

# Image

The Inglis Newsletter

FALL  
2016

inglis.org

VOL. III, NO. 3  
IN THIS ISSUE

Love is the best  
medicine

Inglis Drink-Aide®—  
changing lives,  
world-wide

A “Day in the Life”  
of Inglis

Philanthropy in action—  
our donors

## Our Stories:

*Meet the people who help  
bring Inglis to life*



**Ability &  
Independence.  
Redefined.**

## A bumper crop of “extremely local” produce



Jae Lee (left) and volunteer Susan Di Bona sauté some just-picked butternut squash for a taste- test.

“Farm-to-Table” dining may be all the rage at area restaurants, but it’s been happening at Inglis for years. And for residents and Recreation Therapist Jae Lee, working in Inglis’ therapeutic garden, located in our magnificent courtyard is truly a labor of love.

According to Jae, this year’s organic crop includes radishes, string beans and sweet peas. “All are washed and eaten right away,”

she says. Butternut and yellow squash are cooked outside, alongside the accessible, raised-bed planters, then sprinkled with salt, pepper and parmesan cheese. Basil is always used to make pesto by grinding it with pine nuts or walnuts, olive oil, garlic and parmesan cheese. “It’s a favorite that we devour on crackers,” says Jae. Gardeners also feast on fresh tomatoes and cucumbers. “Just slice and eat—no cooking required,” she says.

Jae says the group starts germinating seeds in February.

The seedlings are transplanted outside in May. “We give the young plants tender loving care with diligent watering, staking, fertilizing and weeding,” she says. “Sometimes, we even talk to them!”

*Our beautifully landscaped courtyard and therapeutic garden is made possible by volunteer gardeners and generous donors to the Ability Fund, the annual fund of the Inglis Community. Consider making a gift today, using the attached envelope or visit [www.inglis.org/donate](http://www.inglis.org/donate).*



Resident Yvette Green shows off some of the bounty from this year’s crop.

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## On the Cover:

Multi-medalist Mindy Orth-Stephens shares a triumphant moment with Neighborhood Life Leader Anna Shore at the 2016 Inglis Keen Games.

**These stories come from Inglis residents as they persevere in their quest for “ability and independence,” our dedicated staff, and the donors and volunteers who enrich our residents’ lives in so many ways.**

In this issue of *Image*, you’ll meet just a few of these extraordinary people:

- Steve and Connie Horvath, married for 42 years, who have experienced what a powerful, healing force love can be.
- Inglis resident and registered nurse Linda Litton, whose multiple sclerosis sidelined her from her career in the Operating Room, but could never touch the compassion she so readily shares with others.

*Lauren DeBruicker chats with  
Inglis House residents Anya  
Bowden and Conrad Jones at  
the summer Ice Cream Social.*



- CNA Tania Rhodes, a shining example of a person who puts her heart and soul into her work, and who brings “Person First” values to life.
- Tanya Edmonds, a devoted mother who gave up the home she loved and moved into Inglis Gardens at Belmont because it was the right thing to do for her daughter, Tianna, who attends our Day Program.

We hope you enjoy the stories highlighted in this issue, and invite you to share your Inglis story with us by visiting [www.inglis.org/contact-us](http://www.inglis.org/contact-us).

This edition also lists the many generous people who have supported Inglis over the past fiscal year. Without their financial contributions, we would not have these kinds of wonderful stories to tell. That’s because a lot of Inglis services—our extensive roster of social, educational and recreational programs, our adapted technology services, the enhanced living opportunities of Person-Centered Care neighborhoods, and many more—are not covered by Medicare and Medicaid, and are funded exclusively by donations. **Thank you** for making this important work possible—because of your generosity, the Inglis Community is redefining ability and independence every day.

Sincerely,



Lauren DeBruicker, Esq.  
Chair, Inglis Board of Directors



# Love (really is) the best medicine

*Steve and Connie Horvath: the love story that began in 1972 is still going strong.*

Inglis residents Steve and Connie Horvath grew up near each other in South Philly, but didn't meet until their late teens. Steve recalls that before then, he saw Connie walk past him on the street. "Even though I didn't know her, I had some kind of premonition... I knew she'd be my wife."

