

Image

Music Therapy
Gives Way
to Healing at
Inglis House, One
Note at a Time

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Our Mission

Inglis enables people with disabilities – and those who care for them – to achieve their goals and live life to the fullest.

Our Vision

We champion independence through innovative, life-enhancing services and communities.

A Note From Our CEO

As we step into 2025, I'm excited to share updates that mark an inspiring new chapter for Inglis. This year is not only about continuing our legacy of excellence, but also about evolving, innovating, and seizing new opportunities to amplify our impact.

The first change you'll notice is this very publication's transformation. We've reimagined Image to be more dynamic, engaging, and aligned with who we are as an organization. With stories that showcase our impact, this refreshed format is designed to keep you informed and inspired. Whether it's celebrating achievements, showcasing our mission in action

across our many services, or spotlighting our team, Image aims to bring our community closer than ever.

As we begin the year, we're also focused on charting our path forward. In the coming month, we'll finalize our new three-year strategic plan—built on the invaluable conversations and input many of you have contributed over the past year. I'm eager to share this roadmap with you soon, along with the ways you can help bring our shared goals to life.

“This year is not only about continuing our legacy of excellence but also about evolving, innovating, and new opportunities to amplify our impact.”

Our growing network of partnerships is another area of exciting progress. These collaborations aren't just strategic—they're transformative. They enable us to expand our reach, innovate, and deliver even more value to those we serve. Together with our partners, we're positioned to achieve remarkable milestones in 2025 and beyond.

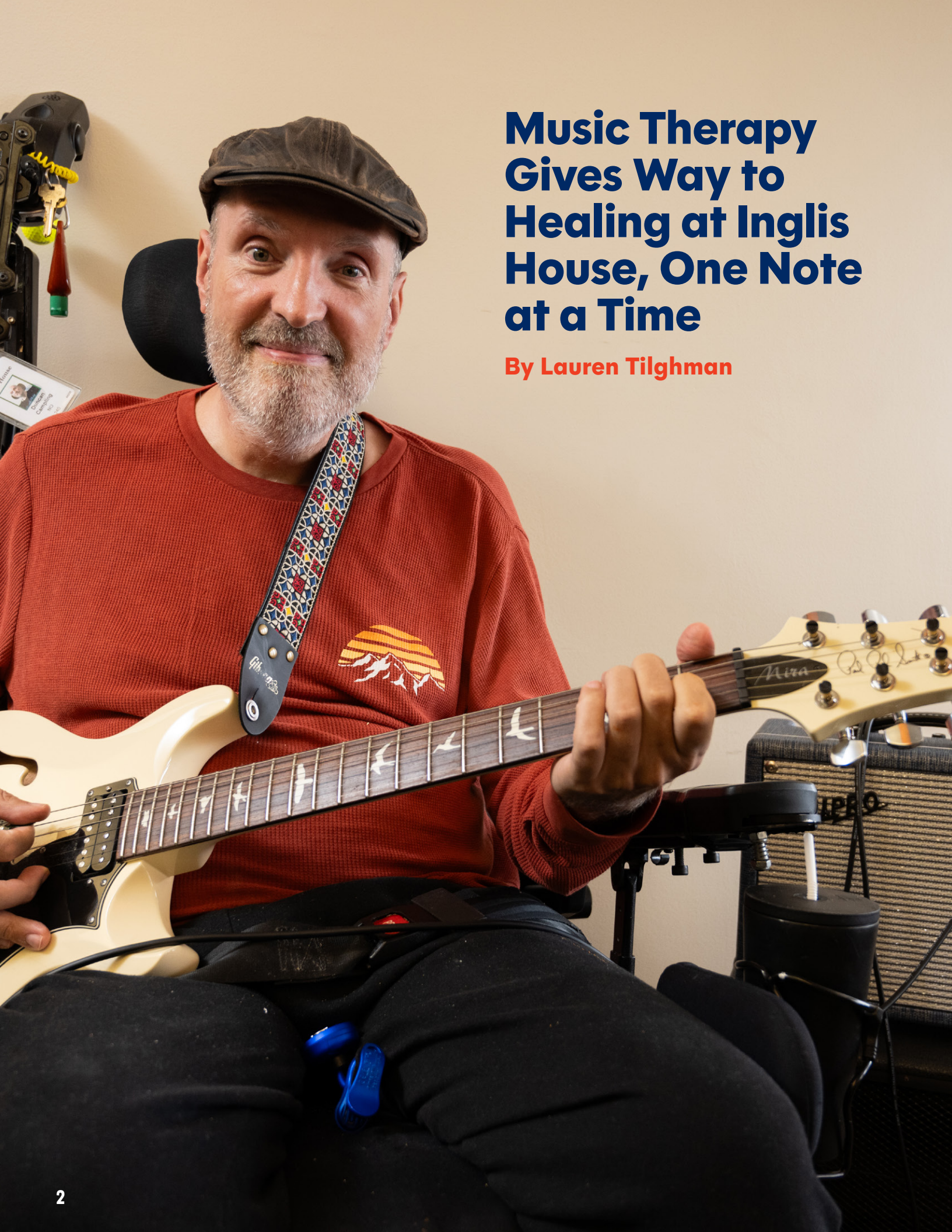
Inglis is poised to make this year extraordinary—a year of meaningful connections and impactful accomplishments. On behalf of those we serve and our remarkable Inglis team, thank you for your unwavering commitment to our mission.

