

touchstone

spring 2008

Stone Belt presents news & information for people with disabilities, families, friends and our community



Bloomington Mayor Mark Krizan celebrates with Stone Belt clients Rosie Fitzpatrick and Polly Scroggins. Get your complete guide to Stone Belt's 50th Anniversary festivities on Pages 5-6.

Rebecca's Story

A mom writes of welcoming a child with Down syndrome. **page 1**

www.stonebeltartandcraft.org

Log on to Stone Belt's new Art & Craft Web site. **page 3**

Sweatin' to the Oldies

Richard Simmons gets Wedgewood House clients moving. **page 7**

Our Mission

We believe in the uniqueness, worth and right to self-determination of every individual. Therefore, it is our mission, in partnership with the community, to prepare, empower and support individuals with developmental disabilities and their families to participate fully in the life of the community.

rebecca's story

a mom shares her family's journey on welcoming a child with Down syndrome

By Cyndi Johnson

Down Syndrome Family Connection Board Member

I will never forget that life-altering week in February of 2007. I was pregnant with my second child and had opted to undergo prenatal testing because I was over 35 — the maternal age at which fetal defects increase significantly. I had just entered the 2nd trimester and was starting to come out of the morning sickness fog. When the phone rang that Monday morning, I figured it was the usual—one of my friends calling to invite my active 1-year-old and me for a spontaneous play date. I was surprised to hear the voice of the kind, upbeat genetic counselor with whom my husband and I had met weeks before during the prenatal testing process. I greeted her and then waited expectantly for her to congratulate me on a healthy pregnancy with all test results having returned negative. Instead her tone was decidedly different from our face-to-face meeting as she said in a choked voice, "I'm afraid I have some bad news." The test results showed a 1-in-6 chance of Trisomy 18 and a 1-in-5 chance of Trisomy 21 (Down syndrome), and she recommended that I have an amniocentesis the following day.

I proceeded with the amnio on Tuesday without incident. Then on Wednesday, on the front page of the local newspaper was a photograph of a beautiful elementary-aged girl with Down syndrome and an inspiring story featuring her family. The article also highlighted a new Down syndrome parent network in town that was to have its first public event that Friday evening. So on Thursday, when the genetic counselor called to inform us that we were to have a little girl with Down syndrome, I had already made up my mind to attend.

Throughout that spring as I tried to prepare for my daughter's birth by reading everything about Down syndrome that I could get my hands on, there were many moments of intense emotion. Even in the midst of the joy I felt when my baby girl would kick or hiccup inside my ever-expanding belly, there remained a nagging ache in my heart. I grieved the loss of the family I had always imagined. I was deeply concerned about the medical problems my daughter might endure. I was saddened at the thought of the struggles she would face to be accepted and included in a society that many of us take for granted. But most of all I was heartbroken with the thought that my child would likely never have children of her own, that my family tree would have a fruitless branch. The sense of loss I felt over my "stunted" family tree was punctuated against the new life of spring as the trees in my own back yard were bursting with buds and blooms and new branches.

Summer came, and so did my baby girl. After months of preparation for both my head and my heart, and the better part of the healing process behind me, Rebecca Ann was born. Named after my mother and myself, Rebecca also shares my stubbornness and determination! She has my mother's red hair and my father's piercing blue eyes. I tell many people that early in my pregnancy I actually "put in an order" for a girl with red hair, although I didn't order the extra chromosome. But Rebecca was a package deal, and despite all the medical challenges that continue to arise, she has truly been a treasure. I can say with full honesty that I would not change anything about her, although I sometimes wish I could change how the world might later receive her. It is easy to adore a little red-headed girl with pigtails, but as Rebecca grows older she may find acceptance harder to come by.

Two years have passed, and spring is again upon us. The days are growing warmer and longer, and the crocuses and daffodils will soon be poking up through the ground. The trees will begin again their cycle, budding and blooming and branching. And I am reminded of how my family tree continues on, and that Rebecca is an essential part of its life.

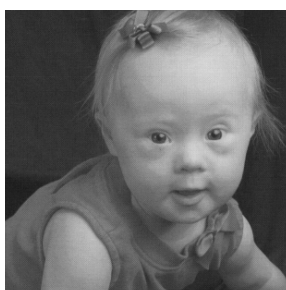
In fact, I am pleased to say that I was wrong about Rebecca's branch of our family tree, as she has found unexpected ways to make her own branch quite fruitful indeed! Remarkably, she managed to graft a long lost branch back into our family tree. My estranged father, whom I had not seen in years, must have sensed some solidarity with Rebecca and came to her open heart surgery last May, almost 18 years to the day after his own heart transplant. And Rebecca's timing was impeccable because my father lost his wife of 24 years in October, and we were there to offer what comfort we could at her passing. He has agreed to stay in touch and even visited on Christmas.

Rebecca has also found ways to nourish the entire tree from her tiny little branch. Family members from near and far have been tremendously supportive, from the moment of the diagnosis, through all her surgeries and medical challenges, and even into the future with their generous contributions to a "life fund" established for her. And even before Rebecca was born, my husband's aunt designed a quilt for her, with each of 34 pieces crafted individually by our family and friends from across the United States. That quilt hangs on the wall above Rebecca's crib where she sleeps beneath it every night, beneath all the love and care that went into creating it. She continues to be enveloped in that love and care, and she likewise envelops others in the warmth of her smile and sweet spirit.

And finally, Rebecca's branch has an uncanny way of bringing people together. From the moment I read that front-page article about the young girl with Down syndrome, I realized that while I could probably manage this journey on my own, I would much rather walk alongside others with whom I might share experiences, wisdom, joys, challenges, and friendship. There are many wonderful persons I may never have met without Rebecca's inspiration, friends who have become like family—yet another one of her means of "growing" the family tree.