In 1972, Steve's friend introduced him to Connie, and Steve was instantly smitten. They dated steadily, and after a year, Connie's sparkling personality, red hair and sweet smile proved irresistible. Steve proposed and the couple were married at St. Nicholas of Tolentine Church in 1974.

Steve and Connie have four grown children. When Connie was pregnant with their youngest, however, she developed health problems. Although physicians knew something was seriously wrong, it was three long years before they diagnosed the cause: progressive Multiple Sclerosis.

Over the next decade, Steve and the kids cared for Connie as best they could. The couples' extended family of parents, aunts and uncles all pitched in to help. But as the disease progressed, Connie needed more assistance than they could provide, and she moved to Inglis House in 2001. Several years later, Steve began having trouble with severe spinal stenosis. Due to complications, he too became a wheelchair user and moved to Inglis in 2014.

When Steve arrived at Inglis, Connie was very ill, and doctors gave her just months to live. But with Steve's prayers and daily presence, Connie got better. Now, two years later, he laughs, "She looks better than I do! It's good that we're in the same place now. We can see each other every day, and the kids can visit us both...it's like they're coming home."



# Five minutes on...the invention of the Inglis Drink-Aide® water bottle

by Linda Roseman Miron, COTA/L

*Imagine how it feels to have to ask for help every time you want a drink of water. Drink-Aide® is a specially designed, hands-free water bottle that allows people without upper body movement to drink independently—and it was invented right here at Inglis. Our ingenious occupational therapy assistant, Linda Roseman Miron, developed the device and tells us how it happened, changing lives ever since.*



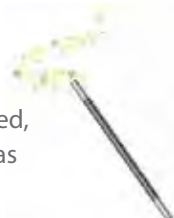
When I was little, I dreamt of having magical powers so that I could do good things for people. Eventually, I realized that it wasn't going to happen, but the desire to make a difference in people's lives remained. After graduating college, where I majored in art, I continued my education to become an occupational therapy assistant.



I've always been a collector of unusual gadgets and hardware...stuff that other people call "junk." To me though, these items are valuable accessories with tons of potential.



In 1990, an Inglis House resident asked me if I could attach something to his wheelchair to help him drink ginger ale on his own. I searched my stash and came up with clear tubing, a water bottle, wire, splinting material, duct tape and Velcro. Using a U-bolt and some hardware, I attached the contraption to his wheelchair. It worked, and the resident was able to drink fluids on his own!



Soon, other residents wanted one. I made frequent trips to Home Depot for flexible gooseneck hosing used for appliance repairs. The devices weren't pretty but they worked...although in time, they'd fall apart and need repair.



Eventually, the bottles came to the attention of Barry Bussell, Inglis' former Director of Vocational Rehabilitation. Barry chaired an Inglis advisory committee of business professionals who developed employment opportunities for people with disabilities.

Barry did some materials research and marketing groundwork, and Inglis residents tested the prototypes and provided feedback on various design options. Their combined efforts, along with the committee's input, helped us elevate the bottle beyond its initial "homemade" status.



We also obtained financial backing from the Inglis Board of Directors for our business plan.



*Linda Roseman Miron invented the Drink-Aide® in 1990. Since then, thousands of the hands-free water bottles have been sold around the world.*

The devices went into production, and afterward, resident workers assembled and shipped them to customers around the world.



Believe it or not, Inglis was awarded the Drink-Aide® patent on Independence Day—July 4, 2000. Today, it is helping to increase "ability and independence" for people worldwide.



**Could someone you know  
use a Drink-Aide®?  
Visit [www.drink-aide.com](http://www.drink-aide.com)  
or call 1-800-336-7022.**



## "How I See It"

### Tania Rhodes, CNA: Person-Centered Care

*Inglis is transitioning from a traditional, institutional model of care, to a delivery system that is Person-Centered and makes resident dignity, preferences and choices a priority. We have also upgraded a hospital-like environment to one that is more like home. Here is how Tania Rhodes, CNA, has seen Person-Centered Care work in her neighborhood, formerly known as a nursing unit.*



Tania serves resident Bruce Zimmermann in the dining solarium. Her goal is to make mealtimes festive, so she'll often engage residents in games that make everyone feel included.

