

Caring for the Caregiver: Inglis co-sponsors region's first Mindfulness for Caregivers Conference

ONE OUT OF EVERY SIX AMERICANS PROVIDES CARE TO AN ADULT FRIEND OR RELATIVE. WHILE CAREGIVING IS AN ACT OF LOVE, THE PHYSICAL, EMOTIONAL AND SPIRITUAL TOLL CAN BE OVERWHELMING.

In recognition of the vital, nurturing work that caregivers do, Inglis will collaborate with the Christopher and Dana Reeve Foundation to provide Mindfulness for Caregivers at the Doubletree Hotel in Philadelphia on Nov. 16. Designed for those who care for persons with paralysis and mobility disabilities, the event will take place during National Family Caregivers month.

The program will provide caregivers with instruction in mindfulness, a meditation-based technique that has proven to reduce stress and lead to improvements in performance, memory and focus. (See sidebar on page 20.) Keynote speaker Dan Gottlieb, PhD, who is a psychologist, author, radio personality and a person with quadriplegia, is an avid practitioner of mindfulness and an associate of the Penn Program for Mindfulness at the University of Pennsylvania Health System. Penn is an internationally recognized pioneer in the use



DAN GOTTLIEB, PHD, psychologist, author and keynote speaker.

of this practice by health care professionals and educators.

"Mindfulness is an easy-to-learn, low-cost practice that can be a powerful way to combat stress-related health problems," says Dan Gottlieb. "The technique is ideally suited to caregivers who may only have a few minutes of down time each day — and who are rarely able to take a vacation or

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message from the chair

LAUREN DEBRUICKER, ESQ.

It's an honor and a privilege to be part of the Inglis community.

As a wheelchair user for more than 20 years, I

know how vital it is to have quality personal care you can rely on. I've experienced the personal freedom that comes with having an accessible place to live. I have seen how adaptive and assistive technology can open doors to education, work and social opportunities for people with even the most extreme physical limitations.

I have also benefitted tremendously from the advocates who fought for accessible schools, sidewalks and transportation. I became disabled a year after the passage of the Americans with Disabilities Act was passed, so I have never known life without those protections in place. As a member of the Inglis Board of Directors, I have the opportunity to pay that forward. As Chair, I hope to use my personal experience and professional skills to continue helping others in the disabled community to achieve even greater independence and lead fulfilling lives.

I recently learned that the first Inglis board meeting was held 136 years ago on the very spot where my apartment building stands. It's a little eerie. But it's also pretty amazing to think about how far the organization, and the prospects for people living with disabilities, have come in that time, thanks to supporters like you.

Like a lot of people, I used to know Inglis as "that place" on Belmont Avenue. Other than coming here to sing with my fourth grade chorus, I had no idea what went on inside.

However, in recent years, I have learned that a lot of people I knew and respected growing up — my father's students and colleagues at The Wharton School, leaders my mother worked with as a community volunteer, and the parents of my schoolmates — were deeply involved in Inglis and devoted to its mission. Because of these brilliant, dedicated people, I soon felt as though I knew Inglis before I ever stepped inside as an adult.

When I got here, I found an organization and people devoted to things that were very important to me, both as an advocate and a wheelchair user: Building more affordable, accessible housing; harnessing cutting edge technology to increase independence for those with mobility impairments; providing quality, accessible medical care and reliable personal assistance; and making it possible for people with disabilities to lead lives of their choosing.

It is because of you that this great work is possible. It is my privilege to be able to extend my personal thanks to the many donors listed in this issue of *Image*. I look forward to meeting you, as well as the many volunteers and friends who give so much to help Inglis evolve and meet the ongoing needs of those we serve.

Lauren DeBruicker, Esq.

A handwritten signature in black ink, appearing to read 'LD' or similar initials, written in a cursive style.

Chair, Inglis Foundation



INGLIS BOARD CHAIR LAUREN DEBRUICKER presents the Annie Inglis gold coin to outgoing Board Chair Sankey Williams, MD.

Meet New Inglis Board Chair, Lauren DeBruicker, Esq.

LAUREN DEBRUICKER, ESQ., A PARTNER AT DUANE MORRIS LLP, PHILADELPHIA, WAS APPOINTED INGLIS BOARD CHAIR ON JULY 1, 2013. LAUREN HAS BEEN VICE CHAIR OF THE BOARD SINCE 2010. A STAUNCH ADVOCATE FOR THOSE WITH PHYSICAL DISABILITIES, SHE ALSO SERVES ON THE BOARDS OF HELPHOPELIVE WHICH SUPPORTS THOSE WHO HAVE SURVIVED ORGAN TRANSPLANTS AND CATASTROPHIC INJURIES, AS WELL AS THE PHILADELPHIA CHAPTER OF THE BUONICONTI FUND, THE NATIONAL FUNDRAISING ARM FOR THE MIAMI PROJECT TO CURE PARALYSIS.