Here's to an incredible 2025!



Dyann M. Roth
President & CEO





Music Therapy Gives Way to Healing at Inglis House, One Note at a Time

By Lauren Tilghman



Music has a way of complementing every facet of our existence; when we're in celebration—we dance to it, when we're in mourning—we grieve with it. Music provides the "soundtrack" to our lives in good times and in bad times. It's our release, it's our form of expression, and it's healing. That's why music therapy plays such a pivotal role in the program offerings at Inglis House.

There are roughly 6-8 music-based group activities running in any given season at the House—including bell choir, vocal ensemble, music theory, songwriting group, and even an in-house rock band. Professional musicians often come to perform concerts; people participate in weekly jam sessions with percussion instruments; and music bingo is a fan-favorite activity, especially on the weekends. 65% of Inglis House residents have participated in at least one music therapy activity, and 50% of residents participate in the music therapy program offerings on a regular basis.

It has brought peace and comfort to those in hospice, and for many Inglis House residents it has had a positive and empowering impact on

how they navigate their diagnoses or different injuries that they have sustained. In 2018 Duncan Campling experienced two strokes that left him with Locked-in syndrome; a complex medical condition that results in complete paralysis of all voluntary muscles except for one's vertical eye mobility (up and down movements). Over time, and with regular rigorous therapy, many people with Locked-in syndrome can regain some, but rarely, all of their mobility.

A family man and father of two young boys, he was the youngest resident at two of the nursing home facilities he resided in before coming to Inglis House in late 2023. It wasn't long after his arrival that Duncan learned about the Wheelz band. An avid guitar player himself, he "auditioned" for the Band after listening in on one of their jam sessions. "I've been involved with playing music since I was about 15, and started playing the guitar," shared Campling. "Since my stroke, my hands work, but they're a lot slower."

But his strumming speed hasn't deterred him from his regular post in the Resident's Lounge, better known as the 'Wheelz Studio,' nor from practicing songs alongside Dave Zawacki.



(Left to right) Duncan Campling and Dave Zawacki jamming out in Inglis House's Resident Lounge.

Both bandmates meet up in the Studio during off-hours to play together, as well as during the scheduled weekly practices on Wednesday afternoons. Dave, a bassist in the Band, received a laminectomy that led to a medical emergency and left him partially paralyzed. A fellow music hobbyist, Dave had played music and sang most of his life. "I really, really enjoyed playing the tenor sax, so I played that for years, [also] clarinet and a bass clarinet, and of course guitar; you know, just a plain old six string," shared Zawacki.

