

9.9.2023 MINUTES
MDC Circle of Friends
mattscircle.org
yikesbev.com
[YIKES! Instagram](#)
[Amazon Wish List](#)

Present: Liz, Lee, Jan, Courtney, Cami, Flip, Barb, Alyssa and John

2023 Microboard Meeting Dates

Saturday, November 4 at 3pm CST- Minutes: Alyssa

Holiday / Gratitude Newsletter Discussion with All

- Last year, the newsletter was sent around Thanksgiving instead of Christmas and donations seem to have come in from this reminder
- Barb continued our discussion with thoughts about the newsletter going out after the 1st of the year and Courtney agreed with the idea of one newsletter per year so as not to bombard anyone with communications
- Jan noted that pictures with captions are wonderful for this outreach and the video of Matt fishing was shared
- Using a new platform instead of Mailchimp was discussed and Courtney volunteered to take a tutorial
- Alyssa suggested a "greeting card" style outreach is sent this fall and then the new schedule of outreach could kickoff in January/February with a full newsletter

ACTIONS:

-Courtney will review the tutorial for the new platform, Flodesk

-Liz will pull a video or photo for an email greeting to be sent out this fall via Flodesk with Courtney's help

Quality of Life Updates from Liz

- Nataiya is currently working on several projects and recently completed the car recall service, grocery store training activities (one meal category is assigned to a trip to Trader Joe's), hostess at Matt's Pizza Parties and recently has cleaned out the kitchen cupboards & refrigerator, labeling the shelves.
- Matt has recently been swimming 2 times a week

- James keeps up activity of walking to the Jewel and buying a balloon or they will buy pizza ingredients on Thursdays for the next day's pizza dinner
- Matt plays BBall with Paul Kilner on Thursday mornings for 30 minutes
- Matt & Liz met Robert Lenser and his Mom for a fishing event at the Glenview Pond
- Lee & the girls hosted a pizza party with 5 of Matt's friends in June- they played uno and his friends stayed for 2 hours
- Matt's July vacation was awesome! Matt swam a lot (probably 5x/day) and there was perfect weather so meals were eaten on the screen porch

ACTION: Courtney to find new games that Matt would like to play with his friends at his pizza parties

Treasurer's Report from John

- Flip has talked to Annabel about considering a similar donation to last year's and she is going to talk to her family
- Income is down, so if a contribution comes in from her that would be helpful
- It was noted that Colin doesn't need to be paid extra right now if he's doing one trip per week
- Liz also shared that the expected dentist charge has not come through for the year because that appointment will occur once Matt's skin issue is healed
- Additionally, more money is being spent this year on activities with Nataiya and Nicole

ACTION: Flip to get feedback from Annabel

Apartment Refresh Update from Liz

- Flip donated \$500 toward the rugs for the apartment- one rug is down, the second one needs to go down
- The air purifier filter has recently been replaced- purifier is helping with the grease smell from cooking and to keep the amount of dust down
- Jan brought up that it would be nice to have a specific list of all of the things Nataiya has been doing around the apartment

ACTION: Create a list of all of the things Nataiya has done in the apartment

YIKES! Update from Liz

- Waiting on Coca Cola to move one machine- a second ticket has been submitted
- Another "Matt approved" location is needed for one more machine

Who Is Matt Update from Cami/ Liz

- A list has been made of specific processes that will be filmed including things like belting Matt's pants, answering the downstairs buzzer, showering, etc.
- Nataiya will plan to take videos and edit them for the private YouTube channel
- Scheduling is the only issue at this time so this project won't be happening immediately

Apartment Needs + Repair Report from Lee

- A brand new apartment sized stove has been installed
- The bathroom sink and tub spout were fixed
- AC units were working
- Doors do need to be repainted

Staff Appreciation Discussion with All

- Alyssa gave a reminder that for any staff appreciation gifts, those who are providing gifts can send the items directly to her and she will drop them off at the Active Visions office. Alyssa's address:
Alyssa Cochran
9 Country Lane
Northfield, IL 60093
- A new contact Joshua Konrad jkonrad@activevisions.net has replaced Derek as Matthew's Residential Living Oversight
- The last gift for Matt's aides was for Valentine's Day 2022 and the next will be a fall 2023 gift
- Later in 2023, Barb will work on staff gifts before Christmas and John will provide holiday cards and cash for the overnight staff

ACTION: Cami will organize the next staff appreciation gift in the Fall and will reach out to Joshua for staff details and coordination

Individual Service Plan (ISP) Follow-up Discussion

- Jan gave a reminder that any notes for the next ISP meeting should be noted year-round as they are relevant for Matt's quality of life going forward.

ACTION: Liz to write a thank you note to Colin for attending the ISP meeting

Reminders That Were Discussed by All

- Courtney has prepared updates for the website and Allister will make these changes as soon as he is able, in time for Matt's Birthday.
- The [Amazon Wish List](#) is up-to-date and items will generally be sent to Liz's home
- November 6th is Matt's birthday! He loves to receive snail mail cards which can be sent to his apartment: 429 Linden Avenue, Apartment 3E, Wilmette, IL 60091

ACTION: Allister will update Matt's Circle of Friends website with all information that Courtney has prepared

Finally, Jan wishes to give a GREAT BIG THANKS to Alyssa and Liz for creating such detailed and well-written notes for this microboard meeting!