

Image

The Inglis Newsletter

**WINTER
2019**

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**VOL. VI, NO. 1
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**A Lifeline to the
Working World**

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Service Coordinators**

**New LCPS Program
Breaks Barriers**

**New Assistant Nursing
Home Administrator**



Living in the Community

Inglis' continuum of care



**Ability &
Independence.
Redefined.**

Supporting the Community

Inglis has been committed to helping people with disabilities live the lives they want since 1877. Throughout the years, the organization has evolved, creating an extended community in which people with disabilities articulate their desires, maximize their abilities and achieve their goals. Many people with disabilities choose to live independently in the community and Inglis is there with Community Support Services (CSS), Adapted Technology, and affordable, accessible apartments.



In this issue of *Image*, we focus on some of the innovative programs that provide a continuum of care to individuals with disabilities who live independently. Inglis works to meet people where they are and provides services that help them get to where they want to be.

When Fred Schwartz's Multiple Sclerosis progressed, and he needed help adapting, he experienced Inglis' Community Support Services at its best. The Burlington, New Jersey resident was bedridden and struggling to continue his work as an accountant when he contacted the Greater Delaware Valley Chapter of the National Multiple Sclerosis Society (NMSS) for help.

Through Inglis' long-standing partnership with NMSS, he was referred to Jennifer Schwartz (*no relation*), a Care Manager for CSS. She, in turn, provided suggestions that led him to secure 40 hours of weekly home health services through a state-funded program. He also enrolled in Inglis' Community Computing Program for help adapting his workspace. The Community Computing Program was able to alter his workspace by suggesting tools he could use to comfortably work from his bed.

"Jennifer was a tremendous help, she is a great resource," said Fred, who is 49. "Jennifer and Jeremy Boothe from the Community Computing Program really transformed my life."

As Community HealthChoices, the new managed care program in Pennsylvania, changes the way people receive care, and more people choose to live independently, Inglis is working to ensure we meet the needs of the people we serve wherever they call home.

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On the Cover:

Noni Ade and Sevell Lincoln both came to Inglis House to learn how to live independently. Now their independence is linked to each other. The newlyweds live together in Inglis' Morris-Klein Apartments. Read more about them on Page 14.

Inglis enables people with disabilities – and those who care for them – to achieve their goals and live life to the fullest. As such, Inglis welcomes great people in all our programs and employment opportunities, without regard to disability, race, religion, age, gender, sexual orientation, national origin, military service, marital status, or any other characteristics, as protected by law. We encourage all people with disabilities, who may benefit from our programs and services, to apply for participation; and equally hope those who meet job criteria, including veterans and the long-term unemployed, apply for our employment opportunities.

As we move through this new year, I want to thank you for your generous spirit and your commitment to Inglis.



When I reflect on 2018, I am most grateful for your support, which allows us to provide a continuum of care to the people we serve, both at Inglis House and to those who choose to live in the community.

Throughout our history, we have worked to help individuals accomplish their goals by providing support and encouragement as they strive to live the lives they choose. Some come to call Inglis House home, some come to Inglis House with the goal of transitioning to an accessible apartment, while others who live independently seek us out for help overcoming barriers.

This *Image* highlights innovative ways Inglis helps people with complex physical disabilities to successfully live in the community. Our story about newlyweds Noni and Sevell is an example of two people who navigated their way from rooms in Inglis House to a shared life in an Inglis apartment. Noni says Inglis House “helped me to be ready to live on my own. Now I am living my life with Sevell and there is no one else I’d want to live with.” Richard Auerbach, who lived in Inglis House before moving to an Inglis apartment, now works for Inglis and says “sometimes I sit in my apartment and I just stop and think ‘wow,’ I am working for Inglis.”

That’s what Inglis is all about. Providing opportunities for people to accomplish their goals, whatever they may be. Today, opportunities for individuals with disabilities to live with purpose, dignity and autonomy are all around us — through new technologies, new ideas, new modes of care delivery and more accessible, independent living communities. Inglis is always seeking to innovate and find new ways for people with disabilities to continue to redefine ability and independence.

None of this would be possible without you. You have helped us to say yes where others have said no; to open doors and provide opportunities for those we serve to live their best lives. I look forward to another year of innovation and partnership and, more importantly, doing more for the Inglis Community.

Sincerely,

Dyann M. Roth
President & CEO

Meet Justin Klotz

Inglis House welcomes new Assistant Nursing Home Administrator

Justin Klotz has joined Inglis as the new Assistant Nursing Home Administrator of Inglis House.

"We are fortunate to have Justin join our team," said Patti McCloskey, Executive Director & Administrator of Inglis House. "He brings a wealth of knowledge and experience that will be beneficial in enhancing our person-centered approach. His experience will assist us in setting priorities and strengthening operations to work toward our strategic goals."

Prior to coming to Inglis, Justin worked at Dresher Hill Health and Rehabilitation Center where he improved the facility's Medicare rating. He has more than 13 years of experience working with people with disabilities in the Philadelphia area and is excited about the approach taken at Inglis.

