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Hanging Out with Our **Hometown Heroes**

Spotlight on Engineering

Accessibility Hackathon **Inspires** Ideas and **Partnerships**

Supporting a Life Well-Lived

The Impact of "Yes"

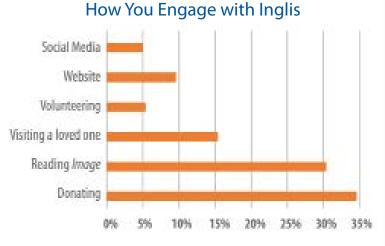
How donors have shaped the Inglis Community



Survey results are in

During the winter, Inglis sent out surveys asking to know a little bit more about you. And you answered the call.

You love reading *Image*, so we will keep them coming.

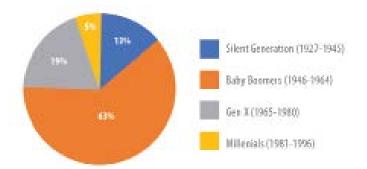


Your friends are your greatest inspiration to becoming involved with Inglis.



We have a diverse population of supporters, but most of you are Baby Boomers.

Who Your Peers Are



Thank you to everyone who completed and returned the survey. Your feedback helps us to support the more than 1,000 people served in the Inglis Community.

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INGLIS

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On the Cover:

Johnnie Figueroa at the Horsham Air Guard base, where he manages a custodial crew. Johnnie is employed through Inglis' Community Employment Services, which works with people with varying disabilites, assisting them to find employment.

Inglis enables people with disabilities — and those who care for them — to achieve their goals and live life to the fullest. As such, Inglis welcomes great people in all our programs and employment opportunities, without regard to disability, race, religion, age, gender, sexual orientation, national origin, military service, marital status, or any other characteristics, as protected by law. We encourage all people with disabilities, who may benefit from our programs and services, to apply for participation; and equally hope those who meet job criteria, including veterans and the long-term unemployed, apply for our employment opportunities.



The Impact of "Yes"

The impact of your generosity is profound. You fill the space in between what *could be*, and what *should be*.



If you were to plant yourself on any corner of Inglis for a few hours, from Inglis House to the Day Program or any one of our nearly 400 accessible and affordable apartments, what would you see? Perhaps the athletes and crowd at the Keen Games in our courtyard erupting in cheers and triumphant smiles, or neighbors gathering for a community meal at Thanksgiving, or maybe the excited anticipation of a day out with friends as trip-goers head onto our newest accessible bus?

As a member of the Inglis Community for more than 30 years, I am often struck by the realization that life at Inglis would be so different without even one of the activities and services I experience every visit. What if there was no serene outdoor space built to welcome community gatherings and the simple pleasures of nature, no state-of-the-art rehabilitation facility to support the personal goals of residents or no model and culture of care that is designed to support the whole person?

Thankfully, what could be a world of "no" is, with your generous support, a world of "yes." The common thread is you — our donors. You said "yes" to Inglis' mission and made a gift, volunteered your time, or shared our organization with others. In doing so, you said "yes" to a life well-lived.

The impact of your generosity is profound. You fill the space in between what *could be*, and what *should be*. In this issue of *Image*, we will revisit some of these stories and share new ones as well. We are incredibly grateful to recognize those who made a gift in the past year. Please know how important you are to our mission, and thank you for saying "yes."

Sincerely,

James G, Logue Chair, Inglis Board of Directors

New board member

Karen Urbon Thomas brings a mix of technical and health care background to Inglis



Karen Urbon Thomas and husband Charles Thomas show their support at the annual Inglis Golf Outing

Karen Urbon Thomas is an avid golfer, health care advocate and IT professional who looks forward to bringing her diverse skill set to the Inglis Board of Directors. Karen is familiar with some of the work at Inglis through events she helped coordinate years ago, and says she appreciates the programs and opportunities residents have.

"I think what most impresses me about Inglis is the vast and diverse programs offered and the movement to obtain apartments for independent living opportunities for residents," she said. "I think that it is important and a terrific direction to be moving in."

Karen retired from Main Line Health Systems in Berwyn, where she was the senior vice president and chief information officer. She has extensive experience implementing electronic medical record systems and developing bidirectional, secure patient information exchanges.

"I hope my health care and IT background can help with some of Inglis' strategic initiatives, and that I can also help with the emerging role of technology in the day-to-day life at Inglis," she said. "I am excited to begin this new affiliation with Inglis because I think it does amazing things for the community and plays an important role for people with disabilities."

