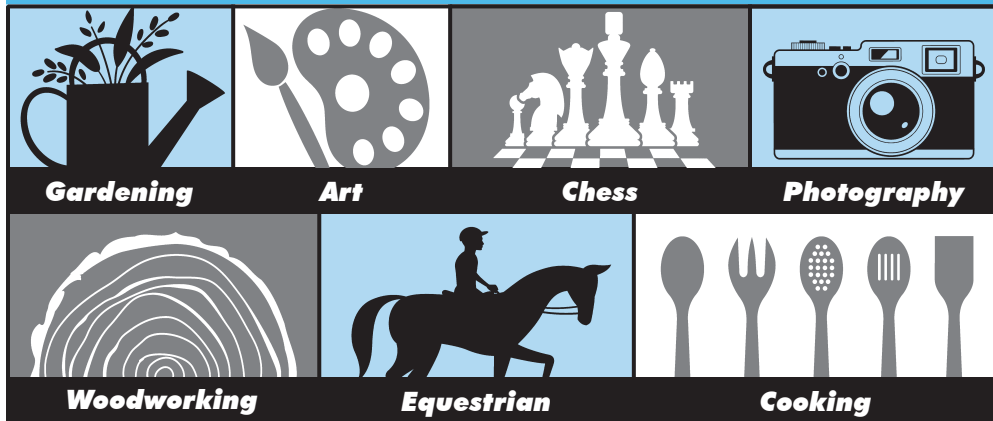
- A 14 year old that created her own clothing line.
- A teen who launched a campaign called "1000 Black Girls Books" featuring black girls as main characters.
- A young woman who used a freakish hair accident to help promote on-line conversations regarding beauty standards for women of color.



ALLENDALE SPRING FEVER AFTER A YEAR OF COVID-19

We're looking forward to Clubs, Activities & More Social Interaction!

Aren't we all tired of thinking about the COVID-19 Pandemic? While we know it's not over yet...our staff at Allendale have been busy planning creative ways that our students and volunteers can join forces in healthy, interactive, educational and fun ways this spring and summer!



Here's just a few examples of the kinds of clubs and activities that we are planning for summer fun!

It's been a long winter...talk about cabin fever! No matter how much we tried to think outside the box to offer our youth fun and engaging activities and events; being confined to our campus with no community interaction and very few home visits this past year has been a bit challenging for all!

As more vaccinations make it possible for society to move towards planned, less restrictive activities and outings, we also look forward to offering our youth and staff the chance to engage with the community and reconnect with families, friends and our amazing Allendale volunteers in person. But, until then...we can use your help!

Won't You Join in on the Fun?

We are looking for partners, groups and friends who are interested in helping sponsor any of the following spring/summer clubs, events, activities or outings! All of these opportunities will continue to include therapeutic and treatment benefits... but they will also offer our kids a chance to just have fun and enjoy being a kid!

Sponsor an off-campus activity, such as:

Roller Rink, Movie Theater, Indoor Gym, Yoga, Trampoline Park or a Spa Day!

Sponsoring weekend meals is a special treat for youth & staff...and helps support local restaurants too!

Sponsor supplies or Volunteer to host a group activity like:

Baking/cooking group, arts & crafts projects (like knitting/crocheting, origami, painting, etc.), trivia/game nights, or fun entertainment like a magic show!

Have another talent you'd like to share? We'd love to hear your ideas about volunteering! A donation of any size is greatly appreciated! Contact us at 847-245-6204 or donate directly via our website:

<https://allendale4kids.org/volunteering-fundraising/i-want-to-donate/>

Let's join forces to help our youth and staff move past COVID-19!

SUMMER PLANS FOR CAMPUS COTTAGE GARDENING!



Allendale is pleased to share great news of support from the Mazza Foundation who provided our Horticulture Program with a grant of \$6,000 for new raised gardening beds for each cottage along with supplies and higher quality soil for our "Cottage Gardening Program!" This funding is providing much **"buzz"** among the staff and students!

The Horticulture & Greenhouse Program is a mainstay of our Career & Technical Education Program.