"I am very drawn to Inglis because of its mission," he said. "A lot of nursing care facilities talk about person-centered care, but few really manage to do it. Inglis takes it the next level."

A self-proclaimed Air Force brat, Justin says many of his family members are in the military, but he was drawn to a different type of service. He lists his children as being among his greatest accomplishments and enjoys finding unique ways to help the community with which he works.



"I have an open-door policy and I like to make sure everyone knows I am approachable and open to listening," he said. "I love working with residents and make it a point to walk around and talk with people every day. It's always the best part of my day."

His immediate goal is to help Patti, with whom he previously worked, move some of her strategic initiatives forward and to continue to help Inglis advance its person-centered vision. He said he is already impressed with Inglis and its staff.

"I have never been to a place where the staff is so welcoming," he said. "Everyone seems happy to be here and many have been here 15 or 20 years. That's not something you see often in a long-term care facility. I think the residents at Inglis House inspire staff. There is a younger community here and when you see what they are capable of and how they push themselves, it lights a fire under everyone."

Inglis House Residents Attend Healing Hearts Holiday Party



Inglis residents and staff attended The Barkann Family Healing Hearts Foundation holiday party in December, where they met NBC sports announcer Michael Barkann, Eagles Coach Doug Pederson, and players Cory Clement and Chris Long. The residents who participated received gifts including an Amazon Echo, winter coats, new comforters and gift cards. Carol Lewis, who loves Cherry Coke, requested and also received three cases from the Foundation. Tim Kinnary (far right), who is good friends with Foundation Executive Director Mike Barnes, and is a close friend of some of the Eagles players, was honored with an Eagles jersey with his name on the back.

The Wonders of 3D Printing

Since 3D printing was introduced at Inglis more than three years ago, the Adapted Technology (AT) team has been able to help individuals overcome barriers to playing music, creating art, using cell phones and channel surfing.



A recent grant from Capital One will add a new 3D printer, shelving and storing units to allow further development of products, and the possibility of introducing 3D-printed solutions to people living independently in the community.

“Our vision is to more actively test and prototype 3D-printed solutions to expand their impact beyond Inglis House as Inglis offers more services in the community in the near future,” said Lea Frontino, Vice President, Information and Adapted Technology. “3D printing is an affordable way for us to design and test solutions that ultimately can get to the people we serve more quickly and at a much lower cost.”

Two 3D printers currently log nearly 100 hours of print time each month, allowing the AT team to quickly create customized devices that are used by many Inglis House residents. The additional printer and accessories will allow for more modifications and even faster production.

“A new state-of-the-art 3D printer will continue to allow us the opportunity to address our residents needs with creative solutions that directly impact their daily activities and their levels of independence,” said Michael Strawbridge, Director of Adapted Technology.

There are many benefits to 3D printing. Because each print can be modified using 3D design software, it encourages collaboration between residents, AT and Rehab staff; the cost is also dramatically lower than mass market products; and the AT team is driving the deadline, which speeds up the production process.

As 3D printing becomes more mainstream, the AT team will continue to explore the possibilities to broaden its impact and tap this innovative technology to improve the lives of not just residents at Inglis House, but also those who live in the community.

New Director of Adapted Technology Program

Michael Strawbridge knows he has big shoes to fill as the new Director of Adapted Technology. Michael recently replaced Dawn Waller, who retired in December.

“My job is to take what Dawn has created and the great team she’s built and continue to evolve and innovate as technology does,” he said. “In the future, I see adapted technology intertwined more with nursing and physical therapy in Inglis House and being used in the community in ways we haven’t yet considered.”

Michael spent the past six years running the Community Computing Program (CCP), a grant-funded endeavor made possible by The Pew Charitable Trusts. Michael supported people living independently with a variety of disabilities by performing assessments, helping them set individualized goals and educating them on how to access and use technology in their daily lives. More than 700 people have been served in the past few years and the CCP continues to grow.

“Michael’s deep experience in the community and his commitment and collaborative approach will serve the Adapted Technology Program well as he works with the team to expand and enhance the amazing services already being provided to our Inglis House residents and people living in the community” says Lea Frontino, Vice President, Information and Adapted Technology. “He’s poised to do great things.”

Inglis’ population keeps Michael motivated to both find new technologies and adapt existing technologies so people can accomplish their goals.

“Inglis is a unique place to work,” he said. “We have a young population that come to us from around the country and are willing to try new things. Our job is to keep on top of technology and to know what’s coming, so we can take it and adapt it. We want to make life as good as we can for the people we work with,” he said.



Michael works with Tanya Callihan and Mark Murray in the computer lab.

Inglis' LTSS Certified Peer Specialist Program — Reducing Barriers to Health and Wellness

Richard Auerbach knows what it's like to have multiple disabilities affect his life. In 2013 he was hospitalized with Gastric Ileus and came very close to death. Richard, who has Cerebral Palsy, remembers wondering if he would ever leave the hospital and accomplish his goals of working and obtaining a PhD.

