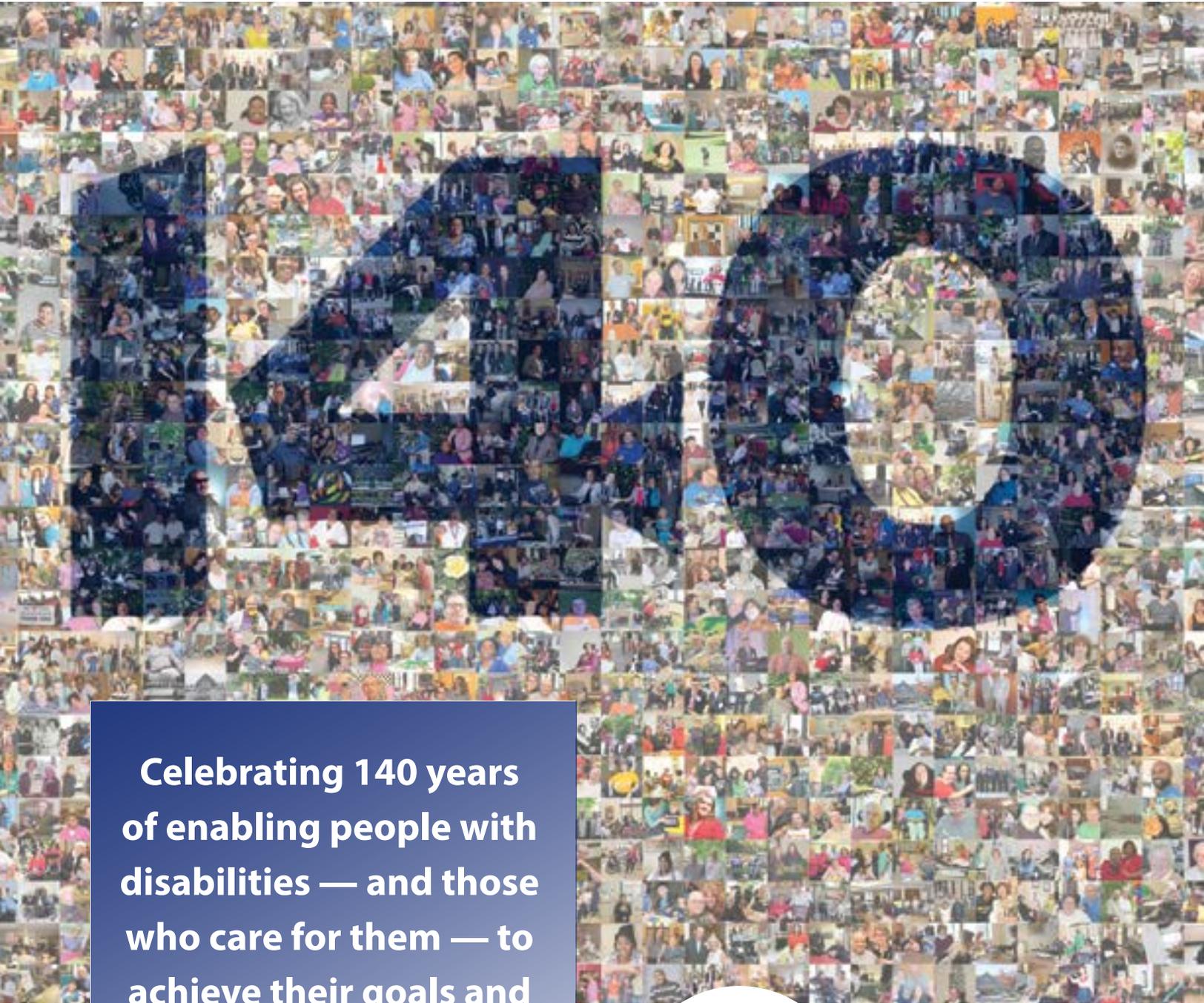


Image

The Inglis Newsletter

SPRING
2017

inglis.org



**Celebrating 140 years
of enabling people with
disabilities — and those
who care for them — to
achieve their goals and
live life to the fullest.**



**Ability &
Independence.
Redefined.**

Reflections on an impactful leader

Since arriving at Inglis in the fall of 2008, Gavin Kerr has provided extraordinary leadership, transforming the organization into a true community serving people with disabilities and their families across the Philadelphia region. Working closely with Board Chairs Luisa Rabe, Sankey Williams and Lauren DeBruicker, Foundation directors, residents, consumers, families and staff, Gavin has worked tirelessly to create and implement a 2020 vision for Inglis:

- Person-Centered Care has transformed Inglis House into a more homelike environment
- Inglis Housing Corporation has more than doubled the number of apartments available for people to live independently, especially created for people transitioning from traditional nursing homes
- The Adapted Technology Program has grown to serve over 535 in the community, in addition to our Inglis House residents
- Smart Home Technology is being installed to enable more people to take advantage of the latest developments to enhance their independence
- The Virtual LIFE pilot is demonstrating how truly coordinated care can empower people to live independently
- Inglis Community Support Services programs have grown into some of the most valued opportunities for consumers and families in the region.

As Gavin approaches his retirement and looks forward to the next chapters of his life, the entire Inglis Community thanks him for his dedication and the many contributions that have improved quality of life for our residents, consumers and staff.



Table of Contents • Vol. IV, No, 2

| | |
|--|-------|
| Person-Centered Care: Making a house a home | 4-5 |
| Inglis leaders | 6-7 |
| Nursing excellence | 8-9 |
| Rehabilitation | 10 |
| Frederick S. Kaplan, MD | 11 |
| Independent living | 13 |
| Peter's story | 14-15 |
| Residents and consumers | 16-17 |
| Our donors | 20-21 |
| Friends and fundraising | 22 |
| Managed care and the future | 28 |
| Therapeutic recreation | 29 |
| Art and signature events | 30-31 |
| Educating future clinicians | 33 |
| From incurable to incredible | 34 |

INGLIS

2600 Belmont Avenue, Philadelphia, PA 19131
inglis.org

Main Number: 215-878-5600

TDD/TTY Number: 215-878-5337

Toll-Free Number: 866-2-INGLIS (866-246-4547)

info@inglis.org, admissions@inglis.org, careers@inglis.org, community@inglis.org, development@inglis.org, drinkaide@inglis.org, housing@inglis.org, volunteer@inglis.org

This special 140th Anniversary Issue of *Image* was created by the following: **Editor:** Joyce Brazino; **Contributing Writers:** Gary Bramnick, Lauren Cooney, Betty Marmon, Jorja Mathers, Robbie Shell, Meredith Quirin Waldron; **Layout/Design:** Gene Gilroy



Special kudos to Cindy Kerr, Gavin's wife and gardener extraordinaire. Thanks to Cindy and her friends Cindy McCallum and Karen Berka for their efforts over the years to beautify the campus and also lead the fundraising drive for the beautiful courtyard fountain. We look forward to enjoying this magnificent garden in bloom for years to come.



Ability & Independence. Redefined.

Our long history and excellent reputation give credibility to our work. The financial support we receive provides the resources to continue. It's an amazing combination and a special time to be a part of the Inglis Community.

An historic organization, with the mindset of a startup — that describes Inglis as we celebrate our 140th birthday this year.



We help people with disabilities redefine independence and ability every day. Although we can't reverse disease or undo permanent injury, we can remove barriers, and help people live as independently as possible — defined by who they are as individuals, not by their disabilities.

The way we refer to people with disabilities has changed over the years; so has our approach to care. Our Person-Centered Care model is making Inglis House a place that residents can call home. Today's six, newly renovated neighborhoods are colorful and welcoming — so different from the institutional atmosphere of the past.

Inglis' ongoing investments in affordable, wheelchair-accessible housing, smart home technology and community support services help hundreds of people with disabilities to thrive in communities. Our Adapted Technology Program enables them to complete their degrees and connect with family and friends. Thanks to funding from The Pew Charitable Trusts, we are able to bring adapted technology to people with disabilities across the Delaware Valley.

While major government funding cuts loom, Inglis continues to advance new ideas and alternatives. We help people with disabilities redefine independence and ability every day. Although we can't reverse disease or undo permanent injury, we can remove barriers and help people live as independently as possible — defined by who they are as individuals, not by their disabilities.

Today's consumers benefit from those who fought for accessible schools, sidewalks and transportation. I became disabled a year after the passage of the Americans with Disabilities Act, so I have never known life with a disability without these protections. We must ensure that the promises of the ADA are fully enjoyed and protected for future generations.

I am so grateful to follow in the footsteps of the extraordinary women who founded Inglis 140 years ago. Our current Board of Directors is an amazing group also. I am most grateful to Sankey Williams, MD, who preceded me as Chair, for his wise counsel and generosity. Likewise, Inglis is fortunate to have our current Vice Chair Jim Logue to succeed me as Chair this summer. Jim's 30+ years of service to Inglis will help our organization prosper for years to come.

The inspiration for recent change at Inglis can be attributed to Gavin Kerr, our extraordinary President & CEO. We are grateful for all that Gavin has accomplished, and invite you to read more on the opposite page. Please join me in congratulating Gavin and extending your best wishes upon his retirement.

Enjoy this special 140th birthday edition of *Image* and join us in anticipating a bright future — for Inglis and those whose lives are touched by this remarkable organization.

Sincerely,

Lauren DeBruicker, Esq.
Chair, Inglis Foundation

Person-Centered Care: MAKING A HOUSE

Marie and Jim Logue, Vice Chair of the Inglis Board, sponsored the renovation of the 1North Neighborhood and are greeted by staff working there. Left to right: Gwenn Vilade, Recreation Therapist; Anna Shore, Neighborhood Life Leader; Marie Logue; Jo-Anne Moodie, Neighborhood Clinical Leader; and Jim Logue.



Residents and staff on our 3North Neighborhood show their gratitude for their beautifully renovated living spaces.

The Albert M. Greenfield Foundation, dedicated to improving the quality of life for Philadelphians, sponsored the renovation of the 3North Neighborhood at Inglis. During their visit, (center, right to left) Greenfield Trustees Deborah DeLauro, Trustee Edward A. Montgomery and President Priscilla Luce toured our Adapted Technology Lab and heard about its capabilities and services from (left to right) Lab Director, Dawn Waller, Inglis President and CEO Gavin Kerr and Board President Lauren DeBruicker.



Several years ago, Inglis began its transition to a Person-Centered model of care — one that makes resident preferences and choices a priority — and away from the old, institutional way of living.