After his medical emergency Dave lost the use of one of his hands which made it difficult to play many of the instruments he loved. Prior to coming to Inglis House he was residing at a different facility; it was his sister and cousin who learned about Inglis and its robust music therapy program. Little did Dave know that the music therapy program and meeting the Wheelz band leaders—Stephen (Steve) Cozzolino, one of the Music Therapists and Dan McGowan, a Music Teacher and bassist for the band internationally recognized Kansas—would lead him back to one of his greatest passions.

over to work on a song," shared Zawacki. "I'd try to remember a song, and you know, show it to the guys."

This past June, both Duncan and Dave performed in their first Musicfest, Inglis House's signature summer community concert, alongside six other bandmates (Steve and Dan included). "It was great; this was my first one that I played, but I was here [last year] and got to see the Musicfest," said Zawacki. "It was great playing because you get to play in front of people, ya know...and it's cool to play in front of people."

For both gentlemen, alongside many other Inglis House residents, the music therapy program helped them reconnect with a special part of their lives. "It really speaks to how deeply rooted music is here at Inglis House, because a lot of folks had either previous relationships to music that they have revived being here—like the rock band folks, [and] there's a good chunk of people who really haven't had that much of a relationship with music that has since blossomed into something really beautiful," shared Mer Clemente, one of the Music Therapists in Inglis House.

"I was a little angry that I got moved; I was just like 'oh I was doing fine at the last place,' and then I got moved here," shared Zawacki. "And then I met Steve and Dan, and Dan would come by and play songs. Steve, every day would come by and say, 'hey we're doing this and we're doing that'... you know pushing somebody; so that got me slowly involved in it."

It was the push Dave needed. "That gave me something to do, something to look forward to, you know, going



“It really speaks to how deeply rooted music is here at Inglis House”

It also has a significant, positive impact on the mental health of a community of people who often experience feelings of isolation, depression, and anxiety more frequently. According to the Center for Disease Control (CDC) adults with disabilities report experiencing more mental distress than those without disabilities. An estimated 17.4 million (32.9%) adults with disabilities experienced frequent mental distress, defined as 14 or more reported mentally unhealthy days in the past 30 days. Music therapy, according to Psychiatry.org, is a proven tool for providing a safe and “supportive environment for healing trauma and building resilience while decreasing anxiety levels.”

Duncan Campling, who also writes his own music, has seen a change in himself since arriving at Inglis House and participating in different music therapy programs. “I stopped taking my anti-depressants when I got to Inglis House,” shared Campling.

“You’ll hear stories about folks who came from prior facilities that didn’t really have a lot of—not just music therapy—but a lot activity therapy; and they go from like ‘oh yeah, I was just in a room,’ to [being engaged] all day, every day,” shared Cozzolino. “You have residents who you can’t find because they’re so busy, they’re so involved, you know?”

For Dave, that involvement has blossomed into a desire to help others as well. As Wheelz continues to improve its sound, he hopes the Band and its music can have a positive impact on other people outside the Inglis House community—including veterans. In the meantime, he’ll keep allowing the music to be his own healing “soundtrack” in life, both inside and out. ●

For more information about Inglis House and the services offered through the Therapeutic Life Enrichment (TLE) program, please visit www.inglis.org/TLE.



Additional members of the Wheelz band (left to right) Keith Crass, Kevin Ryan, Craig Stevens, Chris Hinchey, and Patrick Hatifield.

A New Bike in the Rehab Gym Gives Way to Promising Moves and Momentum for Inglis House Residents

By Lauren Tilghman, Sheila Egan, and Danielle Paffett

Every day residents throughout Inglis House strive to maintain or increase their mobility with the support of different Physical and Occupational therapies available to them. Inglis recently purchased a MyoCycle Pro Plus Functional Electrical Stimulation (FES) Bike thanks to a generous \$25,000 donation from the Christopher & Dana Reeve Foundation.

