



# The Digest

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An Exceptional Career That Began and Ended on the Same Day

## Farewell Larry Prindaville

By Patrick Phelan Sinnissippi Centers' President/CEO

On February 12, 2016, **Larry Prindaville**, Chief Administrative Officer, retired after 44 years of service to Sinnissippi Centers, our clients, and our staff.

Larry began his tenure with us on that same date in 1972, working as a Psychologist providing therapy services. He saw back-to-back clients on that first day, and never stopped working until the day he retired. Larry has served in several different roles, with over 1,000 different coworkers, and through the massive changes to community behavioral health over the past 44 years.

Larry recalls: "I interviewed at Sinnissippi in December 1971. I was interviewed by staff, and by the entire Board of Directors.

Following my interview with the Board of Directors, Board Chair **Beth Tarvin** said to me, 'Young man, you have a lot to learn. If we offer a position to you, and you come to Sinnissippi, we'll have to invest a lot of time and effort in training you; and if you accept a position at Sinnissippi, we will expect that you will stay here for a long time. Are you prepared to make the commitment to staying at Sinnissippi for a long time?' I said, 'Yes,' although I'm sure that neither Beth nor I anticipated that 'a long time' would end up being over 44 years."

It is impossible to truly honor the type of commitment that Larry made to our agency. Many staff, former staff, current and former board members (including **Beth Tarvin**, pictured above), and family and friends from the community paid tribute to Larry and his achievements as they came together on his 44th Anniversary. Larry's dedication was honored through the presentation of a bench dedicated in his name at the Dixon Public Library, another place dear to his heart. Additionally, a bench was placed at Sinnissippi's Dixon office by his family to honor Larry.

Larry is credited with many achievements, including: The expansion of services to five full time offices, creation of programming for residential services,

the first intensive outpatient program for substance abuse in the state of Illinois, the use of mid-level providers for psychiatry, the expansion of the system of care for children, and so many others.

Colleagues throughout the state are mourning Larry's departure and the loss of his "wealth of knowledge". For these and many other achievements Larry was awarded the Ellen T. Quinn Lifetime Achievement Award by the Community Behavioral Healthcare Association in December of 2015. Although his impact will be felt for a very long time, so will his absence.

To truly understand the impact Larry has had over these years, one must understand the rare kind of character he possesses. His dedication is obvious when you look at his longevity. Over those 44 years, Larry also displayed a work ethic that is unparalleled. He

was in his office before many rise from bed, and was in his office nearly every weekend.

Larry is tremendously generous. Not only has he been a significant supporter of the Sinnissippi Foundation and many other community organizations, but he has been generous with his time and attention. Larry never appeared impatient with his colleagues, and always had time to hear whatever they had to say. His caring for those he worked with is only surpassed by his great love of family. His mood and demeanor are so even-keeled it appears that Larry has never had a bad day. Larry is the consummate professional, but demonstrated his professionalism with an impressive level of warmth and concern. Larry is a man of great integrity, and a fabulous orator. He is truly a special individual, and we are all better people for knowing him.

We know that Larry will make the most out of retirement, just as he has with every other experience in his life. He will relish time with his family and friends, and maybe even play a little golf. The rest of us will look forward to his next visit, and try to honor the important work he has done for so long by continuing to move forward the mission of Sinnissippi Centers.

## A few words from others about Larry Prindaville

The words below are only a small portion of the well wishes Larry Prindaville received in the months leading up to his retirement reception on February 12, 2016.