Inglis Drink-Aide® has officially closed

In 1990, while working with Inglis residents, Occupational Therapist Linda Roseman Miron invented Drink-Aide[®] using clear tubing, a water bottle, splinting material, Velcro and, some duct tape. Using a simple U-bolt and some hardware, she attached the new-fangled contraption to a wheelchair and Drink-Aide[®] was born.

After nearly 30 years of producing Drink-Aide[®], our hands-free water bottle, we made the difficult decision to close. We have appreciated your business, and will continue to focus on expanding our community services for individuals with disabilities.

Those searching for alternatives to Drink-Aide[®] can perform a web search using the terms "hands-free drinking bottle" and "disability."

Please note that other organizations may have purchased Drink-Aide® water bottles in bulk and may be reselling them, making it impossible for Inglis to influence the sale price and distribution. We recommend doing a thorough search before making any purchases.

Thank you all for being our customers. We are proud of our product and the impact it has had within the disability community.

If you have questions, you may email us at drinkaide@inglis.org





Hanging out with our hometown heroes

Have you ever wondered what it would be like to hold the famous Vince Lombardi trophy? Or spend an afternoon chatting it up with your favorite football players?

This dream became a reality when Tim Kinniry, an Inglis resident and die-hard Philadelphia sports fan, got the chance to meet the Philadelphia Eagles at The NovaCare Complex this summer.

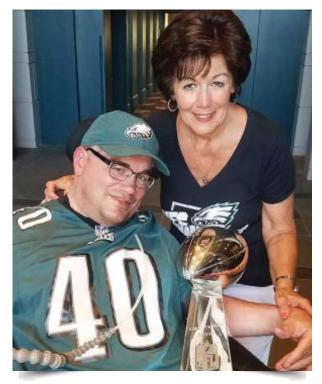
"I want people to realize that they don't have to focus on their disability. It doesn't define you — you define it."

Tim is no stranger to hanging out with Philly's Super Bowl Champions. In fact, this was his seventh consecutive year spending a day with the Eagles at their training camp. According to Tim, each time is an amazing experience, and this year was no exception.

Tim, or "Tim Dog" as the Eagles players call him, instantly feels welcomed and comfortable with the team members and staff. "When you go there, they don't look at the wheelchair. They look at you — and that's special," says Tim.

But Tim's love of the Eagles expands further than his own fandom. Tim dreams to one day introduce his Eagles friends to his neighbors at Inglis.

Tim's passion to help others is palpable during any conversation with him. "I want people to realize that they don't have to focus on their disability. It doesn't define you — you define it."



Top: Inglis resident, Tim, pictured with Coach Doug Pederson and the Philadelphia Eagles. Below: Tim and his mother, Donna, get to hold the Vince Lombardi Trophy.

Engineering spotlight

Though Inglis was founded in 1877, we have only been in our current facility on Belmont & Conshohocken, since 1928. Construction began on our unique horseshoe-shaped building in 1927 on the former Chantilly Estate and opened for business in 1928. Since that time, Inglis has relied on a remarkable team of skilled technicians who keep this nearly century-old building humming and continually providing a safe and welcoming home for the people we serve.

Led by Marc Forte, who has been with Inglis for nearly 30 years, and Robert Watson (who has been with Inglis for 20 years), the Engineering team oversees every facet of building management (as well as painting, wheelchair upkeep, transportation, and grounds). The team has seen Inglis through many major building transitions including setting up our own co-generation power (which protects Inglis residents during power outages) and upgrading our boilers and HV/AC systems that use huge water chillers to help pump cool air through the miles of intricate conduits around the 283,000 sq. ft. property.

The 20-person engineering team has always gone above and beyond to help our residents and the Inglis mission. Thank you, Engineering Team we appreciate all you do for residents and staff every day!



Led by Director Marc Forte & Assistant Director Robert Watson, the engineering team includes (pictured): Tom Bechtel, Rick Depierri, Joe Fetzer, Will Frager, Keith Green, Jim Harrington, Charles Kidd, Mark Manuel, Bob Martino, Joe Stagliano, Ed Starkey, Carl Voce, and Eric Wright. Not pictured: Mike Dileo, Matt Gordy, George Lewis, Constance Neal, and Khanh Nguyen.



This year's Presenting Sponsor of the Golf Outing has been a friend of Inglis since 2004 — BAYADA Home Health Care (team pictured above) is a trusted leader in providing high-quality clinical care and support services at home for children and adults of all ages. We are so grateful for their support!

