



See Betsey's
story on page 8!



image

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SPRING | 2014

Roll out the welcome mat for Belmont Housing NEW INGLIS HOUSING DEVELOPMENT BREAKS GROUND THIS SUMMER

THROUGHOUT ITS 130-YEAR HISTORY, INGLIS HAS USED ITS RESOURCES TO MAXIMIZE ABILITY AND INDEPENDENCE FOR PEOPLE LIVING WITH PHYSICAL DISABILITIES. THIS SUMMER, INGLIS WILL DEMONSTRATE THIS COMMITMENT ONCE AGAIN BY BREAKING GROUND ON INGLIS GARDENS AT BELMONT, A NEW HOUSING DEVELOPMENT FOR PEOPLE WITH DISABILITIES AND OTHER QUALIFIED FAMILIES.

Scheduled to open in November 2015, Inglis Gardens will be located on 3.8 acres adjacent to Inglis House at 2566 Belmont Avenue.

Inglis has owned this property, the former site of the Carlene Apartments, since 1986. It will be comprised of 40 enhanced accessibility apartments for people with disabilities, primarily transitioning from nursing homes, and 40 units for qualified families seeking

affordable housing. The development will include onsite Inglis property management and a community garden.

"Developing housing that enables our consumers to enjoy increased independence and capitalize on their abilities strengthens our community and is at the heart of our mission," says Inglis President and CEO, Gavin Kerr. "I am proud that we can once

| CONTINUED ON PAGE 3

AN ARCHITECT'S RENDERING of Inglis Gardens at Belmont.



IMAGE SPRING 2014



message from the chair

LAUREN DEBRUICKER, ESQ.

This issue of Image features Inglis' latest housing initiatives: Inglis Gardens at Belmont and Mission Green. Across the country, affordable

housing is in great demand. The need is even more pressing for people living with disabilities, many of whom live in inaccessible homes and subsist solely on Supplemental Security Income. Their barriers to a home they can truly live in are not only physical and structural, but financial as well.

Inglis is proud to be the leading provider of affordable wheelchair-accessible housing in the Delaware Valley. Still, the need is tremendous — the wait list for our housing units is more than four years long. Financing for these projects comes primarily through the federal and state government, in the form of grants or low-income tax credits. As you can imagine, the competition for these ever-dwindling resources is intense. As a result, many adults with disabilities still live with aging parents, in nursing homes for the elderly, or worse.

Fortunately, more builders are embracing the concept of "Universal Design," building homes designed to be suitable for the broadest range of physical abilities and allowing those facing mobility challenges that come with growing older to "age in place."

"Visibility" is a movement to change home construction practices so that new homes are built with features that make the home easier for mobility-impaired people to live in and visit. Homes with a no-step entrance, a

ground-floor bathroom with enough space to accommodate a wheelchair, and even ground floor master suites are beginning to become desirable, providing the industry more incentives to build homes to be accessible from the start. And accessibility is such a key to independence and full participation in life.

As a wheelchair user, I've experienced a lack of access all too often, causing me to miss business meetings and social get-togethers that friends and colleagues hold in their homes. It was also difficult for me to find a home I could live in when I finished my education. When I did, it required considerable renovation to meet my needs.

Accessibility benefits everyone, whether it's the young mom who is forced to navigate dangerous steps with a stroller; the homeowner trying to move heavy boxes into a new house; or the grandmother who avoids visiting her grandkids because she can't climb the stairs to the bathroom. Even if you don't need an accessible home today, you very well might in the future.

Access to affordable and accessible housing is a key to independence and economic freedom because it enables people with disabilities to live in the community, not apart from it. At Inglis, we're proud to help make the dream of a home of one's own come true for people with disabilities and their families. With your dedication and support, Inglis can make even more of these dreams come true.

Lauren DeBruicker, Esq.

A handwritten signature in black ink.

Chair, Inglis Foundation

Roll out the welcome mat for Belmont Housing

again take a leadership role in funding housing for persons with disabilities and other low-income community members."