*"No matter how long you have worked at Sinnissippi Centers, Larry Prindaville has always been here. Hopefully, those of you who are new to Sinnissippi have had a chance to meet and chat with Larry, allowing him to impart some of the knowledge that he has gathered throughout his 44 years at Sinnissippi. Those who have known Larry for months, years, or decades, understand the significant role he has played not only in the growth of Sinnissippi but also the impact his work and dedication have had on mental health within the state of Illinois. Larry, we will miss your guidance and advice. We will also miss your smile, stories, and your can-do attitude that has always lifted our spirits. We wish you nothing but the best during your retirement and we hope that you will visit often!"*  
**Sinnissippi Centers' Staff**



*"He is to be commended for his leadership in helping to develop and expand services and settings over his long period of employment. Congratulations to Larry for a great career."* **Phil Jorgensen former Sinnissippi CEO**

*"His door was always open and if I had problems, he was able to solve them and always ended with a good story and a laugh."* **Darlene, former staff**

*"I used to like to get to work early in the morning, the only other people who came in earlier were the maintenance guys and Larry. He was always there rain or shine. I found Larry an approachable, upbeat boss who always had time to stop by my office to say hi when he was on his way out the door."* **Lonnie Dillow, former staff**

*"I will always be grateful for your encouragement of colleagues, including myself, both in new endeavors and also visiting traditional practices and traditions. May your days ahead be filled with*

**A Few Words cont'd on page 2**

**"Together creating the highest level of care, empowering people of all ages to find joy and hope."**

Respect □ Integrity □ Compassion □ Humor □ Collaboration □ Acceptance □ Quality



SINNISSIPPI CENTERS

## Sinnissippi News

### The Other Kind of First Aid

Just as CPR helps you to assist an individual having a heart attack, Mental Health First Aid (MHFA) helps you assist someone experiencing a mental health related crisis. Sinnissippi Centers will be hosting several more trainings in the coming months. An Adult MHFA training will be held May 20, 2016, at Manny's Pizza in Savanna. Also, a Youth MHFA training will be held on May 23, 2016, at Sinnissippi Centers' Dixon office. Please visit [www.sinnissippi.org](http://www.sinnissippi.org) and click on the events section for more information.

### Group Helps Promote Healthy Lifestyles

Sinnissippi's Ways to Wellness & Recovery Coordinator **Anna Hendrix** has started offering a group for community members aged 55 and older titled, **"Take Charge of Your Health, Live Well, Be Well"**. The group has been highly successful in engaging with one another and providing a supportive environment. Each week, individual group members develop an action plan in order to make changes to their daily lives. These changes generally revolve around promoting physical and mental wellbeing to increase daily activities. Classes are held at **KSB Town Square Centre**, 102 S. Hennepin Avenue in Dixon. Please contact Anna Hendrix at 815-284-6611 for more information.

### The Community That Cares (CTC)

The Community That Cares is a program at Sinnissippi Centers that began in 2011 with an award from the Illinois Children's Healthcare Foundation. The program works to continue to build and grow a system of care for children and their families. The system of care provides supportive services, linkages, and resources to promote healthier environments for children, families, and communities. For more information, please contact Project Coordinator **Connie Davis** at 815-284-6611.

### A Few Words cont'd from page 1

*'repositioning' ideas that will continue to service family, friends and the world."*  
**Beth Nelson Chase, former staff**

*"Larry's impact on Sinnissippi will far exceed his term of employment. He is the kind of leader whose personal beliefs about recovery and resiliency were inspiring to so many of us—staff and clients alike. I believe that Sinnissippi is a much better organization because of Larry's contributions over the past 44 years."* - **DeAnne White, Sinnissippi Centers' Vice President/Chief Operations Officer**

A Lot Has Happened in the Last Half a Century of Sinnissippi Centers

## Celebrating 50 Years of Service

**Sinnissippi Centers will celebrate 50 years of providing Community Behavioral Healthcare services with a public event at Sauk Valley Community College, October 13, 2016, from 6:00 p.m. to 9:00 p.m.**

It was on October 31, 1963, that **President John F. Kennedy** signed the Community Mental Health Act into law. The new law forever changed how those facing a mental illness could get treatment in their own communities.

The beginning of Sinnissippi Centers followed soon after and was the result of the early leadership of the Lee County Mental Health Association and the Lee Mental Health Clinic.