An FES bike provides external impulses for users to regain or maintain muscle mass and mobility for structural or functional strength. Paralysis and spasticity are caused by a loss of electrical signals that tell muscles when to contract; an FES bike replaces these lost signals with electrical stimulation that helps muscles contract and produce functional movements.

For over 40 Inglis House residents this bike will help them strengthen muscles and joints that support their positioning and mobility (and ultimately their comfort) in bed and in their wheelchairs. It will also help decrease the chance of fractures or breaks for those with fragile bones. Most of all it is helping users improve their wellbeing while remaining as independent as possible.

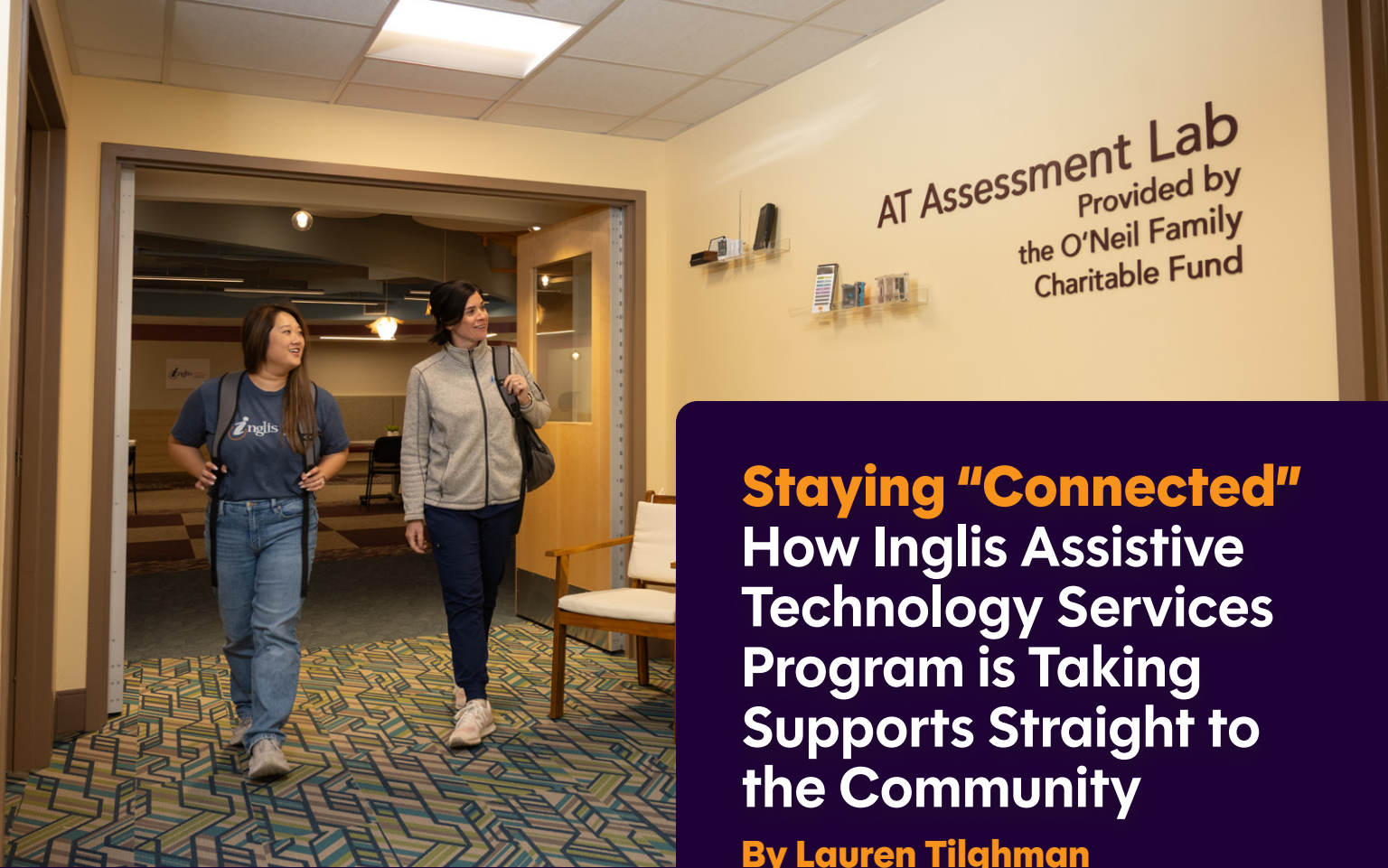
“We have many residents motivated to work on restoring or maintaining certain abilities like sitting at the edge of the bed, transferring, standing or walking short distances,” shared Danielle Paffett, Director of Rehabilitation Services. “Although we have a lot of great equipment in the gym, the Myocycle is unique in how it targets and retrains weakened or damaged nerves and muscles.”

