

Parents and Friends of Ludeman Center

P.O. Box 754, Park Forest, Illinois 60466

www.ludemanpflc.org

Ludeman.PFLC@gmail.com

NEWSLETTER

FALL 2020

THE ELISABETH LUDEMAN DEVELOPMENTAL CENTER IS LOCATED AT 114 ORCHARD DRIVE, PARK FOREST, IL. 60466 AND THE TELEPHONE NUMBER IS 708-283-3000.

PAMELA HILL, PFLC PRESIDENT

JOHN HALEY, PFLC VICE PRESIDENT

PAUL KEIPERT, PFLC TREASURER

ANGIE KASKEY, PFLC RECORDING SECRETARY

SARAH ROSS, PFLC CORRESPONDING SECRETARY

The Parents and Friends of Ludeman Center mission is to advocate for the rights of all the residents of Elisabeth Ludeman Center. We will work with the center to provide quality of life enhancement for individuals with disabilities, and to act as a support organization for the family members and friends of the residents. We are an all-volunteer organization.

PFLC 2020 EVENTS AND ACTIVITIES

Last year, the PFLC Board began the process of planning our annual events and activities for the Ludeman Residents. This is always a fun time to be a board member. New ideas as well as keeping events that have been successful are discussed. Volunteerism is the key to our successful events. Sadly, the COVID-19 pandemic forced us to cancel all on-ground events at Ludeman, including our Spring and Fall General Meetings. Until it is safe to do so, we have suspended planning and booking the on-ground events for our loved ones at the Ludeman Center.

2019 VOR Washington, D.C. Conference

Paul Keipert has been our PFLC VOR Conference Champion and Representative for several years. Paul has walked the halls of Congress knocking on doors and representing the Developmentally Disabled community, especially all of our loved ones at the Ludeman Center. Due to the Covid-19 pandemic, the conference was cancelled. However, this does not mean that the efforts of VOR have stopped; please visit their website, become a member, and support them in their efforts to raise awareness of the needs of our Developmentally Disabled loved ones. Their office is located in Elk Grove Village, Illinois.

<https://www.vor.net/>

What Can YOU Do?

Please reach out to your Legislative Representatives and Senators to express your opinion regarding various bills that will impact the Developmentally Disabled Community!

Links to Federal Government Elected Officials:

<https://www.house.gov/representatives>

<https://www.senate.gov/>

VOR Link: <http://www.vor.net/>

The Pandemic – How the Worst of Times, Brings out the Very Best of People

A Special Thanks to the Ludeman Staff...

First off, a forever thank you to all the dedicated Ludeman staff who throughout the worst of the COVID pandemic showed up every day to care for our loved ones. From the direct care techs who fed, cared for and bathed; to the medical team who checked for symptoms, administered testing, and provided treatment; to the administrative team who charted a steady course and organized a coherent, informed response to the pandemic; to all the support staff in dietary, records, fiscal and store departments; to the social workers, QIPDs, switchboard operators, supervisors, maintenance staff & cleaning crews, we say thank you, thank you, thank you. You have been heroes in the truest sense and we are forever thankful for your extraordinary efforts and dedicated work on behalf of our Ludeman residents.

A Special Thanks to All Who Volunteered Help during the Pandemic...

When Ludeman Center was deep in the grip of the COVID pandemic back in April and May, one of the biggest issues and most difficult challenges was the shortage of disinfectant supplies and PPEs for staff and for residents. As a nation we quickly had learned that without masks and gowns the infection rates could soar unchecked. We also became aware that there was not only a statewide shortage of these crucial items, but a nationwide one, as well.

In the weeks that went by before this dangerous shortage could be rectified, many in our extended community stepped up to fill the void.

- Ludeman guardians asked their families, friends, church and community groups to help in sewing handmade cloth masks.
- The Chicago White Sox and the Chicago Cubs donated 2,200 rain ponchos that could be used in lieu of protective disposable surgical gowns.
- Charlie Mann, owner of the McHenry, IL printing company, Simply Deranged, used his 3-D printing technology to produce face shields for Ludeman staff.
- And an extraordinary group called MasksNow IL put their team of volunteer seamstresses to work for us and produced over a thousand handmade masks for the Ludeman Center. Their 1st shipments came to us in a matter of days.