The first part-time clinic opened in 1964 and was located at the Lee County Health Department and later, in a home on Galena Avenue in Dixon, Illinois. The following year, the clinic expanded due to overwhelming demand and a lack of other mental health resources.

Building on this foundation and the efforts of hundreds of area citizens, the **Sinnissippi Mental Health Center was incorporated on May 31, 1966**. On July 1, 1966, Sinnissippi began providing services. From the very beginning Sinnissippi served individuals in a four county area: Carroll, Lee, Ogle, and Whiteside counties in northwest Illinois. Sinnissippi continues to proudly serve that same four county area today.

Through the years, Sinnissippi Centers has expanded to five main offices and four residential living apartment sites. We now have over thirty programs and services for individuals of all ages as well as for families.

"Sinnissippi has a long tradition of providing quality behavioral healthcare," says **Patrick Phelan**, Sinnissippi's President/CEO. "We also have a long tradition of collaboration with our local community providers and organizations, and we have a long reputation of being on the cutting edge of behavioral healthcare," adds Phelan. "We are proud that we have weathered the myriad of challenges over the years to become the organization we are today."

"I invite you to join us for our 50th Anniversary Celebration at Sauk Valley Community College October 13th," says Phelan. "It will be a celebration and also an informative event as we look back at 50 years of history: The history of the area, the history of behavioral healthcare, and the history of our agency," says Phelan. For more information about the 50th anniversary event, please contact Sinnissippi Centers at 815-284-6611, or e-mail us at [info@sinnissippi.com](mailto:info@sinnissippi.com). Event details are also posted online at [www.sinnissippi.org](http://www.sinnissippi.org). Click on events and look for the 50th anniversary to get the details.

## Going More Green in 2016

Sinnissippi Centers and the Sinnissippi Foundation are both going more green in 2016. Many cost savings measures have been taken by Sinnissippi Centers in response to the state budget crisis. Many of those measures have the added benefit of helping the environment. Examples include: A reduction in the use of paper and paper products, a reduction in energy consumption, and repairing rather than replacing equipment when possible.

In addition, both Sinnissippi and the Foundation are in the middle of a new initiative to use more electronic communication methods to distribute things like newsletters and fundraising materials. You can help by signing up for our e-mail list. It's easy, go to [www.sinnissippi.org](http://www.sinnissippi.org), click on CONTACT at the top of the page, and then you will see "Newsletter Sign up Here" on the right side of the page. Click it and give us your e-mail and we will start sending you information electronically. You can also text, "GOINGGREEN2016" to 22828 to join. By joining our electronic mailing list, you can stay on top of important Sinnissippi news and events, without having to go out to your mailbox!



Above: The original Dixon location for the Sinnissippi Mental Health Center located at 508 S. Galena Avenue in Dixon, Illinois. Below: That same house still stands today on South Galena.



### Sinnissippi Centers 50th Anniversary Celebration

**Thursday, October 13, 2016**

**Sauk Valley Community College**

**173 Illinois Route 2**

**6:00 - 9:00 PM**

**Cost \$50.00 per person**



## The 12th Annual Expressions Art Sale features a wide variety of items It's Much More Than Great Art

"The first few months of every new year is a thrilling time for the Sinnissippi Foundation," says **Andy Jackson**, Sinnissippi Centers' Marketing Coordinator. "January through March is when all the art and silent auction items pour in for the Expressions Art Sale and each time a new item comes in is an exciting moment," adds Jackson.

**Expressions begins April 5, 2016**, when the art and silent auction items go on display. You can purchase art and bid on auction items during gallery hours starting on the 5th and continuing right up through April 22nd.

**Then on April 22nd, from 5:00 p.m. to 9:00 p.m.** please join us for the reception, the conclusion of Expressions. Final sales of art will take place and winning bidders will be determined on auction items. There is no charge for admission to Expressions.

