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FALL | 2010

A

avatars and assistive technology

THE COMPUTER LAB IS HIGH ON INGLIS HOUSE RESIDENTS' POPULARITY LIST.

The wide range of assistive devices in the lab makes it possible for residents with even very little range of movement – perhaps only one finger or their chin – to communicate with friends via email, surf the Internet, enjoy computer games and take part in online classes. Staff in the computer lab are constantly at work to equip each resident to access the outside world thanks to assistive technology that meets their needs.

Earlier this year, Inglis pilot tested *Second Life*, a 3D virtual world where users can socialize and participate in individual and group activities, using computer representations of themselves, or avatars. The *Philadelphia Inquirer* recently interviewed Inglis House resident Stuart Sanderson who participated in the project.

Stuart described his experience of “dancing” in a virtual world as, “... one of the most surreal experiences of my life. To be here physically and there, virtually, in *Second Life*, was amazing. My instructor and I began to waltz. Although this was in a virtual world, it was like I was really dancing. There were tears running down my cheeks as I virtually experienced a dance, something I never in my wildest dreams ever thought I would do. It was like teleporting out of my physical body and literally sliding and gliding across a dance floor to a graceful waltz.”

To read the entire article, visit the Inglis website, www.inglis.org/mediacoverage.jsp.





chairman's message

GAVIN S. KERR

Americans with disabilities act

THE FIRST 20 YEARS

July 26, 1990, had a deeply

personal and profound impact on the lives of people with disabilities. The Americans with Disabilities Act (ADA) – signed into law that day – gave them the right and power to achieve their goals and live life

- Inglis has changed as well. Even before the passage of the ADA, we were already creating a better world for our consumers. Our first accessible apartments opened in 1973 and the Inglis Day Program was launched 25 years ago in 1984. Since then we have invested in another 140 accessible homes, opened Inglis Community Employment and

TWENTY YEARS AGO Inglis House resident Kathi Hubush and Housing tenant Lanny Knapp attended the historic signing of the Americans with Disabilities Act in Washington, DC.



to the fullest. For the first time they were full citizens, with the same opportunities and responsibilities available to everyone. Moreover, the ADA demanded that people with disabilities be people first – worthy of all the freedom, dignity and respect afforded to every American. Its impact has been huge. For example:

- Many things we take for granted today weren't around 20 years ago. Accommodations as simple as curb cuts and as complex as the right to work alongside able-bodied employees.

fundamentally changed our Inglis House care model to create greater autonomy and independence for our residents.

We – both for Inglis and for the U.S. as a whole – have much to be proud of. We have truly grown as a country and as a community. Yet, there is so much more to do.

THE NEXT 20 YEARS

At the signing ceremony, Justin Dart, a leading voice in the creation of the ADA and winner of the Presidential Medal of Freedom said, "ADA is only the beginning.

It is not a solution. Rather it is an essential foundation on which solutions will be constructed." These words are just as true today.

Recently an Inglis resident artist created a moving painting of a woman looking through a window at her daughter and children playing inside. It conveyed her intense feelings of being "on the outside looking in" at life. The ADA has brought great opportunities to help people with disabilities live great lives. Yet many still feel like outsiders watching life from a distance they cannot span. That sense of isolation is worsened when they face

unemployment rates at nearly 70%; wait five years for affordable, accessible housing in Philadelphia; spend six hours in transit time for a one-hour appointment; and are terribly hurt by people who are uninformed, unthinking and unkind when confronted by disabilities.

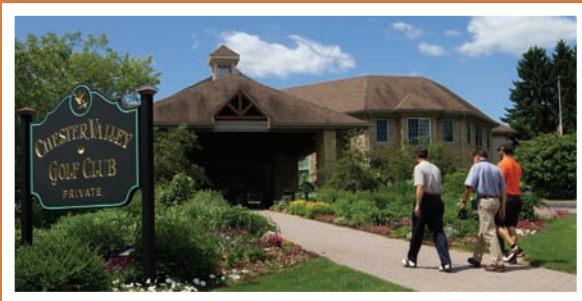
So, here's to the next 20 years of progress and to creating a world in which all Americans are "on the inside," whatever their disability or challenge. We have much to build upon and so far to travel. All of us at Inglis are committed to turning that dream into reality.