#### **How Person-Centered Care affects our residents:**

"Person-Centered Care gives residents the opportunity to voice their opinions and even more important, see the outcomes. For example, our residents picked the colors used in our dining solarium. When their families come, you can hear them saying how they chose the colors, the curtains and the pictures. They love it and are proud of it."

#### **How I see Person-Centered Care and my role as a caregiver:**

"Person-Centered Care knocks down walls. To me, it's not just about caring for the people who are 'assigned' to me... Anyone can come to me and I will be there for them. I won't walk by a resident in need of help. I tell them, 'You're not a number here. You are an individual with specific needs, and we will provide for them by any means necessary.'"

#### **The way I see it...**

"I am here to change; to adapt to our residents' needs and to be proactive about it."

Tania is a certified nursing assistant who has cared for Inglis residents for 12 years.

Visit [www.inglis.org](http://www.inglis.org) to see our Person-Centered Care video!



Tania, at right, and Inglis resident Joyce Washington.

## WHAT'S IN A WORD?

**Image** asks members of the Inglis Community to weigh in on a word. This issue:

## INDEPENDENCE

**Walter Proschinger,**  
**Inglis Gardens at Belmont resident**

"Today my attendant, Annette, arrived at 7:30 a.m. to help me get ready for my day. Even though I rely on her to help me dress and wash up, I do not consider myself dependent. In my mind, being independent means that you are free from control. Having self-determination is at the core of being independent."

# Once a nurse, always a nurse

Plastic surgery, open heart surgery, pain management, total joint replacement... There isn't much that former operating room nurse Linda Litton didn't see during her 15-year career. As a circulating nurse, she prepped patients for surgery, and during procedures, acted as their advocate, surveying the O.R. for hazards or potential errors.

Now a wheelchair user who lives with multiple sclerosis, Linda is a resident at Inglis, designated by the National Multiple Sclerosis Society as a Center of Excellence in Long-Term Care. But she's still a health care advocate, and her observation skills are as keen as ever. "The caring is still there," she says. "I'll let the nurses know if a resident has trouble swallowing or just doesn't look right. I'll remind residents to stay

hydrated when they're outside in hot weather. One day, I noticed that a resident had spilled milk, only to realize that she was actually having a seizure. I got the R.N. right away."

Linda, originally from Havertown, says that as a nurse, she learned many valuable life lessons that she now tries to pass on to others. "Having a serious disability is difficult to cope with, but there's a lesson in there," she says. "You will come out stronger. I try to encourage my fellow residents to look at the positive side."

During her nursing years, Linda says, she learned a great deal from patients too. "I used to tell them: we touch your life, but you touch ours as well. I have so many patients that I'll never forget."

Nor will she ever forget the O.R. Linda says she often dreams that she's still there, readying special equipment, and caring for patients. It's a time that holds a special place in her heart and lives on today in her concern for others.

*Linda, who has lived at Inglis House for nearly one year, presenting on the impact of Person-Centered Care at the 2016 Inglis Golf Outing.*



## WHAT'S IN A WORD? INDEPENDENCE

### **Michael Strawbridge, Adapted Technology Therapist**

Independence is exploiting someone's strengths and saying, "Yes you can," when the world says, "No you can't." Independence is online grocery shopping, online banking, online dating, text messaging and emailing. Independence is being able to enjoy life's simple pleasures without asking for help. It is directing your care, communicating with your family and laughing with your friends. Independence is using technology and keeping up with the ever-changing world. Independence is necessary, empowering—and above all, possible.



## WHAT'S IN A WORD?

# INDEPENDENCE

**Christine Lacy, Director,  
Inglis Housing Corporation**



"For me personally, independence means the ability to live out my life as my authentic self; to be able to do what I want, when I want...to engage in life in meaningful, worthwhile ways.

Professionally, it means empowering those we serve to engage in life, and helping to remove whatever someone sees as a restriction or barrier to that engagement. My ability to be independent is interdependent on how well I can assist someone else to obtain what I have.

It may sound odd, but it feels like independence is freedom —and if we're all not free, then none of us really are."