2018 Golf Outing, huge success

The 17th Annual Golf Outing was a huge success thanks to all who sponsored and participated! On July 30th, 109 golfers gathered at St. Davids Golf Club to spend the day hitting the links and perfecting their backswing. The event raised more than \$170,000 to help fund a new, on-site Beauty and Barber Shop for residents. This new salon and barber shop will be fully equipped with a specialized hydraulic washing and drying station, a manicure station, and all the accessories needed for a feel-good, spa-worthy experience and will even feature an authentic barber shop pole. Construction for this project begins this fall, and the salon will be open for business in early 2019.

At the evening reception, participants caught a glimpse into the Inglis Community during our "See You Like I Do" music video premiere (highlighted on back cover). This video features residents responding to the question, "How do you want the world to see you?" set against Justin Hines' breakthrough song. Visit **inglis.org/golf** to see the video for yourself.

A special thank you to our Outing Co-Chairs, Jim Gaffney and Marie Logue, as well as our Presenting Sponsor BAYADA Home Health Care. Your support, combined with the guidance from our Golf Outing Committee and our vast array of sponsors and friends, helped to make the new Beauty and Barber Shop possible.

Interested in participating?

For more information regarding our 2019 Golf Outing on Monday, June 10th, please contact Meredith Waldron at meredith.waldron@inglis.org

Accessibility Hackathon inspires ideas & partnerships

The Adapted Technology Department is taking innovation to a new level with a partnership with NextFab, a company that provides access to machinery, education and professionals to help move products from conception to fruition. NextFab hosted this year's Accessibility Hackathon, a 13-hour event with 70 participants dedicated to creating products that can benefit Inglis residents.

"The ideas that came out of the Hackathon were amazing; the teams came up with solutions that we hadn't considered," said Charles Sammartino, Adapted Technology Therapist. "We will present these prototypes back to our interdisciplinary teams at Inglis so they can decide how to move forward with any of the designs. This is a team effort and, with the cooperation of different departments within Inglis, we will work together to drive this meaningful work."

About 10 products were designed and prototyped, ranging from a device that helps people with limited use of their arms to eat a sandwich without assistance, to a wheelchair transfer board.

"It was an incredible experience to be able to sit with professionals, identify a problem and create a solution in a short period of time," said Danielle Paffett, Director of Rehabilitation Services. "There are a lot of ideas we have that we now know we can develop and make. It was an inspiring experience and occupational therapists who participated in the Hackathon have been innovating ever since."

NextFab was equally inspired. "Our members appreciate that we support socially impactful initiatives, like the high-energy





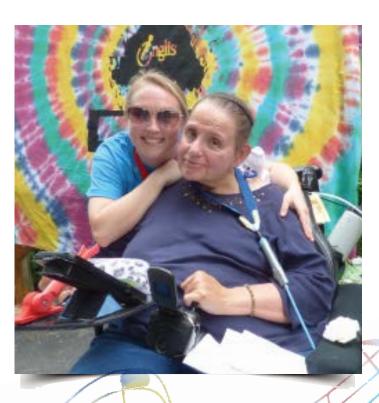
Hackathon and the buildathon for Inglis," said Marcella Barker, director of member services for NextFab. "For some it was the first time they have had the opportunity to create something for people with disabilities and it was a great experience for them."

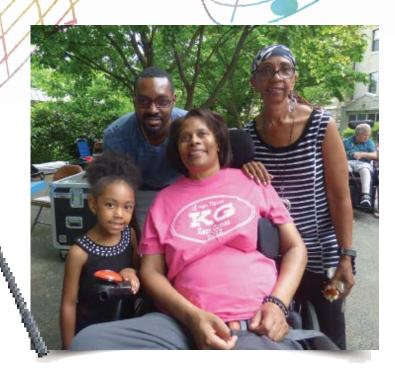


Inglis rocks out at Music Fest

Residents, families, friends and staff gathered in the Inglis courtyard for this year's Music Fest, held on June 10th. Three bands performed everything from jazz, rock, and acoustic folk music. Music Fest is one of the many programs included in Inglis' Therapeutic Recreation program. These programs and services are funded solely by our generous donors, and we continue to seek interested individuals to help provide experiences and social events that create joy and promote well-being.

Thank you to the staff, volunteers and musicians for making Music Fest a celebratory and memorable event!





