



# Strengthening People Building Community

**FALL 2015**

**A Bi-Annual Newsletter for the Supporters of TriCity Family Services**

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## TCFS Opens New Satellite Office

TriCity Family Services is pleased to announce that it has expanded from its Geneva location at 1120 Randall Court, and opened a second location.

This new office is located at 2570 Foxfield Road, Suite 101, in St. Charles. It is situated just north of East Main Street (Route 64) and just south of St. Charles East High School, between Dunham Road and Kirk Road.

This second location will allow TCFS to offer new services, as well as expand existing ones. The new office space houses the Business

Office, Resource Development, and Marketing, as well as counseling offices and group meeting space.

A Ribbon Cutting Ceremony was held at the new location on Thursday, October 8, 2015. More than 50 TCFS supporters and neighbors turned out for the event, which included



*TCFS Executive Director Jim Otepka and St. Charles Alderman Rita Anne Payleitner*

a presentation by St. Charles Alderman Rita Anne Payleitner, a ribbon cutting by TCFS Executive Director Jim Otepka, and delicious appetizers and champagne.

The event was sponsored by the St. Charles Chamber of Commerce, the city of St. Charles, and TriCity Family Services.



*Cutting the ribbon for the new TCFS office at 2570 Foxfield Road, Suite 101, St. Charles.*

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# William D. Barth Award Dinner

The 31st Annual William D. Barth Award Dinner was held on Thursday, October 22, 2015 at Riverside Receptions in Geneva.

Established in 1985, the William D. Barth Award recognizes one individual who has made a significant and positive impact, through community service, on the central Kane County area. The award was created to honor the legacy of William D. Barth, a founder of TriCity Family Services and a dedicated community leader.

The evening began with cocktails, a welcome by TCFS Board President Jason Schneider, an invocation by Rev. Melinda Hinners-Waldie, and a fabulous buffet dinner.

Andrew Young, son of the late Jack Young, offered a beautiful tribute to his father (see also page 6), TCFS Executive Director Jim Otepka presented this year's Award Nominees, and 2014 Barth Recipient Joanne Spitz presented this year's Barth Award to Carolyn Fabian.



*Andrew Young reflecting on the life of his father, Jack Young*

Our special thanks to Robert Landrum for generously underwriting the evening's event.

## 2015 Barth Award Recipient Carolyn Fabian

Ms. Fabian's involvement as a dedicated volunteer began with Turning Point, a domestic violence agency. The agency was there for her as a victim of domestic violence, and she returned as a volunteer to pay back the services she received.

In 2000, she began her training with CASA Lake County and became a court-appointed special advocate for a family of three children. Her involvement ensured that the rights of each child were protected and best served. While serving in Lake County, Ms. Fabian realized that this type of service was needed in McHenry County. It was then that she wrote a proposal and presented it to the sitting Chief Judge. The program was implemented the next year.

In 2004, now serving on the Board of Directors at Turning Point, she was recruited by the board to act as interim director. During this short appointment of only six months, she was able to bring the organization from bankruptcy to solvency. She also created marketing and fundraising programs to draw positive public awareness, and implemented policies and procedures to ensure that legal, funding, and foundation rules were observed. Programs increased and partnerships with other agencies and the community at large were developed.

Following her incredible tenure with Turning Point, she directed her attention to building a new domestic violence agency in order to fill the needs of survivors who too often "slipped through the cracks." PEACE4ALL came to life in 2005. Again, development of programs, recruitment of volunteers, marketing, and grant writing gathered community support.

In 2006, a move to Elgin prompted her to join the United Church of Christ and volunteer for Exodus World Services. At the same time, she took a job with a friend's estate sale company. Her involvement with both organizations led to a realization of how beneficial they could be to each other. After sales, she asked homeowners if they were willing to donate unsold items to the church. These items were incorporated into the Welcome to America packs provided to families arriving in our community.

A chance meeting at an estate sale introduced Ms. Fabian to an Open Door Clinic volunteer. Again, she realized that the church and the clinic would be an ideal mission match. Involvement began simply with school supplies and Christmas gifts. Soon her reputation led to requests to fill specific needs. In time, her efforts earned her the honor of becoming a member of the clinic's Board of Directors.