Expressions has always featured fantastic art and as such has been a great showcase of the enormous number of talented artists locally and in the wider region surrounding the Sauk Valley area.

"There really are three great things about the event. One is the artists and their art. The second is the silent auction, which has been a star of its own," says Jackson, "especially in

the past few years. There's an incredible variety of auction items up for bid. From theatre tickets, to a stay in a log cabin, to a brunch on a riverboat (as you can see in the photos, below, left). There are also tickets to major and minor league

baseball games, more art, baked goods, restaurant gift cards, certificates for thrilling experiences, and the list just goes on," says Jackson.

"I think the third great thing about Expressions is the venue. We couldn't ask for a better location for our event than The Next Picture Show gallery in Dixon," says Jackson. "It's a wonderful local attraction. So many people who move to or visit the area see the gallery and view the art on the walls and are simply amazed. Many say that Dixon has a nicer gallery and as high a quality of art compared to galleries in cities like Chicago. That's saying a lot, but it's very true," adds Jackson.

"We couldn't have a better collaboration than what we have had with The Next Picture Show."

We are also fortunate to have worked with former gallery Director **Bonnie Kime** over the past many years. Bonnie retired from The Next Picture Show at the end of January this year. We are pleased to be working with The Next Picture Show's new Executive Director **Mike Glenn** this year and into the future.



## Ugly Prom, Great Success!

The Community That Cares (CTC) held the Inaugural Ugly Prom on February 20, 2016, at the Dixon Elks Lodge in Dixon. Great fun was had by all, and not only because of the amazing outfits worn by attendees. Guests were even able to get those perfect prom photos to remember a fantastic evening thanks to photography services by **April Ramirez**. In true prom form, and in fantastic matching ensembles, **Nicki Kolve** and **Ed Webb** were crowned Prom Queen and King.

The Ugly Prom and those who attended helped CTC raise funds to continue to provide services at no cost to the families who utilize them. Many of the families that the system of care helps would not be able to afford these services otherwise. The funds raised during the event will help to provide more opportunities to children and families in our communities.

Even more importantly, the Community That Cares strove to increase awareness of its programs and services within the four county area. Prom goers were able to learn about a program that has assisted over 500 families since 2011.

The Community That Cares, funded in part by the Illinois Children's Healthcare Foundation, brings different agencies and services together creating a system of care that helps area children and their families. In addition to providing social, emotional, and behavioral screenings for children, the Community That Cares works to promote early identification and intervention for social, emotional concerns, stigma reduction, and support for children and their families. CTC services are available to those living in Carroll, Lee, Ogle, and Whiteside Counties.



Not ugly at all, actually quite stylish. King and Queen Ed Webb and Nicki Kolve.



## Foundation News

### New Date for the Golf Open

The 24th Annual Sinnissippi Foundation Golf Open has a new date this year, **August 4, 2016**. "Many of our

golfers and volunteers were experiencing schedule conflicts with other activities the same day as Golf Open the past couple of years," says

**Andy Jackson**, Golf Open Coordinator. "Because of the conflicts, the decision was made to move the Golf Open to the first Thursday of August," adds Jackson.



### Holiday Appeal Sets Record

The Sinnissippi Foundation's annual appeal for donations during the holiday season was a great success. In fact, it set a record. "This is such fantastic news," says **Patrick Phelan**, President/CEO. He adds, "With the state budget crisis we need all the resources we can get to provide the kind of support the Foundation provides to Sinnissippi Centers' clients." The appeal for funds is sent out in early November and all but a few of the responses arrive before the new year. However, if you still wish to give to the appeal, you can by mail or online. Please mention your gift is intended for the holiday appeal.