Top: Therapeutic Recreation and Education Lead, Jackie Bokunwicz, alongside resident Melanie Wilkins. Bottom: Judy Jones with her family. At left: Musician B.D. Lenz, of B.D. Lenz and Node performs.





42nd Annual Keen Games

The Inglis courtyard erupted in cheers as more than 100 Inglis athletes paraded into the Annual Keen Games. Deborah Zeh, 2North Neighborhood Resident, led the parade of athletes to the song "Pump Up the Jam" and got the crowd roaring. Day one of the Keen Games included brain teaser games, such as scrabble and chess. On day two of the event, the activities tested the athlete's stamina, fitness and athletic skills with games like home-run derby, wheelchair slalom, bowling and free throw, among other events.

Craig Stephens was this year's most courageous athlete and David Kline was honored as athlete of the year.

Many residents began training in April for the Games, which were held on September 14th and 15th. Now in its 42nd year, the Keen Games are named in memory of Alice Lightner Keen, who inaugurated the event to celebrate Inglis' Centennial in 1976. Thank you to our Keen Games sponsor, PA Health and Wellness, and to the many dedicated staff members and volunteers who make this event so memorable for our residents!





Above: (Top) Most Courageous Athlete Craig Stephens, and David Kline, Athlete of the Year







Supporting a life well-lived

Pass through the doors of Inglis House and it's hard to miss the tree-lined courtyard with its cascading fountain, or the state of the art technology that provides access for all.

But venture a little deeper into Inglis House or visit one of our independent living residences and you'll find some of the less visible elements: our renovated, person-centered neighborhoods, a music program that provides a voice for our nonverbal community, a computer lab training program in session, an individual preparing to leave his apartment for work.

Inglis' mission is to enable people with disabilities to achieve their goals and live life to the fullest. But often it's the unseen philanthropy that sets us apart. In this issue we highlight some of the less visible ways your generosity helps members of the Inglis Community to live their best lives.

Community Employment Services (CES)

For Johnnie Figueroa, Inglis provided him with a career he couldn't have imagined. Johnnie was hired four years ago through Inglis' Community Employment Services, which works with people with varying disabilities, and has risen from a parttime janitorial position to Maintenance Services Coordinator. He was also recently certified as a job coach. "I don't think it would have been the same any place else," he said. More than 50 people with disabilities are employed through CES and even more receive job counseling. "It's not easy to find a job for anyone, and it's even harder for someone who has a disability," said Nicole Pruitt, Co-Director of Community Support Services who oversees CES. "We not only find jobs, but we provide coaching and counseling throughout the process." According to Johnnie, Inglis provided him with the opportunity to thrive, "Other people didn't look at me and say, 'he can do more,'" said Johnnie. "Inglis gave me a chance."

Day Program

The Day Program at Inglis is one of several programs dedicated to enhancing the lives of people living in the community. Drop in and you may find a Claymobile workshop, a group in the kitchen preparing a special Friday afternoon treat, or people playing bingo. It's all geared toward helping to avoid isolation and depression, said Anjeanette Mathis, LPN, who runs the Day Program. "Participants enjoy having some place to go every day," she said. "I call them my motley crew." More than 50 people from around the region are registered with the Day Program. "I like the socialization, I like the people who work here, and the food is good," said Deborah Faulk, who is a Day Program participant. Anjeanette said, "they really look out for each other and take care of each other. It's nice to see."

Iohnnie Figueroa

Outings

Inglis resident Kristen Lech summed up a recent visit to Ocean City, N.J. perfectly: "Life is about the little things." As a child Kristen spent her summers at the shore but she hadn't been back in years. She said the recent trip brought back memories of her youth. "Even though I couldn't feel the sand between my toes, it was great to see the water, smell the sea and hear the familiar sounds." Trips are made possible through donations that are greatly appreciated.

> "Trips mean a lot to residents because they feel a sense of normalcy," said Gwendolyn Vilade, Therapeutic Educator & Trip Coordinator. "The change of scenery is good for one's mental health." Inglis House residents went on more than 80 trips since January with several more planned this fall.

> > Left: Residents visited the Philadelphia Museum of Art to see works by Brancusi with Artist-in-Residence Rhoda Kahler.

"Even though I couldn't feel the sand between my toes, it was great to see the water, smell the sea and hear the familiar sounds."