Inglis is collaborating with residential and commercial real estate developers, Regan Development, and Barton Partners Architects, and will also tap into the expertise of the Multiple Sclerosis Society, with whom we have a long and productive relationship. Other significant partners include the Belmont Village Community Association and the Wynnefield Resident's Association, Philadelphia City Council and other supportive legislative leaders in Harrisburg. This \$13 million project is made possible with financing through Pennsylvania Housing Finance Agency tax credits, as well as Inglis and donor contributions.



AERIAL VIEW of the future site of Inglis Gardens at Belmont at 2566 Belmont Avenue, adjacent to Inglis House.

Mission Green moves toward completion

Severe winter affected the construction schedule at Mission Green, the housing development for low-income older adults and persons with disabilities in the Fox Chase section of Philadelphia. The project, a collaboration of Inglis and the Medical Mission Sisters, is located on the 70-acre campus of the Sisters' bucolic North American Headquarters. Mission Green's 61 units are scheduled to open in fall 2014.





Enlightening a new generation about living with disabilities, honor and freedom

RESIDENTS AND STAFF OF INGLIS APARTMENTS AT ELMWOOD RECENTLY

PARTNERED WITH THE BRADY VETERANS HOMES AND FOURTH AND FIFTH GRADERS FROM THE THOMAS MOORE ELEMENTARY SCHOOL TO EXPLORE WHAT IT MEANS TO BE A PERSON WITH PHYSICAL DISABILITIES, AND DISCUSS CONCEPTS LIKE INDEPENDENCE AND FREEDOM.

"Our Elmwood residents have been eager to participate in a social justice project," says Chris Lacy, Director of Inglis Housing Corporation. "We developed the five-week Service in Service program to engage them, promote a sense of teamwork in our community, and educate children about people with disabilities. We also partnered

with veterans at the Brady Homes who were enthusiastic about getting involved and sharing how military service had affected their lives. The project helped all of these residents to realize their potential and helped the elementary students to feel more at ease around wheelchair users."

Service in Service kicked off with a barbecue last summer. First, the students, who are from the After School Program provided by Education Works, took guided tours of an accessible apartment to learn about the needs and lifestyles of people with disabilities. During subsequent sessions, veterans gave presentations on why they chose military service and what their experiences meant to them.

Students and veterans worked on a crafts project together, decorating wreaths with words related to their thoughts on freedom. Three large wreaths were hung at the gates of Elmwood, Brady Homes and the Thomas Morton School. During all sessions, students had the opportunity to ask questions and



Veteran Rob Houston addresses the group.



STUDENTS, VETERANS AND INGLIS HOUSING RESIDENTS work on a crafts project expressing their thoughts about freedom.

engage in small group discussions with residents and veterans. A color guard from John Bartram High School marked the closing ceremony, and the children presented medals to the veterans, who in turn, awarded them trophies in thanks for their participation. All events were sponsored by Gateway Health Plan and Just to Serve You Restaurant and Caterers.

"I believe that we achieved our goal, which was to erase a bit of the uneasiness that people, especially kids, feel around wheelchair users," says Chris. "We wanted the students to know that people who use wheelchairs are useful, can work and can actually empower others. The kids really got that message. As one of them said to me, 'They're no different than we are. It's just that we walk, and they roll!'"

INGLIS HOUSING DIRECTOR
Chris Lacy leads a discussion.



"PEOPLE IN WHEELCHAIRS ARE NO DIFFERENT THAN WE ARE. IT'S JUST THAT WE WALK, AND THEY ROLL!"

—A STUDENT PARTICIPANT IN THE SERVICE IN SERVICE PROGRAM



Mindfulness for Caregivers Conference

Inglis and the Christopher & Dana Reeve Foundation were pleased to welcome 200 attendees to the Mindfulness for Caregivers Conference in Philadelphia on Nov. 16, 2013. The full-day conference, featuring noted psychologist, author and radio personality Dr. Dan Gottlieb and Michael Baime, MD, Director of the Penn Mindfulness Program, attracted participants from as far away as Texas and New Mexico. The Conference introduced attendees to powerful meditation-based techniques to combat the many stresses that caregivers face.