Similarly impressed with her work, the United Church of Christ asked her to serve as Mission Ministry Leader. Ms. Fabian's service included the formation of the Global Mission Church Resolution, and led to workshops teaching other congregations how to become "global mission churches." Further workshops focused upon "The New Face of AIDS." As the leader of the Geneva UCC's Mission Ministry for the last five years, she has added Heifer International and TriCity Family Services to its list of groups.

Most recently, Ms. Fabian founded yet another non-profit called the ReHome Center. The organization's mission is to "Transition items from comfortable homes to people who need the comforts of home." She works with other agencies, including TriCity Family Services, CHIP-In Batavia, and the Batavia Foundation for Education Excellence to provide furniture and household items to clients in need.



*TCFS Board President Jason Schneider and Barth Recipient Carolyn Fabian*

Ms. Fabian's intention and motto are clear: To create partnerships that change lives.

## 2015 Barth Nominees

TriCity Family Services is proud to honor the following nominees for their dedication to the community through ongoing involvement in activities affecting the quality of life in the Tri-City area, and their significant and positive impact on the community.

### KEVIN J. GAFFNEY

With limitless energy, Mr. Gaffney has been very active in the St. Charles community for many years. He served on the St. Charles Park Foundation Board for eight years, including one year as president. He also sat on the St. Charles Heritage Board for eight years, including time as president.

A long-time supporter of the Salvation Army, Mr. Gaffney has spent time as a volunteer for many other organizations including the St. Charles Legion Post 342, the St. Charles V.F.W. Post, the ministries of Christ Community Church of St. Charles, and Wayside Cross in Aurora.

Nominator and youngest daughter Kacie says, "Above all, he is a loving father of five children, with me being the youngest of five. He loves this community!"

### CAROLYN NAGLE

With a Masters of Public Administration, Ms. Nagle serves as the Executive Director of the Fox Valley Special Recreation Association. The organization exists to provide recreation and leisure opportunities for residents with special needs. FVSRA serves as an extension of the seven park and recreation agencies throughout the Fox Valley area. Before moving to the area, Ms. Nagle acted as Director for the McLean County SOAR program of Bloomington, Illinois. Additionally, she worked as the Activity Therapist for the Galesburg Mental Health Center of Galesburg, Illinois.

In addition to her board service for the Illinois Park and Recreation Association, she was instrumental in the organization of the Fox Valley Aktion Club chartered by the Aurora Kiwanis. Aktion Club is the only service club for adults with disabilities, and includes over 12,000 members worldwide. The club allows adults living with disabilities to participate in community service projects. While doing so, they gain leadership skills, become more involved in society, and demonstrate the dignity and value of citizens living with disabilities.

In the course of her career, Ms. Nagle has shared many hours seeing adults with disabilities grow, become involved, and feel a sense of belonging within their own communities. Through her own initiative and leadership skills, the support she's offered has in turn developed capable and caring leaders in our community.

### BYRON SAUM

After graduating from the FBI National Academy, Mr. Saum served as a sworn officer of the Aurora Police Department and retired as Deputy Chief of Police. An active member of the Aurora Rotary Club since 1993, Mr. Saum has been consistently dedicated to serving the Aurora community for over thirty years.

Mr. Saum joined the VNA Health Care Board of Directors in 1992, and since that time has provided diligent leadership to the board and to the VNA executive team. He has deep roots within the Aurora community and is known as a thoughtful leader who builds consensus and encourages collaboration.



Nominee Kevin J. Gaffney, Recipient Carolyn Fabian, and Nominee Byron Saum at the 2015 Barth Award Dinner

## Past Barth Award Recipients

- |                          |                             |
|--------------------------|-----------------------------|
| 2014: Joanne Spitz       | 1999: Marjorie Hissong      |
| 2013: Fred Norris        | 1998: Robert Hawse          |
| 2012: Carolyn Sprawka    | 1997: Carol Rosene          |
| 2011: Sarah Kimber       | 1996: Ralph & Lucile Little |
| 2010: Jim Kintz          | 1995: Vernon Guynn          |
| 2009: Mary Lu O'Halloran | 1994: Howard Wallin         |
| 2008: Pam Mann           | 1993: James Abbot           |
| 2007: Doris Hunt         | 1992: Joanne Hansen         |
| 2006: Cris Anderson      | 1991: Max Hunt              |
| 2005: Steve Lillie       | 1990: Russell Forkins       |
| 2004: Peg Halladay       | 1989: Nellie Wood           |
| 2003: Vernon Oie         | 1988: Nancy Temple          |
| 2002: Melinda Hinnners   | 1987: Glen Haines           |
| 2001: Darlene Marcusson  | 1986: Jim McCausland        |
| 2000: Betsy Penny        | 1985: Frank Burgess         |