Those who would benefit from utilizing the bike are identified through quarterly assessments by the Rehabilitation team. Candidates for using the FES bike are evaluated and if they meet the requirements— they’ll work with a therapist to establish an individualized treatment plan including timing and frequency.

The bike was delivered in the Fall and so many residents are already reaping the benefits and gaining muscle strength. ●



Rose Bernard, Physical Therapy Assistant, preparing Ru Amagasu, Inglis House resident, for his therapy session on the MyoCycle Pro Plus FES bike.



Staying "Connected" How Inglis Assistive Technology Services Program is Taking Supports Straight to the Community

By Lauren Tilghman

In a second-floor classroom, Janet Shoemaker, an educator in Inglis' Assistive Technology Solutions (IATS) program, took an eraser to a dust-ridden green chalkboard. She wiped it back and forth vigorously before picking up a small piece of chalk and scribbling out a list of web platforms. Yahoo... Gmail... AOL... Hotmail... Outlook... Comcast. She turned to face a room of 10 older adults all roughly in their late 60s, 70s, and 80s. "Can anyone tell me which of these their e-mail address is connected to?" Shoemaker asked.

Just 26% of internet users ages 65 and over say that they feel very confident when using computers, smartphones, or other electronic devices

From July through September, the Inglis Assistive Technology Solutions (IATS) program led a 10-week tech class funded by the PA Link's Aging and Disability Resource Centers (ADRC) for older adults at the

Philadelphia Senior Center on Broad Street. The class which served roughly 20 students, in biweekly groups, walked seniors through the basics of using their smartphones, managing their online presence, and keeping themselves protected from digital threats and fraud. For students like Helen Shick the class became a place where she could get help understanding the variety of applications that her children had put on her smartphone to help her navigate transportation; many of them left her less confident in her ability to use them and even more confused. "Sometimes [I'm] overwhelmed, sometimes it's good, and sometimes I don't know how to use it. Suddenly something's wrong, so I don't know how to solve it," shared Shick.

According to the Pew Research Center, just 26% of internet users ages 65 and over say that

they feel very confident when using computers, smartphones, or other electronic devices to do the things they need to do online. Roughly one-third describe themselves as only a little (23%) or not at all (11%) confident in their ability to use electronic devices to do necessary online activities.

Grant funding and individual giving to the IATS program has provided tech support and education to disabled and/or aging adults residing outside of the Inglis House community since 2012. Some receive services in a group setting like the students at the Senior Center, whereas others may be receiving individualized support or consultations, sometimes on a one-time basis or in a regular cadence of appointments.

When the Program first launched it was sponsored by a grant from Pew Charitable Trusts and focused on a very specific age and disability demographic, supporting over 200 recipients. "It spawned a real awareness of the need for assistive technology, the lack of education [around it], the lack of access, and the lack of exploration of what's out there and available," shared Katherine (Katie) Griffiths, IATS Educator.