MINDFULNESS CONFERENCE presenters, above, left to right: Niketa Sheth, Senior Vice President, Quality of Life, Christopher & Dana Reeve Foundation; Michael Baime, MD; Dr. Dan Gottlieb; and Inglis President and CEO, Gavin Kerr.



HEALTH CARE LEADERS LUNCHEON

Inglis President and CEO Gavin Kerr hosted a luncheon for local health care leaders last December at The Sedgeley Club on Boathouse Row, Philadelphia. At the event, Senator Vincent Hughes discussed Medicaid in Pennsylvania, and took questions from attendees about other issues related to the future of health care in the state. Pictured, from left to right: Inglis board member Ted Robb, Senator Hughes and Gavin Kerr.

INGLIS 13TH ANNUAL GOLF OUTING

June 16, 2014

Inglis' 13th Annual Golf Outing will return to the White Manor Country Club on June 16. Since 2001, the Outing has raised more than \$1.2 million to provide vital services to people living with complex physical disabilities. This year's presenting sponsor is Reliant Senior Care.

Many levels of sponsorship are available, and contributions to our Silent Auction are always welcome.

For Inglis consumers, the Outing has been instrumental in providing equipment and services that are not covered by Medicare/Medicaid or private insurance.

Proceeds from this year's Outing will help to fund construction and renovation costs for the Inglis Wellness and Rehabilitation Center. Slated to open in spring 2015, the new Center will allow for expanded hours and programming with activities to help residents care for themselves in mind, body and spirit.

For more information, please contact Meredith Quirin Waldron, Director of Development, at Meredith.waldron@inglis.org or **215-581-0703**.



Thank you for remembering Inglis residents this holiday season

THE 2013 HOLIDAYS WERE MADE BRIGHTER FOR INGLIS RESIDENTS AND CONSUMERS THANKS TO YOUR DONATIONS, GIFTS AND TALENTS.

Your generosity was expressed by numerous gift donations, ensuring that every Inglis House resident received a personalized present wrapped with care by our volunteers. We also enjoyed performances from talented local school and church choirs, which added to the festive atmosphere. We sincerely appreciate everyone who chose to share the blessings of the season with us.



CELEBRATING the holidays at Inglis.

Please remember that our consumers need your companionship and support year round. Volunteering at Inglis or making a donation is always in season! For more information about becoming an Inglis volunteer, contact Michael Kelly at 215-878-5600, ext. 718.

Your gift to the Ability Fund helps people achieve their goals

INGLIS RESIDENT USES TRANSLATION SKILLS TO ADVANCE HUMAN RIGHTS

BETSEY MILLS CAN LIGHT UP A ROOM WITH HER FRIENDLINESS AND READY SMILE. FROM HER EASY-GOING DEMEANOR, YOU'D NEVER GUESS THAT SHE'S HELPING TO FIGHT INTERNATIONAL WAR CRIMES AND ATROCITIES.

Yet, on any given day, you'll find Betsey translating legal material from French to English for refugees in the most violent, impoverished areas of the world.

Residents like Betsey make an impact in places that none of us would ever have dreamed.

"My work is part of my brother TJ's asylum efforts for the United Methodist Committee on Relief (UMCOR)," says Betsey. "He's an attorney for UMCOR. He needs a French translator because so many of his cases come from French-speaking countries in Africa and Asia."



Betsey is eminently qualified to fill this need: a graduate of Yale, she is fluent in French, has taught overseas, and is the Editor Emerita of the Southwest Review, one of the best known and well-respected literary quarterlies in the country.

Betsey and her brother were involved with foreign issues early in life. Both are widely travelled. But now, because of multiple

The Ability Fund, the Annual Fund of the Inglis Community, enables Betsey and other Inglis consumers to reach their potential with adapted computing, recreational activities, accessible living facilities and many more specialized programs and services.

You can help by making a gift today. Use the envelope in the center of the printed version of this publication or visit www.inglis.org to make your contribution.