He felt overwhelmed, disoriented and hopeless. "When somebody has a complex physical disability, there are a lot of things that can go wrong," said Richard, who has both a physical disability and mental health challenges. "When you're sitting there on your own, you can get lonely, anxious, depressed and feel overwhelmed to the point of doing nothing. You must be able to prioritize what needs immediate attention and what can wait."

Inglis' newest program will work with eligible individuals who need help managing these types of issues. The Long-Term Services and Supports Certified Peer Specialist (LCPS) Program will help individuals address the mental health challenges that often surface when trying to manage physical disabilities.



"For me, working at Inglis means I don't have to worry about whether what I do matters, because I know it does."

The LCPS Program is the first of its kind in the country and is designed specifically to support individuals with complex physical disabilities receiving long-term services and supports. It is also unique in that it will match people with physical disabilities and mental health challenges with trained, certified peer specialists who have also experienced mental health challenges, and who have personal or professional experience with physical disabilities.

"For people who have physical disabilities, their physical issues take precedence over behavioral health issues. But if behavioral issues keep getting pushed aside, it can ultimately affect physical health," said Maria Bell, Co-Director Community Support Services, who directs the LCPS Program. "Often when people are experiencing mental health challenges such as depression, they may not do the things they normally do for self-care and may also shut others out. So they need someone who understands and can help get them to focus on their well-being," she said.

"By creating the first peer specialist program to focus on people with physical disabilities who also experience mental health challenges, Inglis not

Richard Auerbach (at left) tests various adapted technology devices for the LCPS Program with AT Therapist, Katherine Griffiths (above).

only continues to innovate the ways we support people with disabilities to live the lives they want, but we also are addressing a long unmet need," said Dyann Roth, President and CEO of Inglis.

When fully operational, the LCPS Program expects to include:

- Needs assessments
- Peers with mental health challenges and experience with physical disabilities
- Potential employment opportunities as peers for people with existing mental health challenges who also have a physical disability or experience with disabilities

Richard, who lives in an Inglis apartment, is helping contribute to the design of the LCPS Program and hopes to be its first peer specialist. He believes that peer-to-peer assistance can help individuals understand they are not alone.

"What's different about peer support is I can literally feel their pain because I have been there," he said. "It's easy to talk about something, like being in a wheelchair, but unless you've been there you really don't know how hard it can be. I know what they're going through and because of that, people connect with me and we can work through issues together."

Richard said he understands that not all problems can be resolved, but that sometimes partial solutions are enough. "Some problems can't be fixed, but we can find a way for them to manage," he said. "That's usually enough to minimize anxiety, so people can get moving again. Sometimes there are so many things going on that you just become paralyzed and do nothing and that's when serious problems can occur."

In addition to his personal experiences, Richard brings a wealth of knowledge to the LCPS Program. He received a master's degree in counseling psychology from Immaculata University; a bachelor's degree in business administration, information systems from Temple University; is working on his PhD; has Community Health Worker Training; is a Certified Recovery Specialist and is receiving certified peer specialist training.

Richard said that the LCPS Program is another example of Inglis' continuum of care. His life has come full circle; from living in Inglis House to living in an Inglis apartment to working for the organization. "Inglis has always been there for me, whenever I needed it and in whatever way I've needed it," he said. "For me, working at Inglis means I don't have to worry about whether what I do matters, because I know it does."

If you know someone who would benefit from peer support or who would like to receive training to become a certified peer specialist, please send an email to: LCPS@inglis.org



Resident Service Coordinators Help Make Living Independently Easier

Dependable. Professional. Caring. Knowledgeable. Life-changing.

These are just a few of the adjectives Inglis Housing Community members used to describe their Resident Service Coordinators (RSCs).

As the largest private developer of accessible, affordable apartments in the Greater Philadelphia Area, Inglis supports people with disabilities who are living independently in a variety of ways. In Inglis Housing Corporation apartments, RSCs play a pivotal role in making residents feel comfortable, confident and part of a community.

Each Inglis Housing complex has an RSC who helps ensure residents don't slip through the cracks while transitioning to independent living or navigating solo with a disability. They provide resources, guidance and, if necessary, advocacy. They are supported through philanthropic contributions to Inglis.

Inglis has more than 300 accessible apartments throughout Philadelphia and southern New Jersey. Christine Lacy, Director of Inglis Housing Corporation said, "RSCs are such a big part of what we do, they truly help residents become their best selves."

RSCs are an integral part of Inglis' Care Management Team. They foster a sense of community through educational and social events. Some educational program topics have included conflict resolution, avoiding financial exploitation, suicide prevention, fall prevention, and Medicare 101.

RSCs keep abreast of a wide-range of state and local programs that can help the people they serve. It's something in which Inglis apartment residents often take advantage.

"If I ever need anything, Will is there," Robert Brown, who lives in Inglis Gardens at Belmont, said about his RSC. "He's a unique person, he's got what I call a 'listening ear' and he has helped me a lot. Truth be told, I wish I had met him earlier in my life."