"Some of our first clients were folks that had the Tobii eye-gaze systems that, you know, received the device but didn't have the training needed to use the device. And there were people in the community that, like, needed help writing a resume, or needed to just borrow a laptop to recover an email or create an email address to get an accessible phone. So that's really how it all started."

In 2019 the community-based IATS program expanded with the opening of the Inglis Innovation Center Philadelphia, which opened the doors to serving a greater diversity of people with assistive tech needs. Since its relaunch over 150 people have received services and/or tech devices. Until recently the program only served people



residing in the Greater Philadelphia area, including the five southeastern counties—Chester, Bucks, Delaware, Montgomery, and Philadelphia; in 2023 the program expanded to serve the Pittsburgh area with the opening of Inglis' second Innovation Center. "When Inglis announced the opening of our Innovation Center in Pittsburgh with support from Highmark Wholecare, the energy around this project was substantial," shared program director Charles Sammartino.

"Having provided community-based assistive technology services in Philadelphia since 2012, we've come to deeply understand the transformative impact of technology on individuals' lives. Expanding to Pittsburgh presented us with an incredible opportunity to learn from and engage with a new community. While Philadelphia and Pittsburgh have their own unique challenges, the need remains the same—to promote and support individuals with technology-based solutions that empower them in their daily lives."

Western Pennsylvania residents like Tim Bass learned about Inglis' technology education and service offerings on social media. Tim experienced a medical emergency and was paralyzed from the shoulders down. After his injury, he became heavily reliant on his wife for all of his daily activities—including connecting with family and friends. After finding IATS' ad on social media, Tim connected with Jeff Ruffing, Inglis Assistive Technology Development Specialist, virtually and learned about several accessible features and adaptations that he could make on his smartphone to enable more voice controls. After a few Zoom sessions with Jeff, Tim began navigating and researching more accessible features on his own. He credits Jeff and Inglis for "giving him his life back," now that he's able to connect with his family and friends more independently. He's even learned to operate his television and other appliances in his home with



the addition of smart devices like an Amazon Echo Show and various smart plugs.

Tim is one of many community members who have benefitted from the one-on-one customer service that the IATS program provides. Helen Cooney, a Delaware County resident, has been receiving in-home tech support for over 10 years. Cooney, a former volunteer at Inglis House, was well-versed in the work the IATS program was doing for residents but never could have imagined how it would help her personally. As her cerebral palsy began to significantly limit her mobility, the IATS program provided her assistance in learning how to use her iPad for more of her daily activities—such as scheduling her doctor appointments through portal applications, downloading audiobooks for free via her local public library, and most importantly connecting with her grandchildren regularly through FaceTime. IATS Educators Janet and Katie check in and visit Helen several times a year to update her device, help answer any questions she has, and ensure the accessibility features are adapting to Helen's needs. While those needs have changed, Helen's confidence and unwavering desire for

independence have not; if anything, the tech support she receives is a constant reminder of what's possible for her to continue to accomplish on her own. "It makes me feel important, it makes me feel that I can do it, and it makes me feel really good," shared Cooney.

As the IATS program continues to support more people, it has begun to partner with Community HealthChoices Managed Care Organizations while continuing to advocate for assistive technology services across the State. The future of the program is more promising than ever, and so is the independence of the Pennsylvania disabled and aging community. ●

For more information about Inglis Assistive Technology Services please visit www.inglis.org/IATS.

(Photos on the left, top to bottom) *Inglis AT Team members Katie and Janet supporting Helen Cooney in her home; (middle) Helen Shick attending the Technology class at the Philadelphia Senior Center; (bottom) several of the smart home and assistive technologies that are recommended and shared by the IATS program. (Below) Janet working with a student in the Technology class at the Philadelphia Senior Center.*



Making a Statewide Impact: Meet Inglis Regional Housing Coordinators

By Lauren Tilghman

They're innovators, accessibility crusaders, equity experts, and champions for change; but to the outside world they're better known as Inglis Regional Housing Coordinators (RHCs).