Our hospital-like environment was converted to one that looks more like home. We silenced noisy call bells, reduced overhead paging, softened the lighting, and eliminated fixed bathing and dining schedules, among many other changes.

Today, the former “nursing units” have become six neighborhoods. Visitors to each neighborhood are greeted by a custom, hand-painted mural, depicting a theme chosen by residents and staff.

All living areas boast new furniture, flooring, molding and an attractive new color scheme, also selected by those who live and work in the neighborhoods. The newly renovated dining solariums, equipped with full kitchens and pantries, are spacious and brightly lit with panoramic views of the outdoors. Here, breakfast is made to order. If nothing on the lunch or dinner menu is appealing, residents can choose from a variety of alternatives made on the spot by a neighborhood homemaker. Hallways have attractive new floor coverings and colorful walls are lined with “memory boxes” that tell the stories of residents living there. The traditional nursing stations have been replaced with more welcoming, accessible areas.

As attractive as the new surroundings are, Person-Centered Care at Inglis goes much deeper. Residents, staff and family members attend Person First education sessions, where they explore the model’s values, learn improved ways of communicating and share what “creating a home” at Inglis means to them.

Person-Centered Care would not be a reality at Inglis without our many generous donors. We thank them for their extraordinary commitment to improving the quality of life for our residents.

Your Name Here!

**Our
1South Neighborhood
is ready to meet
its sponsor.**

To learn how you
can help, contact
Meredith.Waldron@inglis.org.

A HOME



Proceeds from the 2016 and 2017 Inglis Golf Outings are being used to fund the transition to Person-Centered Care on the 2North Neighborhood. Throughout the past 16 years, the Inglis Golf Outing Committee has raised nearly \$2M to fund transformational projects at Inglis.



Our 2South Neighborhood was sponsored by the Connelly Foundation, whose members visited to see how their generous contribution created a homelike community for residents. Left to right: Connelly Foundation Executive Vice President Emily C. Riley, President and CEO Josephine C. Mandeville, Senior Vice President and Trustee Lewis Bluemle, Trustees Tom Connelly and Caroline Mandeville.



Former Inglis Board Chair Dixie Wigton generously funded renovations to our 3South neighborhood. At left, she and neighborhood resident Mary Czyzyk review the builder's plans.

INGLIS TIMELINE



Annie Inglis

1875

Annie Inglis gives her mother her prized gold coin — with the charge that she use it to help found a place to care for others with disabilities who did not have the care that Annie had. Annie passes away later that year.

1877

Annie's mother Caroline Inglis holds first meeting at Y.M.C.A. Hall on 15th and Chestnut Streets in Philadelphia. The first house is rented for the Home on 47th and Darby Road (Woodland Avenue) for \$500 a year.

1880

The Home's first permanent structure is completed on 48th and Darby Road (Woodland Avenue).



Leadership through the years



Dixie Wigton



Ann
Schellenger



During the tenure of Board Chair Luisa Rabe (at lower right), 2006-2008, men were invited to join the Inglis Board. Left to right: Sankey Williams, Michael Dandorph, Nancy Kirby, John Dugan, JoAnne Fredericks, Ted Robb and Luisa.

Inglis has been most fortunate to have leaders who have been both visionary and determined to realize young Annie’s dream “that a home for those who can’t be cured will someday stand in this city.”

From its very early days, originating after Philadelphia’s grand Centennial Exhibition in 1876, Inglis was led by a governing board of women, with men serving on an advisory committee. With the redesign of the governance structure in 2007, men were invited to join the Board. While Board members and volunteers may no longer be rolling bandages or performing other “hands on” activities, their dedication to Inglis residents and consumers remains steadfast, as is their commitment to the philanthropic support that makes Inglis a comprehensive resource. It enables Inglis to offer nursing care, independent living, employment, care management services, adult day programs, community computing, adapted technology and an award-winning, fully accessible website that provides information 24 hours a day, seven days a week. There truly is no place else like Inglis!

With rapid advances in medicine and technology, the future of our residents and consumers in a Person-Centered Care environment is bright. Inglis has always adapted to the times and stayed true to its mission — all while providing care, housing and support services that continue to break through barriers.

Board chair close-up

Throughout its history, Inglis’ Board Chairs have had a vision that has helped shape the organization. Early on, their plans often grew out of necessity, but as Inglis matured, leaders were more likely to be driven by societal events.

Former Board Chair **Dixie Wigton** was at the forefront of a major change in Inglis’ direction.

Medical and technological advances were improving the lives of people with disabilities and fueling an independent living movement. Under Dixie’s direction, Inglis began fundraising for its first independent living apartments in 1973. The 16-unit Morris-Klein Apartments opened in 1975 — many of its first occupants were former residents of Inglis House. To date, Inglis has built or developed a total of 301 apartment units and has plans for at least 44 more in 2017.

Ann Schellenger chaired Inglis’ Board of Directors during another time of change. The Americans with Disabilities Act was passed in 1991, shortly after she became Chair. This landmark legislation created new opportunities for Inglis and for people with disabilities. Under Ann’s leadership, Inglis initiated more services to support independent living, including community employment, care management and community support services. These programs continue today at Inglis.

Inglis is grateful to its Board of Directors for their passion, dedication and leadership.

Lauren DeBruicker, Esq., *Chair*

James G. Logue, Esq., *Vice Chair*

Anita Weinberg, *Secretary*

Denise Marbach, *Treasurer*

Gavin Kerr, *ex officio, President & Chief Executive Officer, Inglis*

DIRECTORS

Anwasha Dutta

Alysse Einbender

Ellen Pulver Flatt

Timothy J. Mahoney, III

John L. Melvin, MD

R. James "Jamie" O'Neil

Kenneth D. Penn

Marisa A. Rogers, MD

Alan N. Rosenberg, Esq.

Won Shin, Esq.

Thomas M. Sibson

Kel Smith

Sankey V. Williams, MD,
Chair 2009-2013

Inglis thanks these dedicated individuals who served as members of the Board of Directors during the last 15 years, continuing the legacy of all who came before them.

Mary R. Barr

Carole Bartholdson

Carolyn Bennett

Evlyn Brand

Bonnie S. Brier

Caryl E. Carpenter

Barbara H. Carper,
Chair 2002-2005

Roy S. Diamond

John K. Dugan

Gail A. Egan

Mildred B. Ellerson

Linda Fisher

JoAnne T. Fredericks

Maryann M. George

Gale S. Gillespie

Juliet J. Goodfriend

Gloria Guard

Nancy J. Kirby

William J. Koons

Pamela Laucks

Marion S. MacNeish

Patricia Morley

Carolyn F. Morris

Luisa M. Rabe,
Chair 2006-2008

Theodore Robb

Barbara Rogers,
Chair 1996-2001

Suzanne Rotondo

Ann F. Schellenger,
Chair 1990-1995

Laura Schwanger

Patricia Smith-Green

Mary Lee Stallkamp

Janet Ries Stern

Kimberly A. White

Janet L. White

Dixie G. Wigton,
Chair 1971-1976

Elizabeth M. Wood

Jacqueline S. Zinn

INGLIS TIMELINE

1896

First elevator installed at Inglis.

1900

Dr. Mary E. Allen hired as first resident physician.

1928

New building on Belmont Avenue opens.

1935

Morris Hall opens as Nurses' residence.

1962

Ed Roberts — "father of independent living movement" — attempts to enroll at University of California at Berkeley.

1965

Medicare Act signed into law by President Lyndon Johnson, creating both Medicare and Medicaid — providing funding support to many in Inglis House.

1966

Inglis holds first Emerald Ball fundraiser.



1968

The Day Resident Program begins.

1971

A-MAY-ZING Committee formed to raise funds for Inglis House residents' special interest needs and activities.





The nursing staff, circa 1920, when many lived on-campus in Morris Hall.



Today: A few of the more than 300 RNs, LPNs, CNAs and nurse practitioners comprising our nursing staff.

Upholding a proud tradition of nursing excellence

Their hard work and dedication are at the forefront of what they do



Nurses have always been important partners in our residents' lives, and our RNs, nurse practitioners, LPNs and CNAs carry on a rich tradition of outstanding care for those who live at Inglis House. Their skills, compassion and insight are essential to helping residents "live life to the fullest."

Thank you for being wonderful advocates for our residents, and for dedicating your lives to others.

"The Inglis Nursing Staff embodies commitment, compassion and courage," says Julie Galen, MBA, BSN, RN, Co-Executive Director and Administrator. "Their hard work and dedication are at the forefront of what they do, ensuring that our residents feel cared for and valued. In the words of noted nurse and attorney Rawsi Williams, 'To do what nobody else will do, a way that nobody else can do, in spite of all we go through — is to be a nurse.'"



Top: Left to right, Farlene Laurent, LPN; Shadiyah Saunders, LPN; and Neighborhood Coordinator Jazmin Young.

Bottom: Priscilla Crawford, CNA, and Dawn Miller, CNA, document care.

Putting “the person” first

Inglis CNAs are the “eyes and ears” of the nursing staff. They provide hands-on care and help with activities of daily living such as dining and bathing. But they do so much more. They, along with other staff, bring Person-Centered Care (PCC) to life at Inglis every day. For example, last fall, using their own funds, the CNAs on our 1North

Neighborhood purchased jewelry and accessories and travelled up and down the corridors to make sure that each resident looked their party-best for our annual Harvest Ball.

When our memory boxes were installed as part of the PCC neighborhood renovation, Hyacinth Smith-Brown, CNA, who has worked at Inglis since 1992, took the time to help the residents on her 2South Neighborhood compose each one.



Hyacinth Smith-Brown, CNA

When staff thanked Hyacinth for her work, she said, “Why wouldn’t I help,” without hesitation. “I want our residents to have things they love in there to show who they are!”



Clifforde Belizaire, LPN, takes Janice Jackson’s vital signs in her room on the 1North Neighborhood.

INGLIS TIMELINE

1975

The Esther Klein Apartments, now the Morris-Klein Apartments, opens (24 units) — the first independent living apartments in the area.

Inglis House holds the inaugural Keen Games.

1984

Day Visitor Program becomes Adult Day Program and is a fully funded, waiver-based service.

1986

The new therapy building opens.



1987

Adapted Technology Program begins.



1990

Passage of the Americans with Disabilities Act.

1998

Inglis Gardens at Eastwick I opens. (24 units)



Rehabilitation promises a better life for people living with disabilities

At the end of World War II, injured veterans and the polio outbreaks of the 1940s and 50s stimulated an interest in rehabilitation. Previously, people suffering from a stroke, arthritis or other incapacitating illnesses remained in bed to live out their remaining years.

