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Inglis House OT Assistant Nicole Anders volunteered in Greece with United Cerebral Palsy's Wheels for Humanity Program (see p. 9).

Inglis Awards for Continuing Excellence

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Inglis provides institutional and community-based services for people with physical disabilities via four corporations: Inglis Foundation (parent corporation), Inglis House (nursing facility), Inglis Housing Corporation (accessible housing), and Inglis Durable Medical Equipment Company, Inc.



Winners of the 2008 Inglis Awards for Continuing Excellence (left to right): Ginny Fiorentine of Bucks County Center for Independent Living, Catherine Friedman of Residential Living Options, Inglis ACE Review Committee Chair Laura Schwanger (in front), Lisa Killion-Smith of Resources for Independent Living, Arthur H. Rainey, Esq. and Lynne Coughlin Samson of the Catastrophic Injury Program of the National Transplant Assistance Fund, David Gates, Esq. of Pennsylvania Health Law Project and Inglis Foundation Board Chair Luisa Rabe.

“We realize that people with physical disabilities have needs that cannot be fulfilled by the work of Inglis Foundation. That is one of the reasons we initiated Inglis Awards for Continuing Excellence (ACE) a few years ago. There are nonprofit organizations in the community doing great work that we can support through the grants offered by Inglis ACE. The 2008 grant winners typify the outstanding work being accomplished on a community level to enhance the quality of life for people with physical disabilities. Supporting their work expands the Foundation’s mission, as well,” said Laura Schwanger, Chairman of the Inglis Awards for Continuing Excellence Review Committee and Foundation Board Director.

Now in its third year, the Inglis Awards for Continuing Excellence Program provides \$20,000 unrestricted grants to organizations which serve people with physical disabilities in the Delaware Valley area. Each awardee completes a rigorous

application process which includes an on-site visit by members of the Awards Review Committee. The other committee members are: Carole Bartholdson, Louis J. Beccaria, Carolyn Bennett, Beth Margel Dahle, Linda Fisher, Belden Jones, Nancy Kirby, Dr. John L. Melvin, Janet Ries Stern and Susan Tachau.



Bucks County Center for Independent Living ensures that anyone living in Bucks County, PA, with a disability has the tools to achieve the level of independent living to which they aspire, based on their individual needs and desires (www.cilbc.org). According to Ginny Fiorentine, Executive Director, "With the Inglis award, we will be able to provide transitional emergency services for consumers who find themselves in a dire situation."



3.

Resources for Independent Living is a community-based program that promotes personal growth and empowerment for people with disabilities through information, education, skills development and networking opportunities so they can live independent lives in the community (www.rilnj.org). Lisa Killion-Smith, Executive Director, said, "We hope to expand our independent living skills training program with this grant so that we can help consumers be more successful living on their own in the community."



Resources for Independent Living also conducts disability and awareness programs for community groups like this girl scout troop.



The Catastrophic Injury Program helps families and friends organize fundraisers like this bike-a-thon for Penny Crom (center), injured in a 2007 bicycle accident.

Catastrophic Injury Program of the National Transplant Assistance Fund provides fundraising guidance and support to catastrophic injury patients – especially those with spinal cord injuries – and their families to help them raise money to cover uninsured medical expenses and provide for items which support independence and improve quality of life. (www.catastrophicfund.org) According to Lynne Coughlin Samson, Esq., Executive Director, “This award will help us to serve more patients with enhanced services and to begin outreach to returning wounded veterans.”

Pennsylvania Health Law Project advocates with and on behalf of people with disabilities to ensure their access to quality healthcare



and home- and community-based services (www.phlp.org).

“Pennsylvania Health Law Project staff will be able to continue their advocacy work on behalf of adults with physical disabilities in the areas of prescription drug coverage, health insurance, home ownership and rental assistance and expanded community-based services, thanks to this ACE grant,” commented Michael Campbell, Esq., Executive Director.



With help from Residential Living Options, the Duca family was able to make modifications to their home to make it truly accessible for their needs.

Residential Living Options assists people with disabilities and their families in developing plans and accessing resources that allow them to live in homes of their choice in the community by providing creative options, education and community collaboration (www.residentiallivingoptions.org). Executive Director Catherine Friedman said, “Receiving an Inglis ACE grant will help us continue and expand our programs, create more tools and resources that educate people with disabilities about their housing options and deliver services to more people through the use of Housing Action Plans.”

5.



2007 Award winners Anita Edwards (left) and Jennifer Kriesel, Canine Partners for Life, attended the 2008 festivities with two service dogs in training.