VOLUNTEER DOMINIC APPLETON helps Betsy with her transcription work in the computer lab.

sclerosis (MS), Betsey helps TJ by doing her translation work from the Inglis computer lab. The mechanics of it aren't easy. Due to vocal weakness stemming from MS, voice-activated software is no longer an option for Betsey. She types with the aid of a button and each keystroke can take several clicks. "It can be very frustrating," she admits. "I have a volunteer, Dominic, who helps me transcribe sometimes. He's a great help."

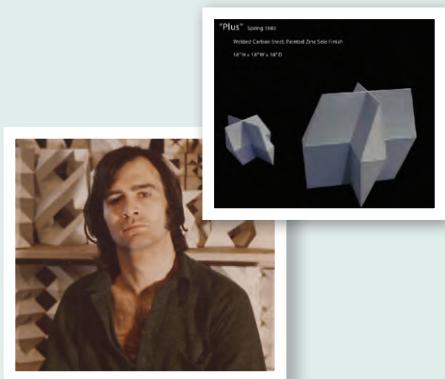
Anyone who knows Betsey is well aware that she's a "can do" person who gets things done. Thanks to her language skills, the Inglis computer lab and our group of special volunteers, she's making a difference in the lives of people half a world away.

Volunteers at Inglis are students, retirees and everyone in between.

Some participate in social and educational events such as party planning and games; others work behind the scenes. Some come to us with their own ideas on how to make life at Inglis even more enjoyable and fulfilling for our residents.

Inglis House lobby gets a makeover

INGLIS' MAIN LOBBY WELCOMES HUNDREDS OF PEOPLE THROUGH ITS DOORS EACH DAY — FAMILY MEMBERS, HEALTH CARE PROFESSIONALS, VOLUNTEERS, VENDORS, PROSPECTIVE RESIDENTS AND CIVIC LEADERS. LIKE ALL LOBBIES, THE SPACE SERVES A VARIETY OF FUNCTIONS. IT'S A WAITING AREA, A PLACE TO SOCIALIZE AND A SOURCE OF INFORMATION AND DIRECTIONS. IT'S ALSO A GATEWAY TO THE REST OF THE CAMPUS THAT PROVIDES VISITORS WITH A POWERFUL FIRST IMPRESSION. OUR LOBBY WAS LAST UPDATED IN 1993, MAKING IT DUE FOR AN UPGRADE THAT REFLECTS THE HIGH QUALITY OF CARE AND COMPREHENSIVE, LIFE-ENRICHING SERVICES WE OFFER.



SCULPTURES by noted Philadelphia artist Robinson Frendenthal will be featured in the new lobby. The works are prime examples of how Robin, an architect, turned geometric shapes into thought-provoking works of art. An Inglis resident from 2003 until his passing in 2009, Robin was a major proponent of our Exploring Art Program, which helps residents to develop their creative talents and express their emotions.

BLENDING TRADITIONAL DESIGN WITH NEW ELEMENTS: A painter puts finishing touches on the original decorative ceiling molding. Other renovations include solid-surface wainscoting with integral hand rails, new fabric wall paneling and an easily accessible reception desk.

In conjunction with our Person Centered Care initiative, design decisions were made with the help of an 11-member resident panel, who selected a new color palette for paint, wall coverings and furniture. Interesting architectural features, including the decorative wall and ceiling molding from the building's original 1920s construction, as well as the original solid wood doors to Founders' Hall, will be retained.

The redesign will include a new reception desk that is more easily accessible to wheelchair users and others. It will boast attractive finishes durable enough to withstand heavy wheelchair traffic.

Look for the next issue of *Image* for photos of the completed project.



Drink-Aide® poised to evolve

INGLIS IS PARTNERING WITH DREXEL UNIVERSITY'S WESTPHAL COLLEGE OF MEDIA ARTS & DESIGN TO RESEARCH REDESIGN POSSIBILITIES FOR DRINK-AIDE®, INGLIS' HANDS-FREE WATER BOTTLE. DREXEL PROFESSOR MICHAEL GLASER AND STUDENTS IN HIS PRODUCT DESIGN CLASS ARE LOOKING TO UPDATE AND REVAMP THE DRINK-AIDE WATER BOTTLE TO IMPROVE ITS FUNCTIONALITY AND APPEARANCE.