The following individuals went above and beyond the call for PPE help:

- Rebeca M. volunteered time to manufacture 100 shield masks. Her employer, Microsoft matched her hours worked in honor of Ryan and donated \$1,000.00
- Cassandra J. held a fundraiser and donated \$780.00 in honor of Keith.
- Mary J. made 28 handmade masks.
- Leslie T. reached out to MasksNow IL, Rainbow Races Inc. organization, and LZ Products, Textile Discount Outlet and collected 5000 gowns for Ludeman.
- Mary and Ken C. donated sanitizing supplies.
- Pam R., Lagestee Insurance, provided rubber gloves, 65 handmade masks, and 9 16 oz bottles of sanitizer/disinfectant.
- Ronald B. purchased and delivered 100 KN95 masks.
- Lynn S. donated N95 masks and disposable gloves.
- Jacki R. and Cherie donated 15 + handmade masks.
- Michael N. donated 90 KN95 masks and 450 disposable plates.
- Mary Jo T. donated 69 masks and N95 masks.
- Neil S. Jr. donated cleaning supplies and disinfectants.

It is fair to say these extraordinary efforts by all these organizations, businesses, guardians, and volunteers, helped blunt the rampant spread of COVID at the Ludeman Center and saved lives..

Today, through the efforts of Governor Pritzker's team and the efforts of the leadership team at DHS, we are in a much better position for protecting staff and residents from this highly contagious, too often deadly virus. A stockpile of PPE has been gathered, "burn rates" for these essentials closely monitored and regular supply chains are in place.

MasksNow IL – Now Here is Someone You Should Know.....

In early April, PFLC first reached out to the organization, MasksNow IL. We immediately heard back from their State Lead, a woman named Emma Davenport. Emma was incredibly responsive. When we explained the situation at Ludeman, Emma immediately made our center a top priority for their group. At the time 38 Ludeman residents and 14 staff members had tested positive for COVID. Tragically, two residents had already died. Emma said her group would get right to work.

Four days later, the first 450 quality, washable fabric masks were on their way, including 250 much sought-after surgical masks. A week later at the same time Ludeman experienced the first death of a staff member, MasksNowIL provided us with another 500 masks. More followed. When Ludeman's greatest need turned from masks to protective surgical gowns, Emma reached out to Northwestern Hospital in Chicago and established connections with medical supply houses. Soon they had obtained hundreds of washable, reusable medical gowns for the Ludeman Center.

MasksNow, IL hasn't just helped the Ludeman Center though. They have provided masks to Misericordia, CILAs, 50 Illinois nursing homes, food pantries, 145 facilities in total... and counting. In the process, they have supplied over 33,000 masks and the need is not letting up. Schools have started re-opening and students need masks, come late fall more of the homeless will be coming into shelters. This means obtaining more fabric, arranging for truck transport, paying shipping charges to send finished masks to facilities like a Ludeman Center. There is never a charge to a facility or a cause. It is only through donations that this group covers costs and continues their work.

Only recently I learned a little more about Emma Davenport, the remarkable individual, leading this statewide nonprofit organization. In a phone conversation, I asked Emma what her professional background was that led her to such vital work, helping so many across the state. She told me she was still a student. I assumed medical school, but instead I learned that she had just wrapped up, remotely of course, her Junior year at Schaumburg High School. Needless to say, I was amazed. What drew her to taking on such a major job coordinating an effort like this? I believe it's her innate character and spirit, the experience of having a special needs brother, and the desire to make a meaningful contribution during such trying times.

At 17, she's gotten a major Chicago theatrical costuming company to work with her group while theater stages remain dark. She's gathered teams of seamstresses, many from quilting groups around the state. And she's become the national coordinator for fabric distribution for all the Masks Now groups across the country, meaning she has had to master spreadsheets and negotiate with trucking firms.