Always growing...the program expanded to our North Chicago facility in 2019 and to our satellite program in Woodstock – Allendale's LINC day treatment school – in 2020.

This growth demonstrates the reach the Horticulture Program has for our students – they desire to be involved in learning about the environment, growing their own produce, learning about flowers and the creatures that help gardens bloom.

Capitalizing on this student interest, the Horticulture Program expanded to the cottages on the main campus during the summer of 2020, reaching 9 cottages of residents eager for a fun and educational activity in their own back yards; Walter Cherry Group Home also got in on the fun.

Called the "Cottage Garden Club," residents and staff built and maintained garden areas and/or window boxes with supplies and guidance from the Horticulture Program. The program expansion was a huge success, brightening the cottage yards with many flowers and also fresh vegetables.

Achieving success with the educational goals of the program takes financial resources for supplies. And our Horticulture Program has a lot of supply needs – quality soil and fertilizer, plants, garden tools and gloves, and more.

In a typical year, the Horticulture Program is self-sustaining, meaning all supplies and non-staff expenses are paid for through program fund-raisers such as the Spring Plant Sale and Fall Harvest sales.

Flip to see the Ad for the Spring Plant Sale on the mailing panel!

WE ARE SO
GRATEFUL TO
THE MAZZA
FOUNDATION!

HAPPY GROWING,
ALLENDALE!



According to the North American Pollinator Protection Campaign (NAPPC), "Bees pollinate 75 percent of the vegetables, fruits and nuts in the United States. These little workers are the main reason we have the produce we see in the store or the farmer's market. The more flowers available for bee pollination, the more veggies you will have at harvest time."

CONGRATS TO OUR FOSTER TEAM & THIS AMAZING FAMILY



RECENTLY, THESE
ADORABLE BROTHERS
WERE ADOPTED
TOGETHER

BY THEIR AMAZING
FOSTER CARE MOTHER!

Our Foster Care team has worked diligently with this family since 2017. Their dedication and ongoing support is one of the many reasons the boys were able to achieve permanency together!

BRADLEY COUNSELING CENTER OFFERS PARENTING TIPS!

Why does nothing work to motivate my child?

By: Dr. Sandra Clavelli, Clinical Psychologist, Allendale Association

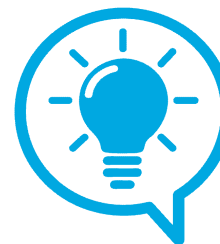
It's Spring! The weather is changing, and kids wish it was summer vacation. With a few months left in school, parents might feel frustrated trying to get kids to finish their school work, especially if they are behind. We often hear parents say, "I've tried sticker charts, taking things away - nothing works!"



We want them to be successful, so missing assignments make us nervous and we often jump to incentives to motivate them. Although rewards can help with motivation to learn new behaviors, they don't work as well when the child is capable of doing the work but just doesn't do it. Rewards/punishments encourage compliance (which we may want), but they may fail if the child hasn't found their own motivation - leading to a power struggle over behavior.

One way to avoid power struggles is to use "true choice." In a true choice, the child can continue what they're doing (or not doing!) with logical consequences (e.g., if a child is on YouTube during e-learning, they will lose internet after school). Or, the child can choose something different, also with logical consequences (e.g, completing schoolwork to have privileges, just like adults work to get paid). The role of consequences in a true choice is not to get them to make the "right" choice, but to help them see it is their own behavior that results in the consequence and how their choices impact them. While it is natural to feel disappointed when children choose something different than what we want for them, it's helpful to manage this feeling when offering true choices.

Another way to help youth find their motivation is noticing and supporting their interests. Conversations about what they enjoy show them you are interested in them beyond their performance at school. Supporting their independence in these areas can also help them build confidence, find success, and build strengths to help them navigate challenges – and help us worry less about their future!



Combining these strategies, noticing and supporting their interests and offering true choices with logical consequences, helps children find their own motivations to be successful in the long run. If there are concerns that a child's choices are hurting them, it might be time to reach out to a therapist for support in figuring out what's getting in their way.

What's all the buzz about...the Mazza Foundation...that's what!

ALLENDALE...HELPING KIDS & THEIR FAMILIES... *learn. grow. heal.*