

# Image

The Inglis Newsletter

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2024

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**Ability &  
Independence.  
Redefined.**

# Inglis Welcomes New Board Member

By **Lauren Tilghman**

William (Bill) Lawrence joined the Board of Directors in January 2024. He currently works part-time as an Adjunct Professor of Finance at Villanova University teaching a course in Fixed Income Markets & Analysis. Prior to his retirement in June 2021, he served as the Chief Investment Officer of SEI Investments, where he oversaw the management of their \$150 billion mutual fund family. For several years he has served on the Investment Committee for Inglis, along with the Board of Directors for Income Research & Management in Boston, MA; and the Endowment Committee and Stewardship Committee for Wayne Presbyterian Church. Bill has a Bachelor of Arts degree in Economics and English from Bucknell University, a Master of Business Administration (MBA) from the University of Pennsylvania’s Wharton School of Business and is a Chartered Financial Analysts (CFA) Charter Holder. He resides in Newtown Square with his wife Nancy.



*William Lawrence,  
New Inglis Board  
Member*

As a new Board Member, Bill believes that “joining the Inglis Board is a great way to serve an often-overlooked community that has great and complex needs. The residents at Inglis thrive with the unique services Inglis provides. It is rewarding to be a part of, and important to assure Inglis can continue to be effective at what it does.”

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### On the Cover:

*Dyann Roth, Inglis President & CEO addressing guests during BASH 2024 at the National Constitution Center in Philadelphia.*

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.

**“We the People” is more than a preamble, it embodies the essence of inclusion and belonging within our society.**

**Thank you for your investment in our work, your partnership, and your commitment to access and inclusion. And thank you for all the ways you work to uphold the ideals of “We the People.”**

Earlier in May, many from our Inglis community – friends, partners, donors, staff, and those we serve – gathered at the National Constitution Center to celebrate at our 2024 BASH. *(You can read more about the BASH later in this issue of Image on pages 10 and 11.)*

Standing in that awe-inspiring venue, I was reminded of the opening words of the Constitution: “We the People, in Order to form a more perfect Union...” These words resonate deeply with our mission to ensure access and full inclusion for people with disabilities.

“We the People” is more than a preamble; it embodies the essence of inclusion and belonging within our society. It affirms that individuals with disabilities are integral members of our community, deserving of the same rights and protections afforded to all.

This phrase underscores the fundamental principle of equality. Every person, regardless of ability, deserves to be treated with dignity and offered equal opportunities to participate in society.

Moreover, “We the People” serves as a powerful rallying cry for advocacy. It reminds us, as allies and as individuals with disabilities, of our place in the democratic process and the critical importance of advocating for policies that foster real inclusion and accessibility.

“We the People” also embodies collective responsibility. It is a call to action for all of us to work together towards a future where every individual can thrive and contribute their unique talents and perspectives.

In many profound ways, the spirit of “We the People” is reflected in the mission of Inglis – to enable people with disabilities, and those who care for them, to achieve their goals and live life to the fullest.

Thank you for your investment in our work, your partnership, and your commitment to access and inclusion. And thank you for all the ways you work to uphold the ideals of “We the People.”

Sincerely,



Dyann M. Roth  
President & CEO



Dyann M. Roth

# The Freedom to Be Me, Again

**Narrated by Stephanie,  
resident of Inglis House;  
transcribed by Danielle Quinn**



Photos By **Chris Kendig**

When Stephanie and her husband Keith grew tired of the restrictions their traditional nursing home placed on them, they began looking for a new home. This led them to Inglis House where they began to live again.

“My husband, Keith, and I wanted a new home back in 2018, because our nursing home in Maryland wasn’t a right fit for us. It had too many rules and didn’t match our love for fun. We found Inglis House, and it turned out to be more than just a place to live – it became a special community that said ‘yes’ to our dreams.



At first, I was worried about moving out of state, but we decided to check out Inglis House anyway. When we got here and



saw all the activities and therapy, I knew this was the place for us!

After moving in, I quickly joined all the programs and classes. That’s when I discovered how much I love making art. I just had one of my pieces selected to be displayed at the Inglis House art show! Today, I love being a part of the Inglis Community. I deliver the mail and was recently elected to Resident Council.

