## General Information

### What is Opportunity Knocks?
Opportunity Knocks is a non-profit organization serving teens and young adults with developmental disabilities in Oak Park, River Forest, and Forest Park. Programming provides sports, recreation, fitness, hobbies and self-advocacy training. Opportunity Knocks is staffed by dedicated professionals and volunteers who are committed to developing relevant, interesting and exciting activities and experiences for all of its’ participants.

<table>
<thead>
<tr>
<th>OK Mission</th>
<th>OK Vision</th>
<th>Guiding Principle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opportunity Knocks is dedicated to providing opportunities and resources for individuals with developmental disabilities so they may pursue their educational, occupational and social interests.</td>
<td>OK envisions a community where individuals with DD have an active and supported presence. The people we serve are the warriors and it is our belief that their place in the community is both valuable and necessary. Our socially interactive programming places consistent emphasis on the value of self-advocacy and community. The goal is to provide opportunity to enrich the fabric of their community.</td>
<td>Warriors have unique and exceptional abilities that diversify and strengthen their communities. OK will be guided by the interests of the individual. Our Warriors will be equal architects and their self-advocacy will serve as the foundation of all program development.</td>
</tr>
</tbody>
</table>

### 2012 OK Staff Members

#### Program Leaders

- **Jon Adelman**
- **Stephanie Budd**
- **Beth Cheney**
- **Amanda Neuman**
- **Joe Hart**
- **Joe Ordman**
- **Jeni Pierce**
- **Rick Short**

#### Program Staff

- **Olivia Billingsley**
- **Mike Phelan**
- **Katie McKay**
- **Mark Kelty Jr.**
- **Maria Prevolos**
- **Also not pictured:**
  - Teegan McFeely
  - Brad Oxnevad

#### Executive Director
- **Michael Carmody**

#### Program Director
- **Kim Meares**

#### Coordinator of Volunteers
- **Desiree Rivo**
Fall Session 2012 Highlights

Mid-Day Ceremony at the OK Classic

OK Big House at the OK Classic
Fall Session 2012 Highlights

Bocce Ball

The OK Softball
OK 5 POINT CODE

Here at the Knocks all participants, staff, & volunteers work very hard to follow the OK 5 Point Code both inside and outside of Knocks programs. The 5 Points include Respect, Teamwork, Safety, Communication, and Fun. For Summer Session #2 we would like to recognize Maddy Gancer, Sonya Taylor, Mike White, Andrew Ef- fgen, Rebecca McIntyre, Georgia Hunter, Cynthia Moretti, Joe Hines, Stephan Koss, Patrick Milburn, Dana Wax, & Claire Puiszis for exemplifying the code both inside & outside of programs. We also would like to thank Warr- rior Tori Feeney for preparing an Arts & Craft project that she planned, & shared with fellow Warriors during snack time.

S A V E T H E D A T E -

Be sure to save the date for the Warriors An- nual Halloween Party located at the River For- est Community Center on Friday, October 26th. The party will benefit a local charity selected by the Warriors.

F U T U R E O K P R O G R A M
D A T E S t o R e m e m b e r

Future OK Program Dates to Remember

Fall Session #2, Four Weeks, M,W, F November 19th-December 14, 2012

A GREAT BIG THANKS TO YOU...

Opportunity Knocks would like to thank the For- est Park District for allowing us to utilize their cycling room for rainy days. We would also like to thank the River Forest Park District for allowing us to utilize their Bocce Ball courts on Mondays. Also, we would like to thank Tim Coronti for his continued support to OK Programs, especially his generous donation of Community Opportunities dog shirts & kids shirts. Tim also is an excellent chef and grill master! Finally, we would like to thank all of our wonderful staff members & vol- unteers for another great summer session!