1955-56

To add "life to years, not just years to life," Inglis initiates a "spirit of rehabilitation." On each chart, caregivers record which self-care functions might be improved.

1958

Doors of Inglis' first Physical Therapy department, The Robert H. Driver Department of Physical Therapy, open.

1966

Physical therapy adds equipment, including a whirlpool bath, paraffin baths and wall ladders.

1968

First Occupational Therapist (OT), Mrs. Marjorie G. Wulforst, is hired as Director of OT. A student affiliation program is started.

1970

Growing therapy department moves to the third floor of Morris Hall.

1986

New Therapy Building opens with additional space, equipment and expanded therapies.



Inglis resident Ty Klug uses the ambulation track in the Wellness Center. This kind of exercise enhances respiratory function, improves circulation and has many other benefits for wheelchair users.



Our new Wellness & Rehabilitation Center was made possible through donors Connie and Sankey Williams. Sankey also served as Inglis Board Chair from 2009 to 2013. We are ever-grateful to the Williamses and our other generous donors, including The Pew Charitable Trusts, Reliant Senior Care and participants in the Inglis Golf Outing, for enabling Inglis residents to live with greater "ability and independence" through this wonderful resource.

2001

Restorative Nursing (RN) added to department to ensure ongoing maintenance of skills.

2002

Danielle Paffett joins Inglis Rehabilitation Services as Director.

2015

Inglis Wellness & Rehabilitation Center opens, ushering in a new era in therapy for Inglis residents.

The skeleton in the closet

Frederick S. Kaplan, MD, explains how three Inglis residents paved the way for his life's work and groundbreaking research, making a better life possible for those with a rare, catastrophic bone disorder.

“Part one of my story begins in the mid-1980s, when I was at the University of Pennsylvania with a special interest in metabolic bone disease. During a professional conference, I met then-Inglis Medical Director David Romanoff, MD. He was grappling with the care of two residents with Fibrodysplasia ossificans progressiva (FOP), an extremely rare bone disease that causes the abnormal development of bone in areas where it shouldn't be, such as the ligaments, tendons and skeletal muscles. Dr. Romanoff asked me if I would see the two women, Ann Marie Falcone and Carol Orzel. Although I had read about FOP, I had never seen anyone living with it. Little did I know that seeing these Inglis House residents would foreshadow my life's work.

Meeting Anne Marie and Carol was a remarkable experience. Both were so engaged in life. When I met Carol, who still lives at Inglis House, I was amazed by her resilience in the face of severe disability. I could see the marked effects of FOP in her body and on her x-rays, which showed how an overgrowth of bone was locking up her joints. But her spirit and her joy in life were overwhelming. I wanted to help her.

Two years later, I had another chance meeting...this time with Michael Zasloff, MD, at Children's Hospital of Philadelphia. He introduced me to a child with FOP and my reaction was visceral and immediate. It changed my life. Carol and Anne Marie flashed through my mind, and I thought, "So this is how it starts." I requested a three-year sabbatical to begin FOP



Frederick S. Kaplan, MD, and Inglis House resident Carol Orzel at The Center for Research in FOP & Related Disorders of The University of Pennsylvania, c. 1993.

research. In 1992, Carol was there to cut the ribbon at the official dedication of the University of Pennsylvania's FOP Research Laboratory, that I established with my lifelong FOP research colleague, scientist and geneticist, Eileen M. Shore, PhD.

Part two of my story takes place back at Inglis House. During one of my visits there, I was introduced to the sister of a former Inglis resident with FOP, Harry Eastlack. She told me about Harry and how he had bequeathed his body to medicine. It was initially part of the Temple University School of Medicine, but eventually, his skeleton was transferred to the Mutter Museum of The College of Physicians of Philadelphia.

Every year, I would bring Penn medical students, post-doctoral fellows, research scientists and visiting professors to the Mutter Museum to see Harry's skeleton, and every time, I saw something new to think about. Most of my major research questions started with Harry... and research is all about asking the right questions. I like to say that Harry bypassed the grave for an institution of higher learning. All we know about FOP today traces back to Harry. He left an incredible legacy.

To me, Inglis House represents the continuity of the human spirit across the generations — initiated by Harry Eastlack through his incredible gift to medicine — and later by Anne Marie Falcone and Carol Orzel, through their courageous lives and outreach to FOP communities worldwide. All three of these residents embodied the human spirit of helping to make life better for the next generation. ”

In 2006, Dr. Kaplan and his team identified the gene that causes FOP, sparking worldwide research efforts. Today, promising clinical trials are targeting at least four different approaches with the potential to prevent or treat FOP. Dr. Kaplan's care of patients with FOP, which began with two residents at Inglis House, now includes 800 people on every continent.

Inglis is profoundly grateful to Dr. Kaplan and the scores of medical professionals and scientists who have helped Inglis residents, consumers and their families over the years.

Dr. Kaplan is The Isaac & Rose Nassau Professor of Orthopaedic Molecular Medicine and Co-Director of The Center for Research in FOP and Related Disorders at the Perelman School of Medicine at The University of Pennsylvania. He is a member of The National Academy of Medicine.



Lester Davis, a licensed insurance agent, working from his accessible apartment at Inglis Gardens at Eastwick.

Community Support Services

Lester Davis suffered a spinal cord injury when he was shot on a Southwest Philadelphia basketball court at age 14. "I was in the wrong place at the wrong time," says Lester. But he hasn't let this shake his faith or positive outlook. After Lester became a wheelchair user, he'd have to wait outside his mother's two-story house for someone — anyone — to carry him up the stairs. "Sometimes I'd wait for hours," he recalls. At age 18, Lester moved to a wheelchair accessible apartment at Inglis Gardens at Eastwick. Now 32, he is a licensed insurance agent who works full time from home. "True happiness is not measured by what you have but by who you are," he says. "And I'm happy for what I do have."

Inglis Community Support Services helps people like Lester, who have complex physical disabilities and want to live in their own apartment in the community. Care Managers support residents of Inglis Housing Corporation's nine housing complexes and also respond to the needs of people with disabilities throughout the greater Delaware Valley, serving those as far away as the New Jersey shore. Care Managers link consumers to home care, financial assistance programs and transportation services, among many other services. They emphasize helping consumers to problem-solve, work toward goals and navigate the health care system. Another entity within the department, **Inglis Community Employment Services**, offers clients interview and hire assistance, assessment for adapted technology needs, community-based work assessment and job coaching.

Inglis Awards for Continuing Excellence

Inglis has long recognized that it truly "takes a village" to provide the comprehensive services that people living with severe disabilities need for an optimal life. From 2006 to 2016, the Inglis Awards for Continuing Excellence (ACE) honored the exemplary performance of not-for-profit organizations offering direct service or advocacy for people living with physical disabilities. Since its inception, ACE provided cash awards to more than 40 regional organizations with services ranging from medical care to service-animal training, recreational opportunities and enhanced education for disability-competent health care providers.

The Awards were inspired by former Inglis Board member Janet Reis Stern, a staunch supporter of Inglis who continues to serve on the ACE Awards Committee.

Upon reaching its ten-year milestone, ACE is pausing to conduct a formal evaluation of the program, which will result in a plan for fiscal year 2018 and beyond.

Thanks to the efforts of ACE founder Janet Ries Stern, and other supporters, funds have been raised to establish the ACE Strategic Partnership Initiative Program. These events will gather former award winners, applicants and other interested parties together for capacity-building and resource-sharing programs.



Award winner, Quest Therapeutic Services, with an equine therapist at the 2010 ACE celebration.

Independent living for people with disabilities

“Everybody wants a door. And sometimes, at the end of the day, all you want to do is close that door and leave everybody else outside of it. That is what independence is, and this is what Inglis and Inglis Housing Corporation provide.”

— Christine Lacey, Director,
Inglis Housing Corporation

If you take your home for granted, you are not alone. But people living with complex physical disabilities who live in a home of their own are keenly aware of their good fortune. They know all about the barriers — physical, financial and resource-based — that keep many others from achieving this dream.

Inglis’ history of innovation marked a major milestone when, in 1973, the Board of Directors discussed enabling people with significant physical disabilities to live independently. The decision was made to build an independent living apartment house. A special fundraising campaign was initiated, and the first tenants moved into the 16-unit Morris-Klein Apartments in May 1975.

Since then, eight more housing communities have been built, totaling 301 units, making Inglis the largest provider of fully accessible, affordable housing in the region. Our latest complex, Inglis Gardens at Belmont, was completed in 2016. It is home to 40 qualified community residents and 40 people who have transitioned to independent living from a nursing facility. This summer, Inglis will also open Pennypack Crossing, a new apartment complex in Northeast Philadelphia containing 44 units, including 12 affordable, accessible units for people living with disabilities.



Meet two of our newest Inglis Housing residents:

Ashley Murphy-Moore

“When I got the keys to my new apartment at Inglis Gardens at Belmont, I had goosebumps and butterflies. It felt so right . . . like I needed to be here, this is my home. Now I’m going out every day, just exploring Philadelphia and spreading my wings. I love to paint and draw. I like to cook with my sisters. I just like doing all of the daily activities that anybody else would do. Having my own apartment shows me that I can do anything, and that anything I want to do in the future . . . it’s going to happen.”



Walter Proschinger

“My apartment is where I can go to relax, take a nap, watch TV . . . to be able to get your own personal time, pick out what you want to eat for dinner and eat at a time you’d like to eat . . . I enjoy going to the markets and stopping by the drycleaners, going to the phone store . . . all the things you need to take care of and have a full, productive day.”

Says Walter’s mother, JoAnne, “I have seen a tremendous change in Walter since he’s been here. It means that I’m happier, more at peace and I can delight in his new-found freedom and opportunities.”



PETER'S STORY

by Robbie Shell

I met Peter two years ago when I was volunteering at Inglis House, a residential facility in Philadelphia for people who are wheelchair users and need help

taking care of their most basic needs. Peter had multiple sclerosis complicated by a series of strokes that left him severely compromised — confined most of the time to his room, barely able to speak and often in pain from MS-related spasms.

But when he could get up — hoisted into his motorized, self-driven wheelchair by a contraption that lifted him out of bed in a series of graceful loops — he made the most of it. I would follow him down the hall to the large main floor auditorium where I read *Of Mice and Men* (his choice) in small increments. On warm days, I walked behind him down ramps that led to gardens in the back where he positioned his wheelchair to always face the sun. His condition prevented him from telling me about the life he led before this relentless assault on his independence, but I learned from a plaque on his wall and a newspaper article that he was a most accomplished man:

He had been a delegate at the Democratic National Convention in 1980, an organizer of the first international educational conference on HIV Aids for educators in Africa, and a trade union representative for the International Federation of Free Teachers' Unions in Amsterdam. He was multilingual and taught Spanish and French in high schools at home and abroad. He liked classical music. He had a daughter.