William Sanders
Inglis Gardens at Belmont,
Washington Lane,
Germantown

William Sanders is the newest member of the RSC team. William smiles easily, listens intently and rarely closes his office door. He said his goal is for the people in his buildings to thrive. "Every disability is different; every need is different. I try to stay connected so people know I am here for them in whatever way they need," he said. "I will pull someone into my office as they walk by to see how they're doing. I try to make them aware of things they might not know about but could be helpful to them and I want them to feel I am here if they need anything."

William said he understands transitions can be difficult and visits newcomers to make sure they have everything they need. "Sometimes people who transfer in from a nursing home need help settling in. I've seen people dropped off with nothing," he said. "I make sure they have clothes, blankets and are OK."



Michelle Pfeffer
Morris Klein Apartments,
Pennypack Crossing

For Michelle Pfeffer, being an RSC allows her to show the people she serves that they are capable and can do more than they imagine.

"I am a person with a disability and have experienced a lot of what they are experiencing. I am there, in a way, to show them what the possibilities can be," said Michelle, who has Cerebral Palsy and uses a wheelchair. "I have had to fight for a lot of things that I need myself and so I know how to guide them and help them get the services they need."

Michelle said people often tell her that they are not as capable as she is.

"I tell them I didn't start out like this, I had to work and learn how to become this independent," she said. "Little by little they can too, and that's what I help them to do."



Maria Bell brings a clinical eye to Community Support Services

Maria Bell grew up in a family where learning about people from different backgrounds was a big part of her upbringing. Adopted as a child, her parents instilled an appreciation for diversity, cultural differences, and the importance of serving others. Maria says it led her to a career in behavioral health and, more specifically, instilled a desire to work with underserved and marginalized populations.

Maria is Co-Director of Inglis' Community Support Services, where she helps people with disabilities successfully live independently.

"I have always been drawn to serving individuals who don't have the resources to get the help they need," she said. "Growing up I watched my mom develop a friendship with a guy who was homeless and had behavioral health issues. She would buy him food and a newspaper. He wanted the paper because he loved the comics section. I remember one Easter weekend we saw him, and my sister and I gave him a chocolate bunny. In turn, he gave us the comic strips. Even being 10 years old I knew how significant that was and how important our service and friendship was to him. I have never forgotten him."

Maria manages several programs that are unique to Inglis, including Care Management, Resident Service Coordination, and is also leading the design and implementation of the new LCPS Program.

"With the LCPS Program we will provide peer specialist services to help individuals to be able to address behavioral health concerns along with their physical health concerns."

Maria began working at Inglis about a year ago and knew that incorporating behavioral health services into Inglis' portfolio was important. Feelings of depression, isolation, and anxiety are not unusual for people with a disability who live independently, but they often leave people apprehensive and overwhelmed, which may also lead to overlooked medical issues.

"Medical issues often take precedence over behavioral health issues with people who have physical disabilities," she said. "With the LCPS Program we will provide peer specialist services to help individuals to be able to address behavioral health concerns along with their physical health concerns."

Prior to coming to Inglis, Maria was with Resources for Human Development where she held progressively responsible positions, most recently for one of the state's first Certified Community Behavioral Health Clinics.



Donna Warfield-Simpson

Inglis Gardens at Evesham, Eastwick 1 & 2, Elmwood, and Mission Green

Donna's approach is a combination of coaching, team building and cheerleading. She has helped people find ways to pay outstanding rent, brought in mediators to discuss conflict resolution and built self-esteem through a tutoring program where residents help others learn to read. "I consider them like family," she said. "I try to be diplomatic and I help them get services they don't know are available or don't know how to enroll." She also makes sure some of her elderly residents get healthy meals delivered by a church a few times a week.

"There are so many layers to peel back, so many issues that can seem overwhelming," she said. "I try to help them sift through and find solutions. We work to make our apartments small communities where everyone looks out for one another. If someone is having a problem and they don't come to me, someone will lead me to them."

Fulfilling the Needs of the Inglis Community

Nicole Pruitt says the best part of her job is watching people succeed. As Co-Director of Community Support Services: Day Program and Employment Services, she spends her days helping people accomplish their goals.

"Everyone wants meaningful work and meaningful engagement," she said. "I am so fortunate that I am able to be a part of so many people's success stories both in Community Employment Services and the Day Program. I also really love watching staff grow, succeed and support each other."

Nicole started at Inglis 15 years ago as an Occupational Therapy Assistant. She found that while she loved the work, she also enjoyed budgeting and planning, so she went back to school for a bachelor's degree in Business Administration. When she completed her degree, she was offered the Day Program position, and later, CES was added to her portfolio. "One of the things I love about Inglis is that I had a lot of support and love during the transition and throughout my career," she said. "There are so many competent, caring people that are fun and excited to be here. I enjoy getting to know them and working with them."

Both the Day Program and CES are expanding this year and Nicole is looking forward to reaching more community members who want to enhance their quality of life.

"It's going to be a very exciting year. Inglis is unique in that we work with a younger population. It's a real privilege to be able to help these individuals find work, engage and accomplish their goals," she said. "I have a profound respect for members of the community who get up, go to their jobs and live their lives every day with the barriers they face."