OK THANKS THEIR DEDICATED
VOLUNTEERS & STAFF MEMBERS FOR SUMMER #2- 2012

VOLUNTEERS
Honey Badger
Jack Badger
Steven Copher
Tim Coronti
Matt Culver
Buyana Ganbold
Jarvis Hart
Kara Hlavacek
Shannon Jarka
Caitlin Moran
Logan Oberhoitzer
Amanda Neuman
George Neuman
Nadine Peterson
Chelsea Reeg

OK STAFF
 Coordinator of Volunteers
 Desiree Rivo
 Program Leaders
 Jon Adelman
 Stephanie Budd
 Elizabeth Cheney
 Joseph Hart
 Joe Ordman
 Jeni Pierce
 Rick Short
 Program Staff
 Olivia Billingsley
 Mark Kelty Jr.
 Teegan McFeely
 Katie McKay
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## Opportunity Knock’s Weekly Schedule of Activities

Programs Begin at 3:30 PM and End at 6:30 PM

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreation &amp; Fitness</td>
<td>Community Opportunities</td>
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### WARRIOR FLAG FOOTBALL
In honor of the season of football we will be holding Warrior flag football every Monday. Two teams will compete in a friendly game of flag football at the local Washington Park in River Forest.

### MUSIC & PAINTING
This is our first session offering an activity that combines music with painting. This fun new activity will ask Warriors to translate the music they hear into artistic images that they will paint on their own canvases. The artwork they create will be taken home and shared with their families and friends.

### COMMUNITY OPPORTUNITIES
Community Opportunities is a philosophy of reaching out into the local community and extending a helping hand to other charities & businesses that also provide services to people, animals, or missions in need. We will begin our Fall Session #1 by planning for our annual Fall & Winter community service projects. We will kick off this session by planning our annual Halloween Party that will benefit a local organization. We will also begin to plan our holiday food & gift drives. Stay tuned for details!

### OK 5 POINT CODE
The OK 5 Point Code includes Communication, Safety, Teamwork, Respect, & Fun. We are doing our part to incorporate each of these important points into our lives. At OK we will be circling back to Self-Advocacy and holding fun lessons that really focus on just what each of these important points of the OK Code mean.

### OK YOGA
OK took a brief break from Yoga over the summer to spend more time outdoors. With the weather changing and the popular demand by the Warriors we are bringing Yoga back beginning this fall! A talented Yoga instructor will be working with our Warriors every Wednesday on the practice of Yoga.

### WARRIOR STENCIL
Each week one group will leave to visit Stencib Inc. in Elmwood Park, IL. Warriors will learn the fun new art of Stencib and create fun holiday theme artwork while using this easy fun Stencib stenciling system.

### WARRIOR SPORTS
Last session during “Back-Yard” games we stumbled upon this new & fun idea of taking regular games like frisbee & football and combining them to create our own Warrior games. This fall we are officially offering Warrior Games as a hobby. Warriors will be taking games like football, frisbee golf & beanbags to the next level by adapting & modifying them with their own rules and own design.

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Eligibility

Opportunity Knocks serves individuals with developmental disabilities ages 14.5 through 30. Participants must live in Oak Park, River Forest or Forest Park.

Registration Requirements

A completed “Annual Participant Information Form” and a “Waiver and Release of Claims/Hold Harmless Agreement” must be on file for all participants.

Program Fee

Opportunity Knocks will now run on alternating 5-week and 4-week cycles, with 3 program days per week. Programs will run for 3 hours each program day. Participants may register for 1 day per week, 2 days per week or 3 days per week (the full session).

For planning purposes when choosing the 1 or 2 day option, participants must choose the same day(s) of the week they will be attending for the entire session (i.e. all Mondays for 1-day/week or all Wednesdays and Fridays for 2-days/week).

Cost of 5-Week Session Options
Option 1- “Full Session” all three days total of 15 days is $450
Option 2- “2-day Session” two days/week total of 10 days is $275
Option 3- “1-day Session” one day/week total of 5 days is $135

Cost of 4-Week Session Options
Option 1- “Full Session” all three days total of 12 days is $400
Option 2- “2-day Session” two days/week total of 8 days is $240
Option 3- “1-day Session” one day/week total of 4 days is $120

*Fee of programs includes daily programs, daily snack and drink, plus one group outing.

Safety Requirements

Your safety is important to us. To ensure safety of our participants, we ask for full cooperation with the following guidelines:

1. Opportunity Knocks’s staff is responsible for the safety of program participants during designated program times. Please adhere to scheduled drop-off and pick-up times.