Lauren is a former member of the National Leadership Council of the Christopher and Dana Reeve Foundation, and the President's Council of Magee Rehabilitations Hospital. In 2013, she was named a Champion in the Community award winner by Magee Rehab. Lauren was also cited by her peers as one of Pennsylvania's Rising Stars in business litigation in *Philadelphia* magazine. She is a graduate of Stanford University and received her law degree from the University of Pennsylvania. Given Lauren's passion for our mission, and her invaluable insight, her tenure as Chair of our Board promises to be one of skilled leadership and continued progress for Inglis.

Golf Outing a Big Win for Inglis Residents

MORE THAN 100 GOLFERS PARTICIPATED IN THE 12TH ANNUAL INGLIS GOLF OUTING AT THE WHITE MANOR COUNTRY CLUB IN MALVERN, PA, ON JUNE 10.

This stalwart group tolerated often-torrential weather conditions with good humor, raising more than \$150,000 for Inglis. The day also included a cocktail reception, dinner and silent auction. Chaired by Marie T. Logue and James P. Gaffney, the Golf Outing is an opportunity for individuals and corporate

partners to become more involved with Inglis' mission, enjoy one of the top ten private golf clubs in the region and socialize with some of our area's business leaders.

Since its inaugural year in 2002, the Outing has raised \$1.2 million for Inglis. These funds have been used to purchase equipment and services for Inglis consumers that are not covered by Medicare, Medicaid or private insurance. This year's event provided funding for a renovation of the Inglis therapy space, which has been only minimally upgraded since its construction in 1985. The new Wellness and Rehabilitation Center will include state-of-the-art therapy equipment, as well



INGLIS GOLFERS were undeterred by the less-than-ideal weather conditions.

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12TH ANNUAL INGLIS GOLF OUTING

THE 2013 GOLF OUTING COMMITTEE: Back row, left to right: Kevin Kelly; James G. Logue, Esq.; George C. Brady, III; James P. Gaffney; Inglis President and CEO Gavin Kerr; Matt O'Mara and David R. Strange. Front row, left to right: Michael J. Winter, Margot Sullivan and Janet White.



FOR MORE INFORMATION ABOUT THE 2014 GOLF OUTING AND HOW YOU OR YOUR ORGANIZATION CAN PARTICIPATE, PLEASE CONTACT MEREDITH QUIRIN WALDRON, AT meredith.waldron@inglis.org OR (215) 581-0703.

as a drop-in center where residents and consumers can workout independently or with guidance from the rehab staff. The new facility aligns well with Inglis' Person-Centered Care approach, providing users with the opportunity to proactively set goals and make decisions about their health and fitness.

Previous Golf Outings have funded the purchase of new vehicles to provide transportation for our residents; a new, fully accessible kitchen in the Inglis Day Program; the renovation of the Inglis courtyard; and the construction of the fountain as a dramatic focal point.

Due to the inclement weather, the competition portion of the Golf Outing was called a draw. Last year's winner, the Bryn Mawr Trust Company, holds their

championship position and remains the team to beat in 2014. A special thanks to all members of the Golf Committee, sponsors and golfers who made the event such a success!

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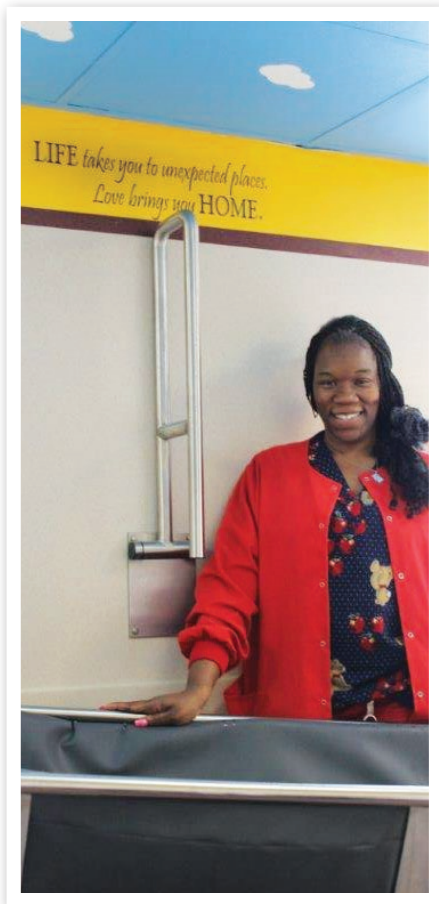
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For a complete list of 2013 Inglis Golf Outing donors, visit www.inglis.org.