Inglis Recognizes Outstanding Volunteers



Volunteer of the Year Paul van Allen (second from right) is shown with his parents Judy and Roger van Allen and Inglis House Executive Director Tim Murphy (left).

6.

A recent report by Independent Sector, a Washington, DC-based coalition of nonprofits and foundations, estimates that one hour of volunteer time is worth \$19.51 to nonprofits. Inglis has long recognized the value of its volunteers who last year gave over 20,000 hours of time visiting residents, conducting discussion groups, teaching recreational and spiritual programs and much more. At the above rate, that represents over \$400,000!

Each year Inglis hosts a Volunteer Recognition Luncheon for its more than 150 volunteers. Twenty-year veteran Paul van Allen received the Volunteer of the Year Award for his dedication and willingness to accompany residents on trips, visit them in their rooms and provide whatever assistance is needed. Gina Minter was chosen Resident Volunteer of the Year for her work visiting hospitalized residents and her involvement with Resident Council. As Volunteer Director Peggy Haley described it, “Gina has filled many gaps during her time as a volunteer. She is outstanding and always willing to give of her time and talent.”

Other awardees were:

Group Lead – Katy Dalton, from St. Joseph’s University – for the book club she started with Inglis House residents

Volunteer Group – Philadelphia Cares for bringing more than 100 new volunteers to Inglis House each year

Staff Support – Inglis House Executive Director Tim Murphy for making Inglis volunteers feel welcome and valued

Special Recognition – Matthias Moeller – a young German volunteer who is completing a year of service at Inglis House



Father John Nordeman (right), director of West Chester University's Newman Center Catholic Campus Ministry, volunteered at Inglis House when he was a seminarian in the mid-90s. He presented the Volunteer Luncheon keynote speech, telling the audience that the work of Inglis volunteers "gives power to the powerless." Father Nordeman enjoyed seeing his nephew Tom (left), an Inglis House resident, in the audience.

Inglis Volunteer Director Retires



Peggy Haley with resident and volunteer David Gibbs

Department Director in 2000. That role was the most fulfilling for her. "As volunteer director I have had the honor of working with the most wonderful individuals. They have given me more inspiration than words could ever describe," she commented.

While Peggy is retiring from Inglis House after more than 30 years, she won't be a stranger. She begins a new position as parish outreach director at St. Matthias Church, Bala Cynwyd, PA. Since Inglis House is part of that parish, Peggy plans to visit her extended family often.

Brief Images

8.



Barry Bussell, Director, Inglis Community Employment Services (ICES), has been appointed Secretary of the Board of Directors for the Pennsylvania Industries for the Blind and Handicapped (PIBH).

PIBH is a nonprofit agency which increases employment opportunities for people with disability through fulfillment of state government contracts for goods and services. He began serving on the board in 2004 and just completed a three-year term as chairman of the Board's Photo ID Committee. Inglis is a PIBH contractor, providing employees for driver license photo centers in the Philadelphia area. He was also recently named Chairman of the Board of Freedom Valley Disability Enablement, Inc. – a nonprofit organization established to help people with disabilities achieve their independent living goals.



Melissa Sweeney, who was placed as a photo license center janitor by ICES, was a runner-up for PIBH's 2008 Nettie Mann Achievement Award. This annual award recognizes outstanding workers and the exceptional character they demonstrate in living and coping with their disability, particularly in the workplace.

Melissa Sweeney with PIBH president and CEO Al Baker at the Nettie Mann Awards ceremony



Marjorie Harding is the new Inglis House **Director of Nursing**. A native of Jamaica, she came to the United States and trained as a Licensed Practical Nurse at Presbyterian Medical Center of the University of Pennsylvania. She earned an associates degree in nursing from Delaware County Community College and a bachelor of science in nursing from Hahnemann University Hospital. At Inglis she has served as a unit nurse manager, community

administrator and most recently director of nursing operations. She received her Nursing Home Administrators license in March 2008.



Inglis House Certified Occupational Therapy Assistant Nicole Anders was recently in Greece distributing wheelchairs with United Cerebral Palsy's Wheels for Humanity program. She volunteered her time and skills for four days distributing about 175 wheelchairs to people in need. She commented, "As an OT and wheelchair positioning specialist I used the skills I learned at Inglis House to ensure that people were

receiving appropriate wheelchairs and were optimally positioned." Since 1996, Wheels for Humanity has helped more than 40,000 people with disabilities in more than 66 developing nations gain increased mobility and dignity. For more information visit their website at www.wheelsforhumanity.org.

Brief Images

(continued)

10.