## Then and Now

### For this mom and daughter, accessible living adds to quality of life

*Tanya helps Tianna get ready for her day in their new, fully accessible apartment at Inglis Gardens at Belmont. The mom and daughter were the very first to move into Inglis' newest apartment complex.*



The pleasures of a new home are undeniable—the smell of fresh paint, and spotlessly clean interiors. But for Tanya Edmonds, mother of 24-year-old Tianna, a three-year Inglis Day Program participant who lives with cerebral palsy, the move into Inglis Gardens at Belmont was bittersweet. "I owned my own home in Northeast Philadelphia, and I didn't want to leave it," says Tanya, who is an employee with the School District of Philadelphia. "But I had to do what was right for my daughter."

As emotional as the move was, Tanya admits that the advantages have been immense.

**THEN:** The family had to rely on paratransit public transportation. "Often, Tianna would be picked up at Inglis at 2:30 p.m., but not arrive home til after 5," recalls Tanya.

**NOW:** "I bring Tianna to the Day Program in our accessible van," says Tanya. "The entire trip takes two minutes, door-to-door."

**THEN:** In a multi-story row home, Tanya had to lift Tianna several times a day: on and off the stair glide, and into a manual chair that couldn't fit easily into small rooms and tight places.

**NOW:** "Having everything on one floor is so wonderful," says Tanya. "Tianna's wheelchair rolls right into the oversized bathroom, and there's plenty of space to maneuver!"

**THEN:** In Tanya's row home, the space demands of the wheelchair and small, separated rooms made it difficult for mom and daughter to enjoy time together.

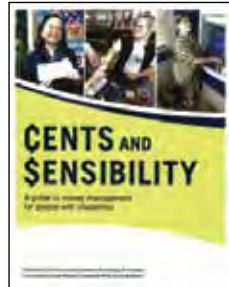
**NOW:** "We watch TV together in my bedroom and we could never do that before," says Tanya. "Tianna can stay right in her wheelchair—it goes everywhere! Plus the open floorplan makes it easy to communicate. One night, when I was in the kitchen cooking and Tianna was in her bedroom, I started singing Mary J. Blige. Tianna could hear me and laughed. I looked up and was able to make eye contact with her. It was so touching. I cried tears of joy!"



## New financial education website launched



At the Vanguard event celebrating the launch of the new website, left to right: Gavin Kerr, Inglis President and CEO; Kathy Manderino, PA Secretary of Labor and Industry, Katie Forbes, Adapted Technology Therapist at Inglis, Susan Tachau, PATF CEO, and Kevin Kelly, Inglis Chief Financial Officer. Front row, left to right: Inglis residents Noni Ade and Susan Wexler.



PATF originally developed the *cents and \$ensibility* text with monies from an Inglis ACE Award in 2013. Former Inglis Board member, Caryl Carpenter, a professor at Widener University, engaged students and administrators to develop the program.

The new website was designed and built by Vanguard employee-volunteers. Then,

developers worked with Inglis adapted technology clients and professionals to ensure optimum accessibility for users.

Vanguard hosted a launch party for the online resource, which was attended by Susan Tachau, PATF CEO, Pennsylvania Department of Banking and Securities representatives and Inglis residents and leaders. It included remarks by Kathy Manderino, PA Secretary of Labor and Industry, and Vanguard CEO Bill McNabb who praised the collaboration and the availability of expanded information for those living with disabilities.

People living with disabilities and their families now have an accessible, online resource for building a secure financial future, thanks to a collaboration among Vanguard volunteers, Pennsylvania Assistive Technology Foundation (PATF), Widener University and Inglis. The website, [www.centsandsensibility.us](http://www.centsandsensibility.us), complements *cents and \$ensibility*, PATF's money-management book for people with disabilities. The online resource provides interactive tools and easier access to the information in the book, which includes topics such as how to save wisely, build credit and more.

## The Barra Foundation funds pilot independent living program

Many of those living with complex physical disabilities prefer to live in their own homes rather than a nursing facility. This community-based option is also increasingly encouraged by state and federal governments.

Inglis has received a generous grant of \$96,200 from The Barra Foundation to help establish Inglis Virtual LIFE, an 18-month pilot program providing support to former Inglis House residents now living independently at Inglis Gardens at Belmont. The program aligns with The Barra Foundation's mission to support innovative strategies that strengthen communities in the Greater Philadelphia region.