### Gardenstock Returns

The annual **Gardenstock Art & Music Festival** will be here before we know it. This year Gardenstock will be on **Saturday, August 20th** on the grounds of Distinctive Gardens, 2020

Lowell Park Road in Dixon. The prime tent locations for festival goers will go on sale at the end of June and are likely to sell out in hours. The event supports the Foundation's and Sinnissippi Centers' Youth Garden Project. For information, visit [www.diggersdelight.com](http://www.diggersdelight.com) and click on community, then festivals, or call 815-284-0014.



## The Digest Newsletter

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**Contributors:** Phyllis Berge, DeAnne White

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# Sinnissippi Centers, Inc.

www.sinnissippi.org

## Dixon

325 Illinois Route 2, Dixon, IL 61021  
(815) 284-6611

## Mt. Carroll

1122 Healthcare Drive, Mt. Carroll, IL 61053  
(815) 244-1376

## Oregon

100 Jefferson Street, Oregon, IL 61061  
(815) 732-3157

## Rochelle

1321 North 7th Street, Rochelle, IL 61068  
(815) 562-3801

## Sterling

2611 Woodlawn Road, Sterling, IL 61081  
(815) 625-0013

## Additional Locations by Appointment

Dixon-Town Square Centre

## 24-hour Emergency Phone Number

**800-242-7642**



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the Gold Seal of Approval.*

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## Donations

If you would like to make a donation to the Foundation send your check to the address above.

### Recent Donations

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Better Living Focus Group  
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Chet Kobel  
KSB Hospital  
J. Gregory Langan  
Stephen Langley  
Ann & Doug Lee  
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Staff  
Judith Magdich  
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Greg & Kris Sandrock  
Mark & Kathleen Scholl  
Susan Schroeder  
Anonymous  
That Place on Palmyra  
Harold & Rose Wendler  
DeAnne & Jeff White  
Gary Wilhelm

### In Honor of....

**Mike Derdzinski**  
Terrence & Dolores Derdzinski

**Kay E. Fisher**  
Richard Coon

**...Larry Prindaville**  
Lee & Kay Fisher  
Sylvia Montavan  
Lloyd & Jane Sidwell  
DeAnne & Jeff White

**...Sinnissippi Staff & Board**  
Larry & Ann Prindaville

### In Memory of....

**...Harriet Badger**  
Harold & Rose Wendler

**...Ryan E. Knapp**  
Cliff Knapp

**...Paul Potts**  
Elizabeth Potts

**...Florence Prindaville**  
Larry & Ann Prindaville

**...W.S. Rybak, M.D.**  
Dianne Piper-Rybak

### Expressions Art Sale Donors & Sponsors to date

Alliance, Inc.  
Anytime Fitness  
Kate Askegaard  
David Bingaman  
Boss Carpet One Floor & Home  
Graydon Cafarella  
Celebration Belle  
CGH Medical Center  
Circa 21 Dinner Playhouse  
Charles Cook  
Comedy Sportz  
Community State Bank  
Bill Delp  
Lee & Kay Fisher  
Fried Green Tomatoes  
Beverly Garcia  
Teresa Good  
Rachelle Gunderson  
Tom Hall  
Jan Harvey  
Anne Hermes  
Jim Hey

Jumer's Casino & Hotel  
Charles Kerr  
Kitto  
Nicki Kolve  
KSB Hospital  
Rhonda Lampe  
Bob Logsdon  
Barbara Lundeen  
Gloria Martin  
Maxson Restaurant & Riverboat  
John McLane  
Peg Miller  
M&M Aviation  
Karen Nelson  
Niabi Zoological Society  
Olsen Insurance & Financial  
Services  
Playcrafters Barn Theatre  
Ann Marie Potts  
Betty Predmore  
Larry & Ann Prindaville  
Putnam Museum  
Quad Cities River Bandits  
Raynor Manufacturing Company  
Ken Reif  
Rochelle Broadcasting Company  
Sauk Valley Bank  
Stage Left  
Sterling Federal Bank  
Sydni Reubin  
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Tamara Shriver  
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