When not at Inglis, Nicole spends her time training for half marathons and chasing her five-year-old son around. "I like to keep active and I love being outdoors," she said. "And I like being at Inglis. It's almost like I'm not going to work but I am going to spend time with my second family."



Inglis Day Program Inspires Lasting Friendships

For Rick Freeman Jr., the Inglis Day Program was a game changer. Instead of sitting at home watching television day in and day out, he is excited to leave home and visit his friends.

"I like the people and I love the music, dancing and coming every day," said Rick Jr., who has been attending for nearly 10 years. "I don't like when I can't come."

Inglis' Day Program is unique in many ways. It provides opportunities to learn skills that lead to independence, it promotes teamwork and collaborative decision-making, and it caters to a younger population. In fact, it is the only Day Program in the Greater Philadelphia Region that focuses predominantly on younger people with physical disabilities. Nearly 60 people attend the program regularly.

Rick Sr. said his son acquired skills he wouldn't have if it wasn't for the care he receives in the Day Program. "This place means the world to him, I can't keep him away. He's definitely more independent. Instead of immediately calling for help, like he used to, he'll do a lot of things by himself."

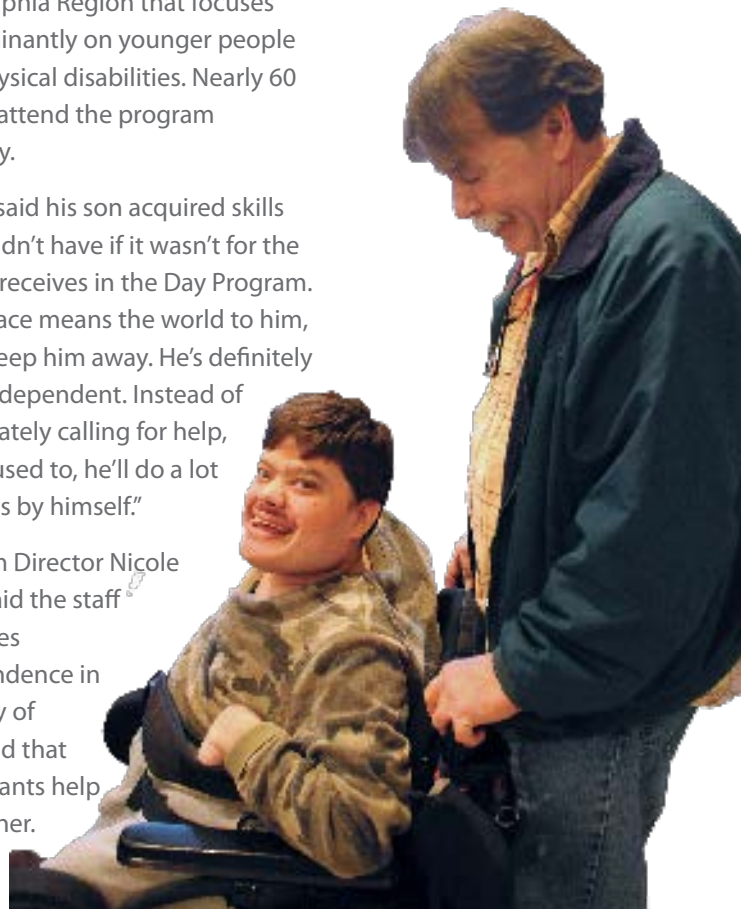
Program Director Nicole Pruitt said the staff promotes independence in a variety of ways and that participants help each other.

"Participants really look out for each other. They make friendships and it's nice to watch them develop."

Activities change daily, from exercise and movement, to art, to trivia games and Bingo. One constant is the music playing for those who like to dance.

"My brother loves it," said Pam Draper, about her brother, Kevin Jones. "He is busy doing activities all day long. He's more independent now and when he comes home he can't stop talking about his friends and his day. It's a big change from before when he was just sitting at home watching TV. It has made a big difference in his life."

For more information, please email community@inglis.org.



Rich Freeman Jr. and his father share a laugh at a Day Program party.

Community Employment Services — Providing a Lifeline to the Working World

It isn't easy finding employment in today's economic climate. Add on a disability and it is even more daunting. In 2017, only 18.7% of people with disabilities were employed in the U.S. It's a number Nicole Pruitt and Barbara Duffy work to improve in the Greater Philadelphia Region.

As leaders of Inglis' Community Employment Services (CES), Nicole and Barbara not only search for employers who will hire people with disabilities, but they also provide training and coaching for individuals looking for work and for people who need help managing a job. CES also teams with Inglis' Community Computing services to train individuals to use adapted technology and computers in the workplace.

"We help with everything from resume writing to preparing for an interview," said Nicole, who directs the program. "Once someone has a position, we will do whatever we can to ensure they are successful." In the Philadelphia area, one in 12 people with a disability struggle to find a job.

CES has several contracts with companies that use them as an employment agency. Nicole and Barbara have helped fill jobs at locations throughout the Greater Philadelphia Area, including JCPenney, Macy's, the Philadelphia Zoo, the Please Touch Museum and other local organizations. CES also has contracts where Inglis employees primarily work as greeters, photo license technicians and janitorial staff at PennDOT and Horsham Air Guard Station.