EIGHTEEN INGLIS HOUSE RESIDENTS became PEER advocates for their fellow residents in June 2010. PEER stands for Pennsylvania's Empowered Expert Residents. Through the PEER Program, resident advocates raise awareness of resident rights and improve the quality of life for long-term care facility residents. The Inglis PEER advocates completed 10 hours of training provided by staff of the Philadelphia Long Term Care Ombudsman program at CARIE (the Center for Advocacy for the Rights and Interests of the Elderly) in Philadelphia. Here, Gina Minter, Mary Cyzck, Alfonso Battise and Edith Smalls are among the 18 new PEER advocates for fellow residents at Inglis House.

NEARLY 100 GOLFERS GATHERED
at Chester Valley Country Club in
Malvern, PA, for the 9th Annual Inglis
Golf Outing, June 7, 2010

2010 golf outing a big success



new ingliss bus on its way!

The 2010 Inglis Golf Outing raised \$104,000 for the purchase of a new accessible bus to fit six to seven power wheelchairs for resident trips. The new bus will replace a 10-year-old vehicle with more than 300,000 miles on it. Now in its ninth year, the Golf Outing has raised more than \$700,000 for Inglis House programs and equipment purchases that government funds and private insurance do not cover.

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TRANSPORTATION FOR
INGLIS RESIDENTS.

2010 Inglis golf committee

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GOLF OUTING CO-CHAIRS George Brady and Jim Gaffney.



THE WILLIAMS' FOURSOME — Gretchen Riley, Ann Snyder, Anne Koffey and Connie Williams — enjoy the evening reception.



WHILE A FEW GOLFERS finish practice putts, the golf carts line up for the event's shotgun start.



V 2010 volunteer recognition awards

"VOLUNTEERING AT
INGLIS IS AN INVALUABLE
OPPORTUNITY FOR
STUDENTS TO LEARN
ABOUT LIFE FROM
ANOTHER PERSPECTIVE."

– Mimi Limbach

Limbach, St. Joseph University's Faith Justice Center placement coordinator spoke at the annual luncheon on the spirit of volunteerism and described how pivotal events in her own life had shaped her for service.

Each year Inglis recognizes its many volunteers who give countless hours of service to help Inglis residents and consumers achieve their goals and live life to the fullest. In Fiscal Year 2010, volunteers logged more than 16,000 hours of time at Inglis. The following people were recognized at the 2010 luncheon.

- The Margaret Russell Award for Outstanding Group Leader was given to Ed Kirschner from St. Gabriel's Hall Junior-Senior High School, Audubon, PA, for his help organizing students to run the resident bingo program.
- The Ann Sopp Award for Outstanding Volunteer Group of the Year went to the Center for Student Ministries. Philadelphia Associate City Director Tim Peterson accepted the award on behalf of this national organization that provides urban mission opportunities for youth and adults.
- Dawn Waller, Inglis Resident Computer Laboratory Director, received the AI



MIMI LIMBACH, Luncheon speaker

Hirschburger Award for Outstanding Staff Support. A certified Assistive Technology Professional, Dawn provides extensive back-up to residents who use the computer lab and assesses their skills so that each resident has access to just the right computer equipment for his/her needs.

- The Henrietta Peterson Award for Outstanding Resident Volunteer went to Charlie Myers (with his mom, Kitty Myers) for his daily assistance delivering mail for the Volunteer Office and transporting the daily cash box for Inglis' convenience store, the Nook. Sadly, Charlie passed away in August.



CHARLIE MYERS with mother **Kitty Myers**, Volunteer Coordinator **Bob Pomeranke** and Director of Social Enrichment **Janet Turner**.

DAWN WALLER (LEFT) receives award for outstanding staff support from Bob Pomeranke and Janet Turner.



- The 2010 Jeanne W. Church Volunteer of the Year Award was presented to Irv Sharf. Irv rarely misses chronicling an Inglis event with his camera. His pictures are always in demand by residents and staff alike, and frequently appear in *Image* and other Inglis publications. When not shooting photos, Irv helps out at the North Entrance reception desk and joins in many social enrichment program activities like cooking and pinochle.



IRV SHARF with resident Yvette Green.

In special recognition of her more than 20 years of volunteer service, Maria Sims received an Annie Inglis Gold Coin. Maria's smile and expressive eyes show her zest for life and convey her love of being a member of the Inglis community. Her efforts have brought together a group of Christian



MARIA SIMS with Inglis resident Linda Miller and Chairman of the Board Sankey Williams, MD.

women residents – the Knighties of the Round Table – for weekly discussions of current and seasonal happenings. This spirited and close-knit group is enlivened by Maria's sense of humor and energy. Maria also provides invaluable assistance to the weekly weaving group run by another volunteer, Barbara Parman. The group loves to discuss "hot topics" while they create beautiful woven articles.

