

# INSTEP



The biannual Step Out USA, Inc. newsletter for our board, advisory board, members, friends, and patrons

WINTER/SPRING 2012

## Step Out Members to Experience FREE AND CHEAP Chicago in 2012

If you thought Step Out's 2011 Calendar was ambitious, just take a look at our plans for 2012. While 2011 was the year of making Chicago **Step Out's Kind of Town**, 2012 will find our members discovering **Free and Cheap** Chicago.

Fortunately you don't need a lot of money to be embraced by the City of Big Shoulders and experience a real urban adventure: a day of relaxing at one of Chicago's free beaches; free and fabulous open-air concerts at the Pritzker Pavilion; interactive art at Millennium Park, the city's new "front lawn"; the glorious Cloud Gate (aka "the bean") free for the gazing; beautiful Lurie Gardens; Lincoln Park Zoo; exciting Navy Pier; the best architecture in the United States – free for the viewing and 21 miles of lakefront that was declared "forever open, clear, and free" by the city's founders. Chicago also has the best collection of museums on one campus and our members will learn how to score free or cheap tickets to all of them. Laughter is of course free and Step Out members will really be laughing knowing that they paid only

\$5 to watch some of the best up-and-coming comedians do improvisation on some of the most famous stages in the country.

And can there be a better city for walking? When walking in Chicago, you realize what a dynamic place it is. Every block yields a new surprise, every step leads to a unique view. Follow the Chicago River and you encounter one new building after another. Last year's walking tours were a big hit with our members so this year Step Out's Tour Guide, Margaret Hicks, has planned 3 special tours that will take our members from the Loop and Printers Row, to the Magnificent Mile and Streeterville and finally to Millennium Park and Navy Pier. We will of course also sample lots of Chicago's **Cheap Eats** including the world famous Chicago loaded hot dog on a poppy seed bun. Okay, not free, but at \$1.75, definitely dirt cheap!

So if you are willing to go off the beaten path in search of free and cheap adventures, join Step Out as we discover that it's not how much money you spend, but how many experiences you bank!



Step Out Facilitator Kara Rhodebeck and Chicago Elevated Tour owner, Margaret Hicks, join Step Out members on 2011 Walking Tours

## KHANACADEMY.org Offers Opportunity to Learn Differently

A new internet resource offers an on-line library of over 1600 instructional videos ranging in length from 10-20 minutes covering a multitude of basic to more advanced subject areas including math, history and financial education. This stand-alone virtual school website is the mastermind of Sal Kahn who presents concepts the way he himself understands them, not as written in a text book.

The videos allow students to learn at their own pace. It also includes an assessment tool that helps to measure what has been learned. As of 2009, Khan's YouTube tutorials had received more than 35,000 views per day. Mr. Kahn's site provides students and adults with learning disabilities the opportunity to discover their learning styles and learn differently.

## Guardian Angels put the SPARKLE in Step Out's 2011 Holiday Party

Step Out's 8th annual holiday party was our biggest and best yet! Over 100 "Rock'n'Rollers" including members, their guests, family, Step Out staff, board members and new community friends "*Rocked Around the Christmas Tree*" to the tunes of the Rockin' Docs. The Doc's led by Dr. Kenneth Stein, aka *Dr. Blue Suede Shoes*, helped Step Out host a very successful fundraiser as well as a memorable party for our members. A special thank-you goes to Angel, Mike Schmidt, of Evergreen Park, friend of Dr. Kenneth Stein, for his generous donation of \$500

to cover entertainment costs. Additional Guardian Angel Wings go to Harriet Vakos, Faye Ziegler, and Dr. Kenneth Stein whose holiday spirit helped Step Out provide PANERA gift cards as contest prizes for our members. We also want to thank the Banquet Staff at Maggiano's Little Italy in Skokie for their sumptuous Italian buffet and great service. And last but not least, a big shout out goes to Jay Lawrence Records who kept the music playing, even after the party ended, with their donation of CD's for all partygoers.



*Andrea Lagios thanks the Board and welcomes the Docs*



*Dance contest winners Christine Barr and Andrea Lagios*



*Step Out members L to R: Jim Pinto, Bob Costikyan, Jennifer Pape, Maureen Montgomery, Jeanne Malcolm, Michael Sangston, Mary Carol DeLano, Bill Bloom and Dan Minow*



*Dr. Stein leads the Conga line*



*Samantha Gottlieb, Danny Minnow, Dr. Ken Stein and Michael Sangston*

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## Shopaholics Turn Out to Support Step Out

Step Out received a total of \$1200 as a result of the efforts of our friends and supporters who **Shopped till they Dropped** at the Fall 2011 Carson Pirie Scott Community Days. We are planning on participating in the Spring 2012 Community Days event so mark your calendar for April 27 and 28.