I have full faith that Rebecca's branch will continue to grow, delight, and surprise. And our family tree is the better for it.

✉ Cyndi is on the Board of Directors of the Down Syndrome Family Connection (DSFC), serving the Bloomington area since 2006. She is also mom to Aidan and Rebecca and wife to Kaj. Her family has resided in Bloomington since 2005.



The top and bottom photos in the set above were taken by Diane Hasler of Capture Photography and were featured in a 2009, 12-month calendar sold as a fundraiser for the Down Syndrome Family Connection. To purchase a calendar log on to www.downsyndromefamilyconnection.org.

celebrate

To celebrate World Down Syndrome Day and Disabilities Awareness Month, the Down Syndrome Family Connection (DSFC) is partnering with the Parent Teacher Advisory Council for Special Education (PTACSE) of Monroe County to host a concert and information fair featuring organizations from the Bloomington area that provide services to individuals with disabilities and their families.

The event will be held on March 21 (3/21) — 3 chromosomes in the 21st spot) at Sherwood Oaks Christian Church in Bloomington from 9:30 am -12 pm. During the info fair, a children's entertainer will create balloon animals, and at 10:30 am, a family-friendly concert will begin. The concert will feature Leonardo, a musician whose younger brother has Down syndrome and whose recently released album, celebrates inclusion. Learn more at www.leonardomusic.com. This event is free and open to the public and everyone is encouraged to bring a non-perishable food item for the Hoosier Hills Food Bank.

The DSFC brings together families from South Central Indiana. The group aims to promote greater acceptance and understanding of Down syndrome; to educate, inform and involve all people to recognize the uniqueness and capabilities of individuals with Down syndrome and to provide education and support for communities, families and individuals living, learning and growing with Down syndrome. To learn more log on to www.downsyndromefamilyconnection.org or email info@downsyndromefamilyconnection.org.

Connecting ordinary people - Celebrating extraordinary lives
Down Syndrome Family Connection
Serving the Bloomington area since 2006

learn

MYTH: Down syndrome is a rare genetic disorder.

TRUTH: Down syndrome is the most commonly occurring genetic condition. One in every 733 live births is a child with Down syndrome, representing approximately 5,000 births per year in the United States alone. Today, more than 400,000 people in the United States have Down syndrome.

MYTH: People with Down syndrome have short lives.

TRUTH: Life expectancy for individuals with Down syndrome has increased dramatically in recent decades—from 25 years in 1983 to 60 years today.

MYTH: Most children with Down syndrome are born to older parents.

TRUTH: Most children with Down syndrome are born to women younger than 35-years-old simply because younger women have more children. However, the incidence of births of children with Down syndrome increases with the mother's age.

MYTH: People with Down syndrome are severely developmentally disabled.

TRUTH: Most people with Down syndrome have IQs that fall in the mild to moderate range of intellectual disability.

MYTH: Most people with Down syndrome are institutionalized.

TRUTH: Today people with Down syndrome live at home with their families and are active participants in the educational, vocational, social, and recreational activities of the community. They are valued members of their families and communities, contributing in many ways.

MYTH: Children with Down syndrome must be placed in segregated special education programs.

TRUTH: Children with Down syndrome are included in regular academic classrooms in schools across the country. The current trend in education is for full inclusion in the social and educational life of schools. Increasingly, individuals with Down syndrome graduate from high school with regular diplomas, participate in post-secondary academic and college experiences and, in some cases, receive college degrees.

MYTH: Adults with Down syndrome are unemployable.

TRUTH: Businesses are seeking young adults with Down syndrome for a variety of positions. They are being employed in small- and medium-sized offices: by banks, corporations, nursing homes, hotels and restaurants to name a few. People with Down syndrome bring enthusiasm, reliability and dedication to their jobs.

MYTH: Adults with Down syndrome are unable to form close relationships leading to marriage.

TRUTH: People with Down syndrome date, socialize, form ongoing relationships and marry.

from the CEO

Fifty years of excellence

Some of you can remember and some of you can only imagine a time when children with disabilities could not attend public schools and communities had few opportunities to know and appreciate co-workers, neighbors and friends with disabilities. For these reasons, Stone Belt was founded in 1959. Over the past five decades our organization has grown from a small group of parents and supporters with a vision of a better life for people with disabilities to a dynamic, multi-county community of constituents that have proven time and again that our society is stronger when all people are included. Our 50th anniversary provides a wonderful opportunity to reflect upon our history, to celebrate our accomplishments and to anticipate future activities, including continued steps we will take to overcome challenges in order to more fully realize our mission to prepare, empower and support individuals with disabilities to be participate fully in the community.

I feel truly privileged to serve as only the third executive leader of the organization. In my thirty years at Stone Belt, I have been able to witness many positive changes brought about through innovative programs, powerful advocacy, and a supportive constituency. This issue of our newsletter highlights and celebrates our many accomplishments, and provides a glimpse into the incredible progressions we have made over the years.

Our future ambitions, unfortunately, are challenged by the national economic downturn. Because of the adversities we face, it is more important than ever that we loudly and effectively articulate the social importance – and the economic benefits – of adequately supporting individuals with disabilities to live in the community. Our services of excellence enable people with disabilities to increase their self-sufficiency and to actively contribute to the economy. Our services also create and sustain jobs in our local communities and use resources more efficiently than the large expensive government-run institutions that Indiana recently closed.

As you read this publication, I am confident you will be inspired and motivated to start, continue or increase your support of our organization so that we have even more celebrate during our 100th anniversary. My thanks to you all. Congratulations to everyone who contributed to Stone Belt's first fifty years of success!