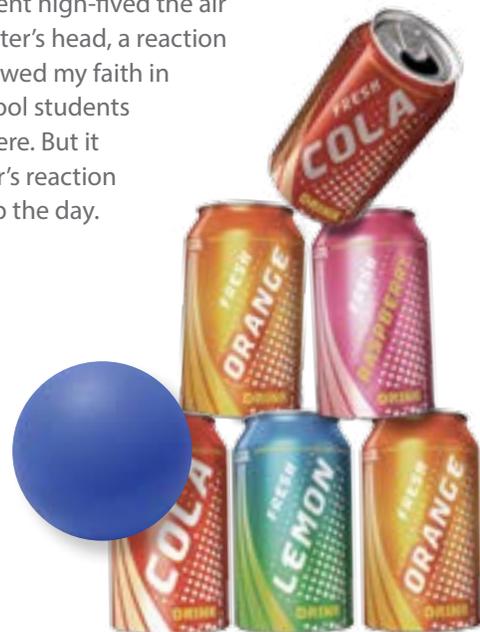
My most vivid memory of Peter was an hour we spent in the garden one autumn afternoon going from booth to booth at a carnival that Inglis had set up for those residents able to participate. Some of the games were manned by volunteers from area high schools, teen-age promoters calling for the crowd to try their hand at throwing a ball into a miniature basketball hoop, tossing a beanbag, popping a balloon.

Peter and I stopped in front of a table where the goal was to knock down empty soda cans stacked in a pyramid. The volunteer, a student at a high school a few miles from Inglis, handed Peter one of the balls. Peter's left hand was paralyzed, but his good right one wrapped around the ball and threw. With no muscle behind it, the ball dropped in front of the table. Peter moved his wheelchair a few inches forward and tried again. The ball reached the table but not the cans. It was progress, and Peter's body moved back and forth very slightly — one of the ways he was still able to express emotion.

The volunteer moved the pyramid closer to the table's edge. Peter reached for the third ball, threw it, and knocked down one of the cans. It was a homerun in the seventh game of the World Series, a touchdown in the closing minutes of the Super Bowl, a goal in the last seconds of the Stanley Cup finals. The volunteer and I erupted in cheers.

Before Peter and I moved on, I turned to the student and asked him if he took French or Spanish at school. Yes, Spanish. I told him that this man in front of him — strapped into a wheelchair, unable to sit up on his own or hold a book or any mobile device — had once been appointed to a presidential commission that traveled the globe advising the heads of high school language programs.

The student high-fived the air above Peter's head, a reaction that renewed my faith in high school students everywhere. But it was Peter's reaction that lit up the day.



He grinned — beamed — so broadly, so spontaneously, that it changed forever how I will remember him. Those few seconds were confirmation of a sensibility, an intellect, an ego, that lay just beneath the surface of his disability, needing only the briefest acknowledgment to break out into that huge, face-splitting smile. He was not a man in a wheelchair, but a man who had connected with thousands of people, young and old, in classrooms and at conferences around the world.

Peter died last year at age 65. For a few seconds, in front of a table full of empty soda cans, I could see the active, engaged person he once was. He could see that person, too.

In some cultures, people don't become invisible as they age or cope with disability. They are not defined by accident or illness but are respected for what they have done and what they know. Their accomplishments and the wisdom that comes from experience are celebrated by the community around them.



Robbie Shell (at left) is a volunteer at Inglis. Pictured above with Patricia Price, a resident, she is beloved by those who know her for her loyal friendship and unwavering dedication.

In our society, we are culturally programmed to disregard such people if they can't keep up. And when, in fact, they can't — because of what has been described as “bad genes or bad luck,” or simply aging — we tend to leave them behind until they disappear from our view.

Peter had not disappeared. He was present, but “differently” present. One acknowledgement of his earlier life, one show of respect from a high school student, and he emerged from the shadows in full color, vivid and real. Scratch the surface and you saw a former world-class educator, an activist, a man who rocked the world.

Every person has a backstory — the narrative of their lives that brought them up to the present. Sharing someone's narrative is a way to appreciate the person he or she is now, and perhaps to better understand the challenges that inevitably lie ahead. It may even be a way of enriching ourselves.

When it comes to the disabled or the elderly, these backstories are all the more important because they are connective tissue — keeping these people in the conversation, even if, like Peter, they can no longer speak for themselves.

INGLIS TIMELINE

1999

Inglis Cottages in Berks opens.
(10 single-family homes)

Inglis.org website launches.



2000

Drink-Aide® water bottle receives
US Patent on July 4th.

2002

125th Anniversary celebration
events during 2002 include:

Inglis Gardens at Eastwick II
Apartments opens. (18 units)

First Golf Outing held
(Sunnybrook Golf Club).

Inglis institutes a toll free
phone line:
1-866-2-INGLIS (1-866-246-4547).

2003

Inglis Gardens at Evesham, NJ,
opens. (16 units)

Inglis Consumer Advisory
Committee organizes to advise
Inglis Board on interests/needs of
people with disabilities living in
the community.

Our residents and consumers

Inglis House is a unique resource in the region and indeed, the country. **Our residents** come from all over the United States to experience the best possible care and sense of community available here. Some residents come to Inglis House for a short period of time. They benefit from therapy, computer training and medical care that can help them move into an apartment of their own. Others live here for much of their adult lives. Meet our longest-term Inglis House residents and consumers who have made the transition to independent living.



Gina Minter

Gina, who lives with cerebral palsy, was born at a time when little was known about

the disorder. Many doctors mistakenly believed that these children were not only physically disabled, but also intellectually impaired. "Seventeen doctors, with the exception of one, told my parents to put me away and forget about me," says Gina. "Thankfully, my mom and dad didn't listen to them."

Instead, Gina went on to enjoy an active and fulfilling life. She attended the Widener School, discovered a love of learning and received specialized therapy. "I was never at home," she recalls. "I was always out with friends and keeping busy."

Gina came to live at Inglis in 1973 at the age of 25. "It was a step I knew was good for me because Inglis House gives me the opportunity to enrich my life 'to the fullest,'" she says. Gina has worked in our mailroom and been a volunteer chaplain. She is an enthusiastic Inglis ambassador, helping visitors to better understand the needs of people living with disabilities. "I am so glad I came here," she says.



Diane Hunter

Diane Hunter is proud to be one of Inglis' long-term residents and marks her anniversary each year with a banner on her door proclaiming, "Happy Anniversary to Me." But Diane is best known for her book chronicling life at Inglis House, *As the Wheels Turn*. It's educational: What is Cerebral Palsy like? It's emotional: Is it easier to be born physically disabled or to become disabled later in life? And it tells all: "At Inglis House, we fall in love with each other...and we cheat on each other."

When Diane arrived at Inglis she was one of the youngest residents. "Now I am older than most of the staff," she laughs. "And at that time, there were no computers either. Now the Computer Lab is one of the most popular places on campus!"

Our consumers *Meet former Inglis House residents who have achieved the dream of living independently in their own homes.*



Tim Kinnery

Tim lived at Inglis House during two separate periods of his life. Each time, he knew it would not be for long. "I knew I could live independently, and I always do what I say I am going to do," he says. Tim has been living independently since 2010 and recently moved to a new apartment that allows him to be closer to his large, loving family.

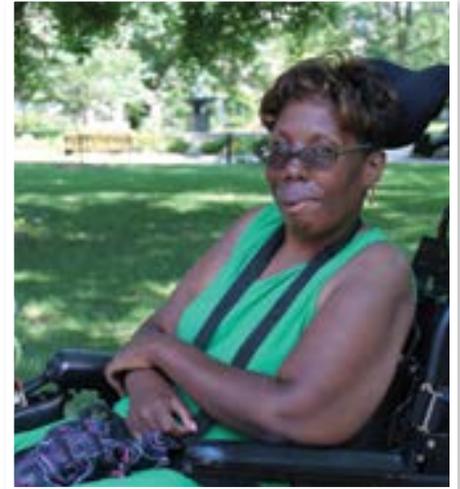
He attributes his accomplishments to his family and friends. "My mom, my brother Joe and my friend Bill, who also lives with cerebral palsy, are my role models," he says. "They don't give up, so I won't either."



Jaleel King

When Jaleel was eight, a stray bullet left him without the use of his legs. In 2005, after spending a year at Inglis House after high school, he felt ready to tackle living independently. While taking a videography class, Jaleel found a passion for photography. Now, he is a successful wedding/lifestyle photographer and loves telling stories with his photographs.

How has he persevered and risen above his challenges? "It's like that old saying about life giving you lemons and making lemonade," he laughs. "I've made lemonade, lemon popsicles and lemon cheesecake too. I've learned that at some point in time, it will get better. Even if it gets worse first, it will always get better."



Sylvia Waring

Sylvia, who lives with Multiple Sclerosis (MS), moved to Inglis House in 2011. "Inglis is a beautiful place, but I've always been an independent person, and I wasn't going to let MS win," she recalls. Sylvia enrolled in Inglis' classes to learn about managing in-home attendants, personal finances, medications, doctor appointments, public transportation and other independent-living skills. In 2014, she made the move to Inglis' Morris-Klein Apartments. "I have to worry about things I never worried about before, like food shopping and appointment scheduling," she says. "But I am determined to make it work."

Now, she passes her determination along to others by serving as a resource for Inglis House residents who want to live in the community.



Harry Esbensen
1986
Environmental Services

William Griffin
1980
Restorative Nursing

Carolyn Bailey
1985
Dining Services

Joseph Walker
1977
Purchasing

Yvonne O'Garro
1981
Nursing

"Since I first came to Inglis, so much has changed. There are so many more opportunities for residents, like the new Wellness & Rehabilitation Center."

"After 36 years, Inglis is like family. I donate to Inglis because I want to give back to a place that has enabled me to send my son to college, and given me so much."

Not pictured in this photo are many additional employees who have served our residents and consumers for 25 years or longer. They are: Thomas Bechtel, Annette Blake, Sylvia Burton, Anthony Daniels, Robert Evans, Darlene Jones, Robert Koenig Jr., Tanya Koger, Darryl Montgomery, Beverly Morgan, Constance Neal, Jerome Richardson, Valarie Sawyer, Rowna Smith, Gwendolyn Torrence, Carl Voce and Walter Windfelder.

"The courtyard, especially with the recent addition of the fountain, is a wonderful place for residents. It's great to see them out here in the nice weather."

