

RESIDENT PROFILE: TOM NORDEMAN

A Determined Spirit Breeds Success and Inspires a Devoted Sister

"WHO CAN TAKE CARE OF HIM BETTER THAN I DO?" THAT WAS KRISTIN NORDEMAN'S REACTION WHEN HER OLDER BROTHER TOM DECIDED TO MOVE TO INGLIS HOUSE 10 YEARS AGO. BUT TODAY, WATCHING HER BROTHER THRIVE, KRISTIN FEELS VERY DIFFERENTLY. "SINCE TOM MOVED TO INGLIS, HE'S EMOTIONALLY BRIGHTER AND HAPPIER," SAYS KRISTIN. "THROUGH TOM'S CHOICES, OUR FAMILY GAINED INDEPENDENCE AND PEACE OF MIND. MY BROTHER HAS ALWAYS HAD A STRONG SENSE OF INDEPENDENCE AND PURPOSE, AND INGLIS CONTINUED TO SUPPORT TOM IN ALL OF HIS GOALS FOR THE FUTURE."

Tom, who lives with cerebral palsy, has a passion for chess and takes public transportation to chess tournaments all over the region. "Chess is a game of strategy and perseverance, and perseverance is one of Tom's strengths," says Kristin. That trait was never more evident than in Inglis' physical therapy suite when Tom took his first steps in 15 years. To get to that moment, he worked tirelessly with Inglis' physical therapists for many months. "Tommy was thrilled," recalls Kristin. "A big smile spread across his face and he said, 'I feel like the Energizer Bunny!'" Being able to walk again, even for 30 minutes, is the kind of motivation that drives Tom.

Despite their living apart for the past 10 years, Tom still affects Kristin's life in



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TOM AND KRISTIN NORDEMAN



President's message

PERSON CENTERED CARE AT INGLIS

Most of us learned the golden rule early: Do unto others as you would have them do unto you. Well, at Inglis, we're putting a

Person Centered Care twist on this time-honored rule. Our "addendum" to it is, *and treat others as they wish to be treated.*

For too long, hospitals and residential care facilities have called the shots: Breakfast at 7, showers at 8, lights out at 10. It's efficient, but not always best for a resident's quality of life. At Inglis House, we believe there is a better way.

Our Person Centered Care initiative is helping us to reinvent Inglis to make it more like "home" and less like an "institution." Our goal is to create partnerships between residents and their caregivers to work together to build lives that more closely match their care with their unique needs and desires.

Person Centered Care has already made tangible inroads here. We've enhanced the bathing experience to make it more comfortable and spa-like. Residents and staff are working together to improve the dining experience with enhanced food choices and more home-like dining environments. We're also taking the rush out of the dining experience by expanding the number of staff who are able to provide dining assistance. We're capturing advances in technology with a new electronic medical records system and expanded adaptive technology services that help residents use computers to learn new

skills, connect with friends and family, and gain meaningful employment. And thanks to our volunteers and generous donors, our courtyard is a beautifully landscaped place where residents can test their green thumbs in an expanded therapeutic gardening area, party in our renovated picnic space and relax to the burbling sounds of our new fountain.

This fall, our community began a very exciting Person Centered Care journey when we designated one "nursing unit" as our pilot "neighborhood." Residents, family members and staff representing all programs have come together to design a better care model ... one that will provide residents with greater choice, deepen partnerships between staff and residents, and build an enduring sense of community in the neighborhood. They are continuing to work to outline the staffing, procedures and steps needed to make their design a reality this spring.

We know that in addition to altering the way we provide care, we must also change the culture of care. Residents and staff are building daily activities around the individual needs of residents, instead of focusing on a list of tasks to be completed. It's a long-term process, but we've made a great start. Our hard work will have myriad benefits — for residents, for their families and for our staff. Check future issues of *Image* for updates.

