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## FAMILY NEWSLETTER

December, 2008 Volume 5, Issue 4

Founded in 1985

### Important Dates:

#### DECEMBER:

- Meet Santa  
Dates/times to be announced shortly

- Pathways Holiday Closing Dates:  
**Thursday, Dec 25<sup>th</sup> through Thursday, January 1<sup>st</sup>.**



**SAVE THE DATE!**  
Pathways  
Winter Party  
**Sunday,  
January 25th**

### Considering using an outside company to decorate your home for the holidays?

Light Up Your Holidays is generously donating to Pathways 10% of the sales we generate. If you are interested visit their website at [www.lightupyourholidays.com](http://www.lightupyourholidays.com) or call Kelly Fitzsimmons at 773-398-7551. Don't forget to mention Pathways!!!



## Product Safety - Keeping Children Safe



It seems that every week we are reading or hearing about another toy or product that is **being recalled because of some safety issue**, about **concerns being raised about problems with products manufactured** (usually outside of the USA) and/or **warnings about design /marketing flaws in products**. Of particular concern especially at this time of year, is the **safety of toys** and products used with or by children.

The **Consumer Product Safety Commission** is a governmental organization that is a **good first place to check for any recalled products** as well as to **report an unsafe product**.

You can **sign up to get an e-mail** when a product is recalled. Their website is: <http://www.cpsc.gov/>.

You can also get information on specific toy recalls at the individual manufacturer's web sites.

Even the best made products using non-toxic and lead free components can be unsafe in the hands of children they are not designed for. To get **information on selecting safe toys**, try starting at some of these sites:

About.com - Pediatrics

[http://pediatrics.about.com/od/safety/a/toy\\_safety.htm](http://pediatrics.about.com/od/safety/a/toy_safety.htm)

Kid's Health for Parents

[http://www.kidshealth.org/parent/growth/learning/safe\\_toys.html](http://www.kidshealth.org/parent/growth/learning/safe_toys.html)

Also check out the United States link for the Safe Kids Worldwide not-for-profit organization at <http://www.usa.safekids.org/>. Scroll down the page to click on their Toy Safety link.

Finally ... sadly ... please keep checking for new recalls.

### *A special thank you*

to all the families, therapists and friends of Pathways who **attended our anniversary dinner on November 17th**.

Your presence made the evening all the more special and all the more enjoyable. **We appreciate all that you do** to help Pathways remain a state-of-the-art, family-friendly facility for children everywhere.

**Thank you again.**

*Dear Parents,*

*We are entering the holiday season, and traditionally some parents have chosen to thank their child's therapist with a small gift. If you were thinking of gifting one of the therapists or staff, we ask that in lieu of a gift you consider making a donation to Pathways Center.*

*Thank you,  
The Pathways Center Staff*

## Therapy Tip of the Month

### Avoid Online Holiday Home Shopping Strain

- Sit **back** in your chair with a slight **arch** in your back, **supported** by the chair or a very small towel roll. Have your **feet flat** on the ground and your **knees** at a **90-degree** angle.
- Make sure that the **top** of your **head** is **parallel** with the top of the **screen**.
- **Move** only your **fingers** and maintain a **straight-wrist position** when keyboarding.
- **Roll** your **shoulders** in small forward and backward circles 5 to 10 times or **squeeze** your **shoulder blades** together for a second and release.
- **Stand up and walk away** from the computer at least **every 20 min.**

### Home and School December Tip

Some thoughts heading into the end of the semester -

- Are you happy with your child's progress?
- Does the IEP need adjusting?
- Are you supporting the work being done at school?

**Communicate** with the school --- not just your concerns. Let them know when you are pleased!



## Shop Smart!



The Federal Trade Commission suggests that we get started by **making a shopping list** and creating and sticking to a **realistic budget**. Be sure to factor in the cost of wrappings, decorations, cards and postage.



A second suggestion is to **shop the Holiday Sales Ads**. Read the sales ads carefully.

Watch for conditions placed on the sales. To save gas (and time) make sure the item is in stock before you leave the house. Don't forget to consider time/travel into the cost of the item. Look for price-matching policies at stores. Going on-line may save you money – again, though, watch out for the shipping costs. Don't be drawn in by bargains such as “Buy One, Get One Free”. If you don't really want the item, it may not be a deal. Coupon clipping can be helpful, but again, read the details.

**Layaway programs** are back. This option may be a good way to control and spread out your spending. Be sure to check out the terms of the store's layaway policies: How much time do you

have to pay for the items? What is the refund policy in case you decide you don't want the product?

A third tip is to **stay on track**. Regardless of how you pay for your purchases, keep track of your spending and save your receipts. Ask for gift receipts and check refund/return policies. Shop early if you are sending gifts out of town to avoid extra shipping expenses. The FTC also cautions shoppers to be careful with their money, cards and wallets to protect against loss or theft.

For more details, go to <http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt082.shtm>

This site will link you to other money management and wise shopping tips and also offers links to other consumer issues and a link to filing consumer fraud complaints.

“By **making a shopping list**, creating — and **sticking to — a realistic budget**, and looking for good values, you may be able to avoid the headache that could come with post-holiday debt”.

## Pathways Welcomes New Director Of Community Relations



**Sarah Kerndt** joined Pathways as Director of Community Relations in August 2008. Sarah holds a Bachelors Degree in Economics and Business Administration from Knox College. She was the recipient of a fellowship to attend J.L. Kellogg Graduate School of Management at Northwestern University, where she received an MBA with concentrations in Management, Marketing and Finance.

**Sarah's focus areas at Pathways will be developing corporate relationships, fund development, special event planning, and community building.**

Prior to joining Pathways, Sarah began her career at Northern Telecom where she held a variety of positions in Business Development. As a Consultant at Richmark Group, she helped clients ranging from small privately owned companies to Fortune 1000 corporations solve strategic business issues. More recently Sarah founded Mio Trio, Inc, an international importer and distributor of woman's accessories. When Sarah sold the business in 2008, she had a network of several hundred retailers across the US.

Sarah currently resides in Glenview with her husband and three children.