Inglis Upgrades Resident Bathing Experience

A GENEROUS GRANT FROM THE 25TH CENTURY FOUNDATION, PHILADELPHIA, PA, HAS ENABLED INGLIS TO PURCHASE UPGRADED SHOWER TROLLEYS TO ENHANCE THE SAFETY AND COMFORT OF OUR RESIDENTS DURING BATHING. THE NEW TROLLEYS ARE MADE WITH A RUGGED STEEL FRAME AND EQUIPPED WITH EASY-GLIDING WHEELS, SWIVELING WHEEL CASTERS, AND A THICKER, MORE SUPPORTIVE MATTRESS.



Creating a more relaxing bathing experience is part of our Person Centered Care initiative — an effort that strives to create a more homelike environment for residents — one that is based on their individual preferences and choices. Also as part of the bathing experience upgrade, shower facilities were redecorated and enhanced with music, indirect lighting and aromatherapy for a more spa-like experience.

There are many ways for donors to help on a practical level with items like shower gurneys that enable us to provide services that impact our resident's daily quality of life.

TO LEARN MORE ABOUT HOW YOU CAN HELP MAKE A DIFFERENCE BY SUPPORTING LIFE-ENHANCING EQUIPMENT PURCHASES AND PROGRAMS, PLEASE CONTACT MEREDITH QUIRIN WALDRON AT meredith.waldron@inglis.org.

PICTURED WITH ONE OF THE NEW TROLLEYS is Certified Nursing Assistant Katrina Robinson, who was instrumental in upgrading the bathing environment on her nursing unit.

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INTERNATIONAL SYMBOL FOR ACCESSIBILITY GETS A MAKEOVER

The International Symbol of Accessibility, designed in 1968 to indicate accessible entrances and restrooms, is one of the most recognizable pictograms in the world. Recently, the symbol was given a contemporary update by designers from Harvard University and Gordon College in Massachusetts. The new, equally identifiable graphic suggests motion and emphasizes the person, rather than the wheelchair. It was officially adopted in New York City last summer. Inglis has converted all accessibility signage on our campus to this new symbol.

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The contributions of the generous donors listed throughout were received between July 1, 2012, and June 30, 2013. 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 the names. However, if your name has been accidentally misspelled or omitted, please call Meredith Quirin Waldron, Director of Development, at (215) 581-0703 or send an email to meredith.waldron@inglis.org.



THANK YOU TO OUR GENEROUS DONORS, WHO MAKE IT POSSIBLE TO
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Individuals who 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.

Inglis Artists Participate in Philadelphia Museum of Art Educational Exhibit

BRIDGES: ACCESSIBLE PROGRAMS BUILDS PARTNERSHIPS IS A COLLABORATION BETWEEN THE PHILADELPHIA MUSEUM OF ART (PMA) AND AREA ORGANIZATIONS. AS PARTICIPANTS IN THE PROGRAM, INGLIS ARTISTS TOURED THE MUSEUM TO GATHER INSPIRATION FROM THE WORKS DISPLAYED. AFTER MULTIPLE VISITS, EACH CRAFTED A FOUR-BY-FOUR-INCH TERRA COTTA TILE, CREATING A GROUP PROJECT THAT IS FEATURED IN THE MUSEUM'S EDUCATION CORRIDOR EXHIBITION SPACE FROM AUG. 7 THROUGH SEPT. 22.

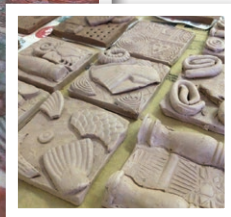
Inglis will hold this year's Patron's Reception at the Museum as a way of celebrating the Artist in Residence program, illustrating how it adds vibrancy and self-fulfillment to life at Inglis. After the PMA exhibition, the tiles will be installed as a decorative archway over the entrance to the Inglis Therapy Room.