Inglis Virtual LIFE is a partnership with Magee Rehabilitation Hospital's Medical Home, Philadelphia College of Osteopathic Medicine (PCOM) and Home Care Associates (HCA). Virtual LIFE members receive comprehensive medical care from the family practice physicians at PCOM and the Magee Medical Home offers a bundle of services, including wound care, nutrition counseling, legal advice and peer support. Attendant care services for activities of daily living—bathing, dressing, dining



Inglis Virtual LIFE consumer, Ashley Murphy-Moore is greeted by aides from Home Care Associates as she moves into her new home.

and light housekeeping—are provided by HCA. Technology support, the final component of Inglis Virtual LIFE, is provided by the Inglis Community Computing Program. It optimizes independence for members and helps them connect with the world around them.

This pilot program runs through December 2017, at which time Inglis will consider ways to build upon it.

## A day in the life of Inglis

*Each day, Inglis is a whirlwind of far-reaching activity. In addition to the 252 residents of Inglis House, Inglis extends into the community to serve a total of 1,000 people daily. Here are just a few moments captured from a typical day for our residents, consumers and staff.*



In our state-of-the-art **Wellness & Rehabilitation Center**, therapist Kathy Concio works with resident Mark Ramsey on the best positioning for his wheelchair joystick. The goal is to give Mark maximum control based on his capabilities. The joystick was printed on Inglis' 3D printer, allowing therapists to customize the device to Mark's specific needs at a reasonable cost.

Opened in 2015, the Inglis Wellness & Rehabilitation Center focuses on the physical aspects of good health, as well as the social, emotional, recreational and educational activities that everyone needs for a good quality of life. The Center was made possible by generous grants from The Pew Charitable Trusts, Reliant Senior Care, the Hess Foundation and the 2013 and 2014 Inglis Golf Outings.

Inglis residents celebrate the completion of their art project, **"Where there's a wheel, there's a way;"** part of the Philadelphia Museum of Art's *Bridges* exhibit, featuring artists living with disabilities. For this year's pop art theme, residents worked with artist-in-residence Rhoda Kahler to embellish a wheelchair with superheroes and a fluttering American Flag cape. The piece illustrates that "wheelchairs have become our heroes, granting us freedom and independence."

The Inglis Artist in Residence Program is funded by a grant from the Dolfinger-McMahon Foundation.



*Inglis artists, front row, left to right: Joyce Washington, Deborah Ulmer, Louise Van Der Beek and Edith Smalls. Back row, left to right: Ty Klug, Jacqueline Scott, Marie Kelly, Craig Stephens, Mindy Orth-Stephens, Sevelle Lincoln and MaryLee Frome. Back row: Therapeutic Education Instructor Amy Heeter (center) and artist-in-residence Rhoda Kahler.*





To continually advance our Person-Centered Care model, **Inglis nurse-leaders** gather to discuss how they can best partner with Neighborhood Life Leaders to deliver optimal resident services.

Our Person-Centered Care model is moving Inglis away from a more traditional, hospital-like care environment, to one that is more homelike. It focuses on each resident's quality of life and daily activities, working health and medical care into that framework.

**Caroline McWilliams, MD**, examines Inglis resident Joseph Barber. As Inglis Medical Director, Dr. McWilliams heads a staff of attending medical providers including nurse practitioners, internists, geriatricians, behavioral health clinicians and a physiatrist who provide day-to-day care for Inglis residents. Inglis also administers an in-house medical clinic where residents may visit a comprehensive range of specialists in Gynecology, Neurology/Pain Management, Wound Care/Plastic Surgery, Audiology, Dentistry and Optometry.

**Residents of Mission Green**, one of Inglis' eight fully-accessible housing communities for people with disabilities and other qualified community residents, practice their computer skills in the apartment's community room. The Inglis Community Computing Program, funded by The Pew Charitable Trusts, brings free adapted technology and training to hundreds of people in their homes or at community organizations.

Adapted technology helps people with limited upper mobility use computers, tablets and smartphones without a conventional keyboard or mouse. It can provide a lifeline to social connections, education, entertainment and even employment.

Two Inglis **Community Employment Services (CES)** consumers operate a high-speed floor buffer at the Horsham Air Guard Station. In addition to the basics of operating the device, individuals learn about the proper handling of floor treatment chemicals, job safety, troubleshooting the equipment and parts replacement.