"I enjoy interacting with our residents, staff, families and volunteers every day. I have always been proud of helping to create quality programs for our residents."

Keithon Green
1986
Transportation

Jae Lee
1986
Therapeutic
Recreation and
Education

Peggy Richburg-Collins
1987
Environmental
Services

COMMITTED TO OUR MISSION

**Inglis is proud of our
dedicated long-term staff.**

Inglis is grateful to partner with District Council 1199c to provide exemplary services and care for the Inglis Community.

INGLIS TIMELINE

2006

Inglis Awards for Continuing Excellence inaugurated to recognize the work of Philadelphia area nonprofits with missions similar to Inglis.

Inglis Gardens at Washington Lane opens (14 units).

2007

Inglis Gardens at Germantown opens. (14 units)

Inglis appoints its first male Board members.

2008

Inglis Gardens at Elmwood opens. (40 units)

Inglis At Home Services closes due to rising operational costs.

Inglis Durable Medical Equipment Company sold to Nexus Medical.

2009

Last Inglis 5 Race (27th annual) held.

2010

Inglis designated a National Center of Excellence in Long-Term Care by the National Multiple Sclerosis Society.



Our donors, corporate philanthropists and families



“Inglis must have been a special place for my grandparents to make one of their more significant contributions in building the apartments that bear my grandmother’s name. Not many places have her name on them and I am proud Inglis is one of them.”

— **Joshua Klein, grandson of Mrs. Philip Klein, former member of the Inglis Board of Directors**



Joshua's grandmother, Esther Klein, cuts the ribbon for Inglis' first independent living complex as his grandfather, Arthur, looks on.

Legacy Giving: John T. Morris

In Philadelphia, the Morris name is entwined in some of our city's most treasured landmarks. John Morris was the founder of the Morris Arboretum and gifted his decorative art collection to the Philadelphia Museum of Art.

Mr. Morris left the first substantial bequest to Inglis, which built Morris Hall on Inglis' new campus in 1935. This structure housed approximately 95 nurses and staff. Today the building contains our administrative offices. For Inglis, however, his greatest legacy may be the kindness he bestowed on the young Inglis House residents. Mr. Morris doted on the children and spent Christmas Eve with them, telling stories and giving each child two silver quarters. As one of the volunteers at the time said, “The kindness of this friend won the hearts of all the children, who called him ‘Our Santa Claus Friend.’”

Bricks and Mortar: The Pew Family

The Pew Family is woven into the very fabric of Inglis as leaders and benefactors. The family's involvement began in the 1930s with Mr. and Mrs. Joseph N. Pew, who served as early volunteer leaders and substantial contributors. Their son, Mr. J. Howard Pew, led the Redevelopment Fund Drive in the 1960s.

Mrs. Joseph N. Pew III, served on the Board for many years, and as Chairman from 1985-1990. She steadfastly guided Inglis House through major changes, including an organizational restructuring that stands today, with three entities united under the Inglis umbrella: Inglis House, Inglis Housing Corporation and Inglis Foundation (the administrative parent corporation). This reorganization enabled Inglis to adapt to health care delivery system changes, a necessity today just as it has been for the last 140 years.

Philanthropically, three generations of the family quietly contributed to Inglis. Personally and through The Pew Memorial Trust (predecessor to The Pew Charitable Trusts), the family invested generously in the budding independent living apartments, additional therapy space at Inglis House and the Day Program. In 2002, the Trust funded a \$500,000 pilot program which became Inglis Community Support Services.

More recently, The Pew Charitable Trusts has been our principal partner in the Inglis Community Computing Program, bringing computer training to people living independently. Also in 2015, the Pew provided significant support that enabled Inglis to open a new Wellness & Rehabilitation Center.



Former Board Chair Mrs. Joseph N. Pew presents a rendering of the Therapy Building prior to its construction circa 1985.

Multi-Generational friendship and support: The Milne Family

When flipping through the historic documents of the organization, one family name stands out: the Milne Family. Inglis has been the beneficiary of five generations and two branches of the Milne family's generosity and leadership. Even today, while they live more than 500 miles away, Anthony Milne — who comes from a long line of members of Inglis' Advisory Boards and committees — continues to support the organization, along with his wife, Christa, perpetuating the family's legacy.

*Inglis has been
the beneficiary of five
generations and two
branches of the Milne family's
generosity and leadership.*



In the organization's early days, in addition to serving in various leadership capacities, several members of the Milne family made endowment gifts, contributed annually and provided the residents with celebratory meals for Thanksgiving, New Year's Day and other special holidays.

"While I am not often in Philadelphia, I feel close to Inglis and its mission and am grateful to continue the legacy I inherited from my father, Warren," shares Anthony Milne.

Corporate philanthropy

Corporate donors have long partnered with Inglis to give back to our community. Here are just two examples:



Airgas of Radnor, PA, has sustained a 30-plus-year commitment to Inglis. In the early 1980s, Airgas began its support with contributions that improved amenities for Inglis residents, including our hair salon and Nook convenience store. Later, Airgas CEO Peter McCausland joined the Annual Campaign Committee, helping to develop Inglis' 1991 logo.

Throughout the 1990s, Airgas sponsored Inglis 5 races. When this fundraiser was superseded by the Inglis Golf Outing in 2002, the company became a steadfast Founding sponsor, and recently renewed its Founding Sponsorship for 2017, bringing its sponsorship total to 16 years. Their ongoing support has helped Inglis to make lifestyle enhancements, among them, accessible van purchases, a kitchen for our Day Program, our state-of-the-art Wellness & Rehabilitation Center and Person-Centered Care neighborhood renovations.



Since 2011, Lincoln Financial Foundation has supported the efforts of Inglis Community Employment Services (CES) to help adults with disabilities find secure, higher-wage jobs. Most recently, CES received a \$15,000 grant to help its consumers with employment-related expenses like equipment, resume materials and professional attire.

INGLIS TIMELINE

2010

Inglis Computer Lab receives an Access Achievement Award from the Mayor's Commission on People with Disabilities.

2011

Inglis, the Disability Opportunity Fund and the Federal Reserve Bank of Philadelphia co-sponsor the Future of Disability Housing Market Conference.

Inglis Community Computing Program, funded by The Pew Charitable Trusts, begins training people with disabilities who live independently in the community to use computers and adapted technology.



The annual Inglis Golf Outing exceeded \$1 million raised (during first 10 years).

2012

Inglis participates in a three-year study in conjunction with the Children's Hospital of Philadelphia and WBGH-Boston to research how adaptive technology can make personal health records more accessible.

Friends + Fun = Fundraising

*Having a heart for an organization's mission is all it takes to be a fundraiser.
Adding some fun to the mix helps attract friends to your cause.*



Former Inglis Board member Janet White, at right, receives an Inglis Gold Coin award from then-Inglis Board Chair Barbara Carper for the many ways she has enhanced quality of life for Inglis residents and consumers.



One of Inglis' youngest donors, Tessa Mahoney, (second from the right) receives an award at the Association of Fundraising Professional's (AFP) Philanthropy Day ceremony. Also pictured, left to right: Regina Donovan, President of the AFP-Greater Philadelphia Chapter; Anne Mahoney, wife of Tim Mahoney, Tessa's uncle and Inglis Board member; and Tessa's mother, Megan Mahoney.



Corporate donor Arkema supports Inglis by raising funds with dress down days and makes significant in-kind contributions. Above, staff load laptops bound for Inglis consumers and residents. Left to right: Bill Staiber, Kurt Fisher and Phil Stanz, analysts in Arkema's Desktop Services Department, and Michael Hagdorn, Senior HR Business Partner.

Over the years, Inglis' contributors have found unique ways to put some fun into fundraising. Today, fashion shows and card parties seem dated, but they were popular and profitable fundraising methods for many years.

From the mid-60s through the early 1980s, the Emerald Ball was a major fundraiser for Inglis House. Unlike today, where most big events are sponsored by big corporations, according to former Inglis Board member Janet White, the Emerald Ball was all about friends asking their friends to help support Inglis.

In fact, friendships led Janet to increase her involvement with Inglis. Initially, she was a member of the Ball's Junior Committee — made up of sons and daughters of Emerald Ball Committee members and their friends. They were drawn into service to help with all the "heavy lifting" before the Ball. Much younger than the regular Emerald Ball guests, they soon organized their own party — down the hall from the main event, where they could enjoy more lively music.

Those get-togethers were the start of the A-May-Zing Committee. While they appreciated the contribution made by the Emerald Ball, Junior Committee members realized that many Ball-goers never actually visited Inglis House or met the residents there. The Junior Committee members wanted more interaction with Inglis residents. They decided to throw an annual party at Inglis House for the residents.

According to Janet, they raised money for their first residents' party by hosting their own friends at the Corinthian Yacht Club of Philadelphia. It was spring, so they called themselves the A-May-Zing Committee and the name stuck. Besides friends' parties, the committee collected money at the Bala Shopping Center, sold candy and eventually organized the annual Inglis 5 Race which continued for 27 years until 2009. Over the years, the Inglis residents' parties included casino nights, Elvis impersonators, luaus, high school choirs, magicians, and lots of door prizes — everything to delight the residents.

Fundraising can be simple, too. AmeriHealth Caritas and Arkema Inc., a specialty chemicals company, tweaked their "Friday dress down days" to help Inglis. For a small contribution, staff can wear jeans that day and the funds go to Inglis. Susan Starr (sister of a former Inglis resident) organized a similar event for kids at Willow Dale Elementary, Warminster, PA, where she teaches.

Age doesn't limit philanthropy, either. When Tessa Mahoney was a third grader at Gladwyne Elementary School, her school project was to research and raise funds for a charity. She chose Inglis after hearing about our organization from her uncle Tim, an Inglis Board member, and raised more than \$700. Excited about her success, in 2016 she asked her family and friends to give donations to Inglis, instead of giving presents to her!



1987



1966

Animals at Inglis

Animals have always had a presence at Inglis, providing love and companionship to the residents and staff. The types of animals that have at one time called Inglis home range from birds, bunnies and fish to cats and dogs. Interaction between animals and humans provides a therapeutic value and creates a homelike atmosphere consistent with Inglis' Person-Centered Care values.

It has been said that a parakeet that once lived at Inglis flew from room to room relaying personal messages between residents.

"Parakeets generally mimic, I've been told. Misty not only talked, she used a vocabulary all her own. This incredibly sensitive bird was as smart, loving and devoted as a dog. She soared on our peaks of joy and shared our depths of sorrow." — Excerpt from *Misty's Song* by former resident, Ann Sopp

In addition to in-house pets, Inglis also participates in pet therapy, where service animals come to Inglis to interact with the residents. This type of therapy improves residents' physical, emotional, social, behavioral and cognitive functioning through the involvement of animals.