With all good wishes for a happy and healthy 2014,

Gavin Kerr | President and CEO
gavin.kerr@inglis.org



PICTURED WITH THE TILE ARCH, which will be installed over a doorway at Inglis, are tile artists (left to right) Craig Stephens, Mindy Orth-Stephens, Marie Kelly, Jacqueline Scott and Shelley Van Scoyoc with (in back) artist-in-residence, Rhoda Kahler. The Inglis Emerging Artist program was created and continues to be funded by a generous grant from the Dolfinger-McMahon Foundation.



LEFT TO RIGHT: JoAnne Fredricks, Jackie Zinn, Marisa Rogers and M'Lou Knight.

2013 Patron's Reception Draws Accolades for Inglis Artists

THIS YEAR'S PATRON'S RECEPTION, AN EVENT TO THANK THOSE WHO HELP US HELP OTHERS, WAS HELD AT THE PHILADELPHIA MUSEUM OF ART, IN CELEBRATION OF OUR EMERGING ARTIST PROGRAM. PARTICIPANTS IN THE PROGRAM CREATED STUNNING FOUR-BY-FOUR-INCH TERRACOTTA TILES, WHICH WERE CONFIGURED INTO A TILE ARCH BY ARTIST-IN-RESIDENCE RHODA KAHLER. THE ARCH WAS DISPLAYED AT THE MUSEUM AS PART OF ITS *BRIDGES: ACCESSIBLE PROGRAMS BUILDS PARTNERSHIPS* EXHIBIT.



LEFT TO RIGHT: John and Karen Prince, and Ted Robb.

LEFT TO RIGHT: Gloria Einbender; Alysse Einbender, Inglis Board of Directors; Lauren DeBruicker, Chair, Inglis Board of Directors; and Gavin Kerr, Inglis President and CEO.



Robert Wood Johnson Scholars Conduct Community Research at Inglis House

INGLIS IS PLEASED TO SERVE AS A PARTNERSHIP TRAINING SITE FOR THE ROBERT WOOD JOHNSON FOUNDATION CLINICAL SCHOLARS PROGRAM AT THE UNIVERSITY OF PENNSYLVANIA'S PERELMAN SCHOOL OF MEDICINE. THE SCHOLARS, SIX PHYSICIANS WITH AN INTEREST IN HEALTH POLICY AND COMMUNITY HEALTH, CAME TO INGLIS THROUGH OUR RELATIONSHIP WITH CARIE, THE CENTER FOR ADVOCACY FOR THE RIGHTS AND INTERESTS OF THE ELDERLY. THE SCHOLARS CONDUCT RESEARCH IN LONG-TERM CARE AND OTHER HEALTH CARE SETTINGS, AND PUBLISH THEIR FINDINGS IN AN EFFORT TO DISSEMINATE INFORMATION ABOUT BEST PRACTICES.

During regular visits to Inglis over the summer and fall, the scholars met with residents in our PEERS program (see sidebar on page 5), as well as those in the general community and staff. As a result of their work, Inglis will partner with CARIE to enhance our communications and self-advocacy programs, and initiate a special visiting team to provide more social

opportunities for residents on prolonged periods of bedrest.

The Robert Wood Johnson fieldwork is just one part of Inglis' role in the academic training of educators, nurses, rehabilitation therapists and social workers throughout the region.



ROBERT WOOD JOHNSON SCHOLARS, standing, from left: Loren Robinson, MD; Brenden Maughan, MD, MHS; and Elizabeth Brown, MD. Seated, from left: Charlene Wong, MD; Marcus Bachhuber, MD; and Pooja Mehta, MD.

INGLIS RESIDENT YVETTE GREEN
with PA State Long-Term Care
Ombudsman Wilmarie Gonzalez
at the conclusion of her PEERS
training. Yvette has been a PEER
since the program was initiated at
Inglis in 2010.