Get out your walking shoes and contact Maria Lagios at lagorth@comcast.net if you are able to serve as a Step Out volunteer.

## Parents Think Outside the Box to Support Step Out

A recent corporate gift of \$500 from TTX Company in Chicago was made possible through the involvement and advocacy of Betty Clinton, TTX employee and parent of Step Out member Michael Clinton. The Gomez/Barr and Gottlieb families have also generated continued contributions through their personal letter campaigns on behalf of their family members, Steve and Samantha Gottlieb and Christine Barr. If you are interested in learning more about these creative funding ideas, contact Maria Lagios at 630-420-8131 or lagorth@comcast.net.

## Chicago Hosts 49th Annual International Conference

The Windy City will once again serve as the host for the International Conference of the Learning Disabilities Association of America. Save the dates February 22-25 and join parents and professionals from around the world as they come together to create opportunities for success for all individuals with learning disabilities. This year's conference at the Chicago Hilton will offer 39 sessions geared specifically to Adults and Transition Issues. We are pleased to announce that Step Out and TranSteps will serve as presenters for 3 of those sessions. Full calendar of events and registration are available on-line at [www.LDA America.org/conference/index.asp](http://www.LDA America.org/conference/index.asp)

- **Thursday, February 23 / 1:45 to 3:00pm** – Danny Shields LEED Council, and Pat Coy, TranSteps, will present *Clicking with Computers – Microsoft Office Certification Training for Adults with LD*. They will describe a successful custom designed program using developmental, nurturing and behavioral approaches which they have developed to provide job skills and certification for adults with learning disabilities.
- **Friday, February 24 / 4:00 to 5:15pm** – A panel of Step Out members will join Patricia Coy and Maria Lagios presenting *Step up! Step in! Step out! Addressing Social Integration for Adults with Learning Disabilities*. They will be offering suggestions for the formation of similar peer support and social groups to convention participants from across the country.
- **Saturday, February 25 / 8:30 to 12:15** – Step Out will join TranSteps at the Transition Table Talk and Postsecondary Fair. Some of our members will display their art and photographs at this convention event.

## Cold Hard Facts and Helpful Hints for Adults with LD

- 5-12% of the population has ADD and ADHD
- 69% have coexisting conditions: anxiety, depression, bipolar, substance abuse
- Executive function skills continue to mature and improve until the early 30s and 40s
- Medication is helpful to 75-90% of the learning disabled population
- People with (untreated) ADHD make an average of \$10,000 less than others in the same job, tend to get fired and quit jobs at higher rate
- Impulsive shopping often plague people with ADHD
- Consistent cognitive behavioral therapy combined with medication remain the most beneficial treatment for ADHD
- If you use an iPhone consider adding the apps simple notes and mint. These free apps eliminate all paper and help you manage your money on your phone. Also take photos of all your receipts instead of keeping the hard copy

### Here's how to join STEP OUT...

Members come from all parts of the Chicagoland area for friendship, recreation, and education. We're always looking for NEW members. For more information, call Dr. Patricia Coy at (847) 289-4480.

## Exploring the Job Market: Networking Connections

This past fall, Step Out member, Andrea Lagios and Board President, Maria Lagios, had the opportunity to attend an informational session on Career Development and Job Hunting for Information Technology professionals hosted by ITKAN Chicago. ITKAN Chicago, a professional networking group for IT professionals with physical disabilities, host monthly meetings at Microsoft Corporation that provide presentations covering a variety of technology related topics.

Step Out USA board member Elli Koulos was a guest speaker and facilitator for this event. Her expertise in career development and advancement, communication skills and high-tech career management were helpful in guiding the group through discussions that explored problem solving a variety of career related scenarios. Partnering with Elli was Jackson Gross, a high-tech recruiter with SPR Companies who shared current knowledge of the job market, hot technologies and job searching practices.