Most recently, Inglis House has added two new furry friends. Eight-year-old siblings, Charlie and Lucy, were adopted through a local vet and now call Inglis home. Cuddly and loving animals, cats can serve as a social support during difficult times, and studies show that cats in particular lower your stress level and can reduce the amount of anxiety in your life. Charlie and Lucy have already become favorites at Inglis, bringing smiles to our community!

Inglis resident Donna Monique Johnson with a certified therapy dog



Inglis resident Mindy Orth-Stephens with Lucy, one of the Inglis in-house cats

INGLIS TIMELINE

2012



Inglis launches its 135th Anniversary celebration with a concert by Canadian singer-songwriter Justin Hines at World Café Live in Philadelphia.

Inglis receives an Access Achievement Award from the Mayor's Commission on People with Disabilities in recognition of Inglis' 135 years of service to the disability community.

2013

Inglis Courtyard Revitalization project completed, including a lighted fountain, expanded walkways and activity space, and new outdoor gardening boxes, with funds raised through the Inglis Golf Outing.



Inglis receives a grant from the Robert Wood Johnson Foundation to develop Inglis Community LIFE, offering Inglis services to people with physical disabilities living independently in the community.

Q+A

with **Dawn Waller**

Director, Adapted Technology

Adapted technology is any piece of equipment or software that is used to increase, maintain, or improve the functional abilities of individuals with disabilities. At Inglis we “adapt” technology so residents and consumers can use it independently without operating conventional computer hardware like a keyboard and mouse.

Inglis: Since you have been at Inglis during the last 20+ years, how has adapted technology evolved?

Dawn: Adapted technology started at Inglis with one special keyboard and has since expanded into many different switches, mouth sticks and software that allow people with little or no movement to use a computer with voice commands or just by moving their eyes. I have seen technology transform a person who has sustained a life-changing injury or illness that leaves their spirits broken and it has helped them gain back their independence and their life.

Inglis: What is the next big project for the Adapted Technology Program?

Dawn: Smart Home technology, including things like Amazon’s Echo. We are now in phase three of the Community Computing Grant from The Pew Charitable Trusts. This enables our team to travel throughout greater Philadelphia and New Jersey bringing free technology assessments and training to hundreds of people in their homes and getting them set up with Smart Home technology. We are also installing Smart Home technology in residents’ rooms at Inglis House with over 200 in-room devices set up already. Smart home technology enables consumers to control their



Resident Joseph Borda rocks out to Bruce Springsteen in the Inglis Computer Lab.

environment independently through voice activation features. They can adjust the temperature, turn on lights or open their door. Inglis has used environmental control units for years, but now that it is mainstream technology, it is more affordable and accessible.

Inglis: What trends are you seeing more of in technology?

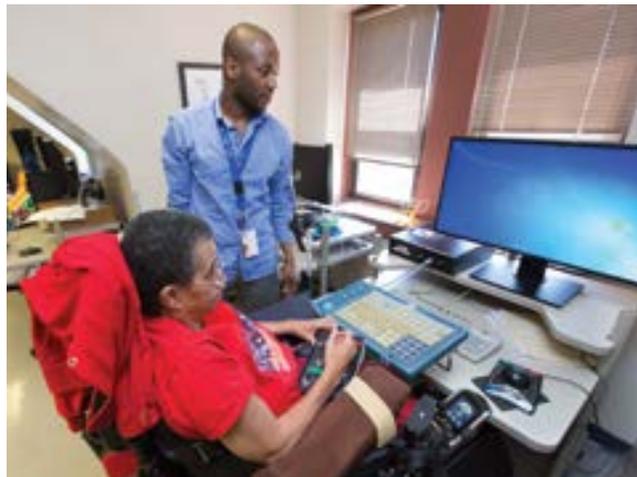
Dawn: More people understand the importance of alternative access, not just small tech companies and app developers, but manufacturers like Apple and Macintosh. They understand that there are 53 million Americans with disabilities and that number is growing. The population’s needs are changing, and we need technology that changes with us.

Inglis: What is the biggest challenge you face in the Adapted Technology Program?

Dawn: Finding adequate funding for the assessment, adapted equipment and technology training is our biggest challenge. Unfortunately, there are not many qualified people who can go out into the community and assess a person's dexterity and mobility for using adapted technology, and that is only a small piece of getting someone set up. My dream would be for every big city to have tech centers for people with disabilities, where training and support would be available to them.

Inglis: Can you tell us about a success story you witnessed at Inglis?

Dawn: About fifteen years ago, the brother of an Inglis resident came to me and said that he wanted his sister to be able to communicate via email with her five-year-old daughter. This resident had very limited mobility, but despite her challenges, we were able to set her up to use adapted technology with an Intellikeys keyboard. I watched her email her daughter and it became her motivation to learn how to use the adaptive equipment. Many years later, she watched her daughter get ready for her prom by using Skype video, which was very emotional for both of us.



Inglis resident Carla Laws is assisted in the Adapted Technology Lab by intern Udom Umoh.

"I have seen technology transform a person who has sustained a life-changing injury or illness that leaves their spirits broken and it has helped them gain back their independence and their life."

—Dawn Waller

The Day Program

In 1968, the Inglis Board took the first step to expand the boundaries of Inglis House into the community. Its goal was to serve those with disabilities who lived at home but needed a place to socialize with others during the day. The Day Resident Program was established to meet this need, offering adults 18 years and older help with activities of daily living, meals, recreation and socialization. Since then, the Day Program has continued this tradition of care in an environment that builds self-esteem and learning. The Program is available five days a week, with a stimulating calendar of activities, including adapted computer training, music appreciation, sewing, horticulture, creative arts and much more.

Various entertainment groups and volunteers come to the Day Program to enrich participants' lives and provide companionship, among them, Reverend M. Ray McKeithan of the Bear Ye One Another's Burdens Church. Often, the Reverend will bring members of his congregation with him. "Reverend McKeithan is a dynamic person who engages everyone," says Nicole Pruitt, Manager of the Day Program. "Often he'll interject songs into his discussions, which are focused on love and building community." "I like to say that I have two congregations," says Reverend McKeithan. "One is at my church, and the other is here, at Inglis."



Day Program consumers sing along with volunteer Alexis Ramagnano.



Pastor Ray engages Day Program consumers with lively prayer services. At right, April Ginn.

Medical landmarks and pioneering discoveries

When Inglis was founded 140 years ago, Louis Pasteur's germ theory was just gaining acceptance.



The eradication of Polio led to the closure of our children's wing in 1956. Since then, only people 18 years or older have come to live at Inglis House.



Since then, of course, medicine, surgery and technology have experienced exponential growth. These advances have impacted the health status of our consumers, which in turn, influence the services we offer. For example, in our earliest years, a cancer wing offered those afflicted with a largely untreatable disease a place to live out their final days.

Here are just a few of advances that have shaped us in the past and that may play a role in our future:

1955

The Polio Vaccine developed by Jonas Salk

1956

Holter Shunt developed for hydrocephalus

1978

First vaccine for meningitis

Multiple Sclerosis

Inglis has developed substantial institutional experience in treating individuals with MS and collaborates with Thomas P. Leist, MD, Director of the Comprehensive Multiple Sclerosis Clinical Center at Thomas Jefferson University, to provide cutting-edge care to residents living with MS. The Multiple Sclerosis Society recognized this commitment when it named Inglis as a National Center of Excellence for the Care of People with Multiple Sclerosis. Indeed, many residents come to Inglis from throughout the country to take advantage of our expertise in this area.

ADVANCES ON THE HORIZON

Cerebral Palsy (CP)

Robotics: Engineers have built a “baby bot” device to help babies with CP learn to crawl. This critical milestone, typically achieved within the first eight months of life, is the period when rapid brain growth and learning takes place. The hope is that following clinical trials, these devices will be available to parents.

Early intervention: Imagine the outcome if a stroke patient waited two years for rehabilitation. Unfortunately, many babies at risk for CP undergo a “wait and see” monitoring approach that delays diagnosis well into the second year of life. Recent neuroplasticity research suggests that intensive intervention for CP should begin very early while the brain can be reshaped by learning new movements. Early motor assessment tools and brain imaging are now recommended to help make this early diagnosis possible.



1981

First MRI pictures of a brain affected by MS are produced, revolutionizing MS diagnosis

1990

Four-year-old girl becomes the first gene therapy patient at the National Institutes of Health Clinical Center.

1993

First disease-modifying therapy for relapsing MS approved

1999

Isolation of immature cells in the adult brain, capable of developing into replacements for myelin-making cells destroyed by MS

2007

Scientists discover how to create embryonic stem cells from human skin cells, paving the way for future treatment of tissues damaged by Parkinson's disease or spinal cord injury.



2014

Therapeutic hypothermia (whole body cooling) found to reduce the effects of reduced fetal oxygen supply (one cause of cerebral palsy) by 25 percent in infants with moderate to severe brain encephalopathy

2017

FDA approves first drug to treat primary progressive Multiple Sclerosis: ocrelizumab (brand name Ocrevus)



Spinal cord injury

Currently, steroids and rehabilitation can help minimize the effects of spinal cord injury (SCI), but there is no cure. Research studies underway at the University of Louisville show that the continuous application of electrical current to the lower spinal cord has enabled four people living with SCI to voluntarily move their limbs and stand. This recovery offers new hope to millions living with paralysis.

The promise of stem cell research

Stem cell research is being performed to determine whether damaged brain cells can be repaired or replaced. Stem cell researchers believe that there is great potential to replace the damaged or diseased tissues in the body, developing effective treatments for cerebral palsy, Parkinson's disease, spinal cord injury, diabetes and cancer, among many other disorders. However, most of these therapies are still in the experimental stages.

INGLIS TIMELINE

2013

Dan Gottlieb, PhD, is keynote speaker at the Mindfulness for Caregivers Conference.

Inglis invited to join the Philadelphia Museum of Art "Bridges" program, showcasing Inglis artists' work.



2014

The Inglis Day Program expands its capacity to accommodate 40 consumers.

New fully accessible website launched.

2015

Inglis opens new state-of-the-art Wellness & Rehabilitation Center.



Mission Green opens. (61 units)

Better health for people with disabilities

Rehabilitative and assistive devices enable people with disabilities to be independent.