PEERS HELP FELLOW RESIDENTS LIVE LIFE TO THE FULLEST

Living in a residential community has its advantages. You'll find plenty of company around when you're looking for it, lots of activities to choose from and easy access to health care and other services. However, whenever people live in a group, issues arise. One person's music is another's noise, a new resident has trouble adjusting to community life or neighbors have an argument.

At Inglis, the Pennsylvania's Empowered Expert Residents (PEERS) program helps our residents and staff deal with problems productively. A program of the State Long Term Care Ombudsman Office, PEERS provides selected residents with training on conflict resolution, privacy and respectful communication. This helps them to solve interpersonal problems and prevent small misunderstandings from becoming big ones.

"PEERS empowers residents and helps residents and staff work together," says Yvette Green, who has been in this role



"PEERS EMPOWERS RESIDENTS
AND HELPS RESIDENTS AND STAFF
WORK TOGETHER."
— YVETTE GREEN

since the program was initiated in 2010. "It also provides a way for residents to voice their opinions and preferences. PEERS also welcomes new residents and helps them to feel part of our community."

Inglis Artists Shine at Bryn Mawr Art Ability Exhibition

ELEVEN INGLIS ARTISTS WERE CHOSEN TO SHOW THEIR WORKS AT BRYN MAWR REHAB HOSPITAL'S ART ABILITY, A 10-WEEK, JURIED EXHIBITION AND SALE OF ART BY ARTISTS WITH PHYSICAL AND RELATED COGNITIVE DISABILITIES. ART ABILITY ENABLES ARTISTS TO DISPLAY THEIR TALENT, RECEIVE RECOGNITION FOR THEIR WORK, AND OFTEN, MAKE PROGRESS IN RECOVERING FROM A LIFE-ALTERING ILLNESS OR INJURY.

The exhibition, which is the largest event of its kind for artists with disabilities in the United States, is on display free to the public through Jan. 26, 2014, in the corridors of Bryn Mawr Rehab Hospital, 414 Paoli Pike, Malvern, PA, from 8:30 a.m. to 5 p.m. daily.

Art Ability was a 2009 recipient of the Inglis Award for Continuing Excellence. This award honors the performance of nonprofit

organizations in the Philadelphia region that enhance the quality of life for people with physical disabilities.

Congratulations to our artists and to artist-in-residence Rhoda Kahler, whose skill, encouragement and enthusiasm has been essential in helping our residents to develop their talents.

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CRAIG STEPHENS, Apache



BRUCE GRANT, Landscape

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Inglis artists represented in this year's show include:

- Bruce Grant Landscape
- Dana Hirsch Gravitron and Autumn Burst
- Marie Kelly Landscape with Birds
- Cynthia Lewandowski Gracie and the Magnolia Tree
- Mark Murray Fallow Field
- Melinda Orth-Stephens Underwater on a Sunny Day
- Will Parker Biggie
- Lucia Quinn Blue Bulb
- Jacqueline Scott Landscape
- Craig Stephans Apache
- Robert Woltanski Shrine



ROBERT WOLTANSKI, Shrine



Progress at Mission Green

Above, a retaining wall is constructed at Mission Green, a project of Inglis and the Medical Mission Sisters. Mission Green will consist of 61 units of fully accessible, low-income housing on the 69-acre campus of the Sisters' North American headquarters in Fox Chase, and will open mid-year of 2014. The facility, for low-income seniors and persons with disabilities age 55 and older, will include an on-site community room with full-service kitchen, a lounge and laundry on each floor, as well as on-site parking. For application information, call 215-581-0712.

Help Make Wishes Come True for the Inglis Community

PEOPLE ARE OFTEN SURPRISED TO LEARN THAT MANY OF THE SERVICES AND AMENITIES AVAILABLE AT INGLIS ARE ONLY MADE POSSIBLE THROUGH THE GENEROSITY OF OUR DONORS. INSURERS LIKE MEDICARE AND MEDICAID PAY FOR ONLY THE VERY BASICS OF EACH PERSON'S CARE. COMPUTER TRAINING, SOCIAL ACTIVITIES, SPECIAL EQUIPMENT AND MANY OF THE OTHER MEANINGFUL ENHANCEMENTS TO DAY-TO-DAY LIVING ARE NOT COVERED.