Christine E. Lacy has joined Inglis Housing Corporation (IHC) as **Director of Property Management** operations. She is responsible for the administration of seven of IHC's residential properties in the

Philadelphia area: Morris/Klein Apartments, Inglis Apartments at Elmwood, Inglis Gardens at Eastwick I & II, Inglis Gardens at Evesham (NJ), Inglis Gardens at Washington Lane and Inglis Gardens at Germantown. She oversees the maintenance of their physical plants and continued compliance with federal and state regulations.

Mrs. Lacy's experience includes more than 20 years managing federally subsidized housing for families, seniors and people with physical or developmental disabilities. "I chose to manage subsidized housing because that environment allows me to improve the lives of others," she explains. "This work fulfills my personal mission to serve humanity in a positive way. Inglis Housing Corporation has done excellent work in developing high-quality accessible housing, and I hope to complement this work by ensuring that the properties receive the best possible management."



Before she came to Inglis House 14 years ago, **Jacqueline Scott** never imagined she would earn a college degree. It was simply out of reach financially. But once here, she began to reconsider her options. With her mother's strong encouragement, Jacqueline decided to take advantage of the opportunity to pursue a degree through Inglis' relationships with Community College of Philadelphia and Neumann College.

Jacqueline earned her associate's degree within two years. Still prodded by her mother – and by her own newly discovered confidence and love of learning – she began working toward a bachelor's degree. She finished her bachelor of arts in liberal studies at Neumann last December and graduated on May 17.

Jacqueline describes the process of earning her degree as a challenge. “But I respect a challenge,” she added. “It brings out the best in you, and it's worth the effort.”

Although her mother passed away two years ago, Jacqueline knows she would have been proud of her daughter's latest achievement.

Educational programs for Inglis House residents are supported by donations to the Therapeutic Education Fund and the Leslie P. and Shelley Ross Golden Fund.



Golf Outing Nets \$100,000

The Inglis House “wish list” got a big boost from the 7th Annual Golf Outing held June 2, 2008. Like every non-profit, Inglis has projects and equipment that don't fit into the budget but nevertheless would add greatly to the programs and services offered. Thanks to the sponsors, donors and golfers at this year's outing, \$100,005 was raised to cover the top three wishes on the list.

Inglis House Wish List:

12.

Moto-Med Machine – Provides passive and active assistive range of motion for people in wheelchairs

Wheelchair Accessible Van – Accommodating 1-3 passengers

Wheelchair & Adaptive Equipment Fund – To assist residents needing wheelchairs and adaptive equipment (e.g., speech devices, adaptive switches) not covered by public funding or private insurance

Computer Lab Equipment – To replace/upgrade 10 computer stations with adaptive equipment, hardware, software

Fund for Resident Social Events – (e.g., holiday parties, pizza socials)

Projection System for Education Department – For large group instructional sessions

Resident Recreational Trips – For trips to museums, sports events, restaurants and arts venues

Wall mounted hairdryer for resident salon

For information on how you can fulfill any of the remaining wishes, please call Kate Farrell at (215) 581-0702.

For the second year, the Inglis Golf Outing was held at Waynesborough Country Club in Paoli, PA. The Golf Committee which steered this event to its highest level of success was chaired by Rob Lodge and Brad White, along with:

George C. Brady, III	Charles "Chip" Sheppard, II
Mark A. Cooper	David R. Strange
James P. Gaffney	Jerry McGlone
Whitney Hunter	Mike Warren
Jim Logue, Esq.	Frank Wilson
Randy McCullough	Janet White

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Golf Outing

(continued)



Carts line up on a picture-perfect day for golfing at Waynesborough.

Tom Gallagher from Presenting Sponsor Pepper Hamilton, LLP, had the winning bid in the silent auction for this painting created and donated by Inglis House resident Dana Hirsch.



14.



Steve Cooper was one of several residents who attended the evening reception. With his winning raffle ticket he chose a ticket package donated by the Arden Theatre and a gift certificate to City Tavern in Philadelphia (donated by Garrison Printing Company, Pennsauken, NJ).

Visit www.inglis.org/photos.jsp to see complete photographic coverage of the 2008 Inglis Golf Outing.

Mark your Calendar:
8th Annual Inglis Golf Outing
June 1, 2009



George Brady (right) will head the 2009 Inglis Golf Outing, as current co-chairs Brad White (left) and Rob Lodge step down after two years at the helm.