Inglis inspires high school student

"WHENEVER I WRITE, I WANT TO WRITE WITH A MESSAGE,"

– Victoria Cano, a 2010 Harriton High School (Bryn Mawr, PA) graduate headed to Northwestern University.

A former Inglis House volunteer, Victoria Cano recently used her talents to write, direct and perform in a play called "The Human Side – The Story of Living and Loving with Disabilities."

Cano was inspired to write the play, whose characters represent three types of disabilities – HIV, multiple sclerosis (MS) and Alzheimer's – by her personal experiences with these conditions. "I have family members with HIV and with Alzheimer's. A close friendship with a teacher who had MS, as well as my time volunteering at Inglis House, inspired the third character," Cano says. "I wanted people without disabilities to gain insight on those who have disabilities. They are no different."

SHOWING PEOPLE "THE HUMAN SIDE"

Cano volunteered at Inglis last summer. "I felt more connected to Inglis than I did at other places. I believed that the time I spent there could really help people," she says.

Her unique perspective through volunteer work and personal experience gave the play authenticity. "The teacher who helped inspire the play came to see it and said that I captured the essence of what she has to go through, and how MS affects her life choices," Cano says. "After she said that, I didn't care if everyone else hated the play, as long as she believed it speaks to the truth of life with a disability. That's all I wanted."

Cano played the role of Nancy, a woman with HIV, because she felt most connected



VICTORIA CANO with fellow actor and Harriton High student, Ben Vander, during the rehearsal of "The Human Side" (photo courtesy of *Main Line Times*).

to that character. "I put the most of myself into her, and I could relate to her the most." A Harriton biology teacher, Lee Megow, portrayed the father with Alzheimer's. "He was wonderful," she says. "Our final scene together in the show had the audience in tears."

The play was free, but donations were given to area Alzheimer's, MS and HIV organizations. In addition to raising money for charity, Cano's goal was also to increase awareness of the reality of living with a disability. "I wanted people to see what it's like for those with disabilities. They have a different filter with which they look at the world, but they are still people. They lead normal lives."



S spotlight on: susan tachau

ASK SUSAN TACHAU
TO SHARE ONE OF HER
PROGRAM'S SUCCESS
STORIES, AND YOU'LL GET
A LAUNDRY LIST OF "WINS."

In her own list of accomplishments, she is especially proud of being a two-time Inglis Award for Continuing Excellence (ACE) recipient for her work with the Pennsylvania Assistive Technology Foundation (PATF). "It's wonderful to be recognized for the way we've put technology to work to change the lives of people with disabilities," Tachau says.



SUSAN TACHAU with Inglis CEO Gavin Kerr & Foundation Chair Sankey Williams, MD.

With a bubbly and vivacious attitude toward life, Susan's fundraising skills have enabled PATF to establish a loan program that helps people with disabilities live independent lives by covering much of the cost of assistive technology. "It's difficult money to find; most funding resources are for a particular activity,"

Tachau says. "There are few options that give people with disabilities the freedom to purchase the technology they need to live independently without the stress of financial concerns."

From the beginning, Susan said the loan program has been a huge success. "Because people really value these devices, they repay their loans. The program's loan default rate of 2% or better collectively demonstrates recipients' gratitude."

Funds for loans that purchase devices such as hearing aids have allowed recipients to function independently in the workforce. Besides improving the lives of people with disabilities, the program also gives caregivers peace of mind. Families with autistic children, for instance, have sought out PATF's small loans to pay for yard fences to keep kids safe while giving them the freedom to enjoy playing outside.

With Susan's most recent ACE award, PATF hopes to reach an even wider audience by developing a financial education program that will eventually be available to educators across the country. The program will teach those who need assistance how to manage their finances in a way that meets their needs, while also maintaining existing benefits. Susan's leadership of PATF continues to further its innovative and meaningful work, "Every day we know we make a difference for someone," she notes. "Inglis is really allowing us to grow."



THE THREE-PART MURAL (center portion shown here) measures 13 feet by 3 feet high.

I imagine disability mural unveiled at Inglis

NEARLY 30 INGLIS HOUSE RESIDENTS AND TENANTS PARTNERED WITH THE TEMPLE INSTITUTE ON DISABILITIES AND THE INDEPENDENCE ARTS STUDIO IN PHILADELPHIA TO DESIGN AND PAINT A MURAL WITH THE THEME IMAGINE DISABILITY.