Today, life is very different than it was back in Maryland, where we heard ‘no’ to many of the things we wanted to do. At Inglis, the staff respect our past and help us to be independent. It might sound simple, but I love having the freedom to go to the grocery store or the mall. I get to be me again.”

# Meet Bowen Chen: Inglis' Assistive Technology Team Member

By Lauren Tilghman

Bowen Chen is one of the newest staff members of Inglis' Assistive Technology (AT) team. An AT Specialist, he supports residents at Inglis House in their technology education; and helps them learn and experiment with various devices that can enhance their independence and overall engagement with the activities they enjoy. He also helps in the Therapeutic & Life Enrichment (TLE) program using tech to support residents' goals— including those around physical therapy (PT) or occupational therapy (OT).

A recent graduate of Temple University, he obtained his Bachelor of Science in recreational therapy. His interest in therapeutic supports sparked at an early age in middle school when local organizations focused on OT and PT would visit for career days. "They even gave me the chance to go volunteer," shared Chen.

But it wasn't until college that he gained an interest in recreational therapy—after his university advisor recommended it as a great build up program for his future career. "I got a deeper understanding of what recreational therapy was, and it helped me identify how rec therapy was different than OT and PT; and how it leaned more into a person-focused mindset with leisure," said Chen. "I even saw how rec therapy was being used throughout my years in college, and it made me fall in love with it even more."

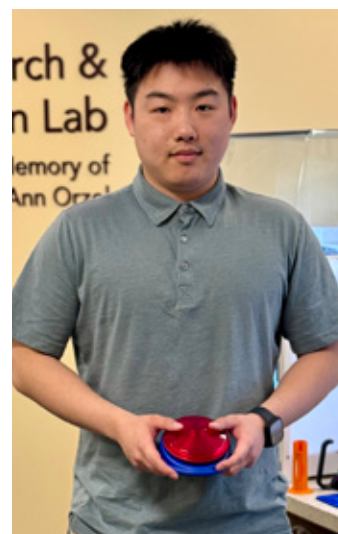
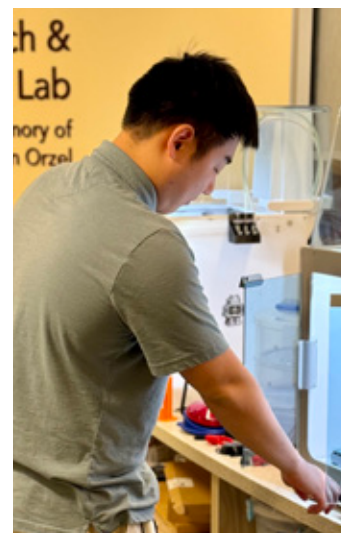


During his time at Temple University, he had the opportunity to learn about Inglis' AT program his senior year, which ignited his love for Assistive Technology. "During one of my courses we had to do a volunteer experience, and one of the places we had to go is Inglis," shared Chen. "I went during the Keen Games, which is like a mini-Olympics."

He enjoyed the experience so much that he applied to Inglis for an internship; and when an opening arose as a full-time employee in the AT department, he jumped on the opportunity. Now a few months into his position, Bowen hopes to earn his Assistive Technology Professionals (ATP) certification as he continues to help improve supports for residents in Inglis House.

"I always feel happy when I'm able to help them make a change that can impact their lifestyle and enable them to do the things they love."

*Bowen demonstrating several of the adaptive technologies offered in the AT Assessment Lab of the Innovation Center.*





## Inglis House Becomes an Early Adopter of Apple Vision Pro Technology

By **Lauren Schack Biondi**

In an exciting step forward for the disability community, Inglis House has received a generous donation of two Apple Vision Pro devices from the Czyzyk Family. These cutting-edge devices will be paired with comprehensive training education that promises to empower residents with newfound independence.

“We were given demonstrations of this technology and could not believe what Apple had achieved. We immediately thought of our mom, Mary, and all the residents of Inglis who could use it to immerse themselves in sporting events, the streets of Paris or their grandchild’s birthday party in a way that essentially makes them feel like they are there,” shared Stan Czyzyk.

“Paired with the outstanding adaptive team at Inglis, we hope the residents can explore new places and events—as well as feel more connected to their families and the world,” said Monica Czyzyk.