2. Participants enrolled in Opportunity Knocks’s programs will not be released to anyone other than a parent, guardian or family member without prior written consent from the parent/guardian.

3. When arriving or departing from the program site, parents should check in with an O.K. staff member before leaving or taking a participant home.

4. A child or minor will be allowed to walk home from the program site only if written permission from the parent or guardian has been received.

5. If you will not be attending the program, please notify the Opportunity Knocks’s office. Please contact OK by phone (708) 771-6159 x220 or by sending an email to Mike Carmody at mike@opportunityknocksnow.org.

Opportunity Knocks’s Code of Conduct

1. Show respect to fellow participants, staff, and volunteers.
2. Refrain from using abusive or foul language.
3. Refrain from causing or threatening bodily harm to self, fellow participants, staff and volunteers.
4. Show respect to equipment and facilities.
5. Additional or individual behavior management plans may be developed based on the input of parents, guardians, O.K. staff or other professionals.

Financial Assistance

Opportunity Knocks has developed a sliding pay scale that is adjusted based on family income. We have done this in order to include as many participants as possible. It is our goal to serve all participants who are eligible for these programs.

Fee-Based Membership Sliding Scale Fee Summary

Sponsorship Eligible <$35K annual house-hold income:
5 Week Session- for 15 days/10 days/ 5 days the cost is $225/$135/$75
4 Week Session- for 12 days/8 days/ 4 days the cost is $200/$120/$60

Sponsorship Eligible <$55,000 annual house-hold income:
5 Week Session- for 15 days/10 days/ 5 days the cost is $340/$200/$100
4 Week Session- for 12 days/8 days/ 4 days the cost is $300/$180/$90

Please contact Executive Director, Michael Carmody to schedule registration appointments.
Email: mike@opportunityknocksnow.org
Phone: (708) 771-6159 x220
Opportunity Knocks Registration Form
River Forest Community Center
8020 Madison Street
River Forest, IL 60305
Phone- (708) 771-6159 x220 or Fax- (708) 771-8958
Email: kim@opportunityknocksnow.org

Fall Session #1 begins on Monday, October 8, 2012 through November 9, 2012
Registration for Fall Session #1 begins on Friday, September 28, 2012
Please submit registration on or before Wednesday, October 3rd

FALL SESSION #1 IS A 5-WEEK SESSION THAT WILL END ON NOVEMBER 9TH

Participating 1 day per session: Mondays_____ Wednesdays_____Friday _____
Participating 2 days per session: Mondays_____ Wednesdays_____Friday _____
Participating in full 5 week session (M,W,F): _____

Participant’s Name:____________________Parent/Guardian’s Name: ______________
Participant’s Address:__________________Parent/Guardian’s Phone: ______________

In the space below, please list fee amount based on “Participant Fees Table”. Please note this session is a 5 week session, so base the amount on that rate.
Invoice Amount: ______________

Opportunity Knocks will mail an invoice to families. Payment is due within 30 days of session beginning on October 8, 2012.

For Fridays please choose the hobby you would like to try. Please rate your favorite hobbies according to the legend below:

1= 😊 2= 😎 3= 😞 4=Leave last choice blank please!

Hobbies:

Warrior Sports
Cooking
Halloween Costume Design
Photoshop & Graphic Design

Option A: HH Income > $55,000

1 Day 2 Day 3 Day
4 Week Session A: 4-1: $120.00 A: 4-2: $240.00 A: 4-3: $400.00
5 Week Session A: 5-1: $135.00 A: 5-2: $275.00 A: 5-3: $450.00

Option B: HH Income: <$55,000

1 Day 2 Day 3 Day
4 Week Session B: 4-1: $90.00 B: 4-2: $180.00 B: 4-3: $300.00
5 Week Session B: 5-1: $100.00 B: 5-2: $200.00 B: 5-3: $340.00

Option C: HH Income: < $35,000

1 Day 2 Day 3 Day
4 Week Session C: 4-1: $60.00 C: 4-2: $120.00 C: 4-3: $200.00
5 Week Session C: 5-1: $75.00 C: 5-2: $150.00 C: 5-3: $225.00