70 MILLION
people need a wheelchair.
Only 5-15% have access to one.

Making all health care services accessible to people with disabilities is achievable and will reduce unacceptable health disparities



Remove physical barriers to health facilities, information and equipment



Make health care affordable



Train all health care workers in disability issues including rights



Invest in specific services such as rehabilitation

People with disabilities have the same general health care needs as others.

But they are:

2x more likely to find health care providers' skills and facilities inadequate

3x more likely to be denied health care

4x more likely to be treated badly in the health care system

Statistics provided by World Health Organization. (Source: World report on disability. www.who.int/disabilities/world_report)

Managed care and the future for people with disabilities



In Pennsylvania, medical assistance and long-term care represents 22.8 percent of the state's budget, with half of that amount going to services for people with physical and intellectual disabilities. To contain costs and improve services, Pennsylvania and other states are implementing new ways to finance long-term care for Medicaid recipients.

In Pennsylvania, three companies have been selected to provide reimbursement for Medicaid enrollees requiring long-term support services (LTSS): AmeriHealth Caritas, Pennsylvania Health and Wellness (Centene), and UPMC for You. Transition to the new system will take place in Southeastern Pennsylvania on July 1, 2018.

The new program, Community HealthChoices (CHC), will coordinate physical health care and LTSS to enhance the quality of life for frail seniors and adults with disabilities. The goal is to improve care coordination and health outcomes and enable more individuals to live in the community. The Department of Human Services (DHS) will no longer set provider payment rates; instead, providers such as Inglis House will negotiate rates with CHC. Providers will be responsible for services that meet quality and other standards.

Inglis is committed to supporting a system that allows Pennsylvanians to receive services in the community, preserves consumer choice and allows consumers to have an active voice in their care. Inglis currently receives 95 percent of its revenues through Medicaid and Medicare funds, which cover basic services. Philanthropic support enables us to provide the rest: adapted computing, educational programs, art and music therapy — all programs that enhance the quality of life we offer residents and consumers.

More than
1 BILLION
people globally
experience disability



1 in 7 people



THERAPEUTIC RECREATION



From Inglis' earliest days, prominent singing and dramatic groups visited the home to make life brighter for residents. Clowns, magicians, acrobats and performers came for the children, and performances geared toward adults were also frequent. In 1933, talking motion pictures arrived at Inglis, supplied by the Hershey Chocolate Company. In the 1950s and 60s, professional athletes visited Inglis House, including the Philadelphia Phillies pitcher Robin Roberts. The Stanley Cup, hockey's most prized trophy, was joyously paraded through the halls of Inglis House when the Flyers won in 1975.

Eventually, however, recreation evolved from mere entertainment to a professional form of therapy — one that uses activity-based interventions to address the assessed needs of individuals, promoting health, recovery and well-being. In 1969, the first recreation therapist was hired, and the first academic training program for Penn State recreation therapy students began the next year, initiating the department's ongoing involvement in the training of successive generations of recreation therapists.

Today, Inglis' Department of Therapeutic Recreation and Education offers an average of nine programs each day and evening, targeting varied interests. Activities include art, exercise, singing, special interest discussion groups, religious services and much more. Many residents have completed educational degrees and others have discovered talents in painting, computer art and poetry. A full roster of therapeutic activities is critical to emotional well-being. For all of us, staying engaged thwarts depression, encourages socialization and improves self-esteem. All programs are designed to appeal specifically to our residents, who are younger than those in the average nursing home.

Our recreation and education services are not covered by Medicare and Medicaid funding. These special programs are provided through the generosity of our donors and make a world of difference to our residents.

Bringing art to life at Inglis: Dolfinger-McMahon Foundation



Residents work with artist-in-residence Rhoda Kahler on the Brancusi-inspired totem pole that became part of the Philadelphia Museum of Art's exhibit, "Bridges: Accessible Programs Build Partnerships." The totem pole is permanently installed in the Inglis courtyard.

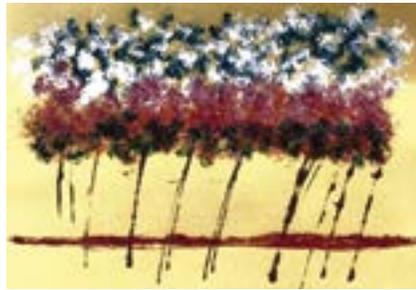
In the late 1960s, Inglis hired a second social worker to guide residents between the ages of 18 and 45 toward a more fulfilling life through vocational and educational training. This service enhancement was made possible through a generous grant from the Dolfinger-McMahon Foundation.

Since then the Foundation, established in the mid-twentieth century by Caroline Dolfinger McMahon and her daughter, Mary M. McMahon, has been a long-time partner of Inglis. For nearly three decades, the Foundation has had a special interest in supporting the arts at Inglis with grants for the purchase of musical instruments, storytelling programs, documentary filmmaking and the creation of an in-house resident art gallery.

For the past six years, the Foundation has directed its support to the Inglis House Artist-in-Residence Program. Residents participating in this program have created extraordinary pieces for Inglis House's permanent resident art collection and for exhibitions in community venues.

ART at Inglis

Creative expression is an important part of life at Inglis, and many residents come here because of the artistic opportunities we offer. Our Artist in Residence program, which was created and continues to be funded by a generous grant from Philadelphia's Dolfinger-McMahon Foundation, is led by artist-in-residence Rhoda Kahler, an accomplished ceramicist. Rhoda helps residents who have an art background to adapt their style based on their mobility needs and has also enabled residents to find hidden talents.



Signature events

Inglis' signature events are an opportunity for members of the Inglis Community to gather together to celebrate our accomplishments and socialize with our residents. Many are integral to funding our mission. We are immensely grateful to the volunteers, sponsors, Board members, residents and staff who are critical to the success of these occasions.

Residents and staff kick off the **ANNUAL KEEN GAMES** each year with the Parade of Champions. This past year also marked the 40th anniversary of the Keen Games, named in honor of former Board member Alice Lightner Keen.



Volunteers celebrate with resident Bobby Cox at the **HARVEST BALL**, an event where residents, staff and volunteers celebrate with music, dancing and games.



Golfers participating in the **ANNUAL GOLF OUTING** over the years have helped raise funds for an accessible van, a brand-new kitchen in the Adult Day space, renovations to the Wellness & Rehabilitation Center and most recently, the physical renovations of the 2N Neighborhood. None of these things would be possible without the generous support of our golfers, year after year!



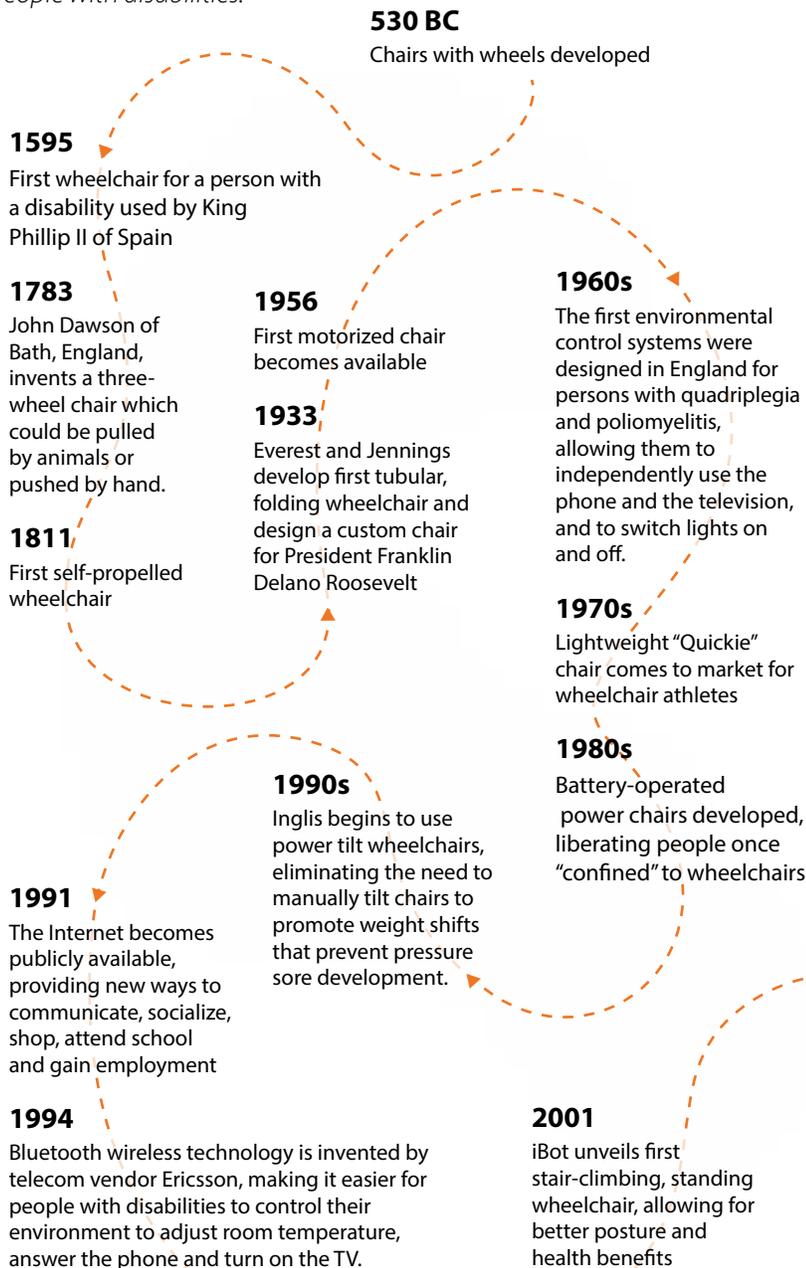
In 2015, Inglis held its first **MUSIC FEST** event in the courtyard with local bands performing all afternoon for residents, family members and staff. Pictured at left, Janet Turner, Director of Therapeutic Recreation, dances with resident Ed Levy. Above, the Inglis crowd enjoys a performance.



People on the move



Our residents describe their power wheelchairs as “their heroes,” enabling them to enjoy greater independence. Here is a timeline showing how advances in mobility solutions and other technologies have changed life for people with disabilities.



Keeping Inglis rolling along

One of the unique features of Inglis House is our on-campus Wheelchair Shop, complete with a hydraulic lift and hundreds of spare parts. The shop makes “on the spot” wheelchair repairs readily available to our residents, ensuring that they are able to stay on the go.

Lead wheelchair mechanic Jim Harrington and his colleagues must continually learn about emerging assistive technologies. A wheelchair isn’t just a wheelchair anymore; many are digitally equipped, like computers. Since many chairs are so high-tech, Jim often collaborates with Inglis’ occupational and physical therapists as well as the staff of the adapted technology computer lab. Even though Inglis residents own a wide variety of chairs, with many different operating systems, the team works capably on them all to repair brakes, moving parts, leg rests, wheels and tires.