The following "wish list" items would enrich life at Inglis House even more for our residents this year. If you are unable to purchase an item by yourself, consider a fundraising drive at your school or place of business. Individual donations of any amount are gratefully accepted too.

Here are some of the items your donations can provide:

SOCIAL ENRICHMENT

One of the reasons people choose to live at Inglis House is the range of activities we offer. Events like our Harvest Ball, Spring Fling, New Year's Eve and Valentine's parties are extremely popular with residents. However, entertainment and supplies for these events are not covered by federal and state reimbursement.



Cost: \$1,000 per event; \$5,000 for the year



Many of our residents are avid Phillies, Eagles, 76ers and Flyers fans. Philadelphia-area sporting and entertainment events are high on the list of their favorite activities.

Cost: \$750 for sporting events tickets and transportation for six residents and their attendants

Pet Parrot: The company of a pet encourages communication and promotes relaxation and feelings of well-being. Inglis' pet parrot would live in our therapy room and be showered with love and attention. Its job: to entertain and engage residents when formal programs are not in progress (and go for occasional shoulder rides). Since large birds can live well beyond 20 years, this is an investment with a long-term yield!



Cost: \$900

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EQUIPMENT

Voicettes with collar microphones: Voicettes are collar-affixed amplification devices that make it easier for residents with soft voices to be understood.

Cost: \$1,500 each

NIOV breathing device: Imagine how it would feel if every breath took effort. Unfortunately, for some of our residents, this is a daily reality. Oxygen can be helpful, but some with respiratory problems can still feel exhausted from the continual exertion required to breathe.

NIOV is a light, palm-sized device that delivers volume and pressure support combined with air and oxygen to the lungs. It uses a one-of-a-kind technology that reduces shortness of breath and makes breathing easier, creating a feeling of relief. As a result, residents with respiratory difficulties are able to eat better, and are more likely to participate in activities and engage in conversations.

Cost: \$7,000



TECHNOLOGY

As adapted technology becomes more compatible with tablets, Inglis would like to purchase 10 tablet packages (iPad or android, based on the client's needs and abilities). These will enable people with varying levels of mobility to independently use these devices to access a wide range of mobile applications. By integrating adaptive accessories and Bluetooth technologies, consumers can enjoy the benefits of adaptive technology outside of our computer lab, and increase their independence while in their rooms or on the go.

Cost: \$800-\$1,000 (per tablet); \$1,200 (adapted accessories)

Gifts of any amount to our Adapted Technology Fund add up to provide technical training and support for our community. Your help really makes a difference in their lives!

For more information about how to support these initiatives, please contact Meredith Quirin Waldron at (215) 581-0703 or meredith.waldron@inglis.org.

The Steven H. Starr Memorial Fund

A SISTER'S LEGACY OF LOVE FOR HER BIG BROTHER

DURING REGULAR TRIPS TO SPAIN, SUSAN STARR WAS OFTEN MOVED BY FAMILIES AFFECTED BY DOWN SYNDROME. "IN SPAIN, PEOPLE WITH DOWN SYNDROME ARE VERY MUCH INTEGRATED INTO COMMUNITY LIFE," SAYS SUSAN. "I OFTEN SAW ADULT CHILDREN INTERACTING WITH THEIR PARENTS IN VERY LOVING WAYS. YOU CAN GET THAT FEELING A LOT AT INGLIS HOUSE TOO; WATCHING FAMILIES SHARING TOUCHING MOMENTS WITH THEIR LOVED ONES."

As the younger sister of Steven Starr, a 30-year resident of Inglis House, Susan has a special appreciation for families living with a loved one's disability. Although she and Steven always shared a close bond,



their relationship deepened after the death of their parents. Susan became Steven's advocate and champion. They spent their Saturdays together at Inglis, watching cooking shows. She brought him special gifts and treats.