Leslie Green, Chief Executive Officer

Donations to our general fund can now be made online using PayPal. Log on to **www.stonebelt.org** to make your gift today.

quarterly donors

Stone Belt extends appreciation to all our generous donors from December 1, 2008 to February 10, 2009. We are grateful for their continued support.

LIMESTONE SOCIETY LEVEL GIFTS (\$2,500 – \$4,999): Evans Scholar's Fraternity; Jim & Joyce Grandorf; Ed & Mary Lou Otting; Donald & Claudia Snyder.

BUILDERS SOCIETY LEVEL GIFTS (\$1,000 – \$2,499): Bill C. Brown Associates; Bloomington Anesthesiologists; Arthur & Kay Dahlgren; Cindy Higgins; Mallor, Clendening, Grodner & Bohrer; Internal Medicine Associates; Ed Maxedon & Leslie Green; United Commerce Bank.

ADVOCATE LEVEL GIFTS (\$500 – \$999): David Higgins; Ken Gros Louis; Monroe Bank; Stuart & Cookie Mufson; Beverly & Don Warren; Edward Wenstrup, Jr.

STEWARD LEVEL GIFTS (\$100 – \$499): James & Shirley Abbitt; James & Susan Alling; Kenneth & Barbara Beatty; Ruth Cheshire; Matthew Crouch; Barbara Gifford; GoodSearch; Phil & Margaret Hathaway; Gary & Susan Hieftje; Rona Hokanson; Don & Carol-Anne Hossler; James & Helen Houck; David & Janet James; Donald Jackson; Kappa Kappa Sigma Sorority, Iota Chapter; David Lazerwitz; Jim & Kathie Lazerwitz; Les & Kate Lenkowsky; James & Janice Lundy; Russell Lyons; Edwin Cochran Marshall; Richard & Lois Meetz; Messer Construction; Denny & Lou Moir; Richard Notter; Dorcas Porter; Winifred Smith; Spencer Presbyterian Church; Beverly Teach & Chris Wagner; George & Ericka Walker; Wayne & Vivian Winston; Betty Yoder.

FRIEND LEVEL GIFTS (\$1 – \$99): Venus Abbitt; John & Bonnie Baute; Jane Billyeald; Larry Brown; Anita Calkins; Doyle & Sandy Ehlers; Paul & Lana Eisenberg; Eric & Emma Ford; Ann Fox; James & Constance Glen; Dave & Susie Gregory; Jeff & Pinky Hooley; David & Margaret Johnson; Dean & Anne Johnson; Broadus & Sharon Keele; Robert & Linda Kirchubel; Barry & Denise Lessow; Frankie & Teresa Littlejohn; Pat Lundy; Ruth Miller; Teresa Miller; Noe More; LD & Dorothy Payton; Vonnie Peischl; Leonard & Mary Phillips; Dick & Carol Pittman; Hal & Sandy Sabbagh; Kathleen Sideli; Curtis & Judith Simic; Catherine Simmons; Simpson Chapel United Methodist Church; Hans & Alice Tischler; Nancy Titus; Erich & Julia Wiegand.

IN KIND GIFTS: BJ Bennett; Eric Gotwals; Home Craftsmen Forum; Jason & Amy Jackson; Maureen Kipp; Kristen Obarsky; Williams Brothers Healthcare Pharmacy.

upcoming events

MARCH 3 / 2 - 3:30 PM
EMPLOYER RECOGNITION AWARDS
Bloomington Convention Center, 302 S. College Avenue
• Help us recognize area businesses that have made outstanding contributions in the employment of individuals with disabilities. For more information contact Employment Director Bitta DeWees at 812-335-3507, ext. 273 / bdewe@stonebelt.org.

MARCH 10 / 6 PM
LEADERSHIP APPRECIATION DINNER
Fountain Square Ballroom, 101 W. Kirkwood Avenue, Bloomington
• Past and current members of Stone Belt Leadership will mark the formal kick-off to Stone Belt's 50th Anniversary celebrations. For more information contact Development Director Amy Jackson at 812-332-2168, ext. 314 / ajackson@stonebelt.org.

MARCH 10 / 2 PM
AGENCY-WIDE BIRTHDAY CAKES
Various Stone Belt locations
• Staff & clients will celebrate Stone Belt's official incorporation date. Cakes and festivities are scheduled throughout Stone Belt's areas of service. For more information contact CEO Leslie Green at 812-332-2168, ext. 249 / lgreen@stonebelt.org.

MARCH 21 / 9:30 AM - 12 PM
WORLD DOWN SYNDROME DAY ACTIVITIES
Sherwood Oaks Christian Church, 2700 E Rogers Road, Bloomington
• The Down Syndrome Family Connection is partnering with the Parent Teacher Advisory Council for Special Education to host a concert and information fair featuring organizations that provide services to individuals with disabilities and their families. For more information email info@downsyndromefamilyconnection.org.

APRIL 25 / 7 AM - 12 PM
4th annual Run With Me 5K
Stone Belt, 2815 East Tenth Street, Bloomington
• This event features athletic activities, live music, free food, door prizes, awards and other celebratory activities. To sign up log on to www.stonebelt.org/runwithme or fill out the registration form located on the back of this newsletter and use enclosed remittance envelope to return.

MAY 13 / 10 AM - 1 PM
History of Stone Belt Bus Tour
Meet at Stone Belt, 2815 East Tenth Street, Bloomington
• Join us for a tour of the various historical and current locations of Stone Belt's programs of excellence. For more information contact Development Director Amy Jackson at 812-332-2168, ext. 314 / ajackson@stonebelt.org.

MAY 23 / TIME TBA
Dancing with Celebrities
Buskirk-Chumley Theater 114 East Kirkwood Avenue, Bloomington
• Cheer on Stone Belt board member Phil Meyer as he dances his way to victory in Bloomington's own version of "Dancing with The Stars." For more information contact Development Director Amy Jackson at 812-332-2168, ext. 314 / ajackson@stonebelt.org.