Inglis and VA Join Efforts

Paul Cain, Director of Pennsylvania's State Veterans' Homes and Deputy Adjutant General Scott D. Wagner, Bureau of Veterans Affairs for Pennsylvania, recently toured Inglis and met with staff to discuss distributing Inglis' hands-free Drink-Aide® water bottle to Veterans' Homes in the state. They also planned a future visit to the Hiram G. Andrews Center (HGAC) in Johnstown, PA.

HGAC's comprehensive program of services integrates education, counseling, evaluation and physical restoration in a barrier-free environment. They teach students the skills they will need to live, work and contribute in the community. The Center also serves returning Pennsylvania veterans with traumatic brain injuries. Inglis Community Employment Services staff hope to find employment opportunities for these servicemen in conjunction with the Pennsylvania Office of Vocational Rehabilitation.



Paul Cain (left) and Scott D. Wagner (far right) with Barry Bussell, Director of Inglis Community Employment Services, Veronica Hill Milbourne, Inglis Chief Community Development Officer and Drink-Aide® webmaster, Eliot Spindel (front).

First Friday at Inglis



Resident Will Parker, who draws using a mouth stick, poses with some of his work.

After the success of previous years' art exhibits at the Main Line Art Center and at the Bryn Mawr Trust Company branches in Haverford and Ardmore, PA, the Inglis House Resident Arts Council wanted a more permanent display area.

On March 7, 2008, Inglis held its own First Friday event with the opening of the Inglis House Art Gallery. Located on the first floor of the Therapy Building (North entrance of Inglis), the gallery features works by residents Dana Hirsch, Carla Laws, Linda Miller, Will Parker, Lucia Quinn, Jacqueline Scott and Bob Woltanski. Several pieces of Robinson Fredenthal's sculpture were also on display that evening. The Gallery's track lighting was made possible in part by a grant from the Dolfinger-McMahon Foundation.

16.



Allen and Jill Stone admire the "James Dean" portrait by resident Robert Woltanski

The gallery is open daily to visitors from 10:00 AM to 5:00 PM. Plans are underway to expand the gallery to the opposite wall so that more resident art – as well as that of other local artists with disabilities – can be displayed.



Marie and Jim Logue choose a painting to purchase.

Artwork by six Inglis House artists was displayed at the annual conference of the **Society for Arts in Healthcare** (SAH) in mid-April 2008. The conference brought together over 500 professionals and students in the arts and medicine from throughout the US. Inglis was one of four Philadelphia-area organizations invited to display at the conference.

“Conference participants were thrilled with the exhibit,” said SAH Executive Director Anita Boles, “They commented that it was truly a visual representation of our cause.” The Society for Arts in Healthcare is dedicated to demonstrating the valuable roles the arts can play in enhancing the healing process (www.thesah.org).



Community Re-Entry Program Reunion

18.

You can only watch so much TV,” cautioned former Inglis resident Robert Waldner at a meeting of Inglis’ Community Re-Entry Program on May 14. “You have to find other things to do.”

The occasion was a discussion among former Inglis residents who now live independently and current residents who are considering moving to independent living. The Community Re-Entry Program gives residents the resources and support they need to make a successful transition.

At the discussion former residents offered many helpful tips, from how to use public transportation to advice on safety measures and personal finances.

Several emphasized the challenges of independent living. Those who live on their own hire and manage their attendant care, and arrange their own social lives. Although they give up the convenience and 24-hour support of Inglis House, they gain freedom, privacy and a home to call their own.

While independent living may not suit everyone, for the right person it is an important step toward increased self-sufficiency. Tim Kinnery, who recently returned to Inglis House after two years of living on his own, expressed it best: “Every situation is different, just like everybody’s disability is different.”



Community Re-Entry Program Director Jae Lee (standing) leads a spirited discussion on independent living.

Inglis EASI Expands



*EASI Project Manager
Bob Spena demonstrates
the database to Inglis
Care Management Office
Manager Alverta Davis.*

For wheelchair users, finding healthcare professionals with accessible offices, timely transportation, affordable social activities, even hair stylists who make home visits can be frustrating

and discouraging. Yet, people with disabilities and functional limitations are likely to be the heaviest users of medical and supportive care services.

In 2003 the Inglis Care Management Program began building a comprehensive directory of services and resources for adults with physical disabilities living in the community. **Inglis EASI** (Exploring Access to Services for Independence) is the first online database of its kind specifically designed for adults with physical disabilities. It contains more than 3,000 detailed community provider profiles for social services, healthcare and a variety of other supportive services. EASI is used primarily by Inglis staff.

Now, thanks to a \$250,000 grant from the Pennsylvania Department of Health EASI begins a new stage of development – offering web-based, independent consumer access to its resources and information. Over the past year, Inglis has been meeting with other organizations who serve seniors and people with disabilities to establish a community consortium to support the planning, funding, development and maintenance of the web-based project.