The Apple Vision Pro devices were designed with the disability community in mind offering features such as enhanced vision, voice control, live captioning,

text-to-speech, and extensive accessibility customization. Inglis House, as an early adopter of this technology, underscores our commitment to providing innovative opportunities and care for residents.

“When you first put on an Apple Vision Pro headset you can’t help but feel an initial rush of excitement as you experience a completely new way to interact with technology,” shared Charles Sammartino, Inglis’ Director of the Assistive Technology Program.

“There is a ton of potential, and to me this holds the promise of significantly enhancing accessibility for people with disabilities by offering new ways to interact with digital content, and bridging gaps in communication and daily living through advanced augmentative reality. We are fortunate to have access to this technology as an early adopter because for our team this means we can unlock the potential of immersive, inclusive design for our community!”

The Inglis House Community is grateful for this support and excited to share the positive impact and success stories that will stem from this unique gift.

## GivingTuesday Success: A Tech-Forward Future for Inglis House

By **Lauren Schack Biondi**

Technology plays a pivotal role in empowering the disability community by opening doors to communication and opportunities. This past winter, our GivingTuesday campaign’s goal was just that, to empower Inglis House residents to live more independently by upgrading their computer lab with new computers and workstations. Through the collaborative efforts of donors and the support of our Board of Directors, our campaign raised \$10,000.

Thanks to an additional generous grant from the Lindback Foundation, this completed project provides a tech-savvy environment for residents—while fostering education, personal development, and career advancement.

The workstations were upgraded this spring; this marked a transformative step towards Inglis House becoming more inclusive and technologically advanced.

To our donors, thank you for making this vision a reality and championing positive change for individuals with disabilities!



*Inglis House residents and participants from the Connections day program performing in the "Page to Stage" production in Founder's Hall in March.*

## Fostering Full Lives Through The Golden Education Fund

By **Jessica Scipione**

For nearly 25 years, the Leslie P. and Shelly Ross Golden Fund has supported thought-provoking, fun, and interactive educational programs and partnerships for residents at Inglis House.

New to the roster of experiential learning programs is adapted fencing, hosted for about eight to ten participants twice a month in partnership with the Fencing Academy of Philadelphia. While fencing is known for its physical benefits, it also challenges participants to build greater mental agility through logic and strategy tactics. Some even call fencing "physical chess."

The Golden Education Fund also supports Inglis House's ongoing partnership with The Philly Goat Project. Residents learn about the animals by brushing, feeding, playing, and taking them for a stroll. Besides the educational component of these interactions, they are also incredibly therapeutic and beneficial to participants' mental health.

A six-week Advanced Acting Course through Acting Without Boundaries challenged our more advanced actors to step outside of themselves to explore the

power of storytelling. An additional introductory acting course for ten residents culminated in a fun and engaging video that explored the theme "What is Family?."

Recent outings included trips to The Franklin Institute, the Philadelphia Museum of Art, the Simoene Foundation Automotive Museum, Longwood Gardens, and the Weitzman National Museum of



A series of interactive science-based classes focusing on topics including women inventors, extinction, insects, and sharks remains popular with residents. Three on-campus musical performances by Astral Artists included Q&A sessions with the professional musicians, giving participants unique insights into the composers, music theory, and artistic interpretation.

The Golden Education Fund also supports a robust schedule of educational trips.

American Jewish History, to name a few. These opportunities to explore our local community are cherished among residents and provide a fun and interactive educational experience.

The Inglis Community thrives when it is engaged in experiences and opportunities that reflect and honor the people we serve. We're grateful to the Leslie P. and Shelly Ross Golden Fund for making these experiential learning initiatives possible!

# A Roadmap to Inglis' Future, Thanks to The Pew Charitable Trusts

By **Meredith Waldron**

If you ever want to look at a good example of community making change, look no further than The Pew Charitable Trusts. Inglis has been lucky to have a longstanding relationship with the organization, dating back to the 1950s.

In their decades-long commitment to the Inglis Community, The Pew Charitable Trusts has supported everything from capital needs like a new façade for the therapy building in Inglis House to new programming, such as our Journeys Peer Support program.



This investment in our mission continues, and earlier this year Inglis was granted a \$450,000 three-year grant for general operations. In addition to helping us serve more than 2,500 people throughout Pennsylvania each year, this grant also supports our ongoing comprehensive strategic planning and implementation process, creating a roadmap for the next three years that is aligned with Inglis' vision, purpose, and goals.