For the most up-to-date event listings and details visit our calendar online at **www.stonebelt.org**.

of note

Art & Craft Opens Holiday Gallery
Opening a permanent downtown art studio and gallery for Stone Belt Art & Craft is a long-term dream for staff and artists; this winter Stone Belt had the opportunity to explore this reality through the opening of a six week holiday gallery in Bloomington.

The gallery was open November 20 to January 5 on the corner of Washington Street and Kirkwood Avenue in downtown Bloomington. The store featured multi-media mosaics, watercolors, pastels, painted glass and wooden ornaments and Adirondack-type furniture, as well as some new commercially created products featuring client artwork such as t-shirts, tote bags, coffee mugs, magnets and calendars.

A number of Stone Belt's artists visited the gallery on a regular basis to meet with visitors and explain the creative process. Many customers commented on how happy the artwork made them feel. In total over 220 pieces of artwork were sold. Clients earned wages setting up and maintaining the gallery, creating the art and earning a commission when their pieces sold.

The gallery also became a vehicle to educate the community about Stone Belt's mission and programs. Publications were available in the store and the front window featured a 24-hour slide show with information about the organization.

"We felt very welcomed by other downtown business owners, local politicians and members of the community," said Art & Craft Director Larry Pejeau.

Stone Belt currently has a spring-themed show hanging at Lennie's (1795 E 10th Street, Bloomington) that will run through March. An insect-themed show will be on display at Bloomington's Wonder Lab Museum (308 W 4th Street, Bloomington) March 3 through May 31.

➤ To learn more contact Larry Pejeau at 812-332-2168, ext. 229 / lpejeau@stonebelt.org.



Geraldo Rivera Addresses Waiting List Crisis
A contingent of Stone Belt clients and staff attended the 2008 National Arc Conference, "Telling Our Story, Weaving Our Future" in Albuquerque, New Mexico November 5-8. From L/R: Dale Mullins, Mike Collins, Babette Hall, Josh Jackson, Nancy Smith and Linda Nelson pose with noted TV journalist **Geraldo Rivera** who addressed conference attendees at the Opening Session about the waiting list crisis.

Rivera spoke about the imminent need for action for hundreds of thousands of Americans with disabilities who have been waiting years for government services. He said funding for community services and community-based homes, intended to take the place of institutions, has not kept pace with needs. Consequently, waiting lists of more than 285,000 people in at least 21 states have emerged as the new problem or the "new institution" for people with disabilities. Rivera presented a one-hour special discussing the waiting list in a December airing of his Fox News show, "Geraldo at Large." The video of this can be found on The Arc's Web site: www.thearc.org.

Geraldo has been a staunch advocate for individuals with disabilities throughout his entire career. In 1972, Rivera brought television cameras inside the Willowbrook State School on New York's Staten Island and filmed widespread abuse and neglect occurring there. The institution housed more than 5,000 people with intellectual and developmental disabilities at that time. Rivera's Emmy-winning reports led to government investigations of the institution, which was eventually shut down.

Stone Belt Board President Honored
Beth Gazley, Stone Belt Board President, was one of five recipients of this years Indiana University Outstanding Junior Faculty Award.



This award, presented annually by the Office of the Vice Provost for Faculty and Academic Affairs and the Office of the Vice Provost for Research, enables faculty to enhance their research and recognizes junior faculty members who have devoted considerable time to IU's teaching, research and service missions.

Beth Gazley joined the IU Bloomington faculty in 2004 as an assistant professor of Public and Environmental Affairs; she also sits on the Philanthropic Studies faculty at Indiana University-Purdue University Indianapolis. She completed her Ph.D. in public administration and policy from the University of Georgia in 2004. She has published books and articles on nonprofit management, public-private partnerships and volunteer management, and has partnered with the American Society of Association Executives, the National Association for Community Mediation, and Indiana Campus Compact on research projects. Her current research examines volunteer motivation and retention in professional associations and societies. Gazley was the recipient of the IU Trustee Teaching Award in 2007 and the Best 2007 Journal Article from the Academy of Management for "The Purpose (and Perils) of Government Nonprofit Partnership," published in *Nonprofit and Voluntary Sector Quarterly*.

➤ Beth Gazley has been on Stone Belt's Board of Directors since 2007. This is her first year as the organization's president.

Art & Craft Web Site Launches
Stone Belt is pleased to announce the launch of its newest Web site www.stonebeltartandcraft.org.

The site was created by Stone Belt's Development Department and is part of a larger rebranding of Stone Belt's marketing materials. Log on to view the program's latest news and up-to-date information on exhibits. Visitors can also explore collections and meet the client artists. In the coming months an online Gallery Store will open, giving customers around the country the ability to shop online and have items shipped straight to their doors.

Art & Craft is a division of Stone Belt that provides individuals with the opportunity to explore the arts, develop careers as artists and learn valuable skills in support roles related to art production.



touchstone

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Touchstone is distributed free of charge to families, friends, business and community partners of Stone Belt. If you would like to receive our newsletter or require it in an accessible format contact Publications Coordinator Cheryl Paul at 812-332-2168, ext. 261 / cpaul@stonebelt.org.

celebrating the past

Reflecting on the past allows us to remember the great strides the disability community and Stone Belt have made over the past 50 years. Our history has enabled us to be where we are today, supporting individuals in living their lives to their fullest.

the 1960s >

The Beginning: In March 1958, the Stone Belt Council for Retarded Children is organized in the basement of a church by nine families who want to provide education for their children. The following year the group incorporates. The program grows quickly and in the early '60s Indiana University authorizes the use of the Headley School's classrooms in Bloomington to the council and a school opens for children with disabilities. In 1960 the Stone Belt Council becomes a member of United Fund (now the United Way) and also becomes affiliated with the Indiana Association for Retarded Citizens (now The Arc of Indiana). In 1965 Joan Burton joins the Headley School as a teacher and member of the board of directors; she is later named the organization's first Executive Director.