CES assists individuals living with disabilities to get and maintain competitive employment with services that include interview and hire assistance, identification of assistive technology and reasonable accommodations, community-based work assessments and on-the-job training and support. CES works to develop a career plan that is unique to each individual's interests and strengths.



*Left to right: Nurse Practitioner Donna Delowery, CRNP, WCC; Neighborhood Clinical Leaders Tanya Davis and Scovia Fitzhenry; and Lori Hayden, Nurse Educator. Facing away from camera: Clinical Leader Jo-Ann Moodie.*





## Inglis is pleased to welcome the following new Board members:



### ELLEN PULVER FLATT

Ellen Pulver Flatt is Managing General Counsel, Commercial at Airgas, Inc. Ellen began her legal career as an associate with McCausland, Keen & Buckman, focusing on securities law, mergers and acquisitions and general corporate law. In 1999, she became Vice President and General Counsel of Entertainment Games, Inc. Prior to entering

Villanova University School of Law in 1989, Ellen was a reporter for the *Philadelphia Inquirer*.



### KEL SMITH

Kel Smith is the owner of Anikto, a social design company, and developer of the Aisle Won app, which connects people in underserved areas with healthy food. He is also the author of *Digital Outcasts*, a book exploring how effective user interfaces for those with disabilities can benefit all technology users. Kel's background also

includes consultancy to improve online experiences for people with disabilities, with an emphasis on advancing the accessibility of websites and e-commerce applications.

A graduate of the Maryland Institute College of Art, Kel has also worked with a number of technology and pharmaceutical companies in user experience and program management roles.



### ANWESHA DUTTA

Anwesha Dutta is a Director at PricewaterhouseCoopers' Healthcare Technology Strategy and Clinical Transformation practice, serving as an advisor to senior health care executives in the areas of practice development, operations management, staff

management and business development. She holds a MBA in Healthcare from Penn State University.

Anwesha is also the founder of the Ray of Hope Foundation which supports human services organizations in India and the Philadelphia area. She is the Director of Nava Nritya Dance Academy of Indian Dance, a troupe of 60 young dancers who perform charity productions on behalf of Inglis and others.

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## Big wheels keep on turning



Thaddeus Robinson has served as a public transit advocate for people with disabilities, making public transit accessible for everyone for over twenty-five years. Thaddeus lives with cerebral palsy and began using a wheelchair in 1993, so he understands the difficulties of travel and is determined to help remove barriers.

A member of the SEPTA Advisory Committee for Accessible Transportation (SAC), the oldest organization of its kind in the country, Thaddeus meets monthly with members of SAC, SEPTA Department heads and community members to tackle issues with the SEPTA and paratransit systems. "Philadelphia has made significant progress accommodating people with disabilities," he says, "SEPTA has 108 wheelchair accessible stations, which is the most in the country, but there are still areas to improve".

Fifteen years ago Philadelphia didn't have curb cuts – making it impossible to get around in a wheelchair. "My world was very limited before the City made physical changes to sidewalks, ramps and SEPTA buses," says Thaddeus. Now, pedestrian stop light controls are lower and voice-activated, making it safe for Thaddeus and others with disabilities to cross the street independently.

Thaddeus also serves as Chair for the Inglis Consumer Advisory Committee (ICAC) and has been a member for more than 10 years. Formed in 2002, ICAC helps people with disabilities find accessible apartments, transportation and jobs. Thaddeus' insights have made him a valuable member of the Inglis Community, bridging conversations and solutions between Inglis consumers and SEPTA.

# Support for the Inglis Community

Annual gifts to the Inglis Community provide essential support to help our residents and consumers achieve their goals and live their lives to the fullest. Your gift has an enduring impact on those we serve today and in years to come. This report includes contributions received from July 1, 2015 to June 30, 2016.

Inglis is especially grateful to recognize those donors in **bold** who have consistently supported the organization for ten years or more.