The three-part painting was first displayed at Temple University during the international Annual Conference of the Society for Disability Studies in June 2010. The mural was installed at Inglis House at a special ceremony on July 29, 2010.



RESIDENT JACQUELINE SCOTT and consumer Ken LeDonne at work at one of the many workshops held during the eight-week project.



AMONG THOSE ATTENDING THE CEREMONY were Independence Arts Studio's Barbara Gregson (center) and resident artists Will Parker and Marie Kelly.

Inglis awards for program excellence

EACH YEAR DELAWARE VALLEY AREA NONPROFITS THAT PROVIDE DIRECT SERVICES, PRODUCTS AND/OR ADVOCACY FOR PEOPLE WITH PHYSICAL DISABILITIES COMPETE FOR AN INGLIS FOUNDATION AWARD.

These non-restricted Inglis Awards for Continuing Excellence grants help organizations continue and expand. In a special May 2010 ceremony, five organizations received Inglis Awards for Continuing Excellence.

American Dance Wheels Foundation, Inc. provides social and therapeutic dance instruction in wheelchair Ballroom and Latin Dancing for people with physical disabilities, able-bodied partners, dance teachers, adaptive sports professionals, therapists, universities and public and private schools. Their WheelOne™

curriculum enables people of all ages and ability to enjoy partner dancing by pairing someone with an ambulatory disability with an able-bodied partner. (www.americandancewheels.org)



HMS School for Children with Cerebral Palsy

is a day and residential school for students ages 6 to 21 who have severe, multiple disabilities, usually due to cerebral palsy, traumatic brain injury or other neurological impairment. The school provides highly individualized special education and intensive, coordinated therapy with nursing support facilitating independence and improving quality of life so students can lead fulfilling, stimulating lives in their present and future environments. (www.hmsschool.org)

Magee Rehabilitation Hospital Wheelchair Sports Program

maximizes participation of people with disabilities in wheelchair sports so they can be an integral part of the greater community. More than 450 wheelchair athletes have been involved with the sports program in the past 21 years in sports such as rugby, basketball, tennis and soccer. (www.mageerehab.org)

Pennsylvania Assistive Technology Foundation (PATF) provides financing opportunities for older Pennsylvanians and people with disabilities to help them acquire assistive technology devices and services that improve the quality of their lives. PATF staff also provide information about other possible funding resources. PATF serves Pennsylvania residents, regardless of diagnosis, age or income level. (www.patf.us)



Quest Therapeutic Services, Inc.

uses physical, occupational and speech therapists to provide a full range of services to help children (up to age 21) grow and develop to their fullest potential. They specialize in hippotherapy in which a client (perhaps with cerebral palsy or multiple sclerosis) sits or lies on the back of a horse for the therapeutic effect of the horse's movement. (www.questtherapeutic.com)

| CONTINUED ON PAGE 14



inglis awards for program excellence

| CONTINUED FROM PAGE 13

Attendees at the 2010 Awards Ceremony were treated to special program demonstrations by past and current ACE recipients. Miniature horse Cooper Mini (with Lori Peacock, above left) charmed the audience with his affectionate greetings and willingness to show off his trotting and walking skills, which provide therapy for children with disabilities at Quest Therapeutic Services.

The Magee Rehab team (above right) held a rugby scrimmage, loudly battering their

chairs together to avoid opposing team members as they sped to the goal.

American DanceWheels demonstrated the fluid rhythm of an able-bodied partner dancing with someone in a wheelchair.

Canine Partners for Life's Executive Director Darlene Sullivan demonstrated how her service dog helps in so many ways – from taking off her socks, to collecting laundry in a basket and picking up a coin from the floor.



THE 2010 INGLIS AWARDS for Continuing Excellence winners are Diane Gallagher, HMS School; Ron Siggs, Magee Rehab Sports Program; Susan Tachau, Pennsylvania Assistive Technology Foundation; Melinda Kremer, American DanceWheels Foundation; and Sandra McCloskey, Quest Therapeutic Services, Inc.

INFORMATION ON THE 2011
INGLIS AWARDS FOR
CONTINUING EXCELLENCE
PROGRAM WILL BE AVAILABLE
AT WWW.INGLIS.ORG IN
MID-SEPTEMBER 2010.



