



ON TRACK

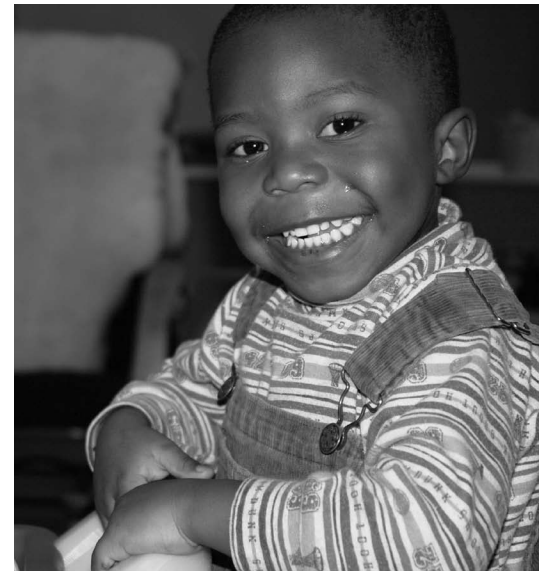
with Lifetrack Resources

Winner of the Nonprofit Excellence Award

E-Newsletters Now Available!

Details inside and at www.lifetrackresources.org

Spring 2006



Children from Families Together Therapeutic Preschool

Social Skills Group Helps Children on the Autism Spectrum

Children who have difficulty with verbal and non-verbal communication, including the desire and ability to use language in a social setting, may be considered to have an Autism Spectrum Disorder (ASD). Children with ASD, Emotional Behavioral Disorders (EBD) and other developmental delays often have difficulty forging connections and friendships because of underdeveloped social skills and interpersonal awareness.

Lifetrack Resources hosts a Summer Social Skills Group for children who have difficulty communicating and socializing. Lifetrack occupational and speech therapists work with preschool age children on sensory processing, self-regulation, and developing sensory strategies to help manage over-stimulation, which is a major deterrent to de-

veloping communication skills. Therapists observe and give feedback to children and parents in key areas such as social control, communication, eye contact, body image, body space, and impulse control.

The goal of the Social Skills Group is to enhance social reciprocity, teach through routine, and create a group where friendships and positive communication develop. The group will help children develop connections and friendships and introduce parents to each other. The Social Skills Group is an aid to the family to help develop appropriate social skills. Mary Gallagher, Lifetrack Resources occupational therapist comments, "This is a rare opportunity to take advantage of the services of an interdisciplinary team focused on helping children who have difficulty communicating and developing social skills".

The Summer Social Skills Group is an 8-week program that will be held this summer at Lifetrack Resources. The program is for preschool-age children (ages 3 to 6) who are verbal but need to develop communication and social skills. The program is held one day per week for one and one-half hours with 5 to 6 children per group. Lifetrack Speech Therapist Angie Sieberlich says, "Communication is such a key social skill. Children will have the opportunity to make friends in a non-threatening environment and work to build appropriate communication and social skills. I've seen kids really raise their self-esteem by learning some basic social skills." For more information about the Lifetrack Resources Summer Social Skills Group contact Ellen Mack, in Admissions: (651) 265-2335 or ellenm@lifetrackresources.org

Message from the President



Lifetrack Resources President John Mohr

a part of this effort. Nonetheless, I am beyond the traditional retirement age and it is time for me to move on.

I leave the organization with a confidence that it is strong and vital. The number of people we serve and our outcomes place us top the

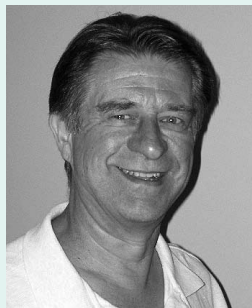
A few months ago I gave the Lifetrack Resources Board of Directors notice of my intention to retire. It was not an easy decision. Being CEO of Lifetrack Resources for more than twenty years has been wonderfully fulfilling. When I think of the thousands and thousands of better lives that Lifetrack has helped build over that period of time, and the resulting benefit to our community, it is clear to me that I have been blessed to be

ranks of Twin Cities human service nonprofits. The Board of Directors has chartered a strategic direction that acknowledges community needs and is on track with the course we have been on. We have a solid, experienced management team in place and a great staff. External reviews—such as our receipt of the Minnesota Nonprofit Excellence Award—are very positive. We have no debt and are financially solid.

Lifetrack's strength and vitality rests on the work of a dedicated group of people who have come together to make a better Lifetrack Resources, and in turn, through our collective work, a better community. Our board and our staff, our volunteers and donors, our community partners, all have been essential and up to the task. I could not have worked with better people in developing Lifetrack's ability to help more people with challenges build better lives, and also to better knit Lifetrack's role into the larger fabric of community effort to make this a better place to live for all our residents.

My thanks to you and the many, many others who have been instrumental in building Lifetrack's effectiveness in building better lives and a better community. I have been honored and blessed by your support of Lifetrack Resources.

Message from the Board Chair



Lifetrack Resources Board Chair John Grieman

on track to select the new CEO in May with the goal to have the person in place by June 30. I am confident that our next CEO will exemplify the excellence, leadership, integrity, creativity, results, teamwork and collaboration that are the hallmarks of our success.

I have been passionate about Lifetrack Resources for 25 years. My daughter was just a toddler when she came for rehabilitation therapies that helped her grow to be a strong independent young woman today. For over 50 years, Lifetrack Resources has applied its expertise to the changing needs of the community. I am confident that Lifetrack will continue to be a strong leader in helping to build better lives and a stronger community.