## \$100,000+

Connelly Foundation  
Estate of Lewis Elkin  
The Albert M. Greenfield Foundation  
Rudolph Ellis Gratuity Fund  
**Hess Foundation, Inc.**  
Estate of Emilie J. Klahr  
Estate of Emma L. Warne  
**Dr. Sankey V. and The Honorable Constance Williams**

## \$50,000+

**The Barra Foundation, Inc.**  
Estate of Edgar G. Cross  
Estate of Lydia Jones Fitch  
Estate of Jacob E. Heyl  
**The Pew Fund for Health and Human Services in Philadelphia of The Pew Charitable Trusts**

## \$25,000+

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**Estate of Louis R. Richards**  
**Friends and Family of Janet Ries Stern**

## \$10,000+

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**William A. Sullivan and Eugenie Hummel Sullivan Fund of The Philadelphia Foundation**  
**Dr. Jacquelyn M. Zavodnick and Mr. Jason Homer**

## \$5,000+

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## Donor closeup: **The Flanigan Family**

When Mary Ann Flanigan began experiencing debilitating back problems, she knew it was time to begin researching alternatives for her daughter, Megan, a wheelchair user who lives with cerebral palsy. In 2012, Megan moved into Inglis House. The family expected that help with the day-to-day aspects of Megan's care would be a tremendous benefit, but they didn't anticipate just how much living at Inglis would enhance Megan's quality of life.

"I really like people and have made many close friends here," says Megan. "I never need to be alone. Plus there are great activities that keep me busy, especially Tai Chi, yoga and game night. I also enjoy going to the Wellness Center. The therapists there help me with exercises, weight training and nutritional programs that have made me feel so much better."

Today, Mary Ann is a frequent visitor to Inglis and brings the members of the large, extended Flanigan family to visit Megan. Also, as a member of the Inglis Golf Committee, she encourages them to support outings and make gifts to Inglis in Megan's honor. "They all know and care about Megan and are happy to get involved," says Mary Ann.



*Megan and Mary Ann Flanigan with Jo-Ann Moodie, RN, Clinical Leader, at the 2016 Inglis Golf Outing.*

**Honor someone you care about  
 by making a gift to Inglis in his or  
 her name at [inglis.org/donate](http://inglis.org/donate).**

this newsletter or visit [www.inglis.org/donate](http://www.inglis.org/donate) to make your contribution.

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## **Your gift to The Ability Fund, the annual fund of the Inglis Community, supports these amazing Inglis programs:**

- Trips to sports games, restaurants and cultural activities
- Visual Art Therapy, including the Emerging Art Program, Weaving, Ceramics and other crafts
- Music Therapy, Resident Choir, Drum Circle and performances by professional performing arts groups
- Theater Workshops
- Volunteer Program
- GED & College-Level Tutoring
- Therapeutic Gardening
- Cognitive Stimulation Intervention Programs
- Resident Literary Journal, Library and E-Library
- The Annual Keen Games
- Educational presentations from local museums and other groups
- Exercise instruction in Yoga, Tai Chi, Martial Arts, Zumba and more
- Comedy, Film and Book Clubs
- Discussion and Support Groups
- Cooking and Life Skills Classes
- Pastoral Care and Prayer Groups
- Resident birthday parties and large-scale celebrations, like the Harvest Ball, New Year's Eve, Spring Fling and more

# Annie Inglis Society

Individuals who chose to include Inglis in their estate plans are recognized as members of the Annie Inglis Society, joining a thoughtful group of people whose largesse has a lasting and profound impact on the organization.

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Gifts in kind help members of the Inglis Community have access to tangible items such as new clothing, unopened toiletries, electronics etc.

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**Gifts in kind** are especially welcome to help provide every Inglis resident with a gift at the holidays. Donations of new toiletries, costume jewelry, zip-front sweatshirts, winter hats, scarves and gloves are most appreciated.

When doing your online shopping this Holiday season, go to

[smile.amazon.com](https://smile.amazon.com)

and designate Inglis as your preferred charitable organization.

You'll pay the exact same prices, and Amazon will donate  
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# Memorial and Tribute Gifts

Many friends of Inglis make donations in honor of or in memory of friends and family. While commemorating a loved one, these thoughtful gifts enrich many lives in the Inglis Community.

