

Aug 28, 2021 MINUTES - MDC Circle of Friends

621 Park Avenue, Wilmette, IL

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2021 Microboard Meeting Dates

Oct 23 Friend Raising - Finalize Gratitude Newsletter
 Fundraising - preliminary holiday letter for Matt
 – TBD discussion of an in-person Holiday party for Matt

Dec 4 Fundraising- Finalize Holiday Letter

[Join Zoom Meeting](#)

Attendance via Zoom...Jan, Alyssa (thank you!), Liz, Flip, Courtney, Allister and John

Quality of Life (Liz and Courtney)

This microboard meeting was especially lovely as many of the microboard members shared stories and anecdotes related to Matt's daily life, including John who shared rationales for Matt's current, past and future expenditures.

Apartment updates

Liz...the apartment looks amazing...floors refinished, new window blinds....a friend of Liz's, Ingrid Brewer, donated two lovely rugs (which are being cleaned)...Liz donated a tv to Matt since his was broken (shoutout to Calvin, who got it hooked up and working)...also the quality of wall paints was upgraded.

Courtney...took responsibility for having the tops of most of Matt's furniture refinished by Wood Wizard (will be delivered to Matt's apartment when finished)...stimulus monies were used for this furniture work. Courtney also shared that when she was in Wilmette she spent a lot of time at Matt's apartment going through and organizing his CD collection. She also shared a story about curbing expenses for Matt by having Liz repackage some of Matt's CDs and re-gifting them to him. So far, it's working. Great idea, Courtney and Liz. Courtney continues to upgrade Matt's Instagram account with photos.

Action: Courtney contact Wood Wizard to get Matt's furniture back into his apartment

Still to be done in Matt's apartment...doors need to be painted.

Vacation to Ludington, MI during apartment work

Liz and Nataiya and her two boys and Matt had a great mini-vacation. The house had a pool and a fishing place nearby. It was deemed a great success, including getting Matt out of his apartment early on the departure day so that the apartment work could begin.

Shout out to Nataiya and her family for letting Matt spend the day at her apartment before the trip and for all her wonderful work with Matt around getting him to be engaged during the time they all spent in Michigan. According to Liz, Nataiya is trained in Applied Behavior Analysis which works well with Matt. Way to go!

Other quality of life updates

Liz will continue to talk to Derek, Matt's apartment manager about making sure all of Matt's aides provide mental and visual stimulation on a daily basis so that Matt doesn't spend too much time watching too many cartoons on his iPad.

Liz and Courtney shared that the cartoons Matt watches are high-quality...after Flip asked which ones he watches.

James, one of Matt's aides, shared with Liz that Matt felt 'mopey' one day. Liz, once again, will encourage all of Matt's aides to get him moving and out of the house, especially during the nice weather.

Colin, who helps with Matt's YIKES! Deliveries, wants to roll back his time with Matt...to just Tuesdays for deliveries. Leaving several days with no one to take him out doing YIKES! deliveries.

Cousin Chase's wedding will take place in September in Chicago. It will be a great opportunity for Matt to see his siblings while they are in town for the celebration.

Treasurer's Report (John)

Highlights:

--Matt will require about \$2,000 in dental work soon (his need for anesthesia adds to the expense) and Lee and Shea have generously agreed to pay for this.

--Flip has agreed to donate \$1,000 to pay for employment assistance expenses for starting up as YIKES! starts servicing vending machines again. Thanks, Flip.

--John shared that he will donate \$1,000 for 2021 to help pay for Matt's lunches out with aides and friends. In pre-COVID times, John would usually take Matt to church on Sundays and then out to lunch, often to Pita Inn, one of Matt's favorite lunch spots. Thanks, John.

Friend Raising Letter, aka Gratitude Letter

This letter will be sent out digitally, via MailChimp. Lee and Barb will work on this. Perhaps Alyssa will work with Lee and Barb. The final draft will be shared at the October 23rd, 2021e microboard.

ACTION: Liz will line up her tech guy to put copy and pics into mail chimp template

Microboard members are urged to update/add contact information to the MDC mail and email list. Lee shared the link to this list at the meeting.

ACTION: Microboard members will update this list before the next microboard meeting on Saturday, October 23rd, 2021.

[MDC Mail and Email Lists](#)

Liz suggested some bullet points for the gratitude letter:

--shout out to Colin

--YIKES! Business is starting up again, with three machines up and running

--shout out to Nataiya...who used her training in Behavior Analysis in supporting Matt's activities before and during his mini-vacation to Ludington, MI

--Thanks to Courtney for all she did to clean up Matt's apartment before all the work that has been done to freshen up his place (see details above...**Quality of Life...Courtney**)

--shout out to Jan Molinaro, microboard coach extraordinaire

--suggestion from Alyssa that the opening link to the the Mail Chimp campaign be something recognizable, ie. having Matt's name rather than from the MDC...to encourage more openings of the gratitude letter.

ACTION: Lee and Barb and Alyssa? will work on a draft for the gratitude letter and share it with the microboard at the next meeting on Saturday, October, 23rd, 2021.

Miscellaneous from Courtney and Liz

--Liz and Courtney will update Matt's Amazon wish list...to include more of the good quality headsets and chargers for his electronic devices.

--Liz suggested possible DeWalt chargers to be given as holiday gifts to Matt's staff

ACTION: Christmas gift for Matt's aide next meeting. 10/23

YIKES!

Next steps for opening up vending machines

Colin's upcoming schedule

PAWs, a pet grooming shop in Northfield may be interested in Matt / Yikes! Doing bulk break room delivery to them.

Update from Colin, YIKES!

Regarding Yikes, there isn't a whole lot to update. We're continuing to bring Matt back into his pre-Covid routine as best we can. He is back servicing the machines at CAU and the Clearbrook Plaza as well as making regular deliveries to drake interiors. We haven't returned to Temple Jeremiah yet and while he has made a successful delivery to the teacher's lounge, it's been closed for the summer (I imagine will get back to that one in the coming weeks). Unfortunately we lost the machine at the Clearbrook Commons. As I understand it though, this was not an issue with Matt but rather the machine was becoming problematic for some of the residents and so they opted to have it removed. It's obviously not an easy time to "get back to normal" yet slowly but surely, we're getting there.

As far as the day to day routine, Matt continues to enjoy fishing, swimming, trips to the beach and a number of other outdoor activities we're taking advantage of while we can. With the exception of a minor hiccup when the floors were refurbished, Matt seems pretty calm and happy.

Colin

Coaches Corner-Jan

--Instead of our who/what/when list, Jan shared a more efficient way for the microboard to complete their tasks. Please look for these **ACTION ITEMS** that will show up in the minutes. Thanks to Cami for the suggestion.

--Jan made a plea to those attending the 8/28/21 microboard meeting to set a goal of inviting at least one new person to our October or December 2021 meetings just to get an idea of how a resilient long-functioning board can work together to make Matt's life full and possible.

ACTION: Jan will check in with Derek, to ask if there is a lead staff member who might be willing to share email updates about Matt's quality of life once Colin is no longer working with Matt on a regular basis.

ACTION: Jan will write a thank you note to Ingrid Brewer for the donation of two rugs for Matt's apartment.

-It's my suggestion that we no longer use the Who/What/When doc we created and updated. It's better to keep all the info on the minutes and the agenda. My two cents.