When 61-year-old Steven succumbed to complications resulting from multiple sclerosis in March of 2012, Susan wanted to honor his memory in a uniquely meaningful way. "I thought about something lasting that would also help people understand who Steven was," she says. "Although he wasn't much of a joiner or 'group person,' he loved attending Jewish holiday meals at Inglis. Even after he was no longer able to eat, he would still attend to participate and hear the

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GAVIN KERR, Inglis President and CEO, and Susan Starr.



SERVICE IN SERVICE PROJECT

Residents of the Inglis Apartments at Elmwood kicked off their “Service in Service” Project with a celebratory barbecue at the summer’s end. Residents and veterans from the HELP Philadelphia Homes/Brady Veteran’s Center will meet with fifth graders at Philadelphia’s Thomas Morton School throughout the school year. Through shared stories, meals and art projects, they’ll help the students to learn more about people with disabilities and explore concepts such as freedom and independence.



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music.” Susan decided to create a fund in Steven’s name at Inglis by establishing a fund that would allow the families of Jewish residents to attend Passover and Rosh Hashanah meals at no cost. She composed a letter in which she shared personal stories about Steven and their family, and invited friends to contribute.

“When I was little, I wanted to wear Steven’s clothes because I hoped his specialness would rub off on me,” says Susan. “Today, I hope that the Starr Fund brings joy to others at Inglis House and keeps Steven’s memory alive, making him so much more than just a tiny speck in the universe.”

Throughout Inglis’ history, generous family and friends have provided support for a variety of programs and amenities that enrich the lives of Inglis residents. Gifts in honor of a loved one, such as Susan’s tribute to her brother, are a profound way to remember them. These gifts also provide the satisfaction of making a much-appreciated difference in the lives of Inglis residents.

To participate in the Starr Fund, send your gift to Inglis with the note “Starr Memorial Fund” in the memo line.

JOAN MCLEAN, Most Courageous Athlete.

LYNN HAMILTON and family.



Keen Games Showcase Invincible Inglis Spirit

ON SATURDAY, SEPT. 21, OUR COURTYARD ERUPTED IN CHEERS AS MORE THAN 100 INGLIS ATHLETES STREAMED INTO IT TO THE THEME FROM CHARIOTS OF FIRE. IT WAS THE SECOND DAY OF THE 2013 ALICE KEEN MEMORIAL GAMES, WHICH FEATURED HOME RUN DERBY, WHEELCHAIR SLALOM, BOWLING AND GOLF, AMONG OTHER

EVENTS. ON DAY ONE, PARTICIPANTS COMPETED IN "BRAIN GAMES," SUCH AS SCRABBLE, CHESS, BEJEWELED AND MANY MORE.

The Keen Games are named in honor of former Inglis Board member Alice Lightner Keen, who organized the first event in 1976 to celebrate the nation's bi-centennial and Inglis' centennial. The Games are coordinated by our Social Enrichment program. Awards are conferred for the best scores for each event. This year, Joan McLean won the Award for Most Courageous Athlete and Andrea Ziff was named the Most Dedicated Athlete.



ANDREA ZIFF, Most Dedicated Athlete, with her family.



RAY POPIK hits one "outta the park."



A VOLUNTEER CHEERS John Mercugliano on as he completes the Wheelchair Slalom.



THANK YOU TO ALL WHO MADE THE DAY AN EXTRA SPECIAL ONE FOR OUR RESIDENTS, INCLUDING MORE THAN 90 VOLUNTEERS FROM AREA UNIVERSITIES AND COMMUNITY GROUPS. FOR MORE KEEN GAMES PHOTOS, VISIT WWW.INGLIS.ORG AND GO TO THE EVENTS SECTION UNDER ABOUT US.