Drink-Aide® is a patented, hands-free water bottle originally designed by Inglis residents and staff. It attaches easily to a wheelchair and permits the user to drink independently. Inglis is committed to our educational partners throughout Philadelphia and looks forward to continuing this collaboration with Drexel University.



DREXEL MEDIA ARTS STUDENTS present their Drink-Aide® design ideas.



CALLING ALL VOLUNTEER ALUMNI

Once upon a time... You visited Inglis and were inspired by our community. Looking forward to the 25th anniversary of the Americans with Disabilities Act in 2015, Inglis is renewing relationships with old friends. It's part of our ongoing effort to advance our mission of enabling people with disabilities — and those who care for them — to achieve their goals and live life to the fullest.

Isn't it time you reunited with your friends at Inglis? Please contact us at **215-581-0753** or visit www.inglis.org/volunteeralumni to be reconnected with your fellow volunteers and this very special community.

Inglis is energy conscious

AT INGLIS, WE'RE WORKING TO IMPROVE QUALITY OF LIFE FOR OUR RESIDENTS AND CONSUMERS, AND FOR THE COMMUNITY AT LARGE. WE BELIEVE THAT ENERGY EFFICIENCY IS AN EFFECTIVE WAY TO IMPROVE PUBLIC HEALTH, CONSERVE NATURAL RESOURCES AND PROTECT OUR ENVIRONMENT.

"Inglis is continually trying to retrofit our systems to reduce our environmental impact and energy consumption," says Marc Forte, Director of Facility Engineering. "It's the socially responsible thing to do, but we also know that saving energy lets us put more money into Inglis programs and services, rather than our utility bills."

At Inglis Gardens at Belmont, soon to be under construction (see cover), sustainable features are built into the project, with systems for efficient storm water drainage, noise mitigation and energy conservation. Building materials will include post-consumer and post-industrial recycled content, and low-VOC paints and primers.

The completed structure will have roof-mounted photo voltaic panels to provide some of the occupants' electrical needs, as well as water-saving plumbing fixtures and drought-resistant landscaping. In addition, a construction waste management plan ensures that all waste generated will be disposed of without a negative impact on the environment.

At Inglis House, however, the environmental challenges are greater. The building was constructed in the 1920s — a time when green was simply a color. As a result, many of today's energy-saving technologies, such as solar panels, are impractical here. Our strategies focus on



THE INGLIS GREENING COMMITTEE meets monthly to raise environmental awareness and encourage energy-conscious practices among Inglis consumers and staff. Left to right: resident Sharon Kvetan; Ewa Zeljazkow, Office Manager, Facility Engineering; resident Greg Smith; Marc Forte, Director of Facility Engineering; and Nicole Anderson, Compliance Coordinator.

improving the efficiency of the way our more traditional systems heat and cool water, and control temperatures, lighting, ventilation and waste management. This often means replacing antiquated systems with more up-to-date, energy-efficient ones. In other cases, it involves tweaking our existing mechanicals to maximize their efficiency.

Here are some of the changes we've made to conserve energy and resources:

HEATING AND AIR CONDITIONING

Despite this year's cold and snow, winters are trending warmer in the northeast. Our boiler compensates for this by making an automatic changeover to the summer boiler on warm winter days. When outdoor temperatures rise, the temperature of our heating supply is lowered to match what the building actually requires. As a result, the water we use to heat air is 30 degrees cooler than it was three years ago.

Also, in the past, boiler burners switched on and off based upon demand. Now, computer operated burners always run on low fire, making it easier and more efficient for them to come back up to temperature when necessary. "Making our once-manual system an automatic one was a difficult accomplishment," says Marc. "It took a lot of trial and error and cooperation from our vendors."

"We are now looking at ways to improve the efficiency of our air conditioning system," says Marc. "Our goal is to create a system where air conditioning pumps and motors adjust speed and temperature



LEFT TO RIGHT, engineers Eric Wright and Rick DiPieri show off Inglis' new energy-efficient boiler with Marc Forte, Director of Facility Engineering.

according to demand, in the same way that our heating system does."

