

11.4.2023 MINUTES
MDC Circle of Friends
mattscircle.org
yikesbev.com
[YIKES! Instagram](#)
[Amazon Wish List](#)

Present: Liz, Jan, Courtney, Allister, Cami, Barb, and Alyssa

2024 Microboard Meeting Dates

Saturday, January 20 at 3pm CST

Quality of Life Updates from Liz

- Nataiya has been working on the "Who is Matt" project, currently on how to help Matt with his belt and the process of his shower prep through pictures/videos
- The process of his showering routine, in particular, should set the tone of what he can do independently
- Liz shared an example of his showering routine and what steps will be included: towel on hook, clothes on toilet seat, turn water on and test temperature, let Matt know the shower is ready and have him shut the door. Photos just for him for inside shower (shampoo and soap), bathrobe, clothes, shaving and teeth brushing
- He will enjoy seeing videos and photos of himself so this should be a great addition
- Liz gave a wonderful update of Matt's time at Teddy's Halloween party- it was clear that he trusted Nataiya to take him there and he had a fun time
- He continues to see Paul every Thursday at 10am for basketball
- His fishing pal Scooter will likely be added to the pizza group
- A discussion was had with the Beit Simcha group about the pizza nights and the hosting responsibilities will be shared. Additionally, they will be having a cake for Matt's birthday at the next get-together.
- Matt usually sees the barber every 6 weeks and they give him a great shave in addition to his haircut
- Swimming with Nicole is continuing
- The details of the Amazon wish list link were discussed to make sure anyone with the link can access it

ACTION UPDATE: After the meeting, Allister shared the correct link for the Amazon wish list he has updated the MDC website with the link
<https://www.amazon.com/o/wishlist/31A8PLWU61H2Q>

Apartment Refresh Update from Liz

- Matt will be receiving a new mattress next week
- A deep clean of his apartment will be scheduled soon
- Liz is coordinating new bedding and a mattress cover
- The new dining room rug looks great the living room rug is on hold, still debating the best size
- Nataiya hung Halloween lights and Matt loves them

Apartment Needs + Repair Report

- There is a window crack that still needs to be fixed
- The major repair to the tub is complete

Treasurer's Report: John via Jan

Click [HERE](#) for the report

Jan read John's update:

"Dear Fellow Members;

Attached are the financial statements for the 10 months ending October 31, 2023.

For this year, we have some one-time expenses related to the apartment (rugs, furniture etc), which is not surprising since Matt has been there for well over 13 years. But we have also added expenses related to the wonderful work that Nicole and Nataiya do with Matt.

The challenge is that the money from the state, \$1,927, has not changed since June, 2017, while rent and other expenses increase. For example, our rent is \$1,575, which doesn't leave much left over. That is mitigated by Wilmette Housing our Own group which contributes approximately \$4,000, but we still have other expenses that are increasing.

Given that the state funding is fixed, we need to find additional funding sources to enable Matt to continue to live independently.

Unfortunately, I am unable to join this meeting due to a conflict. Please email me with any questions either before or after the meeting.

John"

- It was confirmed that a check donation was sent from Anabell, so John can keep an eye out for that

YIKES! + Vehicle Update: Colin via Alyssa

Alyssa read Colin's update:

"Hey Jan,

Right now Matt and I are making deliveries to two locations regularly (the machines at CAU and the Clearbrook Plaza). We've run into some issues with the teacher's lounge machine. The school changed locations and it has been a challenge (to say the least) getting Coca-cola to deliver a machine to the new location. I've been working to resolve the situation but as of now, it's still in limbo.

Additionally, TotalLink2Community gave us five hours of support. They cold-called local businesses that might offer new locations for vending machines. Not much came of it but there was one lead and I've reached out and am waiting to hear back.

Other than that, there isn't much to report. Matt's been enjoying fishing this summer and hopefully we can get out one more time before the weather changes for good :)

Colin "

- Additionally, there is no update on the car situation- hopefully that is a good thing!

Staff Appreciation Discussion with All

- A huge thanks to Cami for putting together a thoughtful fall gift for Matt's aides- each gift included a fleece blanket and a handwritten note
- Specific amounts/types of gift cards were discussed for each staff member who will receive a holiday gift from the Microboard

ACTION: Barb to purchase gift cards and work with Liz and Alyssa

Reminder That Was Discussed by All

- November 6th- Matt's birthday! Amazon items and emailed selfies are appreciated!