Today, the average power wheelchair weighs 250 to 400 pounds. Improvements in wheelchair batteries enable users to travel out into the community to shop, attend school and hold jobs. At Inglis, community driving privileges are available to those certified to drive independently.

2015
Gary Goldish, MD, develops first mobile standing wheelchair with stability features

2015
Toyota establishes research institute with Stanford University and Massachusetts Institute of Technology to focus on the development of autonomous cars and robot helpers for around the home.

Educating future clinicians

Research indicates that people living with disabilities face greater difficulty obtaining primary health care and chronic illness screening than their counterparts without disabilities. To help overcome this disparity, Inglis maintains academic partnerships with many Philadelphia-area colleges and universities to train health care professionals. During internships and clinical rotations at Inglis House, students learn how to better communicate, care for and advocate for people living with disabilities.

Thank you to our academic partners for recognizing the importance of disability-competent care and for joining with us to sensitize the next generation of health care providers to the needs of people living with disabilities.



Former Inglis House resident Ray Popik, center, shares a laugh with Drexel University School of Medicine students.

Aria Health School of Nursing

Community College of Philadelphia,

Social and Human Services program

Delaware County Practical Nursing program

District 1199C, Practical Nursing program

Drexel University, Adapted Technology, Media Arts and Design; School of Medicine

Gettysburg University,

Exercise Science program

Harcum College, Occupational Therapy

Assistant program; Physical Therapy Assistant program; School of Nursing

Ithaca College, Occupational Therapy

program

Neumann College, Nursing program;

Physical Therapy program

Philadelphia College of Osteopathic

Medicine, Family Practice residency program

Philadelphia University, Occupational

Therapy and Occupational Therapy Assistant program; Physician Assistant program

Prism Career Institute, LPN program

Salus University, Occupational Therapy program; Speech Language Pathology program

Temple University, Occupational Therapy program; Department of

Communication Sciences and Disorders; Therapeutic Recreation program

Thomas Jefferson University, School of

Health Professions, Occupational Therapy program, Jefferson College of Nursing

University of Pennsylvania,

School of Nursing

Villanova University, School of Nursing

Widener University, Physical Therapy

program



Penn Nursing students assist residents in the Wellness & Rehabilitation Center.

INGLIS TIMELINE

2015

Philadelphia Housing Finance Agency awards Inglis Community Support Services a Best Practice Award for providing service excellence to residents in Inglis housing communities.

2016



Inglis Gardens at Belmont opens. (80 units)

Virtual LIFE program created with P.C.O.M., Magee Rehab, Home Healthcare Associates and Inglis.

Six Person-Centered Care neighborhoods created in North/South wings of Inglis House.

45 beds closed in Inglis House in accordance with the Federal and State initiatives to encourage independent living in the community. Inglis House remains the largest skilled nursing facility for people with disabilities in the country.

Inglis celebrates the 10th anniversary of the Awards for Continuing Excellence Program.

Inglis Bash held in new Belmont building to raise funds for smart home technology.

2017

Pennypack Crossing Apartments opening. (44 units)

From Incurable to INCREDIBLE

The Changing Perceptions of Inglis & Disability

Displayed on a wall in Inglis' large event space, Founders' Hall, rests an old photograph of Inglis' second location (and first permanent home) at 48th & Darby Road in West Philadelphia. Below the large, stately Victorian home, large block lettering shows a name Inglis used for more than a century — "The Philadelphia Home for Incurables."

To many, the term "incurables" is not only jarring but unsettling and uncomfortable. But it is part of our history and the history of people with disabilities.

It is hard, when looking at historical documents, NOT to come across equally disquieting, demeaning attitudes and descriptors regarding people with disabilities when compared to our modern sensibilities. Yet it is important to remember that what we view as pejorative and derogatory today was thought to be clinical or purely descriptive by our forebearers.

As the perceptions of people with disabilities have changed through the years, so too have the perception of organizations like Inglis.

When Inglis became "Inglis House" in 1960, the phrase "The Philadelphia Home for Incurables" became the organization's tagline — the descriptor. In 1980, the phrase was finally struck from the signage and promotional materials and legally deleted from the organization in the late 80s.

Once done, Inglis could truly re-evaluate its own identity, how it was perceived and wanted to be perceived in the marketplace.

In 1997, Inglis developed a new brand identity. The organization became *Inglis Foundation* and a design firm developed a new logo in green and black — a lower case "i" that had been modified and had a three-quarter circle around it to resemble a wheelchair user — someone leaning forward — moving ahead. That "wheelchair i" became the Inglis icon.

With the appointment of Gavin Kerr as President & CEO in 2008, Inglis looked at transformational changes — the shift



INGLIS HOUSE
THE PHILADELPHIA HOME
FOR PHYSICALLY
DISABLED PERSONS



**Ability & Independence.
Redefined.**

to Person-Centered Care, the investment in new independent living apartments, the expansion of technology

for Inglis House and those living in the community, and a new Inglis external identity that reflected the growth and breadth of services.

In 2013, a branding process was in full swing — incorporating views and voices of the Inglis Community including staff, Board members, residents of Inglis House, those living

independently as well as family members and donors.

It was decided that we are Inglis — no matter what — we honor the dream of Annie Inglis and her mother Caroline. We were not going to leave that name behind. However, we dropped "Foundation" and became a corporate entity known as Inglis.

The "wheelchair i" was modified, the letters of our name were tightened. Our name became our logo and the colors were changed to be simultaneously classic and current.

Finally, we developed a new tagline — "Ability & Independence. Redefined." The message is clear: Every day brings new challenges and new successes. Each day we choose to redefine what we can achieve — whether we're referring to a resident, consumer, housing resident, caregiver, staff person, Board member, family or friend. The emphasis is on the individual — YOU get to define yourself. Inglis helps by providing a strong, stable support system.

The tagline also communicates a secondary message — that Inglis remains steadfast in our mission while ever-evolving and redefining the paradigms of care and support.

From power wheelchairs to smart home technology; from medical procedures to new medications; from independent living to integrated tele-health and wellness care — the landscape for people with disabilities improves daily.

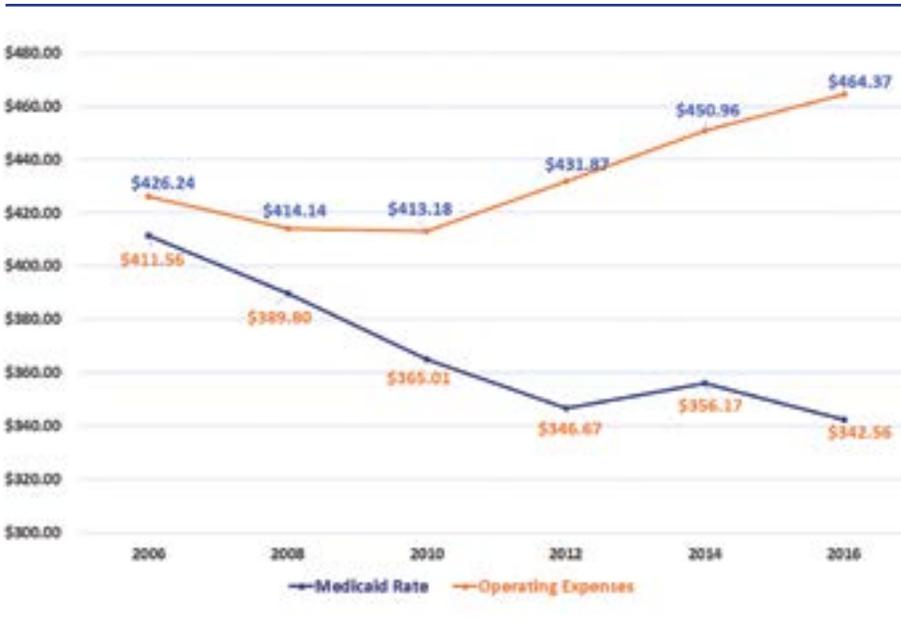
Make no mistake, many barriers still exist — but the progress of the last 140 years clearly shows that people with disabilities will continue to redefine for themselves, their own abilities and independence, every day.

We Need You

Inglis is one of the only organizations in the country that offers such comprehensive, coordinated care and services to this very vulnerable population on such a large scale. It's also one of the most forward-thinking and responsive organizations of its kind in the world. That ability to adapt to change and to pioneer best practices requires resources. For the people we serve, the difference between **can** and **will** remains your support.

With philanthropic investment, our community will have safe, smart homes that maximize residents' and consumers' abilities and independence. They will have access to programs enabling them to continue to actively engage in the world at large without barriers. Your financial support empowers us to act and to build a strong future for the Inglis Community. Help us help those we serve redefine ability and independence.

Inglis / Medicaid Funding Gap



Inglis Revenues



84%
Medicaid, Medicare or Private Pay

13%
Inglis
Endowment

3%
Grants
and
Donations

Join the Annie Inglis Society and be a part of the Inglis legacy of love

How a will can keep giving after you're gone

A will or living trust allows you to protect your loved ones and gives you the power to provide vital resources to the causes you care deeply about.

Including Inglis in your will or trust is incredibly easy. Inglis has simple language that your estate planning attorney can incorporate into your will or trust.

Flexibility: Because you are not actually making the gift until after your lifetime, you can update your plans at any time.

Versatility: Leave a specific amount, make a gift contingent on certain life events, or leave a percentage of your estate.

inglis.org/legacyoflove

The Annie Inglis Society recognizes and celebrates those generous individuals who include Inglis in their estate plans.

We're here to help make your philanthropic goals a reality.

If you're ready to make a gift, Inglis is here to help answer any questions. The impact you can have on the people we serve is priceless.

Contact Meredith Quirin Waldron, Director of Development at 215-581-0703 or meredith.waldron@inglis.org.



Ability & Independence. Redefined.

2600 Belmont Avenue Philadelphia, PA 19131

NON-PROFIT U.S. POSTAGE PAID PERMIT NO. 1102 PHILADELPHIA, PA

Celebrate your loved ones at Inglis.org!



The Inglis Community — our residents, program participants, family members, staff and volunteers — is filled with incredibly gifted, kind and amazing people who make a lasting impact on the lives of others.

We are proud to announce a new online tool—the Tribute Pages!

In your own words, honor or celebrate a loved one, a special occasion or even an Inglis caregiver or program on our website. Then, share your story with friends and the community.

This new feature is now online: www.inglis.org/tributepages.