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The contributions of the generous donors listed throughout were received between July 1, 2015 and June 30, 2016. While this list reflects gifts of \$100 or more, Inglis greatly appreciates the dedicated donors who support us at all levels. We have carefully reviewed all names. However, if your name has been accidentally misspelled or omitted, please call Meredith Quirin Waldron, Director of Development, at (215) 581-0703 or send an email to [meredith.waldron@inglis.org](mailto:meredith.waldron@inglis.org).

# Inglis Holiday Wish List Your gift makes a lasting impact!

Inglis visitors and volunteers are typically amazed by the beauty of our dramatic courtyard and therapeutic gardens, and the number of recreational and educational programs we offer daily. Often, they are equally surprised to learn that these life-enhancing “extras” are not covered by Medicare or Medicaid, which provide for only the very basics of care. All of the funding for these programs comes from our generous donors.

The following Wish List items will further enhance the lives of the Inglis Community. If you are unable to purchase an item in its entirety, consider holding a fundraising drive at your school or place of business. Individual donations of any amount are gratefully accepted as well.

## TECHNOLOGY

### Mounts

**Tablet Mounts/Holders \$275**

**Phone Mounts/Holders \$225**

Mounts hold devices at an accessible angle so consumers can access them independently.

### Protective Cases

**Tablet Cases \$125-\$150**

**Phone Cases \$85-\$95**

Protective cases help extend the life of a device by protecting it against damage.

### Styluses

**\$35-\$150 based on individual physical abilities**

Many of our consumers are unable to use their fingers to access Tablets and Smart Phones. Styluses were created specifically for those with different means of access. Some are attached to the user's hand with a strap, some are held in a user's mouth, and some have a wide circumference for those who are unable to grip.

## WELLNESS & REHABILITATION CENTER

### Massage

**\$75 for one hour with a disability-competent massage therapist.**

Massage helps to reduce a participants' pain and increase range of motion, thus increasing quality of life and participation in Inglis' extensive social enrichment activities.

## ADULT DAY PROGRAM

**Year-Round Music Therapy \$5,280**

**Certified Music Therapist: \$ 80/session.**

**3 sessions a month = \$2,880/year**

**Percussion Therapist: \$200/session.**

**1 session a month = \$2,400 /year**

Music therapy sessions bring joy and an opportunity for self-expression to the participants in our Adult Day Program. These popular events help participants to focus attention, connect with each other and develop new skills. Music can also be a calming influence and positively impact on perceptions of pain. At present music programs are provided on an ad hoc basis until funding for a structured music therapy program can be raised.



### Craft Supplies

**Varying Costs**

Fabric and general craft supplies are always appreciated by Day Program participants. These include ceramics to paint, paint, brushes, fabric, thread, markers, dies, canvases, collage frames and more.

## INGLIS HOUSE

**Inglis House Birthday Celebrations**

**\$5,000**

Traditionally, Inglis birthday parties have been held once a month for all celebrants. As we continue to refine our Person-Centered environment, however, we'd like to begin celebrating each individual's birthday in their home neighborhood.



### Art Frames

**Varying costs**

Inglis residents and consumers create dozens of awe-inspiring pieces of art work each year, but finding the resources to frame them is challenging. Help us display these beautiful paintings and sketches so that they can be appreciated by friends and visitors.

*Day Program participants enjoy occasional drum circle and karaoke events, but lack a formal music therapy program.*





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## Keen Games celebrate 40th anniversary

Inglis celebrated the 40th anniversary of the Annual Keen Games on September 10, 2016 with 107 resident-athletes participating. The contestants enjoyed two days of friendly competition to work on their personal bests.

Athletes compete in language and problem-solving computer and board games on day one, and athletic games such as ring toss, bowling and Skee-ball on day two.



*At left: This year, Elias Gerena, shown hoisting his trophy with members of our therapeutic recreation and education team, was named Most Courageous Athlete. Cheryl Abriola was awarded the title of Most Dedicated Athlete.*

*At right: In attendance at this year's Keen Games was Gordie Keen, far right, son of Alice Lightner Keen, who founded the Games in 1976. With Gordie are, left to right, Board member Jim Logue, former Board Chair Dixie Wigton, Inglis President and CEO Gavin Kerr and Board Chair Lauren DeBruicker.*



**It all starts with one simple gift. Make yours today at [inglis.org/donate](http://inglis.org/donate)**