## OUR MISSION

TriCity Family Services (TCFS) is a private, not-for-profit human service agency serving the community members and organizations of central Kane County. The agency is dedicated to strengthening people and building community through the provision of quality, affordable counseling, youth crisis intervention, prevention, and early intervention services that promote sound mental health and effective family functioning. As a community-based agency, TCFS promotes service excellence, honesty, hopefulness, personal responsibility, and respect for others.

# Program Focus

## Family-Based Treatment For Eating Disorders

The Family-Based Treatment for Eating Disorders (FBT) Program continues to grow at TCFS at a wonderful and exciting rate. Since the beginning of the fiscal year, we have had a record number of new FBT cases, including a rise in bilingual FBT cases.

In late May, the FBT team gained a new member when Tegan Pfortmiller, MA, LPC was hired on to join the team. We now currently have four clinicians who are a part of the FBT team, each of whom received specialized training through the University of Chicago. The FBT team includes Laura Poss, LCPC, LMFT, who is also the agency's Clinical Director and acts as the supervisor for FBT; Allyse Rehak, LCPC; and Anna McCaffrey, LPC, NCC, who also specializes in bilingual services. For more information on each of these clinicians, please feel free to visit the agency's website.

Additionally, the FBT team is excited to announce our innovative and new Eating Disorder Parent Support Group, which will focus on

empowerment and support. A trained FBT therapist will encourage the sharing of experiences, successes, and challenges involved with supporting a child with an eating disorder. Topics discussed will include self care, communication styles, how to support children during meal time, and more. The group began meeting in October, and will continue to meet the 2nd and 4th Wednesdays of each month from 7-8:30 pm.

We continue to see success in the clients and families who participate in the FBT program. In fact, one 18-year-old, female client has stated that "FBT has radically changed my life. I would hate to think about where I would be today if I didn't get involved in the program. I am so thankful for FBT and I feel truly blessed that I am a part of it. It definitely works!"

For more information about the FBT program, please visit the agency website or call Laura Poss, clinical director, at 630-232-1070.

## Emotional Wellness Programs

TCFS is pleased to announce three new program offerings:

### EATING DISORDER PARENT SUPPORT GROUP

Support, skills-training, and empowerment for parents who care for a child with an eating disorder. Receive an introduction to the program philosophy of Family-Based Treatment for Eating Disorders (FBT) and experience ongoing parent-to-parent support for issues faced throughout treatment and beyond.

A trained FBT therapist will encourage sharing of experiences, successes, and challenges involved with supporting a child with an eating disorder. Topics will include self-care, communication styles, supporting children during meal time, and more. You do not have to be familiar with FBT to join the group. This is open to all parents who have a child who is struggling with an eating disorder.

The Eating Disorder Parent Support Group meets the 2nd and 4th Wednesdays of each month from 7:00-8:30pm at TriCity Family Services, 1120 Randall Court, Geneva. The cost is \$5 per parent(s) per session.

### WOMEN UNITED/MUJERES UNIDAS

*Connecting you to yourself, your family, and your community. / Conectándose a sí misma, a su familia y a su comunidad.*

This new, ongoing group provides support to Latina women encountering everyday stressors associated with the numerous roles they encompass, while working to increase their sense of belonging.

The Women United group meets the 2nd and 4th Mondays of each month from 6:30-8:00pm at the Congregational Church of Batavia, 21 South Batavia Avenue, Batavia. The cost is \$5 per session. Registration is required, and free childcare is provided if requested at the time of registration.

### PROJECT SELF-COMPASSION

This new skill-building group is designed for high school girls interested in cultivating inner strength, improving emotional resiliency, increasing self-awareness, and learning how to better manage relationships. Supportive meetings will challenge participants to grow through activities and discussions. Parents attend the last session with the teens.