the 1970s >

Early Growth: In 1970, Stone Belt's 10th Street building in Bloomington is completed on the IU Campus with county, state and federal tax dollars. The building houses a recycling warehouse, sheltered workshop and school. Federal legislation passes that allows children with disabilities to attend public school, and as a result Stone Belt begins its transition from children's services to its Adult Day Program services. In the early '70s, the first residential group homes are opened in small apartments contained within the Indiana Institute on Disability and Community (IIDC). In the late '70s, Stone Belt partners with the Lawrence County Arc (LARC) and begins offering services for individuals in Bedford.



the 1980s >

A Decade of Firsts: Stone Belt phases the last class of school-aged children into the public school system, builds its first group home, and makes its first job placement. Stone Belt enters the next phase of its service to the community as a residential, employment and day services provider for adults with developmental disabilities. However, children with disabilities continue to be served in the newly created Infant & Child Developmental Services (ICDS) program. In the late '80s, the Sweet Owen Industries facility, in partnership with the Owen County Arc, is opened to serve individuals in Owen County. Pioneer Joan Burton retires in 1985 and Stone Belt's second Executive Director, Elbert Johns, begins his tenure.



the 1990s

Focus on the Community: Community inclusion burgeons. Six more group homes open and the Supported Living Program starts. Employment opportunities increase and more clients hold community jobs than ever before. The Americans with Disabilities Act (ADA) passes and people with disabilities are one step closer to equality.



the 2000s

< Expansion: In 2001 Elbert Johns ends his tenure and current CEO Leslie Green becomes the agency's third leader. Stone Belt expands eastward with day program, employment and residential services in Bartholomew and surrounding counties. Milestones Clinical & Health Resources, a division of Stone Belt, hires two board-certified psychiatrists, and begins offering supports not only for adults with disabilities, but also for children, adolescents and families. A new building in Bloomington is purchased to house Milestones and the Community Employment program. Infant & Child Developmental Services (ICDS) is transitioned to Indiana First Steps. The Art & Craft division is created and Stone Belt begins selling artwork to the community.



1949-2009 Celebrating the Past Looking to the Future

They may not all be household names, but the impact of the efforts of the nine founders of what is now known as Stone Belt is immeasurable.

Prior to the founding of Stone Belt in 1958, parents of children and adults with disabilities in Monroe County, Indiana were told that nothing could be done to further the educational and developmental capabilities of their children. The state informed these families that the best thing to do was to send them to Muscatatuck, (a state institution that closed in 2007). Fortunately, a small group of parents refused to accept the state's advice and formed the Stone Belt Council for Retarded Children (now known simply as Stone Belt). As a result of this action, the lives of thousands of people with developmental disabilities in the past fifty years have been changed forever.

The Stone Belt Council for Retarded Children was organized in November of 1958 and became incorporated the following year. The founders believed that people with developmental disabilities should have the same rights and privileges as any other community member. As proof of their commitment to support children with developmental disabilities, the council formed the first school for children with disabilities in Bloomington.

Stone Belt's founders could not have dreamed that their efforts would result in the growth that the organization has experienced over the past 50 years. Today, opportunities for individuals with disabilities are countless. Perhaps one the most important advances in the field during this half decade is reflected in how our society perceives individuals with disabilities. Institutions have disappeared and new doors to community inclusion have opened.

In the years following its humble beginnings, Stone Belt has become a leader in the field of supporting individuals with disabilities. The oldest and largest agency of its kind in south central Indiana, Stone Belt today offers a full range of programs and resources for over 2,000 clients in Monroe, Lawrence, Owen, Bartholomew and surrounding counties. Fifty years after its inception, Stone Belt continues to fulfill its mission to empower and support individuals and their families to fully participate in the life of the community.

In its half-century of operation, Stone Belt has established itself as an agency of excellence, enhancing the lives of individuals with disabilities, their families, friends and larger community. As we celebrate our 50th Anniversary we remember the past, and we also look toward a bright future of innovation and inspiration.

Happy Anniversary Stone Belt!

looking to the future

We anticipate a future in which individuals have even more opportunities than ever before. Stone Belt has named five initiatives that are important to us as well look toward our next 50 years of excellence in service.



opportunities through the arts <

Stone Belt continues to develop its dynamic, community-based arts program that enables individuals with disabilities to express and exhibit their creative talents. The program provides individuals with the opportunity to explore the performing arts, develop careers as artists and learn valuable skills in support roles related to art production. Artists, with and without disabilities, work together to create economic benefits for artists, the organization and the entire community.

building autism supports

The impact of the increased incidence and diagnosis of Autism on individuals, families and society is not yet fully known, but Stone Belt works diligently to mitigate this. We offer effective, best practice and evidence-based treatment and education for individuals with Autism Spectrum Disorders and their families. Milestones staff members continually receive specialized training to remain current on the most cutting edge treatment methods.



professionally prepared staff

Stone Belt strengthens its leadership role in quality workforce preparation for members of its staff. Clients are able to achieve their desired outcomes because Direct Support Professionals have been trained with the knowledge and experience to support them. In addition, managers have the skills to support and provide resources to their team members, leading to high levels of productivity and satisfaction.



increased client employment

Stone Belt believes in the significance of meaningful employment for individuals with disabilities, and promotes the positive contributions these people make to the workforce. We continually strengthen our efforts to provide robust and effective community employment services as well as functional vocational training that facilitate the acquisition of positive work skills and habits.



strong community partnerships >

The goals of Stone Belt and other community organizations are successfully achieved by collaborative, mutually beneficial partnerships. Through these relationships, resources are combined for a larger community impact. We energetically promote current relationships and actively seek new ones for such important initiatives such as the Arts program, client employment and further educational and clinical outreach through Milestones.



our generous sponsors

Stone Belt is pleased to recognize current sponsors for the 50th Anniversary event calendar*

B97/Hoosier Country
Bill C. Brown Associates
CFC
Cook Medical
Evans Scholars
Indiana Running Co.