Amelia Herz



Dawn Edwards



Heidi Niebauer



Autumn Wagner



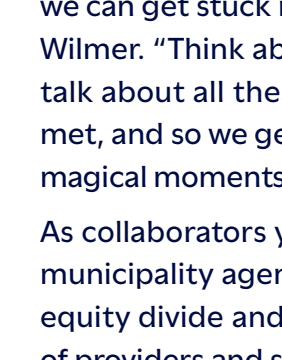
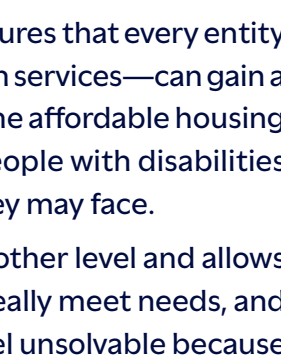
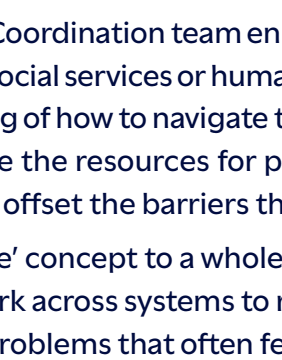
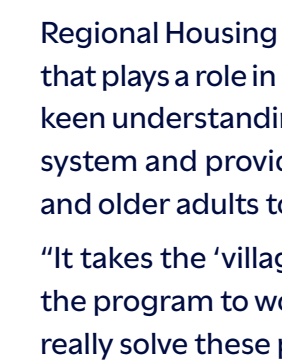
Haley Bell

Regional Housing Coordinators (RHCs) play a pivotal role in providing educational trainings and resources across the state of Pennsylvania, that enable and empower every community to increase access to affordable housing for people with disabilities and older adults. They are collaborators who often work at the systems level to teach various groups of stakeholders about everything from funding sources that would support the creation new accessible housing; to different laws and strategies that have helped develop inclusive, affordable communities and implement new practices. “We keep a pulse on what’s happening in housing and disability realms across the state; and we use that to bring it to other communities,” shared Olivia Benson, Manager of Statewide Programs.

Funded by the Pennsylvania Department of Human Services through a partnership with the Pennsylvania Housing Finance Agency, this program joined Inglis in 2021 via a merger with Self-Determination Housing of Pennsylvania (SDHP). There are 18 Inglis RHC team members supporting 67 counties across Pennsylvania while hosting over 70 free trainings and webinars. “We’re a resource for professionals to help them do their jobs even better than they’re [currently] doing them,” shared Jennifer Malone, Senior Manager of Statewide Programs.

“As a team we bring such a breadth and depth of collective knowledge and experience that we tap into on the regular and share within our local grassroots meetings and with [our] connections and planning groups.”

Many of the RHCs are subject matter experts with diverse backgrounds and a wealth of knowledge navigating different industries like education, healthcare, commerce, and so much more. Whether they’re meeting with a local community development corporation or a school district, the



Regional Housing Coordination team ensures that every entity that plays a role in social services or human services—can gain a keen understanding of how to navigate the affordable housing system and provide the resources for people with disabilities and older adults to offset the barriers they may face.

“It takes the ‘village’ concept to a whole other level and allows the program to work across systems to really meet needs, and really solve these problems that often feel unsolvable because we can get stuck in our silos,” shared program director, Laura Wilmer. “Think about Maslow’s Hierarchy of Needs...we can’t talk about all these things until folks have their basic needs met, and so we get to bring it all together; and you get these magical moments, ‘ah-ha’s,’ and light bulbs.”