Kristen Lech

Music Programs

Stu Sanderson, who has lived at Inglis House for 41 years, is finishing an album he created with Music Therapist Stephen Cozzolino through the donor-funded music therapy program. Stu directs Stephen on the style of music he wants, then plays drums and bells on the recordings. Forty to 50 people engage in some musical activity at Inglis each week. "One of the phrases we learn in the music therapy world is where words fail, music speaks," said Stephen. "On a deeper level, music is a means of communication and for those folks who have impaired verbal communication, music provides a way to communicate what they are feeling." Through philanthropic support, Inglis recently added three part-time music instructors.

We are grateful for everything you do for the Inglis Community. Consider making a gift to the Ability Fund, the annual fund of the Inglis Community, to provide the support where it is needed most. Visit www.inglis.org/donate or use the envelope found in this issue.

For more information, please contact Meredith Quirin Waldron at meredith.waldron@inglis.org.

Community Meals

When you sit down to your Thanksgiving meal, residents at Inglis housing communities will be sitting down to their own feasts, thanks to the Ability Fund, whose unrestricted funds are used where it's needed most, like in fostering a sense of community throughout the organization. The Jewish Holidays are celebrated in much the same way. An Inglis House family member raised funds so families could join their loved ones celebrating High Holidays and Passover.

> "The holidays were important to my brother and I always found a way to bring him home, so we could go to the synagogue and celebrate

together," said Susan Starr, who donates meals in memory of her brother, who lived at Inglis House for 30 years. "I wanted to make sure that families could celebrate together, no matter what their financial situation. I have made arrangements so hopefully this can continue even after I pass."

Above: The Jewish High Holidays were celebrated with family meals at Inglis House.

Pamela Barnhill: working hard to make Inglis feel like home

Meet Pamela Barnhill, the 1South and 1North Life Leader, who has been a part of the Inglis Community for over seventeen years. Passionate about working with people, Pam enjoys connecting directly with residents in this role. She has felt an instant connection to Inglis since her first day, and it's one that remains just as strong today.

As a Life Leader, Pam is the self-described den mother who ensures that residents are safe, comfortable and happy. Pam acts as an advocate for both residents and staff, and coordinates with all departments to meet resident needs. She works collaboratively with residents to learn their likes and dislikes, making the neighborhood a home for everyone.

Even on her busiest days, Pam says she always takes some time to connect with residents. Whether she's lending a listening ear or helping someone to complete a task, moments like these are what makes her heart smile. When it comes to her ability to connect with others, Pam says she prides herself on having meaningful relationships with all residents and staff alike.

What keeps Pam a member of the Inglis Community for all these years? Pam explains that it's because Inglis is one-of-a-kind. "Inglis is like no other place in the world" she says. "We offer healthcare in a way l've never seen before and really do our best to make residents feel happy and fulfilled."

Thank you, Pam, for being part of the heart of Inglis!

Pamela Barnhill with residents of 1South.

A little more about Pam:

Can you describe the personality of the 1North and 1South communities?

The neighborhoods on the first floor are like a family. It's a community bond full of support and love. The residents don't mind speaking their minds, but are heartwarming people and would give you the shirts off their backs. I feel a special connection to all staff and residents on this floor.



Favorite vacation spot?

Outer banks N.C. I enjoy the peacefulness and it's a nice alternative to the busy city.

What do you like to do when you're not at work?

Watch old movies, shop, and spend time with my family.

Favorite quote?

The golden rule — "treat others the way you would want to be treated." Regardless of sexual orientation, race, creed, education or status.

What's your favorite thing to cook/eat?

Seafood medley... includes jumbo shrimp, mussels, crab legs, vegetables, and potatoes. Don't forget extra butter and garlic!



Something residents and staff might not know about you?

That when I hug someone, it is sincere and I love and care for everyone, no exceptions.





Support for the Inglis Community

Annual gifts to the Inglis Community provide essential support to help our residents and consumers achieve their goals and live their lives to the fullest. Your gift has an enduring impact on those we serve today and in years to come. This report includes contributions received from July 1, 2017 to June 30, 2018.

Inglis is especially grateful to recognize those donors in **bold** who have consistently supported the organization for ten years or more.

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To make a monthly gift to the Ability Fund select the "I would like to make this gift a monthly contribution" check box in the enclosed envelope or at www.inglis.org/donate.



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Support for the Inglis Community continued

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Meredith Quirin Waldron Promoted to Senior Director of Development

We are pleased to announce that Meredith Waldron has been promoted to Senior Director of Development with oversight for all of Inglis' fundraising efforts. Meredith served as Inglis' Director of Development for five years and spent three years as Inglis' Director of Donor Relations.