The program is held Thursdays from 7:00-8:30pm at TCFS, 1120 Randall Court, Geneva. The next series will be held February 18-April 28 (no meeting 3/3, 3/24, 3/31). The cost is \$80 per series. Registration is required. Fee reductions are available based on need.

TCFS also continues to offer a range of emotional wellness programs for all ages. These include:

- Grandparents Raising Grandchildren Support Group
- Single Moms Support Group
- Lazarus House Parenting Group
- Lazarus House Women's Group
  
- Bridges Divorce Adjustment Workshop
- Chick Chat by HGNA
- Family Connections
- International Child/Parent Development Program
- Smart Choices Anger Management Workshop
- Wilderness Challenge Program

For more information about TCFS programs, please visit our website at [www.tricityfamilyservices.org](http://www.tricityfamilyservices.org) or call 630-232-1070.

## Employee Assistance Programs

Work organizations are at the heart of our community. They are the vibrancy and the viability of the residents we serve. As an agency dedicated to Strengthening People and Building Community, TCFS Employee Assistance Programs provide local companies with proactive, hands-on, proven solutions to help achieve and maintain peak performance in the workplace and at home.

One of those solutions is **EMPLOYER ASSIST**, a fee-for-service program option specifically developed to meet the needs of employers who value the importance of fostering a healthier and more productive work environment, but who are not yet ready to commit to a comprehensive, full-scope benefit program. Employers can choose from a menu of workplace effectiveness programming options – when they need them, how they need them:

### TCFS TRAINING INSTITUTE

Consultation-based, individualized learning programs customized to respond to an organization's unique culture and core issues. Some examples of the 60+ skill-development experiences we offer:

- Leadership Development & Management Trainings, such as
  - Fostering a Positive Spirit in the Workplace
  - Impaired Employee = Impaired Performance
  - Reasonable Suspicion Training
  - Leading Through Workplace Transitions
  - Violence in the Workplace: Risk Reduction
- Employee Effectiveness Education, such as
  - Cultural Diversity Awareness
  - Dealing with Difficult People
  - Motivation: Staying Energized & Creative at Work
  - Respect for All: Harassment Awareness Training
- Wellness Workshops, such as
  - Calming the Body & Mind
  - Its All A Juggling Act: Work Life Balance
  - Stress Busters & Time Tangles

### MANAGEMENT & HUMAN RESOURCES CONSULTATION

Clinical expertise and policy-based workplace consultation empower supervisors and human resource personnel to proactively address performance, productivity, departmental, behavioral, or relational issues present among their employees. Coaching and consultation are also available for organizational issues such as conflict resolution, downsizing, change management, harassment, drug-free workplace, and workplace violence.

### CRITICAL INCIDENT RESPONSE

A “critical incident” is a highly stressful, sudden, and unpredictable event that often involves physical and/or emotional losses. For many people, such a traumatic incident can be disarming and emotionally paralyzing. Available through several intervention levels (educational, individual support, group processing), the goal of a workplace Critical Incident Response is to reduce the likelihood of long-term psychological consequences for individuals exposed to a critical event, and to empower them with concrete and specific coping techniques and support strategies.

### ASSESSMENT & SHORT-TERM COUNSELING

Whether it be daily stress or life balance concerns; emotional, relationship, family, or workplace difficulties; substance abuse; grief/loss; change; or any other personal issue, if left unchecked, these challenges can often negatively affect a person's well-being and, ultimately, job performance. Offered through various lengths of support, ranging from a one-time assessment to 5 sessions of solution-focused therapy, employer-provided counseling allows employees to proactively address personal concerns before workplace productivity and/or life functioning is impacted.

TCFS Employee Assistance Programs strive to empower workplaces, and the individuals within them, to recognize and use their strengths to their fullest potential. Not sure which program is right for your workplace? We'd be happy to meet with you to assess your organization's unique needs, develop a cost-comparison between options, and provide recommendations of what services would be most impactful for your company. To learn more, give us a call at 630-232-1070.

### COMPREHENSIVE EAP CONTRACTS

For those organizations that desire a complete, comprehensive, highly cost-effective workplace benefit program with a positive Return on Investment, full EAP contracts are also available.