Innovative Financial Solutions
Internal Medicine Associates
Mallor Clendening Grodner & Bohrer
MetLife
Monroe Bank
Oliver Winery

Edward & Mary Lou Otting
People's State Bank
Uptown Café
United Commerce Bank

Stone Belt's 50th Anniversary provides a wonderful opportunity for area businesses to be connected to significant community celebrations. Information on sponsorship levels and marketing benefits can be found at www.stonebelt.org or by contacting Amy Jackson at 812-332-2168, ext. 314 / ajackson@stonebelt.org.

*list up to date at the time of printing

anniversary events calendar

2009 provides a unique opportunity to be part of something truly special, as Stone Belt celebrates a groundbreaking 50 years of service. A number of events have been planned to mark the extraordinary achievements made in the lives of thousands of people. We invite the community to join us in celebration;

MARCH 3	MARCH 10	MARCH 10	MARCH 25	APRIL 25	MAY 13	MAY 23	SUMMER (TBA)	AUGUST 10	OCTOBER 15	DECEMBER 6	ONGOING
Employer Recognition Awards	Leadership Appreciation Dinner	Agency-Wide Birthday Cakes	Awards for Excellence Luncheon	4th annual Run With Me 5K	History of Stone Belt Bus Tour	Dancing with Celebrities	Community Birthday Bash	Annual Awards Celebration	Belt Out Laughing! featuring Josh Blue	Donor Appreciation Brunch	City of Bloomington Bus Wrap
This annual event, held at the Bloomington Convention Center, celebrates the outstanding supports that ten area businesses have provided for their employees with disabilities. Community members, clients & staff are invited to honor the recipients.	Held in the Fountain Square Ballroom, this event will be attended by community leaders who have held a past or current position in Stone Belt's leadership. The event marks the formal kick-off to Stone Belt's 50th Anniversary festivities.	March 10 is Stone Belt's official incorporation date! Staff & clients will celebrate this momentous occasion with cakes and activities scheduled throughout Stone Belt's areas of service.	This event celebrates the outstanding achievements of five award-winning Stone Belt employees.	Held on the campus of Indiana University, this annual 5K Run/Walk and 1-Mile Fun Walk features athletic activities, live music, free food, door prizes, awards and other celebratory activities. Register online at www.stonebelt.org/runwithme	Join us for a tour of the various historical and current locations of Stone Belt's programs of excellence, including the First Baptist Church, Stone Belt's first official site. Tour a group home and visit various community art installations.	Bloomington's own version of the "Dancing with the Stars" event turns it into a fundraiser for local charities; all are winners no matter who the dance champs are in the end. Phil Meyer, former board president, will dance on behalf of Stone Belt.	The City of Bloomington will host a birthday party in Bryan Park to celebrate Stone Belt's 50th Anniversary and Monroe County United Ministries' 70th.	Held in the Auditorium of Bloomington High School North, this annual ceremony recognizes the achievements and contributions of Stone Belt clients, staff, community partners and volunteers. Features include the award ceremony and a catered reception.	Held at the historic Buskirk-Chumley Theater in downtown Bloomington, this celebratory evening will feature nationally acclaimed comedian, Josh Blue, winner of <i>Last Comic Standing</i> Season 4. There will be an exclusive dinner at the Uptown Café prior to the performance.	This event will bring together corporate and individual donors to celebrate and thank them for their tremendous generosity throughout Stone Belt's 50th Anniversary year.	Stone Belt will be featured on a City of Bloomington Bus, recognizing its role in the city's economic and civic development.



Your gift to Stone Belt touches lives each day

Every gift to Stone Belt makes a huge difference. Contributions go directly toward achieving excellence in client supports, innovation in staff training and development, and the creation of substantive programs that impact thousands of lives. Our community is stronger when every individual experiences success. Visionary donors help empower people with disabilities to form meaningful relationships, live independently, experience professional employment, contribute to the building of community, and develop new life skills.

As we celebrate fifty years in the community, Stone Belt is stronger than ever. However, we face regular cutbacks in federal and state funding, making it more and more challenging to provide programs of excellence. We rely on generous contributors and recurring gifts to ensure that Stone Belt will remain at the forefront of our field for the next fifty years.

We invite you to partner with Stone Belt to make our community a better place for us all. Each dollar helps Stone Belt advance its mission to prepare and empower individuals to fully participate in the life of the community. Gifts can be made through the mail or through our secure Web site. Please share a gift with our Annual Fund today.

Recent Grants Fund Stone Belt's Innovative Artist-in-Residence Program

Stone Belt is honored to have been awarded two recent grants, totaling more than \$16,500, for use in the creation of an Artist-in-Residence Program for individuals with disabilities. Grants were received from the Community Foundation of Bloomington and Monroe County, and the Davee Foundation of Chicago.