As Senior Director, Meredith continues to foster relationships with donors and leads a team focused on enhancing Inglis' programs and services through philanthropic support. Meredith partners with the Board, our CEO, the senior leadership team, and our volunteers to ensure Inglis achieves its mission and meets the ongoing needs of the Inglis Community.

Meredith joined Inglis in 2010 and has held progressively responsible

positions in Development. She came to Inglis from the cultural sector, where she held fundraising positions at both the Philadelphia Museum of Art and Shakespeare Dallas. She is also a Board member and past Board President of Choral Arts Philadelphia, as well as a member of the chorus. Meredith is a graduate of American University and City, University of London (then City University, London).



Meredith Quirin Waldron, Senior Director of Development

Annie Inglis Society

Individuals who chose to include Inglis in their estate plans are recognized as members of the Annie Inglis Society, joining a thoughtful group of people whose largesse has a lasting and profound impact on the organization.

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Gifts in kind are

especially welcome to help provide every Inglis resident with a gift at the holidays. Donations of new toiletries, costume jewelry, zip-front sweatshirts, winter hats, scarves and gloves are most appreciated.

When doing your online shopping this Holiday Season, go to smile.amazon.com

and designate Inglis as your preferred charitable organization.

You'll pay the exact same prices, and Amazon will donate a portion of any qualified purchases you make to Inglis!

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Many friends of Inglis make donations in honor of or in memory of friends and family. While commemorating a loved one, these thoughtful gifts enrich many lives in the Inglis Community.

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The contributions of the generous donors listed throughout were received between July 1, 2017 and June 30, 2018. While this list reflects gifts of \$100 or more, Inglis greatly appreciates the dedicated donors who support us at all levels. We have carefully reviewed all names. However, if your name has been accidentally misspelled or omitted, please call Danielle Quinn, Annual Fund and Stewardship Manager, at (215) 581-0753 or send an email to danielle.quinn@inglis.org.



The impact of a gift

How your gift to The Ability Fund makes a difference

Philanthropy plays a vital role in Inglis' mission and creating a life well-lived. The programs and services that make life for our residents and consumers fulfilling are provided by the generous support of our donors.

A gift at any level can make a huge impact on the lives of people served by Inglis.

Here are just some of the ways your gift to The Ability Fund, the annual fund of Inglis, directly impacts those in our community.

If you are the family member of an Inglis resident and are planning to purchase a computer or mobile device for your loved one, please contact the Inglis Adapted Technology Program at 215-878-5600, ext. 5369, or email resident.helpdesk@inglis.org. They will advise you the best choice based on your friend or loved one's needs.

\$10,000

Thanksgiving Day celebration for the entire Inglis Community and their loved ones

\$5,000

One month of resident services in our accessible, independent living apartments

\$2,500

One year of in-room adapted technology and support for one resident

\$1,000

One year of technology education for one Inglis Community Member

\$750 One resident trip

\$500 New adapted sports equipment for Keen Games

\$200 One art class

\$150 One month of one-on-one piano lessons

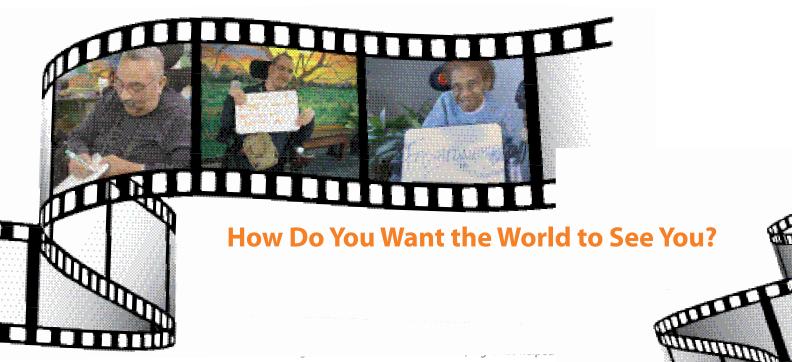
\$50 Supplies for the Exploring Art Program

\$20 Supplies for the Day Program

\$5 One yoga session



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When Inglis celebrated our 135th Anniversary in 2012, we presented Justin at World Café Live and created a video in which residents answered the question "what is courage?" *inglis.org/courage.* This summer, we reached out to Justin again, and have used one of his songs to ask an essential

disabilities to be seen as they who live with purpose, dignit people who can achieve their life to the fullest; and who rec independence every day. Che video at *inglis.org/seeyou*.