Emma feels all this has given new focus to her college plans. She now leans toward studying Nonprofit Management. Whatever her endeavors, we know she will continue to be a difference maker. It's inspiring how through such dark and difficult days, a young person like this rises above to make such an invaluable difference. This pandemic has been hard on all of us, but it has taught us a lot, too. About the silver linings and the light that peeks through the cracks and illuminates a way. It reminds us there's much good in the world. Thanks for being a part of that light, Emma.

If you would like to help MasksNow IL you can donate directly to their GoFundMe campaign at <https://www.gofundme.com/f/illinois-million-mask-mayday>

Sunshine Report from the Desk of Tameka L. Watson, LCSW – Ludeman Facility Director



August 31, 2020

As you know, things were exceedingly difficult during the early onset of the Corona virus, and the facility was under immense media attention. Thanks to your perseverance, we have been successful in flattening the curve at ELC and have affected a dramatic reduction in the positivity rate at the center. Currently, we have 3 houses (26, 27, and 28) on campus that are in isolation status.

I want to take this opportunity to share with you my leadership principles:

- **I lead with compassion (you must have a heart, or the partnership becomes dictatorship)**
- **I lead with transparency and with an open mind**
- **I lead with integrity**
- **I believe leaders are to be consistent and fair**
- **I encourage inclusiveness while hearing from my team and implementing their input on purpose**
- **I believe that true leaders collaborate more and delegate less**
- **Finally, I believe that leaders should be visible, and I intend to be very active and visible on this campus**

Actions taken to mitigate the COVID-19 impact

- We continue to focus priority attention on ensuring an abundance of PPE on campus, over-communicating to staff to keep them current and empowered, and implementation of best practices
- We continue to maintain a good supply of PPE and cleaning supplies on grounds
- We continue to monitor the homes daily to ensure an abundance of PPE
- The weekly newsletter keeps staff current on any new developments regarding COVID-19 and reminds staff of policies and best practices that will control the spread of the virus.

Townhall Questions from the Staff answered by our Infection Control Preventionist:

- Family style meals during COVID-19. Are we still passing community bowls and encouraging them to serve themselves? Currently, due to the pandemic and following current IDPH guidance for LTC, we are not passing community items or using shared utensils for serving. We have been told that new guidance from IDPH specifically for DD is forthcoming. If there are changes at that time, we will notify all the Centers.
- Social distancing in home. Everyone is unable to sit in the living room at one time. Not enough seats. Or enough space for everyone to maintain 6 feet apart. Socially distancing is still required. Therefore, we will need to make the living room available in shifts and encourage individuals to wear cloth or surgical masks.
- Active treatment during COVID-19. What is the new protocol for shared activities (puzzles markers books magazines)? At this time activities that share items are not to be done. Group activities should use items that only one individual touch and then can be disinfected. Games that involve multiple persons touching the same item such as throwing balls are prohibited. If art or craft items are used, they are not to be shared between individuals, give everyone their own, then disinfect after use. No singing, as singing propels droplets farther than talking.

COVID Updates:

- A total of 344 residents have been tested for COVID-19: 251 negative results, 231 positive results, and 0 pending results (some individuals have tested more than once).
- At this time the following homes are being supported in droplet isolation: 26, 27, and 28.
- 465 employees have been tested that we are aware of; based on the results known, 323 employees have tested negative and 134 have tested positive, of which 125 have returned to work. These employees are coordinating care with their medical providers.

Outdoor Visit Updates:

- Outdoor visits began July 16, 2020
- Days and times available: **Mondays, Wednesdays, and Thursdays from 10:30-11:30am OR 6-7pm. Saturdays are also available at 3 different time slots: 1030-11:30am, 1-2pm or 3:30-4:30pm**
- A limit of 2 adult visitors will be allowed at any one time
- Visiting must be arranged a minimum of 24-48 hours in advance with our Clinical Director at (708-283-3893)
- Please see the outdoor visitation letter posted on the PFLC website for full details

IDPH Survey Updates:

- We had an IDPH survey on site 8/4 – 8/5/2020 responding to 4 complaints that resulted in ten (10) tags. We have successfully responded to these infractions as of the required due date of 9/1/2020.