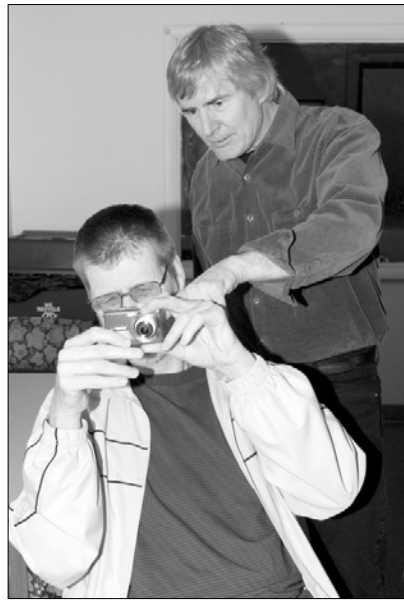
The vision of the program is to create opportunities for individual to explore different media in the creative arts

through 10 week mini-courses taught by area artists with expertise in their specific fields. Not only do participants have the opportunity to explore the wide spectrum of performing arts for personal growth, they also learn valuable skills in art production and marketing that are translatable into other career settings. And they have the opportunity to interact with talented members of the community who share best practices.

The Artist-in-Residence Courses, supported by the two grants, began in the Fall of 2008 and will continue on through 2009. The first class, now completed, provided 6 clients with an education on videography by specialist Pat McManus. Students learned all aspects of video production, including lighting, sound, filming and editing. Currently underway is a course on photography, also taught by McManus, as well as a course on beginning guitar taught by IU graduate student Alexander Weinstein. Details are being arranged for courses in ballroom dancing and cartooning. Larry Pejeau, Stone Belt's Director of Art & Craft and Business Development, coordinates these courses.

Stone Belt Completes the NAP Tax Credit Program Ahead of Schedule

Stone Belt is extremely pleased to have had such great success with the 08-09 NAP Tax Credit program. The State of Indiana awarded Stone Belt \$21,000 in NAP Tax Credits in July of 2008, and we were able to pass along these tremendous tax savings to our donors. Stone Belt donors utilized the entire allocation in only a six month period, raising \$42,000 in support of Milestones Clinical & Health Resources — a Stone Belt program of excellence that provides much needed psychological and psychiatric services to individuals with developmental disabilities. Because of this generosity, Milestones will be able to provide



Artist-in-Residence Pat McManus assists student Ron Dummigan during a photography class in February. The Artist-in-Residence courses are just kicking off and will include subjects such as guitar, ballroom dancing and cartooning.

approximately 2000 more hours of clinical services during 2009, enhancing individuals' efforts to become more independent and active members of our community.

The NAP Tax Credit Program provides a wonderful opportunity for donors to support the essential work of Stone Belt while receiving an outstanding tax benefit in the process. We hope that the State of Indiana continues this wonderful program into future years. We'll send word as soon as more tax credits become available. Thanks to all of our donors who participated this year.

✉ To discuss giving opportunities please contact Stone Belt Development Director Amy Jackson at 812-332-2168, ext. 314 / ajackson@stonebelt.org.

THE OBAMA-BIDEN PLAN ON DISABILITY

President Obama and Vice-President Biden have a comprehensive agenda to empower individuals with disabilities in order to equalize opportunities for all Americans. In addition to reclaiming America's global leadership on this issue by becoming a signatory to — and having the Senate ratify — the UN Convention on the Rights of Persons with Disabilities, the plan has four parts, designed to provide lifelong support and resources to Americans with disabilities. They are as follows:

First: *provide Americans with disabilities with the educational opportunities they need to succeed by funding the Individuals with Disabilities Education Act, supporting early intervention for children with disabilities and universal screening, improving college opportunities for high school graduates with disabilities, and making college more affordable. Obama and Biden will also authorize a comprehensive study of students with disabilities and issues relating to transition to work and higher education.*

Second: *end discrimination and promote equal opportunity by restoring the Americans with Disabilities Act, increasing funding for enforcement, supporting the Genetic Information Nondiscrimination Act, ensuring affordable, accessible health care for all and improving mental health care.*

Third: *increase the employment rate of workers with disabilities by effectively implementing regulations that require the federal government and its contractors to employ people with disabilities, providing private-sector employers with resources to accommodate employees with disabilities, and encouraging those employers to use existing tax benefits to hire more workers with disabilities and supporting small businesses owned by people with disabilities.*

Fourth: *support independent, community-based living for Americans with disabilities by enforcing the Community Choice Act, which would allow Americans with significant disabilities the choice of living in their community rather than having to live in a nursing home or other institution, creating a voluntary, budget-neutral national insurance program to help adults who have or develop functional disabilities to remain independent and in their communities, and streamline the Social Security approval process.*

Each of these priorities are consistent with the Legislative Agenda for the 111th Congress recently developed by The Arc, United Cerebral Palsy, the American Association on Intellectual and Developmental Disabilities (AAIDD), the American Network of Community Options and Resources (ANCOR), the Association of University Centers on Disabilities (AUCD), and the National Association of Councils on Developmental Disabilities (NACDD).

• **DISABILITY SAVINGS ACCOUNTS.** This effort would amend the tax code to allow tax-free contributions to an account for a person with severe disabilities, similar to tax-free savings plans for college. The funds in the accounts would be exempt from income and resource limits of federal programs.

• **JAVITS, WAGNER-O'DAY (JWOD) MODERNIZATION.** This federal law mandates that all Federal agencies purchase specified supplies and services from non-profit agencies employing individuals with severe disabilities. While the Act has a permanent authorization, it is expected that bills will be introduced to modernize the program which has not been

significantly changed since the early 1970s.

• **EXPANDING THE PROMISE OF INDIVIDUALS WITH AUTISM.** This bill provides funding to states to expand services and supports to adults with autism.

• **WIA/VR.** The Vocational Rehabilitation Act is title IV of the Workforce Investment Act. The 110th is the third Congress that has failed to agree on reauthorizations of our general workforce bill and the Vocational Rehabilitation System.

✉ To find out the latest federal legislative news visit www.thearc.org. To find out the latest state legislative visit www.arcind.org.

Wedgewood House starts "Sweatin' to the Oldies"

Three months and 30 pounds lighter, the six residents of Stone Belt's Wedgewood House group home in Bedford continue their quest to control their fitness destiny.