Inglis Resident Brian Woznicki Attends Advanced Scout Leader Training

INGLIS RESIDENT AND EAGLE SCOUT BRIAN WOZNICKI RECENTLY COMPLETED THE FIRST PART OF THE BOY SCOUTS' WOOD BADGE COURSE AS A MEMBER OF THE FOX PATROL, BOY SCOUT TROOP 1. TO PARTICIPATE IN THE COURSE, BRIAN CAMPED OUT AT THE MUSSER SCOUT RESERVATION IN MARLBOROUGH TOWNSHIP, PA, FOR THREE FULL DAYS, ALONG WITH HIS LPN-CAREGIVER.

The course consisted of several presentations detailing various leadership techniques and each included an exercise that allowed participants to practice their skills. In one exercise, blindfolded Patrol members had to make their way through a "mine field" strewn with obstacles. Brian was chosen to guide each of his fellow Patrol members through the path, using only verbal instructions. All made it through without incident.

"Without exaggeration, I can say that it was the single best experience of my entire life," says Brian. "The staff and participants lived, worked and played as a troop of scouts. The methods and traditions of Scouting

were ever-present. It would not have taken a lot of imagination to believe that Scouting Founder Robert Baden-Powell himself was spiritually around one of the campfires."

Brian will earn Wood Badge beads, denoting achievement in leadership and direct service to young people, upon completion of five projects demonstrating practical application of the skills learned in the course. The small wooden beads, one on each end of a leather string, are worn around the neck as part of the Scout Uniform, along with a taupe neckerchief. The entire Inglis Community congratulates Brian on his achievement.



INGLIS RESIDENT BRIAN WOZNICKI (second from the left), with fellow members of the Fox Patrol during Wood Badge training.

A Determined Spirit Breeds Success

profound ways. "Growing up with him gave me empathy and a desire to help people. He definitely influenced my choice to become a social worker," says Kristin, who will earn her degree from Temple University this year.

Tom, who is devoted to his faith and congregation, loves connecting with like-minded people, including Inglis volunteers he has met along the way. "Volunteers make all the difference," he says. "When I see them at Inglis they bring such joy." In his travels around the region, he often tries to engage volunteers for Inglis.

Tom is also a college student. Like many residents, he takes online classes through Community College of Philadelphia. "Tom is very intelligent — just look at his chess skills!" Kristin says. "I love

Your gift to Inglis helps Tom persevere, whether it's through his passion, chess, or his therapy, walking. Without your support, Tom and others like him might not have the chance to show the world what they're made of.

Visit www.inglis.org/abilityfund to learn more about Tom and see a video of his triumphant walk.

to help him with his keyboarding. Maybe he'll continue with his education and become a Temple Owl, like me."

Whether or not Tom decides to continue with his academic studies, it's clear that he's "living life to the fullest" at Inglis.

INGLIS HOSTS CITY COUNCIL

Inglis was pleased to welcome members of Philadelphia City Council and senior staff to our campus last October to introduce them to our mission, facilities and Inglis community members.

Lauren DeBruicker

(far right), Board Chair, also met with these civic leaders to reinforce the Board's commitment to collaborating with City Council in the years ahead.

PICTURED ABOVE ARE (LEFT TO RIGHT): Al Spivey, Jr., Chief of Staff for Councilman Curtis Jones, Jr.; Will Carter, Chief Operating Officer for Council President Daryl Clarke; Councilman David Oh; Councilwoman Jannie Blackwell; Kevin S. Kelly, Vice President, Chief Financial Officer and Managing Director, Inglis Housing Corporation; Gavin Kerr, President and CEO, Inglis; Councilman Dennis O'Brien; Katy Kaplan, Councilman Dennis O'Brien's Director of Human Services and Special Initiatives; Marty Cabry, Chief of Staff for Jannie Blackwell; and Lauren DeBruicker, Chair of the Inglis Board of Directors.





image

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THE INGLIS COMMUNITY wishes you a happy,
healthy holiday season and New Year!

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