Monthly Parent's Meeting Schedule:

- Every 2nd Monday, beginning September 14, 2020 at 2:30pm –3:30pm
- In observance of the following holiday, Columbus Day, that meeting will be hosted the 3rd Monday of that month
- This schedule is through 4/2021
- **The Call-in number is 312-535-8110 with access code 133 720 3038#**

Closing Remarks - What I have experienced thus far at ELC has been very promising and extremely inspiring. As a system, we have gained tremendous insight from the COVID challenge. As such, I look forward to leveraging the knowledge we have gained from the virus, your invaluable experience, and your demonstrated commitment to make ELC a model facility that other facilities will want to emulate. Finally, I would like to take the time to show appreciation of your support as I have transitioned from Interim to Permanent Facility Director, effective 8/16/2020; Thanks, so much for your continued support!

How You Can Spend Stimulus \$\$\$

By now your Ludeman resident has more than likely received their 1st CARES Act stimulus check in the amount of \$1,200. You should have also received a letter from Allison Stark, Director of the Division of Developmental Disabilities, answering frequently asked questions regarding the spending of these funds. If you didn't receive it, it is available on our website.

Given the significant amount of money involved and the fact it needs to be "spent down" within a 12-month period, we have had some guardians ask for ideas as to how this money can be spent on their loved ones. Here is a general help list of some ideas that fall under the category of purchases approvable for reimbursement. It is not meant to be an exhaustive list as other items can certainly qualify.

- Personal items – Clothing, shoes, magazine subscriptions, iPad, cell phone & service minutes;
- Items for their room – Television, DVD player, stereo, furniture, draperies, area rugs, bedspread, pictures, decorations
- Shared items for the house that your resident would enjoy – DVD collection, outdoor grill for the patio, lawn chairs for sitting outside, small inflatable pool – it's always a good idea to check with a trusted tech in your house to see what the residents might need or appreciate
- Pre-payment for funeral arrangements
- Books, crafts items, puzzles

Unsure if your resident received a stimulus check...

You can find out by contacting either:

Gayle Weber at 708-283-3038 or Sheila Payne at 708-283-3039

TeleConference Parent/Guardian meetings with Ludeman Center Director Tameka L. Watson

We are happy to report that starting Monday, September 14th and for the 7 months following, there will be regularly scheduled monthly teleconferences for parents and guardians with the Ludeman Center Director, Tameka Watson. The monthly meetings will be an opportunity for you to be updated on the Ludeman Center, current visitation policies, COVID-19 updates and to express concerns and ask questions on these and other general topics.

Communication during the COVID pandemic is more important than ever and yet with no visitation possible inside our residents' homes, no General Meetings for members to ask questions, many of our usual means of communication are unavailable. That's why we appreciate this monthly opportunity for you to meet with the Center Director.

We want as many of you to join in as possible, but we all know that sometimes teleconferences can become very chaotic when there are a lot of people on the line at the same time. For this reason we will ask the following when you call-in.

When you join the call...

- Always mute your phone unless you are speaking. This eliminates background noise that is very distracting (dogs barking, doorbells ringing, miscellaneous conversations in the background, etc.). Thanks in advance for doing this.
- We ask that you forward the questions you have to our PFLC email address in advance of the meeting. We will forward these to Tameka before the meeting so she has a sense of what guardian's concerns and questions are.
- Each teleconference will begin with a general update from Tameka Watson, and a response to some of the frequently asked questions we have received and forwarded to her.
- That will be followed by opening up the phone line for questions. Beware that when that happens, unintentional talking over one another can occur, so let's take turns. This is when it will also be important to unmute and then re-mute your phone after your question has been asked and answered. Thanks again for doing this, it will lead to a better meeting!

Here's the schedule for the Monthly Teleconference Calls. All meetings will be from 2:30 – 3:30pm CST.

All meetings will be on the 2nd Monday of the month – except for October which will be on the 3rd Monday.