The following tips learned at this session may help all our readers:

- Never underestimate the power of your network
- First impressions are very important in an interview
- When it comes to managing your career and network, think outside the box
- Consider joining new professional groups
- Use technology to learn about organizations and people of interest to you
- For technical careers, staying current is important.
- Learn new technologies by taking classes, attending user group meetings and teaching yourself new things

Step Out USA is fortunate to have at their disposal a professional network of people who can share their knowledge with our members. We are always looking for new ways to learn and connect with each other. What are you interested in and how can you share your knowledge? Let us know by emailing [www.stepoutusa.org](http://www.stepoutusa.org).

Step Out USA, Inc.  
P.M.B. 288  
8926 N. Greenwood Ave.  
Niles, IL 60714



# Step Out WINDY CITY STYLE in 2012

Join Step Out USA and discover FREE & CHEAP Chicago

## JANUARY

- CV Monday, January 9 / Chicago Civic Orchestra / 8:00pm
- CV Saturday, January 14 / Center for Intuitive and Outsider Art / 1-4:00pm
- Sunday, January 22 / Chinese New Year Party / 1-4:00pm
- Sunday, January 29 / The Capitol Steps Comedy Group / 3:00pm

## FEBRUARY

- Sunday, February 12 / Valentine Pizza/Trivia Party / 1-4:00pm
- CV Sunday, February 26 / Museum of Contemporary Photography / 1-3:00pm

## MARCH

- CV Sunday, March 4 / North Shore Choral Society / 3:00pm
- Saturday, March 10 / Museum of Science and Industry  
I-Max Movie – Tornado Alley / Noon-4:00pm
- CV Saturday, March 17 / Chicago St. Patrick's Day Parade / Time TBA
- Saturday, March 31 / Relationship Seminar – Part 1 / 5:30-8:30pm

## APRIL

- CV Monday, April 2 / Chicago Civic Orchestra / 8:00pm
- Saturday, April 14 / ComedySportz Club / 6:00pm
- Saturday, April 21 / SPECIAL MONEY SMARTS WEEK SEMINAR / 1-4:00PM
- Sunday, April 29 / Game Day / 2-5:00pm

## MAY

- Sunday, May 6 / **ANNIVERSARY PARTY** / 8:00pm
- CV Monday, May 7 / Chicago Civic Orchestra / 8:00pm  
Chicago Film Tour and Step Out Cast Party / 1-5:00pm
- Sunday, May 20 / Step Out members will see the city from the director's chair as our luxury motor coach travels to more than 30 sites where over 80 movies were shot. Movie scenes will come to life on multiple video screens while members get up close and personal with memorable locations.
- CV Tuesday, May 29 / Chicago Civic Orchestra / 8:00pm

## JUNE

- CV Saturday, June 2 / Printer's Row Book Fair / 1-4:00pm
- Saturday, June 9 / Wells Street and Old Town Art Fair / 1-4:00pm
- CV Sunday, June 10 / North Shore Choral Society / 3:00pm
- CV Sunday, June 17 / Loop Sculpture Tour / 1-4:00pm
- Saturday, June 23 / Walking Tour / 1-4:00pm  
THE LOOP AND PRINTER'S ROW: LANDMARKS NEW AND OLD  
SPECIAL POINT OF INTEREST – WILLIS TOWER SKYDECK  
Lunch at Fontano's Subs/Snack at Garrett's Popcorn
- CV Saturday, June 30 / Chicago Cupcake Tour / 1-3:00pm

## JULY

- Saturday, July 7 / Money Management Seminar-Part 2 / 1-4:00pm
- CV** Sunday, July 15 / Irish Heritage Festival / 1-4:00pm
- Saturday, July 21 / Taste of Lincoln Ave. / 1-4:00pm

## AUGUST

- Saturday, August 4 / Walking Tour / 1-4:00pm
  - MAGNIFICENT MILE AND STREEETERVILLE: RICH REWARDS
  - SPECIAL POINT OF INTEREST – JOHN HANCOCK CENTER OBSERVATORY
  - Lunch at Billy Goat Tavern
- Saturday, August 18 / Relationship Seminar– Part 2 / 5:30-8:30pm
- CV** Sunday, August 26 / Clarke and Glessner House Museum Tour / 1-3:00pm

## SEPTEMBER

- Saturday, September 8 / Walking Tour / 1-4:00pm
  - MILLENNIUM PARK AND NAVY PIER: THINK BIG
  - SPECIAL POINT OF INTEREST: CHICAGO SHAKESPEARE THEATER
  - Lunch at Bubba Gump's
- CV** Saturday, September 15 / Mexican Independence Day Parade / TIME TBA
- Saturday, September 29 / The Power of Communication Seminar
  - Basic Tips on Communicating Better at Work and Play / 1-4:00pm