“I HOPE TO GET MORE PEOPLE WITH DISABILITIES INTERESTED IN VOTING AND THE ELECTION PROCESS. CITY GOVERNMENT NEEDS TO BE MORE AWARE OF THE PROBLEMS THAT PEOPLE WITH DISABILITIES ENCOUNTER. GETTING INVOLVED IN THE POLITICAL SYSTEM WILL HELP GIVE US A LOUDER VOICE. THERE'S POWER IN NUMBERS.”

– BRUCE McELRATH

Election takes McElrath's advocacy to new heights

NOTHING CAN DETER INGLIS HOUSING TENANT BRUCE McELRATH FROM BEING A GOOD SAMARITAN – NOT EVEN A GUNSHOT WOUND THAT LEFT HIM PARALYZED.

In March 1980, McElrath was driving through a blizzard in Washington, D.C., when he stopped to help two people who needed a ride. Instead, they robbed and shot him and sent his life on a path he never expected.

Today he still helps people, but in a different way – as an advocate for the rights and needs of people with disabilities. His first taste of advocacy came when he organized a tenants' council after moving to an independent living apartment on the Inglis campus 30 years ago.

In 1989, he founded Disabilities Rights Advocacy Group, or D.R.A.G. And, on May 18, 2010, he won election as a committee person for Philadelphia's 52nd ward, 12th division (where his wheelchair accessible apartment is located). “This will allow me to continue what I've been doing for years

through D.R.A.G., but it gives me more influence within the system,” McElrath comments.

EMPOWERING THE DISABLED

He describes his new, four-year position as a committee person as “a liaison between the community and city government.” He'll work to resolve complaints, provide information about elections, make sure people are registered to vote and resolve voter registration problems.

McElrath and D.R.A.G. have a track record of success on numerous issues. D.R.A.G. lobbied Philadelphia's mayor and city council to provide wheelchair paths and curb cuts on streets near Inglis to provide access to Carousel House, the city's only recreational facility for people with disabilities. He fought to get ATMs redesigned to accommodate people



BRUCE McELRATH is a newly elected Committee Person for the City of Philadelphia.

in wheelchairs, and won battles with supermarkets regarding aisle width and placement of floor displays. McElrath successfully ended a 12-year fight for a much-needed traffic light near Inglis. After demonstrations by wheelchair users and tough negotiations between McElrath, city council and top city officials, the traffic light was installed, creating a safer crossing environment for all who reside nearby.

BEING PART OF THE PROCESS

"I hope to get more people with disabilities interested in voting and

the election process," he says. "City government needs to be more aware of the problems that people with disabilities encounter. Getting involved in the political system will help give us a louder voice. There's power in numbers."

McElrath hopes to put that power to work on a variety of problems facing the disability community in the Philadelphia area, such as affordable, accessible housing and more inclusion in all areas of community life.

LEADERSHIP AWARD



ATTENDING THE MS SOCIETY presentation ceremony (left to right) Karen Mariner, MS Society VP, Client & Community Services; Inglis Foundation CEO Gavin Kerr; Inglis Living VP Tim Murphy; Ellen Mitchell, MS Society Executive Assistant; Tami Caesar, Chapter President; and Kathie Cronk, Volunteer Development Manager.

INGLIS FOUNDATION has been designated as a Center for the Promotion of Excellence in Long-term Care by the National Multiple Sclerosis Society. The National MS Society recognizes community-based programs and facilities in the U.S. that address the long-term care needs of people with MS as an integral part of their mission. Nearly half of the 297 residents at Inglis House have multiple sclerosis as well as hundreds of Inglis consumers living independently in the community. Inglis joins only eight other programs around the U.S. that have received this special designation.



THE INGLIS FOUNDATION CARE MANAGEMENT program received a Community Leadership Award from ElderNet of Lower Merion and Narberth (PA) at the organizations' annual benefit in May 2010. ElderNet helps older and disabled adults remain living independently and safely in their homes by providing free, practical, volunteer and social work services. Similarly, the Inglis Care Management program helps people with disabilities and seniors manage the services they need to live successful, independent lives the community. Inglis CEO Gavin Kerr receives the ElderNet award from benefit co-chairs Jane Carton and Tash Duff.

THE DISTRICT 1199C

Training & Upgrading Fund that represents 425 Inglis employees presented Inglis with an Outstanding Employer Partner Award in June for providing educational opportunities for staff to further their careers. Shown here at the presentation ceremony are Inglis CEO Gavin Kerr, Human Resources VP Cheryl Whitfield and Director of Operations Gwendolyn Partlowe with Henry Nicholas, President of 1199C.



 Inglis Foundation

 image

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