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REGISTRATION
IS NOW OPEN!

Envision's 4th Annual Go the Extra Mile Walk

Presented by USI!

Saturday,
September 30, 2023

10am – 1pm | Winton Woods

This year marks the 4th anniversary of our *Go the Extra Mile Walk*, and we can't wait to reconnect with those who have grown with us over the past few years!

New to the walk? This is a great time to get involved – our *Go the Extra Mile Walk* promises new and exciting changes in 2023! Follow us on Facebook at facebook.com/envisionohio to stay up to date with all the latest information and announcements.

The walk includes a scenic stroll around the lake, followed by a fun, free festival that includes games, inflatables, raffles, prizes, vendors, music, and more. In addition, lunch by Outback Steakhouse can be earned through fundraising or purchased on-site.

Registration to attend the event is free, but required. Please scan the QR code on this page or visit tinyurl.com/gothemile23 for more information and to register today.

Envision's *Go the Extra Mile Walk*, presented by USI, is vital to the success of our organization. The money raised through the event helps to support services that hundreds of families count on each year. Our *Go the Extra Mile Walk* is a great way for you to have fun AND

make a difference in the life of someone with disabilities!

How you can help:

- Set a fundraising goal and ask friends and family to sponsor you in the walk.
- Invite others to join you or start a walking team.
- Promote the walk at your social club, in classes you attend, or at your favorite neighborhood hangouts.
- Start a fitness challenge with your friends/coworkers that ends with a party on walk day (we'll provide the food and games).
- Buy and sell raffle tickets for amazing items and experiences. Our user-friendly software makes fundraising easy.

Envision offers incentives for participation, including the opportunity to earn medals and win awesome prizes! It's our way of saying "thank you" for all your hard work and support. We recognize that this important event would not be possible without you!

Come walk with us
and become a part of
our team!

This event is great for couples, families, singles, people of all abilities, well behaved pets, corporate walking teams, local walking clubs, people who support Envision, and people new to Envision and our walk.

Be sure to invite your family, neighbors, and friends to a day filled with unforgettable friendship and fun!

Register today:
tinyurl.com/gothemile23



ENVISION DAY connects and contributes to the community through volunteer work at **Matthew 25: Ministries**



The Envision Day Community Inclusion Group.
Pictured L to R: Roz, Dorothea, Krista, Julia.
Kneeling: Erin

"It's my favorite job. It's a volunteer job," Erin mentions as she sits at the table with the Community Inclusion group from Envision Day. She, Roz, Julia, and Krista are all hard at work preparing supplies for distribution to areas that have experienced a natural disaster or need humanitarian aid. "Some stuff goes to different countries. They need food there, clothes," says Roz.

The group is busy spending their morning doing volunteer work at Matthew 25: Ministries. This opportunity (and others like them), help Envision Day program participants to become involved in the community while also becoming part of the community. "We love it here because they don't rush us. They let us go at our own speed," remarks Dorothea Marshall, an Envision Day Direct Support Professional.

The jobs at Matthew 25: Ministries accommodate the abilities of volunteers and there is even a sensory-friendly room available when people need to take a moment to gather themselves or decompress. In addition, volunteers are given jobs that match their skill levels but that also challenge them to grow - all in an environment where they feel welcomed and belong. "I like it here because I feel comfortable," says Erin.



The volunteers hard at work



Volunteering at Matthew 25: Ministries is a team effort.

“It’s prepping me to learn how to do a job,” exclaims Krista. Part of the work they are doing is making sure that products aren’t damaged during the shipping process. This requires attention to detail and commitment to quality control. “We put the tape on it, so it won’t come open,” says Julia.

Once the work is done, the group is invited to enjoy lunch on-site, offered as a thank you for a job well done. Sitting in the café together gives everyone the opportunity to talk about their experiences and to recognize the value of working as a team to create change in the community. It is also an opportunity to recognize those who have supported them along the way. Says Krista, “I like you D (Dorothea). You’re my best friend.”

Although everyone enjoys gaining valuable skills and strengthening their friendships along the way, Dorothea relates that there is resounding agreement that doing good just simply feels good. “Julia and Roz have both told me they like coming here because they like helping people.” And Roz agrees. “I like coming here. It’s different.”

To learn more about Envision Day and to donate to our programs, please visit www.envisionohio.org.

Krista and “D” (Dorothea).



Packing products for shipment

Like Mother, Like Daughter

How Ellen and her Mom Team Up to Build a Full and Meaningful Life.

Ellen is warm and funny with a smile that lights up the room. Personable and welcoming, Ellen is extremely close to her mom Ellie. Self-described best friends, the two enjoy spending time together by going to the theater, taking art classes, and playing board games. "She's an excellent scrabble player," says Ellen's mom Ellie.

Not only is Ellie her daughter's game playing partner, but she is also employed as Ellie's Direct Support Professional (DSP), made possible by Envision's YOUR CHOICE Program. YOUR CHOICE empowers people with a developmental disability and their families to play an active role in their Medicaid-waiver support services. With YOUR CHOICE, people, like Ellen and her mom, can direct and personalize their own individualized care.

This is important to Ellen as she is very active in her community and counts on Ellie's support to maintain her independence. This includes her job at a restaurant where she washes dishes and does food

preparation. Ellen works five days a week and enjoys the independence and opportunity to socialize that comes with being employed. "I love it," says Ellen. "I help my co-workers in the front when it's not busy. I keep myself on my toes!"



Ellen and Ellie agree that YOUR CHOICE has been a welcome addition in their lives. They also have enjoyed working with Envision staff as they navigate the program. "Everybody's super nice and very friendly," says Ellie. Ellen agrees, saying "I like them a lot!"