LED LIGHTING

LED lighting is a simple way to reduce energy consumption. "We now use LED lighting in the trash compactor room, where the lights are on 24-hours-a-day, seven-days-a-week," says Marc. "It has reduced wattage there from 1200 to just 228. We're also taking advantage of Philadelphia Electric Company rebates to buy new LED lighting at a fraction of its retail cost and realize similar wattage reductions in our interior and exterior lighting."

At Inglis, we've learned that energy management is an ongoing process, rather than a one-time effort. Developing and executing plans that make efficient use of energy resources are time-consuming and take careful planning. However, Inglis is committed to continuing our efforts for the health of the people we care for — and our environment.



THE RAY OF HOPE International Foundation held a Latin-inspired event to raise funds for the digital library last winter. It featured performances by the Contempra Dance Theatre Company of Wayne, and Flamenco de Colores, in Media.

INGLIS' DIGITAL LIBRARIAN,
Greg Smith.

Digital book project helps residents experience the joy of independent reading

FOR SOME PEOPLE WITH PHYSICAL DISABILITIES, THE SIMPLE ACT OF READING A BOOK IS DIFFICULT, BECAUSE THEY CANNOT HOLD IT OR FLIP THROUGH ITS PAGES INDEPENDENTLY. MECHANICAL PAGE-TURNERS ONCE HELD PROMISE, BUT THEY TYPICALLY MALFUNCTIONED, MAKING READING A CHORE, RATHER THAN A PLEASURE.

The digital age has created new opportunities for readers with mobility problems. Now, thanks to funding from the Ray of Hope, a Philadelphia-based foundation, Inglis House residents will soon be able to access a library of books on three dedicated computer workstations, using the same adapted technology that helps them use computers and surf the internet.

Resident Greg Smith, our new digital librarian, will oversee the new project by surveying resident interests, determining which books are available for electronic purchase and loading book selections into the electronic catalog. Together with resident Sharon Lamb, who oversees Inglis' traditional library collection, our librarians will ensure that all Inglis residents are able to enjoy the pleasure of getting lost in a favorite book.



Accessible Community Computing

While attending the launch of Inglis Housing's Service in Service program (see page 4) Dawn Waller, Director of the Inglis Adapted Technology Program, and Michael Strawbridge, Adapted Technology Assistant, met with Pennsylvania State Senator Anthony H. Williams (center). Senator Williams is a strong advocate of Inglis' Community Computing Program, which brings adapted technology to people with



physical disabilities living in the community, allowing them to enjoy the educational and social benefits of the internet. The program assesses each client's special computer access needs, and teaches them the required computing skills.

For more information about the Community Computing Program, contact Dawn Waller at Dawn.Waller@Inglis.org.

MS. PECORA GOES TO WASHINGTON

Inglis training director attends White House meeting

On Jan. 30, Lynn Pecora, Inglis' Director of Training and Development, was among 100 corporate leaders who were invited to participate in an employment forum with President Barack Obama.

Inglis participated in the event in partnership with the National Union of Hospital and Health Care Employees Local District 1199c, an organization that is deeply committed to workforce training to promote opportunity. As Chair of 1199c's Greater Philadelphia Healthcare Partnership Leadership Committee, Lynn helped to develop a customized nurse aide training and recruitment program for Inglis, as well as specialized coaching for nursing assistants on the use of electronic medical records.



LYNN PECORA (center) at the White House with Cheryl Feldman (at left), Executive Director of the District 1199C Training & Upgrading Fund, and Susan B. Thomas, Industry Partnership Director of the Fund.

During his 20-minute address, President Obama unveiled a \$150 million federal program "Ready to Work" to provide unemployed persons with training and skill-development. The President also mentioned that 300 businesses, Inglis among them, had agreed to use hiring best practices so that the long-term unemployed receive a fair chance when evaluated for hire.



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ARE YOU A FORMER INGLIS VOLUNTEER?

We'd love to see you again! See page 11.

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