More than 40 people are employed through CES and two new opportunities at PennDOT locations are expected to add 30 more jobs. Inglis is staffing a new driver's license facility in King of Prussia and has taken over a contract in Norristown.

"Employers often have preconceived notions about what a disability is," said Barbara, CES' Program Manager, "they may automatically think of a person who uses a wheelchair or has an intellectual disability. We serve people with varying degrees of disabilities, including many with invisible disabilities."

Many misconceptions still exist about what people with disabilities can and cannot do, which often limits employment options.

"We work to alleviate the concerns employers have and match them with people we know will do a great job for them," Barbara said. "We work to open their eyes. People who want to work and are looking, have figured out ways to overcome their

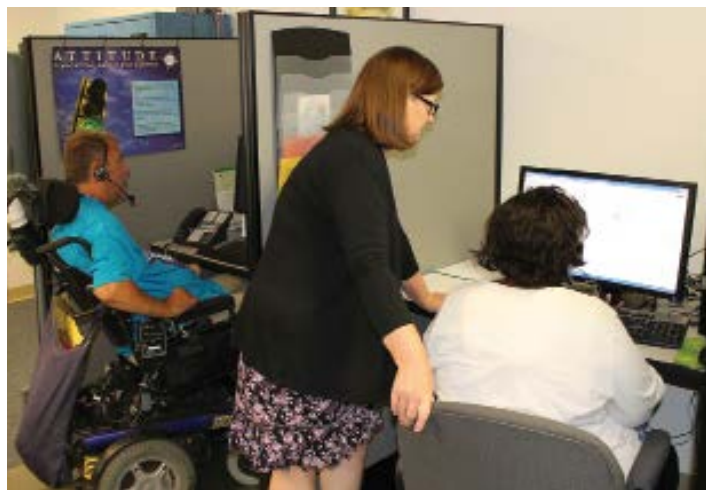
"They just want the opportunity to work, like all of us."



barriers, especially about getting to their jobs. They just want the opportunity to work, like all of us."

CES focuses on placing the right person in the right job and supporting the individual throughout the process, even after being hired. This includes job training or assistance learning how to work around a disability.

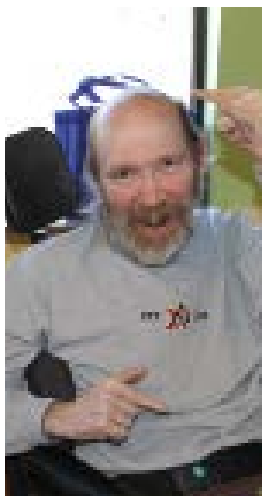
"I'll tell you, a lot of the people we hire in the community have had barriers to employment and once hired they are very dependable employees," Nicole said. "They are very grateful to have a job and to be supported by an employment services program."



Barbara trains clients who are interested in finding employment and follows them through the process to ensure success.

Holidays at Inglis are always celebrated with style. Whether in the Day Program, Inglis Housing Community or Inglis House we make sure to mark holidays in a special way.

Here are a few pictures illustrating some of the fun we have had this holiday season.



Special days like those celebrated around the holidays are made possible through the generous support of our donors and volunteers. Please contribute to The Ability Fund to help us continue to provide the extras that make Inglis so special, by visiting www.inglis.org/donate or using the enclosed envelope.

If you, your school or community group would like to volunteer, we'd love for you to join us.

Please contact our Volunteer Coordinator Patti Veltri at Patricia.Veltri@inglis.org or call 215-581-0718.

Volunteer Spotlight: Maria Spagnuolo

Maria Spagnuolo has moved around often in her life, but she says Philadelphia will always hold a piece of her heart because of Inglis House.

Maria's husband Steve is an NFL coach, and they find ways to make a positive impact on the community wherever he lands. But she says Inglis House is special; it's like coming home.

"I feel like a lot of the people who live at Inglis House are my friends and I miss them when I don't see them," she said. "I guess you could say I have a heart for people who struggle with physical disabilities. I try to be at Inglis every week because I want the people to know they really matter to me. They are important to me. They're my friends."

Maria and her husband have also been generous donors over the years, most recently contributing to the Resident Trips Program Challenge Grant to provide a third day of trips a week. They have also helped to purchase new musical instruments for Inglis House's Music Therapy Program, brought a six-week Clay Mobile workshop to the Inglis Day Program, and were one of the first to sponsor the 2016 inaugural Inglis BASH to fund smart home technology at Inglis.

"I really enjoy being able to take people to football games and on different trips," she said. "I like to donate things that create experiences and memories. We all want a life filled with great experiences."

Maria, who grew up in Wynnefield, PA, started volunteering when she was a young girl after striking up a friendship with Inglis House residents as they traveled in her

community. Later, while in beauty school, she'd visit Inglis House, cut residents' hair and do some of the women's nails. Most recently, she's been working with Chaplain Nancy Sellinger at a weekly Bible study session.

"I feel like having that spiritual piece in Inglis House is important. It gives people hope and I wanted to do something I feel is important for Inglis," she said. "I love doing things that provide a spark for people and gives them hope."