- | | | |
|------------------------------|-----------------------------|-------------------------|
| • Monday, September 14, 2020 | • Monday, December 14, 2020 | • Monday, March 8, 2021 |
| • Monday, October 19, 2020 | • Monday, January 11, 2021 | • Monday, April |
| • Monday, November 9, 2020 | • Monday, February 8, 2021 | |

How To get on the call...

Dial this Call-in Number **312-535-8110**

Then when prompted, use this Passcode/Access code **133 720 3038#**

Send your questions in advance:

Finally, please submit your questions for Tameka Watson to our PFLC email address by the Saturday before the scheduled meeting. Use the subject line "Question for Tameka". Thanks. Our email address is:

ludeman.pflc@gmail.com

ANNUAL PFLC BOARD MEMBER ELECTIONS 2020/2021

The PFLC By-Laws require an annual election of your Board Officers and Board Members. The PFLC Board conducts the annual election at our Fall General Meeting. Because of the extenuating pandemic health concerns, the PFLC Fall General Membership Meeting is cancelled. In order for the organization to abide by the By-Laws, we are offering to our membership the choice to vote by mail. The biographies of the officers and board members that are up for election as well as the ballot are enclosed in this newsletter.

We encourage all PFLC Members to complete the ballot and mail your responses to our mailing address by October 24th. Election Results will be posted on our website, ludemanpflc.org:

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PFLC Website News – www.ludemanpflc.org

Amazon Smile Update – To date, we have received \$946.72 from the Amazon Smile Program and we have 89 supporters! Let's get to 100 supporters – pass the word around to your friends and families to sign up for the Parents and Friends of Ludeman Center charity. Go to our website, and click on the Amazon Smile "Get Started" button to have a portion of your purchase donated to PFLC! It's easy, and does not add additional charges to your order total.

PAYPAL IS HERE!

PFLC has now partnered with PayPal. PayPal provides the ability for you to make an online donation to PFLC! We have conveniently provided a link on our home website page for an easy way to pay your membership dues and donate to our special causes – all the events and activities our organization provides for the Ludeman Residents.

Entertainment Purchases for the Ludeman Residents

The PFLC Board has been quite busy with the change of events this year. Once we were informed that the Ludeman Center could not have visitors and the residents were not permitted to attend any off-grounds training sites, we knew we had to do something to help the direct care staff keep our loved ones engaged. We purchased and shipped items for their entertainment and use that were appropriate for in-house and on-grounds:

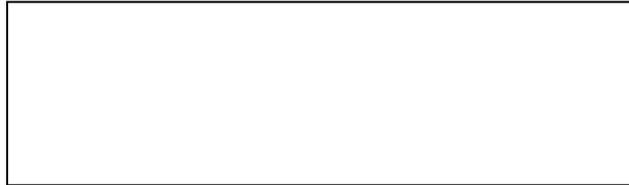
- * Three iPads and cases so you could video chat with your family
- * Coloring Books and Crayons
- * Giant UNO Card Games
- * Four In-A-Row Wooden Games
- * Large ABC Wooden Blocks
- * Large Numbers Wooden Blocks
- * Deluxe Bingo Games Sets
- * Giant Tic Tac Toe/Checkers Games
- * Mini Basket Ball Games
- * Playground and Pit Balls
- * DVD Players
- * DVD Movies

THANK YOU FOR YOUR CONTINUED SUPPORT!

The Parents and Friends of Ludeman Center is a 501c (3) Non-Profit Organization
All donations are tax deductible. Any and all donations are greatly appreciated. We accept money, time and talent.



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Thank you just does not say enough about the wonderful, kind, and generous individuals, companies and organizations that have supported our organization and the Ludeman Center throughout the COVID-19 pandemic. It does take a village, so most of all, our humble thank you to the Administration, Staff and Direct Care Ludeman resources that have cared for our loved ones throughout this difficult journey.

PLFC would like to express our heart-felt condolences to the families that have lost their loved one that lovingly gave their time and talents and dedicated their lives to the care of our loved ones that reside at the Ludeman Center.

PFLC wishes to express our condolences to the families and friends for the loss of your loved one that resided at the Ludeman Center. There is a special place in our hearts for your loved one.