Inglis residents completed these works as part of our Emerging Artist program, which

was created and continues to be funded by a generous grant from the Philadelphia-based Dolfinger-McMahon Foundation. Artist-in-Residence Rhoda Kahler, an accomplished ceramicist, assisted the artists. "Exploring Art students have really enjoyed working with terra cotta," says Rhoda. "Each week, I would demonstrate a different technique, like stamping or adding various textures, and everyone was really excited to jump right in and try something new! The clay has been really fun for the group. We could have made an endless number of tiles!"

Inglis resident Jacqueline Scott is from Philadelphia and has lived at Inglis House for 18 years. A long-time art-lover, she has been involved with Exploring Art for two

| CONTINUED ON PAGE 17



Some of the tiles on display as part of the Philadelphia Museum of Art's Bridges program.



HAND-CRAFTED terra cotta tile.

years. “Being at Inglis gives you many opportunities to explore and express yourself,” says Jacqueline. “Once you are able to do that, you can relate better to other people, release your inner feelings and capabilities, and find other people you can share common interests with.” Although pencil drawing is her favorite medium, Jackie found the tile work an interesting and enjoyable change of pace.

To see other works by Inglis artists, visit our online gallery at our new website, www.inglis.org.



“BEING AT INGLIS GIVES YOU MANY OPPORTUNITIES TO EXPLORE AND EXPRESS YOURSELF;”

– JACQUELINE SCOTT, INGLIS RESIDENT



Singer/Songwriter Justin Hines Wows Inglis Audience

CANADIAN SINGER/SONGWRITER JUSTIN HINES VISITED INGLIS THIS SUMMER TO PERFORM FOR RESIDENTS, STAFF AND VISITORS. JUSTIN, WHO HAS LARSEN'S SYNDROME AND USES A WHEELCHAIR, WAS BACKED BY GUITAR DUO ASH AND BLOOM TO DELIVER STIRRING MESSAGES ABOUT LOVE, COURAGE AND OVERCOMING ADVERSITY.

Justin, who first appeared at Inglis last year as part of the 135th Anniversary celebration, considers Inglis to be his “Philadelphia home.” “Everyone has challenges to overcome, that’s a part of life,” says Justin. “Just for some people, those challenges are more visible. In my life, I’ve found that you can use them as inspiration for songwriting or for other forms of self-expression.”

Justin’s performance was part of his current Vehicle of Change Tour, which raises money for various charities. It featured selections from his new CD, *How We Fly*. For more information about Justin, visit www.justinhines.com.

gifts in kind

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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.

Mission Green Groundbreaking

Inglis and the Medical Mission Sisters recently broke ground on 61 units of fully accessible, low-income housing on the 69-acre campus of the Sisters' North American headquarters in Fox Chase. The facility, which will house low-income seniors and persons with disabilities age 55 and older, will include an on-site community room with full-service kitchen, a lounge and laundry on each floor, as well as on-site parking.



PICTURED LEFT TO RIGHT: Lauren DeBruicker, Esq., Inglis Board Chair; Gavin Kerr, Inglis President and CEO; Sr. Frankie Vaughan, MS Developer for Mission Green; Kevin J. Boyle, State Representative; Vidhi Anderson, Diamond & Associates; Ian Anderson; Holly Glauser, Pennsylvania Housing Finance Agency; Brendan F. Boyle, State Representative; and State Senator Shirley M. Kitchen.

Inglis Foundation Directors, Fiscal Year 2014

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INGLIS AWARDS FOR CONTINUING EXCELLENCE

Applications for the 2014 Inglis Awards for Continuing Excellence (ACE) are being accepted now through Nov. 19, 2013. Philadelphia regional not-for-profit organizations providing direct service, products and/or advocacy for people with physical disabilities are eligible to apply. Visit www.inglis.org for more information.

MINDFULNESS FOR CAREGIVERS CONFERENCE

| CONTINUED FROM PAGE 1

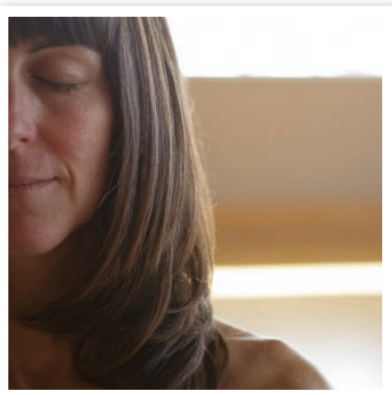
spend time away from their families.” Research shows that even brief exposure to mindfulness training reduces stress, eases chronic pain and improves well-being, enabling conference attendees to gather the tools they need to immediately improve their lives.