As collaborators you’ll often find them connecting one local municipality agency with another and helping to bridge the equity divide and break down silos amongst different types of providers and services, to share information and resources. Quite often they’re also participating in city, county, and community planning meetings to advocate and remind leaders to include disabled and aging populations into their development plans.

For nearly 20 years Regional Housing Coordinators have been setting the pace— walking alongside leaders and helping to guide Pennsylvania communities with a person-centered approach and housing-first model, and they have no intentions of slowing down anytime soon. ●

Join the RHC’s in Harrisburg August 26th-27th for our Statewide Housing Conference! For more information about the impact that Regional Housing Coordinators are having around Pennsylvania visit www.inglis.org/RHC

Clockwise from bottom left: Howard Ermin, Jennifer Malone, Jennifer Quiggle, Julie Hoskins, Kate Thornburg, Kim Minor, Larisa Yusko, Laura Wilmer, Nicholas Dennis, Olivia Benson, Robin Reed, Samantha Volrath, Tara Thoebe



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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.



Tom (left) and John (right) in the Picos de Europa mountain range in Northern Spain. Tom and John are avid international travelers.

John Murphy A Decade of Service and a Legacy of Giving Back

By Jessica Scipione

After retiring from a demanding human resources career back in 2011, John Murphy felt he had "all the time in the world." And since his brother lives with an intellectual disability, John began researching volunteer opportunities at organizations serving individuals with disabilities and identified Inglis.

John has volunteered with Inglis for more than a decade and has built meaningful connections

with countless residents. His commitment has earned him admiration from residents and staff alike. Volunteer and Internship Manager Patti Veltri highlights his impact, saying, *“John is an absolutely wonderful volunteer who gives himself completely to our mission and residents!”*

For John, volunteering has been a deeply fulfilling experience. *“I feel like I get more than I give,”* he shares, reflecting on the joy and perspective he has gained.

A Memorable Friendship

John has many cherished memories of Melanie Wilkins, a resident he grew close to during his visits. Melanie, who had no use of her arms and legs and spoke in a soft whisper, had an indomitable spirit. She used a specialized tool to type lists of tasks for John, painstakingly preparing for his visits.

“Her lists were often long,” John recalls, *“but given the effort she put into them, I made sure to help her with everything she needed.”* Despite the challenges of communication, John and Melanie shared countless laughs.

A Legacy of Impact

After his first year of volunteering, John realized he could do more. Together with his husband Tom Ayers, they decided to deepen their involvement by supporting Inglis financially and including the organization in their estate plans through the Annie Inglis Society.

“We decided to include Inglis in our estate plans because I saw how much Inglis offered people with disabilities, and we wanted to help ensure that those services would continue to be possible in the future.” John shares.

We are deeply grateful for John and Tom’s contributions, which have touched countless lives

and inspired others to give of their time, energy, and resources. Their dedication exemplifies the power of community and the lasting difference we can make by supporting one another. ●

Planned Giving is for everyone; to learn more, visit [inglis.org/planmylegacy](https://www.inglis.org/planmylegacy)



John spending time with Inglis House resident, Ed Levy, who he meets with weekly.



INGLIS BASH '25

WE THE PEOPLE

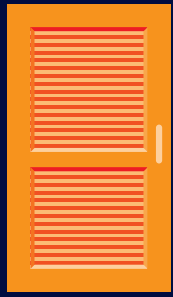
Thursday, April 10, 2025
6 to 10 pm

National Constitution Center
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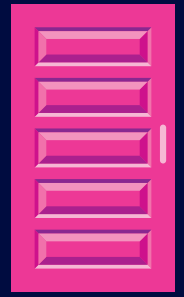
Save the date to join us in celebrating the remarkable contributions of those who are helping to shape a ‘more perfect union’ and inspiring us all to foster stronger, more inclusive communities.

Join us for an evening driven by innovation, impact, and inclusion.

For more information visit www.inglis.org/BASH



Opening '25 Doors Together



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