These contracts serve as a critical and strategic component in an organization's efforts to control costs, ensure workforce quality, and heighten employee engagement, performance, and satisfaction.

The contract EAP benefit provides a full scope of support and intervention to a workplace, its employees, and their family members.

## Counseling Services

Still at the core of TriCity Family Services, family-based counseling for all ages and income levels is available for a variety of issues including anger management, anxiety, behavior problems, communication problems, crisis intervention, depression, eating disorders, family conflict, grief, isolation, loneliness, marital discord, phobias, stress management, thoughts of suicide, and more. Call 630-232-1070 to make an appointment today.

# Making a Difference



## Volunteer Spotlight

### Kristin Behmer

Kristin Behmer is a volunteer extraordinaire, and feels that it is her responsibility to help others. She has been an active leader with the Batavia Mothers' Club, McWayne School, Batavia Middle School, Batavia High School, and the Batavia School District Board of Education. Some of her fondest memories are of when she volunteered as a "lunch lady" and in the Learning Centers at McWayne and Batavia Middle School while her children were in school.

She has volunteered with the Batavia United Methodist Church, the Batavia Public Library, the Fox Valley Community Associates of the Art Institute of Chicago, through Junior League, and at other community events.

Kristin has always been inspired by the work of TCFS, especially how they have helped so many children, including her own. She is personally grateful for the TCFS Family-Based Treatment for Eating Disorders Program. With the help of a competent and caring therapist, the program brought her family together and helped her daughter recover from an eating disorder and become more confident and self-aware.

Kristin has devoted countless hours to TCFS, helping with the Lobster Fly-In, chairing the Easter Adopt-A-Family program, and serving as President of the Friends of TCFS. This year, she was honored for her volunteer work as the recipient of the Judy Burgess Award.

She is so proud of her husband Chris, who started his own company this year, and her children – Kirk, an attorney in Florida; Cortney, a nanny here in Illinois; and Taylor, a graduate student in Speech Language Pathology at the University of Nebraska-Lincoln.

Kristin has a degree in Fine Arts from the University of Nebraska-Lincoln and enjoys traveling. She has been lucky to go on two TCFS Benefit Trips – one to Costa Rica and one to South Africa.



## Remembering Jack Young

Jack Young, beloved community member and longtime TCFS supporter, passed away on September 23, 2015.

Mr. Young served as the fourth president of the TCFS Board of Directors, serving from 1979 to 1980, and was one of three co-chairs who led the successful capital campaign to build the TCFS main office in Geneva.

His long-standing commitment to the agency enabled him to offer both a historical perspective, and a constant reminder of the agency's mission in the community.

"He beautifully fulfilled the role of agency patriarch," TCFS Executive Director Jim Otepka said. "He represented in many ways the heart and soul of this agency. ... Jack had a wonderful sense of humor. ... He never failed to share with you a funny story. He was a great one at lifting spirits."

Mr. Young's son, Andrew, reflected on his father's life at the Barth Award Dinner on October 22, 2015.

Jack Young was born December 31, 1931 in Aurora, Illinois, graduated from East Aurora High School in 1950, and received his BS in Journalism from the University of Illinois in 1954. He served his country in the US Navy, worked for several years at Caterpillar Tractor in Peoria, and opened his own investment and financial advising firm, Jack A. Young & Associates.

He was a longtime active member of the Fox Valley Presbyterian Church, serving as an Elder and delegate of their General Assembly. He was also chairman of the Delnor Community Healthcare Foundation and chairman of the Delnor Community Health System when Delnor & Community Hospitals merged and the new hospital was built, as well as a founding board member of the Kane County Bar Foundation. Jack served as president of the Geneva Golf Club and was a member of the Geneva Lions Club. With all his activities, Jack found that his greatest joy was making memories with his family.



*Jim Otepka and Jack Young at the 2014 TCFS Gala & Benefit*

# Making a Difference

## Exelon

A crew of enthusiastic men and women recently came to the TriCity Family Services building in Geneva and painted the agency's workrooms, the kitchen, the stairwell to the basement, and the trap doors to the attic. With swift skill, they also put together three wire shelving units for the basement.