Maximizing independent consumer and community access to the EASI database will empower consumers and give them more control over managing their own care needs. Inglis care management and customer service staff will continue to assist clients with information and referral services as needed. With this planned development, Inglis EASI will become *the* online resource in the Delaware Valley for people with physical disabilities living independently.

Inglis Five Run

Suspense builds as resident Donna Johnson awaits Bill Keffer's final deal at the A-May-Zing Party.



In 1982, when the volunteers of the A-May-Zing Committee organized the first Inglis Five Race, runners paid \$5 to participate. The race proceeds fund parties for the residents and

help Inglis House purchase needed equipment which also benefits residents. Today runners follow a safer, closed course in Fairmount Park, rather than running down Belmont Avenue in front of Inglis House as they did the first few years! Surprisingly, the winning times have slowed a bit in 26 years – the 1982 overall winner came in at 26:56. In 2008, the winning time was 29:09!

While race times are important to the runners, race proceeds – and what they can be used for – are important to the hard-working A-May-Zing Committee. The 2008 race raised over \$11,000. This year's resident party had a circus theme, complete with a clown creating wacky balloon sculptures and plenty of games of chance with cash prizes.

After the 2007 party, the A-May-Zing Committee had enough

funds left to buy a Nintendo Wii® game system so residents can enjoy virtual bowling, tennis, golf and other sports.

Special thanks to the A-May-Zing Committee and to the following Inglis Five sponsors:

Title Sponsors:

Reliant Healthcare Management and Standard Medical Supply, Inc.

Platinum Sponsors:

**Lincoln Mortgage Company
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Media Sponsor:

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Inglis Five Task Force volunteer, runner (placing first in women's division) and donor (power bars for the runners) Wendy Walsh.



A-May-Zing member Bill Keffer (back left), who headed the Inglis Five Task Force, shown here at race day registration with other A-May-Zing Committee members Dick Borkowski and (front) Hope Groesbeck and Bunny Borkowski.



The Inglis Five is open to runners, walkers and wheelchair rollers of all ages.

Inglis Care Management for Senior Living

Today's baby boomer generation tends to be healthier and live longer than previous generations, but in general, people over 65 tend to have more complex conditions and healthcare needs than younger people. Finding needed services can be confusing and discouraging, especially without accurate information or assistance.

The new **Inglis Care Management for Senior Living Program** meets the needs of people over 65. Inglis staff can help seniors thrive by finding high quality, economically affordable programs that meet their needs. Inglis' goal is to empower and educate consumers and their families to manage their own care and services.

They can help clients successfully:

- Maintain their independent living
- Improve quality of life
- Participate more fully in their communities
- Prevent existing concerns from becoming more serious
- Satisfy unmet needs (for instance, utility subsidy programs, Paratransit certification) with information on waiver and funding eligibilities and other alternatives.

22.



For more information about Inglis Care Management for Senior Living, call toll-free 1-866-2-INGLIS (1-866-246-4547).

Board Member Heads to Beijing



Laura Schwanger

Inglis Foundation Board member Laura Schwanger heads to Beijing September 6-17, 2008, for her fourth trip to the Paralympic Games. She holds 11 track and field medals from previous trips to Seoul (1988), Barcelona (1992) and Atlanta (1996). The Beijing Paralympics mark her first rowing competition.

Diagnosed with Multiple Sclerosis when she was 24 and serving in the U.S. Army, Laura has always used sports as a way to get back into life. She began rowing in 2007 through Pennsylvania Adaptive Sports in Philadelphia (an Inglis Awards for Continuing Excellence

winner in 2007). The organization supplies equipment so people with physical disabilities can experience different sports without having to invest in expensive equipment and adaptive devices. Learning rowing helped her recover from the fatigue induced from a series of breast cancer treatments.

Moving quickly from being a newcomer to the sport, she participated in the International Rowing Federation World Cup in Munich, came in sixth in the world – and qualified to row in the Paralympic Games.

While she turns 50 in November, she's undaunted by competing with 19- to 21-year-olds at the Games. "It gives me a reason to get out of bed in the morning...and it's fun!" she remarked.

Rowing makes its first Paralympic appearance in Beijing in 2008. The sport was selected for Paralympic inclusion in 2005, just three years after adaptive rowing made its debut on the world championship level in 2002.

The Paralympic emblem (right) is a stylized figure of an athlete in motion, implying the tremendous efforts made by people with disabilities in sports and in life.



Image



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UPCOMING EVENTS

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