Maria and Kimberly Jones share a moment during a Bible study session.

Inglis Consumer Advisory Committee

The Inglis Consumer Advisory Committee (ICAC) plays an important role in helping to create strategies to promote independent living for those who want it and to remove barriers in the community for people who have disabilities. ICAC is made up of people with disabilities or their family members and those who work for or advise different organizations throughout the Greater Philadelphia Area on ways to improve accessibility.

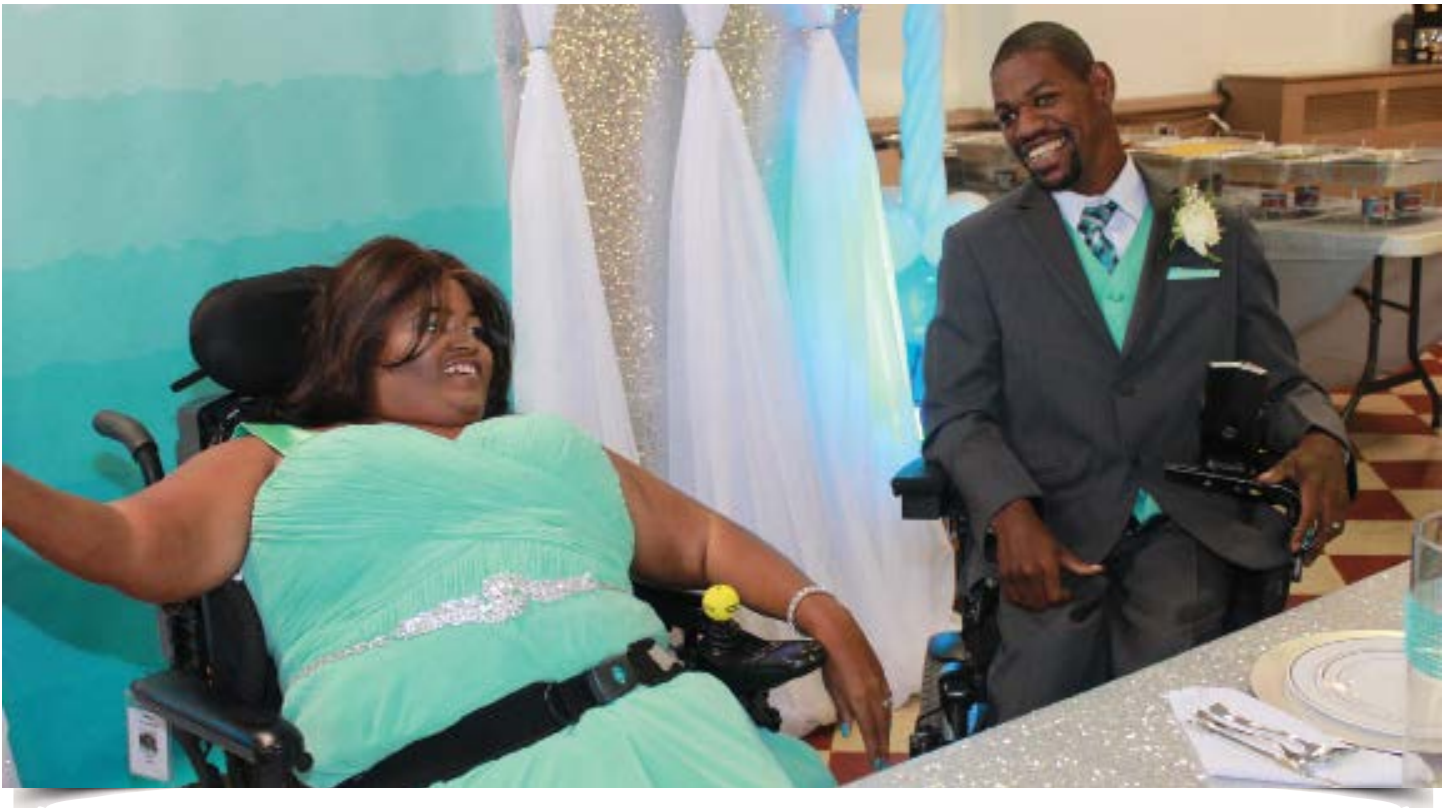
ICAC President Thaddeus Robinson, who advises SEPTA on removing barriers for people with disabilities, said the committee wants to see improvements to housing and transportation in the coming years. "I would love to see Inglis not only add more accessible apartments, but look into home ownership," he said. "The benefit of ICAC is that it informs Inglis' leadership on what's going on outside Inglis House and ways Inglis can help people living in the community."



ICAC Members, front (l. to r.) William "Bill" Mosner, Thaddeus Robinson (Chairman), Greg Smith; back (l. to r.) Kristen Daily, Heidi Gold, Ann Hunter. Not pictured: Richard Auerbach, Charles Horton, Conrad Jones, Curtis Jones, Thomas Nordaman, Walter Proschinger, Virginia Simmons, Paula Smith, Trevor Ingram-Cady, and Bruce McElrath.