Who might these cheerful elves be, you ask? None other than a handful of dedicated and community-minded employees of Exelon Corporation – a TCFS Corporate Partner in Caring since 2012. Their exemplary spirit of volunteerism is deeply embedded in Exelon's corporate culture: a culture that believes putting a personal face on their corporate citizenship initiatives strengthens and enriches the communities they serve. In 2013, Exelon volunteers volunteered over 96,000 hours to community projects such as student mentoring, cause-related walks, renovation and refurbishing projects, and environmental projects. Last but not least, Exelon recognizes the importance of executive involvement on non-profit boards.

Besides community service and corporate giving, safety is one of Exelon's highest priorities. Exelon ensures safety through total compliance with all safety regulations and an intensive program of educational outreach and safety initiatives, exceeding government expectations. Exelon Nuclear also holds Community Information nights for local residents and gives public electrical-safety presentations reaching thousands of students and adults.

Over the last 6 years, Exelon's family of companies has donated nearly \$150 million to organizations in their service areas that support education, the environment, arts & culture, and neighborhood development. TriCity Family Services is truly fortunate and grateful to Exelon for providing leadership on its Board of Directors, community volunteers, and the finances to fulfill our mission of strengthening people and building community.

## Planned Giving & TCFS

You too can make a lasting contribution to TriCity Family Services through planned giving. The John E. Grotberg Society is an honorary association of individuals whose planned gifts have already been received or will someday accrue to TriCity Family Services. Embodying the legacy of John E. Grotberg, society members share a commitment to serving the future mental and emotional health needs of our community and ensuring access to quality services for generations to come.

Types of planned giving include:

- Bequests – By means of your will or other estate plan, you can name TCFS as the beneficiary of a portion of your estate, or of particular assets in your estate.
- IRA Distributions – Avoid the twofold taxation on IRAs and other employee benefit plans by naming TCFS as beneficiary of the remainder of assets after your lifetime.
- Life Insurance – Policies that you have purchased to protect a loved one who no longer needs that protection can offer excellent tax benefits. You can name TCFS as the beneficiary or as successor beneficiary of the life insurance policy.
- Charitable Lead Trust – Create a charitable lead trust that pays an income to TCFS for a specific term of years, with the principal retained for your heirs.
- Charitable Remainder Trusts – Charitable remainder trusts are popular gift plans because of the immediate income-tax deduction and avoidance of capital gains tax.

For more information about planned giving opportunities, contact Susan Lyons, Director of Development, at 630-232-1070.



## Donor Spotlight

### *Thank You* to our current Corporate Partners in Caring

Champion:	Comcast
Leader:	Exelon Generation
Innovator:	BMO Harris Bank
Pacesetters:	FONA International; Producers Chemical
Supporters:	AHC Advisors, Inc.; Creekwood Associates; Dickens, Mason, & Kissell DDS, Ltd.; Fox Valley Orthopedics; Nicor Home Solutions; St. Charles Bank & Trust
Friends:	A Complete Remodeling Company; Midwest Dental Implantology



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When you shop at AmazonSmile, Amazon will donate 0.5% of the price of your eligible purchases to TriCity Family Services.

AmazonSmile is the same Amazon you know – same products, same prices, same service.

Simply start at the TCFS webpage ([www.tricityfamilyservices.org](http://www.tricityfamilyservices.org)), scroll to the Support Us section at the bottom of the page, and click on Shop With Amazon Smile.

## *Snowflake Shuffle*

Saturday, December 5, 2015  
Mill Creek Clubhouse  
9:00-11:30am

Join us for this fun, winter-themed, USATF-certified 5K/10K Run that raises money and awareness for TCFS.

Recovery treats and a hot chocolate bar available at the Mill Creek Clubhouse after the run.

Register now by visiting  
[www.tricityfamilyservices.org/snowflake-shuffle/](http://www.tricityfamilyservices.org/snowflake-shuffle/)



## *Gala & Benefit*

Saturday, April 16, 2016  
Pheasant Run Resort

Experience an elegant evening featuring a seated dinner, entertainment, an extensive silent auction, an exciting live auction, raffles, and the presentation of the Golden Heart Awards for long-standing and meritorious philanthropic support of TriCity Family Services.

Amazing new dining, sports, and travel experience packages will be available!

More information will be available soon.