## OCTOBER

- CV** Saturday, October 6 / Richard Crowe Ghost Tour / Time TBA
- Saturday, October 13 / SPECIAL EVENT
  - FRIGHT FEST AT GREAT AMERICA / 10:00am-6:00pm
- Saturday, October 20 / Noble Horse Theater
  - The Legend of Sleepy Hollow on Horseback / 6-9:00pm
- CV** Saturday, October 27 / Chicagoween at Daley Plaza and Haunted EI Tour / 1-5:00pm

## NOVEMBER

- Saturday, November 3 / Transportation Seminar / 10:00am-3:00pm
  - SPECIAL CULINARY EVENT – LIMITED TO 6 MEMBERS
- Saturday, November 10 / DINNER AT BURT'S PIZZA / 6-8:00pm
- CV** Saturday, November 17 / The Field Museum of Natural History / 1-4:00pm
- Sunday, November 18 / Game Day / 2-5:00pm

## DECEMBER

- Sunday, December 2 / **HOLIDAY PARTY** / 1-4:00pm
- CV** Saturday, December 8 / Christkindlmarket at Daley Plaza / 1-4:00pm
- CV** Sunday, December 16 / Zoolights at Lincoln Park Zoo / 3-6:00pm

**CV** = Culture Vulture Dates for CV Members only.

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

All events are for Step Out MEMBERS ONLY unless otherwise indicated.



A not-for-profit organization creating cultural, recreational, and educational connections for adults with learning disabilities.

We make a living by what we get, but we make a life by what we give.

— Winston Churchill

Step Out USA, Inc. and members greatly appreciate and rely on your continued support. Your contribution enables us to provide many of the activities – both educational and recreational – throughout the year. We send a special “thank you” to all of our donors.

Your generous donations keep Step Out moving in the right direction!

Why donate to Step Out USA?

- 1. There is nothing like Step Out in the entire Chicago area – no other organization is dedicated to creating social connections for adults with learning disabilities.
2. Illinois ranks 48th among the 50 states in funding support for social service programs.
3. There are so many more people to reach who could benefit from Step Out programs and become more involved in worthwhile activities.
4. Quality activities are sometimes out of reach unless we have help from our friends and supporters.
5. In the words of one of our members: “Step Out has changed my life.”

Here’s how you can help:

- Sponsor an event
Donate tickets to a cultural or sporting event
Give a cash donation to supplement members’ fees
Volunteer to provide a seminar or activity in your area of expertise
We appreciate your support!

DONATION CARD

PLEASE COMPLETE THIS FORM AND MAIL WITH YOUR DONATION TO:

Step Out USA, Inc.
P.M.B. 288
8926 N. Greenwood Ave.
Niles, IL 60714



www.stepoutusa.org
Step Out hotline: 1-847-289-4480

All contributions are tax deductible to the extent permissible by law.

Yes, I would like to support the activities of Step Out USA, Inc. Enclosed is my contribution. (Please make check payable to “Step Out USA, Inc.”)

- Founder (\$1,000+)
Benefactor (\$500-\$999)
Associate (\$100-\$499)
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(CONTINUED ON REVERSE SIDE, INCLUDING FORM FOR CREDIT CARD DONATIONS.)

Step Out USA extends their appreciation to the following donors who generously continue to support our mission to enhance the lives of adults with learning disabilities.

## STEP OUT USA, Inc. DONOR LIST

The gifts listed below  
are acknowledged from  
July 2011 through July 2012

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Anonymous  
LDA – United Chapter, Elgin  
Peter and Maria Lagios  
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Gregory and Anastasia Arzoumanidis  
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Gus and Marilyn Athas  
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### IN KIND

Brian Israel  
North Shore Choral Society  
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Rockin' Docs  
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## DONATION CARD (CONTINUED)

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## THANK YOU!

From the members,  
board, staff and  
parents of

The logo for Step Out USA, Inc. features the words "Step Out" in a large, bold, sans-serif font, with "USA, INC." in a smaller font below it. A small star icon is positioned above the letter "O" in "Out".

Step Out USA, Inc.—P.M.B. 288—8926 N. Greenwood Ave.—Niles, IL 60714