Dan has worked closely with Inglis and the Reeve Foundation to develop a program that addresses the specific concerns of caregivers. He will introduce mindful meditation to Conference attendees, in conjunction with Michael J. Baime, MD, director of the Penn Program for Mindfulness, and other mindfulness clinicians. After the Conference, an online resource will be created for caregivers and the community so that attendees and others can continue to deepen their understanding of mindfulness practice.

For more information or to register, visit www.inglis.org.



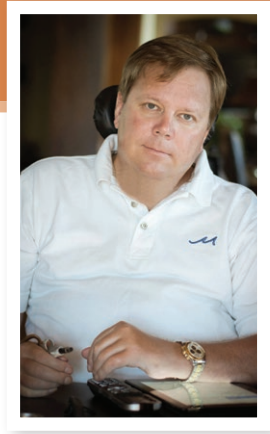
MICHAEL J. BAIME, MD, director of the Penn Program for Mindfulness.



WHAT IS MINDFULNESS?

Mindfulness helps us pay precise, nonjudgmental attention to our thoughts. Instead of pushing away difficult experiences, we practice simply being with them. As a result, if something needs to be changed, we are present enough to understand what needs to be done.

Mindfulness can also be helpful in dealing with pleasant emotions. Not surprisingly, many of us worry that our happiness won't last or work to keep it from fading away. Mindfulness can help us focus more fully on what matters in the moment.



Timothy J. Mahoney, III, Elected to Inglis Board

THE INGLIS BOARD OF DIRECTORS HAS ELECTED TIMOTHY J. MAHONEY, III, OF PHILADELPHIA, TO SERVE ON ITS HOUSING AND STRATEGIC RESOURCES COMMITTEES AND ADVISE ON ALL OF INGLIS' HOUSING DEVELOPMENTS.

Tim is the founder and president of Mahoney Realty Group, Inc. and Mariner Commercial Properties, Inc. After entering the commercial real estate industry in 1984 with Oliver Realty, Inc., he worked for firms including the Grubb & Ellis Company, The Binswanger Company and SenecaRoach Commercial Property Services before forming his own company.

“The lack of affordable, accessible housing is a major concern for people with disabilities,” says Gavin Kerr, Inglis President & CEO. “That is why housing is such an integral part of Inglis’ strategic plan and vision through the end of this decade. More importantly, that is why we are very fortunate to have someone with Tim’s background join our board. His extensive experience in real estate development and construction make him a key asset to help people with disabilities live independently.”

“I am honored to be a part of an organization like Inglis,” says Tim. “It’s an organization that not only cares for people with disabilities, but is committed to improving their lives, encouraging them and giving them opportunities to live independently. The Inglis mission is something I can passionately support.”

Tim holds a Bachelor of Arts in Economics from Villanova University. He is a Charter Member of the Tri-State Commercial and Industrial Realtors Association; a Charter Member of the Suburban West Realtors Association; a former director of the Central Philadelphia Development Corporation, and a member of the Philadelphia District Council of the Urban Land Institute. He is a licensed Real Estate Broker in Pennsylvania and New Jersey.

2012-2013 THE ABILITY FUND

In 2012-2013 The Ability Fund, the annual fund of the Inglis Community, ended with a total of \$991,124 contributed. Thanks to the dedication, hard work and determination of a tremendous group of volunteer fundraisers, including the Golf Outing Committee and members of the Board of Directors, we continue to serve the extraordinary people of the Inglis Community with vital programs and services. Donors also helped us beautify the courtyard at Inglis House with a gorgeous fountain and therapeutic outdoor garden room as well as launch the first phase of the new Wellness & Rehabilitation Center. Total philanthropic support for FY 2013 (including The Ability Fund) came to \$2.5 million. Thank you to the Inglis Community for helping others achieve their goals and live life to the fullest!

memorial and tribute gifts

MANY FRIENDS OF INGLIS MAKE DONATIONS IN HONOR OF OR IN MEMORY OF FRIENDS AND FAMILY. IN COMMEMORATING A LOVED ONE, THESE THOUGHTFUL GIFTS ENRICH MANY LIVES IN THE INGLIS COMMUNITY. FOLLOWING IS A LIST OF TRIBUTE GIFTS RECEIVED BETWEEN JULY 1, 2012, AND JUNE 30, 2013.

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Thank you

TO OUR MANY FRIENDS
FOR YOUR SUPPORT!

APPLICATIONS FOR THE 2014 INGLIS AWARDS FOR
CONTINUING EXCELLENCE (ACE) are being accepted now
through Nov. 19, 2013. For more information, please see
page 19, and visit www.inglis.org.