"This kind of investment in Inglis' day-to-day work is crucial and supports our community through the more than fifteen

programs and services we operate through Inglis House, Inglis Community Services, and Inglis Housing Corporation. We are incredibly grateful for this longstanding partnership, and all it helps us accomplish," expressed Dyann Roth, President & CEO.

Thank you to The Pew Charitable Trusts for this latest investment in Inglis' mission!

# Creating More Connected Communities: PHFA and Inglis Partner for Smart Home Integration

By **Lauren Schack Biondi**



Pennsylvania Housing Finance Agency (PHFA) and Inglis recently completed a project that will impact the community for the long-term. In 2022, Inglis Community Services, Inc. (ICS) was awarded a \$40,000 grant from PHFA through their Pennsylvania Housing Affordability & Rehabilitation Enhancement Fund (PHARE). This grant helped bring smart home training to Makemie Court, a 44-unit affordable apartment community catering to low income seniors, including those with severe physical disabilities. Thanks to PHARE funding and our building partner, HumanGood, this incredible project was a success.

Inglis Assistive Tech Services used these funds to employ Assistive Technology

Community Educators to train residents on the technology installed in all units at Makemie Court. The goal was to enhance functional independence within the home. Residents now have access to cutting-edge smart technology like Alexa Show and the Ring doorbell—enabling them to control lights, the entry and exit of their homes, thermostats, and blinds. All the devices are aimed at improving quality of life and enhancing independence.

A total of 220 hours of smart home training was provided to residents, as well as to the Makemie Court property manager and grounds staff to increase residents' access to on-going support. Thank you to PHFA and all our partners who made this project a reality.



# Finding Support Along the Journey

By **Lauren Tilghman**

We all need confidants in life, no matter the age or stage we are at in our journey. Whether it is someone to support us as we navigate a hardship, or even someone who will help motivate and keep us accountable as we pursue our goals, having a person in our lives that we can lean on is essential to our mental and emotional health. Within the disability community, creating services to bridge the gap between physical and behavioral health supports can be critical to improving some individuals' overall wellbeing.

"We found that folks with physical disabilities have some behavioral health needs that weren't being met," shared Maria Bell, Inglis' Director of Care Management and Behavioral Health Services. "They're complex, and their physical disabilities were always the focus, and behavioral health was being put to the side."

According to Philadelphia's Community Behavioral Health (CBH) program, 117,000 people in Philadelphia with a physical disability qualify for CBH services,



*Team members from Inglis' Journeys program posing outside their office in Inglis Innovation Center.*

meaning they have a dual mental health diagnosis. Inglis' Journeys program was created to support folks with both physical disabilities and mental health diagnoses, and support their wellness with the help of Certified Peer Specialists (CPS) with shared life experiences.

Whether it is daily, weekly, monthly, or a combination of the three—clients connect with their CPS staff to create personalized goals that are intended to enhance or improve their quality of life. For some it is getting out and socializing more, for others it may be pursuing higher education or career opportunities or achieving greater independence. Each CPS team member either has a physical

disability, mental health diagnosis, and/or has supported a loved one with a similar lived experience.

"I, myself have some mental health issues, and instead of using that as a crutch, I thought I would use it help other people," shared Yvette Cypress, Certified Peer Specialist Supervisor. "We're here to help no matter what, [and] whatever you want to do in life is a possibility. And as long as you're willing—you know—great things can happen."

If you or someone you know would like to learn more about the integration of mental health supports and disability supports, please contact [journeys@inglis.org](mailto:journeys@inglis.org) or call 215-581-3121.



# Inglis BASH

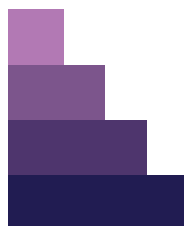
## It was a BASH to remember!

By **Meredith Waldron**

Photos By **Chris Kendig**

On Friday, May 3, 2024, we held our annual 2024 Inglis BASH at the National Constitution Center, embodying the strength of “We the People.” Sharing the evening with disability advocates, partners, leaders, and friends, we came together under one roof with one mission—to enable people with disabilities achieve their goals and live life to the fullest.