I am very pleased to be Chair of Lifetrack Resources' board of directors. As a board member, I have observed first hand the powerful combination of John Mohr's executive leadership, the work of a quality staff and a strong board that has earned Lifetrack the Nonprofit Excellence Award. With John Mohr's retirement as CEO, the board is committed to Lifetrack's continuing excellence and realizing an exciting strategic plan. With the help of an executive search consultant, the board is



Child receiving occupational therapy

Getting It Write

Lifetrack Resources Rehabilitation Therapies will host a 6-week handwriting program for elementary school children having difficulty mastering handwriting skills. Each class consists of fun sensory and motor activities to enhance a child's handwriting abilities including hand strengthening, tactile discrimination, visual perception, motor control, and more. Children can focus on printing or cursive writing. The instructor is a pediatric occupational therapist. Limit 4 students per class.

**Dates: June 19th through August 4th
(with no class on July 3rd).**

Times: Monday 1-2 PM and Wednesday 10-11 AM. Cost \$80.

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Receive timely news and skip the need for recycling. Send an e-mail to Maren Anderson today! Receive the Lifetrack Resources On Track E-Newsletter: marena@lifetrackresources.org

Building Business Relationships and Opportunities

Lifetrack Resources Job Counselor Liberty Mickelson was recently promoted to a new position, Employer Services Manager. Lifetrack's Employment Services has a large diverse and work ready pool of applicants for businesses in the Twin Cities. Each year more than 1,000 ready workers are placed in jobs, 300 are helped to advance to the next job in their career, and 900 successfully complete education and short-term training in preparation for work. Liberty's objective is to build strong partnerships that create opportunities with businesses that have constant or growing workforce needs and work ready job applicants.



*Employer Services Manager
Liberty Mickelson*

Leadership St. Paul is working with Liberty on a project to review current Lifetrack business relationships, analyze business sectors with a need for entry-level workers, develop a marketing strategy within those sectors, and develop reasonable outcomes to measure success.

Liberty can arrange exclusive recruitment days to help businesses meet a large prescreened pool of applicants in one day to help employers meet diversity training needs, and provide additional services that make your recruitment and hiring successful. Contact Liberty at 651-265-2397.



Lifetrack Resources clients contribute to our community



Child in Families Together Therapeutic Preschool

FAMILIES TOGETHER SUCCESS STORY

At the age of four, Terry was angry. Shot in a drive by shooting while in her high chair, and separated from her family because of the toll of chemical dependency, Terry's anger interfered with therapy, making friends, and learning. Meeting Terry's needs and building trust with Terry were critical for the Families Together staff. Her teacher still remembers the day Terry first showed self-control. A three year old was annoying Terry, and instead of immediately hitting the other child Terry called out to her teachers, "Somebody better get her out of here!" By the time she left for kindergarten Terry trusted and cooperated with her teachers and had friends at school.

Years later, it was at a community celebration that we learned how Terry is doing. Two of our staff were at a graduation for students who had finished their GED's, and Terry's mom was one of the graduates! She hugged Terry's preschool teacher, and proudly told her that Terry, now a junior in high school, is on the Student Council at her school!

Save the Date for Lifetrack Resources Building Better Lives Breakfast

Join us Thursday, May 18th from 8:00 – 9:00 AM at the Town & Country Club in St. Paul to learn more about Lifetrack, how we build better lives and a stronger community every day. Find out how you can help, for more information about the Building Better Lives Breakfast, contact Maren Anderson: (651) 265-2330 or marena@lifetrackresources.org



Lifetrack Resources

WWW.LIFETRACKRESOURCES.ORG

Lifetrack Resources
709 University Avenue West
St. Paul, MN 55104

Winner of the Nonprofit Excellence Award

Approved as a provider by: Medicare and Medical Assistance and the Minnesota Rehabilitation Services Branch.

Lifetrack Resources, Inc. is supported by the Greater Twin Cities, Hastings, and St. Croix Area United Ways.

Accredited by CARF for Employment Services: Employee Development Services, Organizational Employment Services and Community Employment Services.

Designated as an Essential Community Provider by the Minnesota Department of Health.

Lifetrack Resources values diversity and is an EEO/AA employer and service provider.

Locations:

Main Office

709 University Avenue West
St. Paul, MN 55104
Phone: 651-227-8471
Fax: 651-227-0621
TTY: 651-227-3779

Minneapolis Office

2001 Central Avenue NE
Minneapolis, MN 55418
Phone: 612-788-8855
Fax: 612-788-8577

Packaging First

341 Chester Street
St. Paul, MN 55107
Phone: 651-290-0567
Fax: 651-290-0625
TTY: 651-265-3498

Services:

Employment Services

- Job Search Center
- Community Work Experience
- Job Seeking Skills Training
- Job Placement
- Job Advancement
- Job Coaching
- Long-Term Employment Support
- Employer Services
- Packaging First meeting packaging needs for Twin Cities businesses, Packaging First provides transitional employment including:
 - Work Adjustment Training
 - Work Experience

Rehabilitation Therapies

- Occupational Therapy
- Physical Therapy
- Speech/Language Pathology
- Social Services
- Parent-to-Parent Support for Families with Children who are Deaf or Hard of Hearing
- Mental Health Services for Children in Greater Minnesota who are Deaf or Hard of Hearing

Early Childhood and Family Services

- Families Together Therapeutic Preschool and Family Services
- Early Childhood Services
- Home Visiting
- Child Abuse Prevention & Intervention

Lifetrack Resources also provides:

- Employment Services at East Side Community Center and Ramsey County Human Services
- Early Childhood and Family Services at Ramsey County Human Services
- Rehabilitation Therapies at various hospitals, nursing homes, and schools