Most importantly, the YOUR CHOICE program gives Ellie the freedom of time needed to support Ellen as she builds a meaningful life while also giving her peace of mind that her daughter is safe and well-cared for. The program is "unbelievable," says Ellie. "I get paid to take care of [Ellen]. I don't know if I would trust other people to take care of her the way I take care of her." Adds Ellen, "I like it when she gets paid the same day as I do. We gotta help each other. Like mother, like daughter!"

YOUR CHOICE is an exciting program designed to bridge the gap between the need for developmental disability services and the workforce challenges in recruiting staff. YOUR CHOICE gives people with developmental disabilities and their families the ability to hire a support worker of their choosing. With YOUR CHOICE, people with developmental disabilities have the power to control their care.

For more information about Envision's **YOUR CHOICE** program, please call **513-619-2945** or email referrals@envisionohio.org.



Spotlight on Envision's Mental Health Services

How the healing power of relationship helped Karl* to build a happier life.

Meet Karl.

Karl is a young man with a developmental disability who was often frustrated about the restrictions the Covid-19 pandemic placed on his ability to socialize outside of his home. His family worried that his frustrations might become overwhelming and lead him to respond aggressively. With their encouragement, Karl and his family reached out to Envision for support. As a result, Karl soon began to see a therapist at Envision to help him process his feelings and learn healthy coping strategies for when he was feeling upset.

According to Karl's therapist Chuck Workman, Karl was initially hesitant "to talk about anything and was very cautious." However, after several sessions spent getting to know Karl and allowing him to decide how best to relate his needs, Chuck helped create an environment where Karl felt safe to express himself by focusing on his interests, particularly his love of sports.

Encouraged by the language of play, Karl became more open during his session with Chuck. Soon, Karl was sharing many details about his life with Chuck, including his thoughts and worries. Now in a place where he felt safe to openly communicate, Karl was able to begin setting goals for what he wanted his life to be.



Motivated by his improved ability to effectively communicate and his desire to socialize, Karl's family helped him to enroll in a day program where he could spend more time with his peers. The increased socialization led to a significant decrease in frustration and gave Karl the social connections he so desperately desired and needed.

Says Chuck, "Karl started out as a client who felt frustrated being stuck in the house because of the pandemic to a guy who shows up looking forward to his appointments. These days, when Karl [arrives], he lights up the room with his energy. I always look forward to finishing [my day] with [someone] who makes me smile so much my jaws hurt afterwards."

**Name has been changed to protect privacy*

For more information about Envision's Mental Health Services, please visit us at <https://envisionohio.org/programs/mental-health/>

2022 Annual Report



| | |
|-------------------------|-----|
| CITE: | 267 |
| Mental Health Services: | 195 |
| Supported Living: | 79 |
| Family Living: | 52 |
| Day Program | 19 |



SATISFACTION SURVEY

100%

of employees believe their job makes a difference in the lives of others.

94%

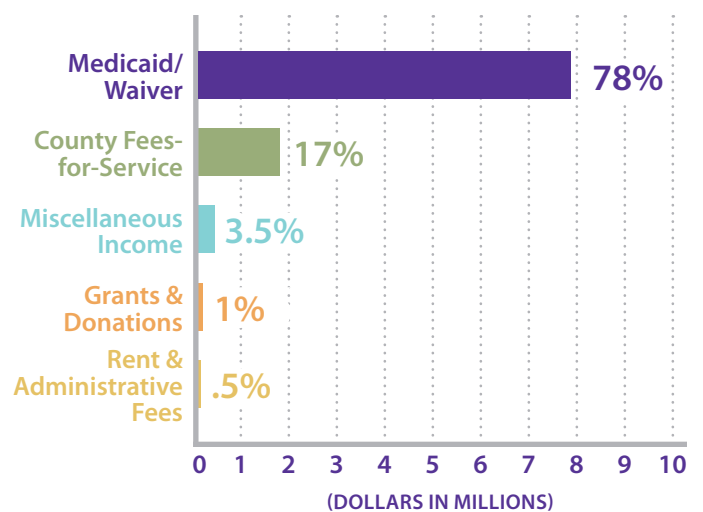
of families would recommend Envision to a friend.

92%

of individuals served are satisfied with services provided by Envision.

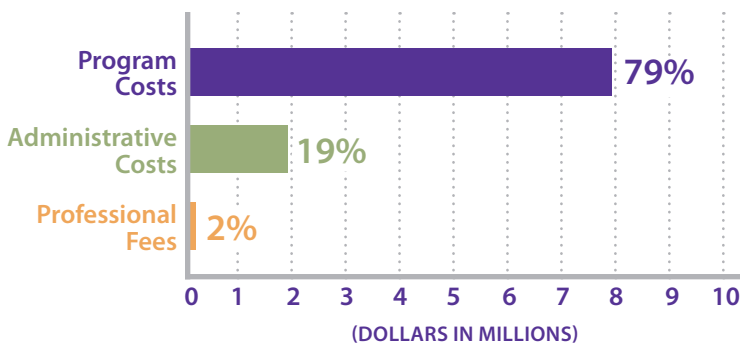
% REVENUE BY SOURCE \$10,114,890

*does not include Unrealized Gain/Loss from investments



With Much Gratitude for Our 2022 Donors

% EXPENSE BY TYPE \$9,937,751



\$25,000+

The Greater Cincinnati Foundation

\$10,000 - \$24,999

Good Shepherd Foundation of Ohio
The Daniel and Susan Pfau Foundation
The Spaulding Foundation

\$1,000 - \$9,999

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Northgate Tire
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\$1 - \$99

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Go the Extra Mile Walk – Presented by USI

Saturday, September 30, 2023 | 10am –1pm | Winton Woods Kestrel Shelter

Register today at tinyurl.com/gothemile23



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