Proceeds from the 2024 Inglis BASH will support all of Inglis’ programs through the Ability Fund, the annual fund of the Inglis Community, which directs funds to where they are needed most. It is with a most sincere thank you that we recognize our dedicated sponsors, donors, and supporters who helped us raise an incredible \$205,000! You can see a list of all of our sponsors at [inglis.org/bash24sponsors](https://inglis.org/bash24sponsors).



# COMMUNITY. MAKES. CHANGE.



# Inglis Honors Trailblazers at 2024 BASH

By Kristen Rantanen



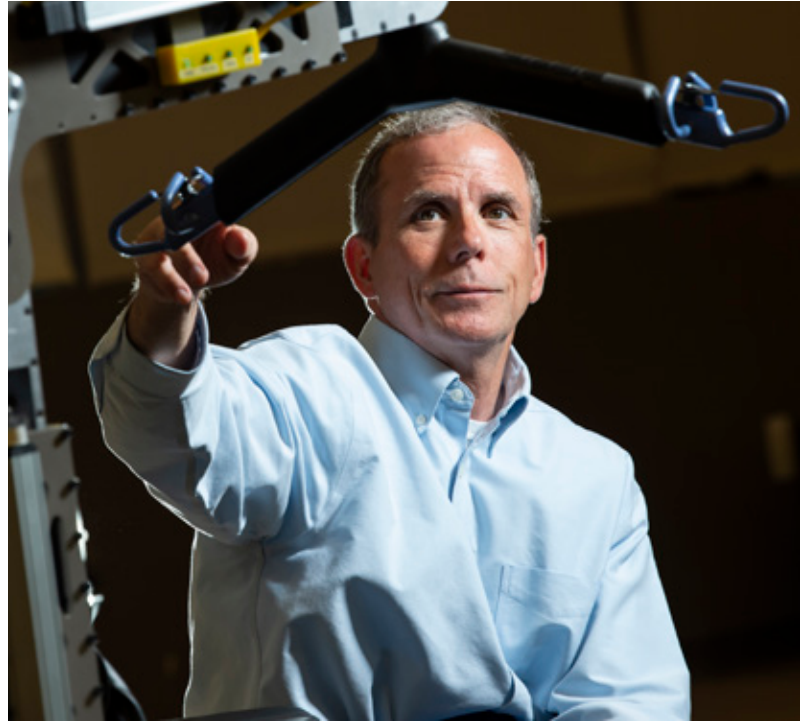
Our 2024 BASH celebrated two very special honorees. Linda Litton received our Changemaker Award and Human Engineering Research Laboratories (HERL) was recognized with our Pioneer Award.



Linda Litton, a former surgical nurse and long-time resident of Inglis House, is an advocate and leader. Within the Inglis House community, Linda helps to run the Inglis House Nook, a resident store, and is the immediate past president of the Inglis Resident Council. Outside of the Inglis Community, she brings her unique perspective to the statewide Medical Assistance Long-term Services and Supports Committee to help guide the Commonwealth's long-term care services for people with disabilities.

***I've always been an advocate.***

**—Linda Litton**



Human Engineering Research Laboratories (HERL), located at the University of Pittsburgh, is dedicated to improving the mobility and function of people with disabilities through advanced engineering in clinical research and medical rehabilitation. HERL's vision is to create a world where all people with disabilities have unencumbered mobility and function so that they can fully participate in and contribute to society.

***Inglis and HERL share a common vision. We're all trying to make life better for older adults and people with disabilities.***

**—Dr. Rory A. Cooper,  
Director, HERL**





# Inglis' 2024 Opening Doors Together Conference

By **Lauren Tilghman**  
 Photos By **Jason Minick**

Inglis' Self-Determination Housing Program (SDHP) hosted its annual Opening Doors Together Conference, presented by Highmark Wholecare, in Harrisburg, PA on June 11th-12th. This year's event brought together nearly 200 legislators, self-advocates, and other thought leaders within the human services industry; and helped mark SDHP's 30 years of unwavering dedication to serving the disability community and advocating for greater equity and inclusion for housing for all Pennsylvanians.

Sessions this year focused on addressing inequalities and barriers within current housing zoning laws; the challenges and solutions around creating affordable housing as well as sustainable inclusive housing; modernization in rural public transportation; innovations with assistive technology in home modifications; combatting homelessness; and more.