ICAC meets four times a year and is always looking for new members to join the group. Contact Nicole Pruitt at Nicole.Pruitt@inglis.org for more info.

Love is in the Air; Independence Intertwined for Newlyweds



Noni and Sevell celebrate at their October wedding.

Independence has always been important to Noni Ade and Sevell Lincoln. It led them both to Inglis to learn how to live on their own. But now their independence is connected to each other and they can't help but smile when they think about being married.

"I am so excited to start this new chapter in my life with Noni," said Sevell. "I have never been a husband and I am nervous, but Noni makes me want to be the husband I am supposed to be."

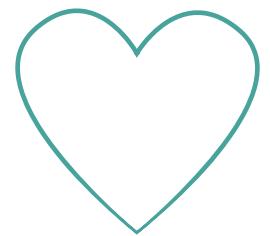
The two met in August 2014, a month after Noni moved to Inglis House. "It all started on a Sunday morning on my way to Church. I met Sevell and he wasted no time," she said. "He told me, 'I think you're cute,' and then he asked for my phone number. I said 'no' to him."

Convinced he could change her mind, he made it difficult for her to miss him. "I just always tried to run into her and be able to talk to her. And when she agreed to go out with me, I was really happy."

Noni said: "As we continued to talk, and got to know each other, I realized we had a lot more in common than I first thought." He took her to Chili's on their first date. "I thought she was a lovely lady," he said.

Now 30, Sevell always had a strong desire to live independently. He started at Inglis' Day Program in 2006 and, looking toward the future, he moved to Inglis House to learn how to better care

"I am so excited to start this new chapter in my life with Noni."



for himself. He lived in a few Inglis apartments before settling with Noni in Inglis' Morris-Klein Apartments.

Noni, who is equally as independent, moved from Atlanta "because there was nothing like Inglis in Georgia and I wanted to have more independence and not live with my family forever." She was surprised to find love, but says it is one of the best things that has ever happened to her.

"Moving in with Sevell and living on our own together, means a lot to me," she said. "I never saw myself living in long-term care, but it helped me be ready to live on my own. Now I am living my life with Sevell and there is no one else I'd want to live with."

Sevell added, "there are things to worry about now that I didn't before. I have to worry about someone else, I have to worry about our home together. But these are good things to worry about. A man should worry about those things. And now our families will be connected. Her brother is now my brother — I never had brothers so it is great. It is a whole family affair — her family is my family — as it should be."



Jennifer Schwartz meets with a client to discuss possible support services.

Care Management: a Continuum of Care for the Inglis Community

Jennifer Schwartz spends her days helping people to navigate their lives in the community while managing a disability. An Inglis Care Manager for 12 years, Jennifer teams with the Jefferson Comprehensive Multiple Sclerosis Center (JCMS) and with the Greater Delaware Valley Chapter of the National Multiple Sclerosis Society (NMSS), to assess and aid people who need help as their abilities change.

Inglis works to enhance the lives of individuals who have disabilities in the environment of their choice. Sometimes that means providing the best care to people who choose to live in a long-term nursing facility. Other times it means ensuring that those in the community know what services are available and how they may be accessed.

Through Inglis' partnership with the NMSS, Jennifer receives referrals through the Edward M. Dowd Personal Advocate Program. "I visit people in their homes and get to know their needs and goals, and then I help link them to available resources," said Jennifer, who has a master's degree in social work. "If they want work, I can refer them to Inglis' Community Employment Services for training or job coaching. If they need help with technology, I can refer them to Inglis' Community Computing Services. I can help them find accessible housing, apply for help in their homes, connect to MS specialists for health and wellness, and identify other services that they might benefit from."

For Fred Schwartz (*no relation*), who called Jennifer for help managing his progressing MS, Inglis transformed his life. "Jennifer has always given me good advice and excellent leads that I would not have known about otherwise. Because of her I have services that help me tremendously."

Success stories like Fred make Jennifer proud to be a part of Inglis.

"Inglis offers a wide spectrum of services and really aims to meet the consumers where they are and to help them achieve their goals," she said. "There is a special relationship between Inglis and the MS Society and by teaming with them and other organizations, we reach a population that needs support."

Monthly Giving Makes an Impact



Inglis relies on your continued support to make a difference in the lives of those we serve. By making a monthly gift you are not only sustaining important programs and services, you are helping Inglis to grow.

A monthly gift enables you to easily manage your donation through installments that fit any budget. It's an automatic investment in those we serve for the price of a cup of coffee, a movie, or a dinner out each month.

To make a monthly gift, check the "I would like to make this gift a monthly contribution" check in the enclosed envelope or at www.inglis.org/donate.



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Art Show

3.23.19

Inglis residents are preparing to showcase their talent at The Inglis Art Show, which will be held on **Saturday, March 23rd from 1:00pm to 4:00pm**. The show will be held at **Inglis Gardens at Belmont, 2560 Belmont Avenue Philadelphia, PA 19131**

All are welcome!



Ty Klug, one of the Inglis artists to be featured at the March Art Show.

For more information, visit inglis.org/artshow