Dr. Valerie Arkoosh, Secretary of the Department of Human Services, addressed the audience during the luncheon program on June 12th and stressed the impact that inadequate housing has on individuals and the healthcare system overall. She, alongside Dyann Roth—Inglis' President and CEO—emphasized the need for safe, affordable, accessible housing to promote the health and wellness of all Pennsylvanians, particularly those with disabilities and the growing number of older adults. Secretary Arkoosh reminded attendees of the importance of increased state funding to support eviction prevention and rental assistance programs and the responsibility that each citizen has to advocate for each other, especially with their local legislators.

More information on the 2025 Opening Doors Together Housing Conference will be announced this Fall.



*Inglis' full, statewide Self-Determination Housing Program team at the 2024 conference.*



*Domanique Howell, Liberty Resources Inc.*



*Valerie A. Arkoosh, MD, MPH, Department of Human Services*



*Rosemarie Rossetti, Ph.D., Rosetti Enterprises Inc.*



*Laura Wilmer, Inglis Self-Determination Housing of Pennsylvania*

**Thank you to all of our sponsors, which are listed at [inglis.org/odt24sponsors](https://inglis.org/odt24sponsors).**

# Home, Sweet (and Accessible), Home

By **Lauren Tilghman**

Photos By **Dave Lamm**

In the Philadelphia suburbs of Collegeville, Luke and his partner Jess are embarking on their biggest adventure yet—making their new house a home. Both local to the region, it took 1,600 miles and a mutual connection's wedding to bring them together. Now two years later, the couple is receiving some extra support from the Inglis Home Modification for Independence (HMI) program as they take on renovating their forever home to be completely accessible.

Luke was in a car accident that led him to become a wheelchair user 11 years ago; but it hasn't stopped him from making the most of every day, putting positive



couple of them and found the Inglis one; and next thing you know, I got a call from them saying 'hey you fit the profile,' shared Luke. "It's amazing because everything I was doing was out of my own pocket; just with my brother's help and my family's help."



thoughts out into the world, and manifesting his way towards his goals. With a background in construction, he built his own ramps, started rewiring, and even created his own blueprints of what he envisioned for his new home before ever connecting with the HMI program. With the support of a grant, a little patience, and those positive vibes—Inglis completed his bathroom renovation in May 2024.

"My uncle was like, 'you know there's grants out there.' So I looked and I filled out a

The Inglis HMI program helps homeowners and renters remain independent and in their own homes through grant-funded home modifications. A state-wide service, HMI projects can include the creation of accessible kitchens or bathrooms, or small renovations such as installing grab bars/railings, transfer benches in bathtubs/showers, raised toilets, motorized chair lifts, access ramps, or fall prevention and safety features in various living spaces.

## Integration of Home Mods and AT

By **Kristen Rantanen**

Inglis is actively integrating its Home Modification program with assistive technology to enhance options for people with disabilities and older adults aging in place. With an investment from The Sarah Ralston Foundation, Inglis is conducting in-depth in-home assessments, implementing crucial modifications while ensuring that current assistive technology is fully leveraged to preserve independence, ensure safety, and enhance each resident's quality of life.



## Supporting the Inglis Program that Inspires You Most

Your gift to Inglis touches the lives of more than 2,500 people with physical disabilities living throughout Pennsylvania each year.

As always, you can direct your gift to the Inglis program that inspires you most.

### To direct your gift...

Inglis is a 501(c)(3) nonprofit. Your fully disabilities—and those who c  
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Or include your wishes in writing when mailing your gift to Inglis

To learn more about where your support is needed now, visit [www.inglis.org/support](http://www.inglis.org/support)

Want to talk to someone about the best way for you to make an impact at Inglis?

We are here for you!

Please contact Jessica Scipione at (267) 635-2541 or [Jessica.Scipione@inglis.org](mailto:Jessica.Scipione@inglis.org).





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***Paving the way for more quality housing in inclusive communities.***

Inglis Housing Corporation provides affordable, accessible housing in 11 communities across the Greater Philadelphia region. Learn more about the **Inglis Housing Corporation** at [www.inglis.org/housing](http://www.inglis.org/housing). Looking for an accessible apartment? Contact us at [housing@inglis.org](mailto:housing@inglis.org), or call **215-581-0712**.

*Ms. Davis, one of the newest residents of Mission Green, loves her new home.*

Photo By **Chris Kendig**