With Richard Simmons and his "Sweatin' to the Oldies" videos as their guide, Mara Grossack, Mike Murrell, Gail Wimmenaur, Gertie Adams, Betty Jo Terrell and Robert Huber have seen decreasing numbers both on the scale and in their monthly cholesterol readings since they began the workouts.

Wedgewood House Manager Jana Banks got the idea to start the residents on an exercise program. Despite being on a strict 1,500 to 1,800 calorie daily diet, many of the clients had begun to gain weight and to lose energy. Banks struggled to think of a workout that would allow individuals of differing abilities to be able to participate together. She remembered using the "Sweatin' to the Oldies" videos successfully with a client many years before and decided to bring them back.

Richard Simmons made his first appearance in Wedgewood House nine years before when Banks first used the tapes as a way to get a client with diabetes moving after dinner. Exercising after eating for those with diabetes helps keep sugar levels down. The videos were met with a positive response, not only by the client in question, but by all clients of the home. After a few months and some turnover in house residents and staff, the videos faded away before making their comeback last November.

Before starting the program, Banks spoke with the other Wedgewood House staff members, who were receptive, and then spoke with the Wedgewood residents, who seemed interested. On November 1, the project started in the home.

Residents work out to the videos nightly after dinner for 30 minutes, 7 days a week. They are not required to participate, but most nights choose to. Each client has lost an average of 6 pounds since starting the program.

"There are times we've lovingly been called 'awful' and 'meanies,' but I think anyone that has participated in a workout regimen understands there are times when it's hard to get motivated. During the workout I think of us as trainers; we challenge and encourage," said Banks.

The "Sweatin' to the Oldies" videos combine widely recognized songs and easy dance moves in a video that showcases participants of every size and shape. The first song, 'Dancing in the Street' gets the group warmed up. During this phase of the workout, clients start tapping their feet, getting ready. The next songs, 'On Broadway,' 'It's My Party,' 'Peggy Sue,' 'Great Balls of Fire,' 'Wipe Out,' and 'He's a Rebel' are the heavy workout songs, with the exercise intensity increasing as the songs progress. Some clients choose to follow directly, while others make adaptations and do laps around the house or use the exercise ball on the floor with staff assistance. Several clients even leave their wheelchairs to do sit-ups on the floor.

Simmons makes the routines fun by combining dance moves like The Twist, The Pony, and The Monkey with leg and arm exercises. The cool down finishes with slow-moving stretching exercises to the tune of 'Ain't No Mountain High Enough.' Client Richard Huber's favorite exercises are leg and arm combination moves; he's also a big fan of oldies music, counting Elvis Presley as one of his favorite artists.

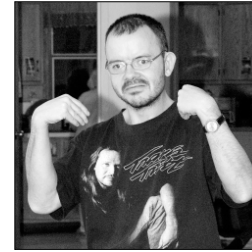
"I like Richard Simmons. He helps me feel good about losing weight. I don't have any weight loss goals, but like exercising because it makes me feel better about myself."

Client Betty Jo Terrell has two Thera-Bands tied to her wheelchair so she can exercise all day long. During the "Sweatin' to the Oldies" workout she incorporates this resistance training into the video routine, increasing her muscular endurance.

"The workouts have been fun and have allowed us to bond as a house. It's wonderful to hear clients encouraging each other to complete a workout. A great side benefit is it allows us staff members to get a workout in, too," said Janice Earl, Wedgewood staff.

Celebrating the 20th Anniversary of his "Sweatin to the Oldies" program last year, Richard Simmons remains a timeless staple of healthy living and embodies the Stone Belt Principle of Service that "Positive Supports Provide the Best Long-Term Results."

✉ Stone Belt's Residential Program teaches skills that allow clients to live independently. To find out more about the program contact CEO Leslie Green at 812-332-2168, ext. 249 / lgreen@stonebelt.org.



Robert Huber gets his arms moving.



Mara Grossack works with an exercise ball.



Gail Wimmenaur marches in place.



Jana Banks does aerobics with Gertie Adams.



Janice Earl braces Mike Murrell for sit-ups.



Betty Jo Terrell works with her Thera-Band.

Babette Hall: Independence is Important

My name is Babette and I am an independent person. I like living on my own so I can do the best for myself. I have a cat named Cheyenne who is lovable and very friendly. His name is Cheyenne because I thought he was a girl, but it turned out to be a boy cat. He is like a baby to me because I can't have little children. I like being around little kids, and it kind of makes me sad because I cannot have children.

I was born in the middle of Maine and we lived there for a couple of years and then we moved to California and from there we moved to Bloomington when I was about 8 or 9 years old. My dad wasn't around a lot when I was growing. I did not live with my dad and he could only see us during specific hours set by the court. Now I have become more acquainted with my dad and I feel better about it. I was confused when I was a child and never knew which parent I could believe, so now I feel that a lot of the confusion is cleared up. I have more contact with my dad now and only a little bit of contact with my mom. When I became independent I made the decision that it was very important to have a relationship with my dad.

I have two brothers and three sisters. I am closest with my oldest sister Starlene. She has always supported me and seen me as an independent person. My sister is a semi-truck driver and once she let me ride with her from Alabama to Bloomington. It was a long drive but I stayed awake and helped her. I felt so high on the world like on a big mountain. This experience made me feel so independent and free. My sister just recently got married to a very nice guy who is also a truck driver. I am very happy for her.

When I was 38 or 39, I took my mom to court to be my own legal guardian. That wasn't an easy step, but I did it. I think more people with disabilities can do things on their own if they give it a try.

I went to court to be my own legal guardian because I wanted to get married and my mom was afraid it wouldn't work out. I did get married and it didn't work out but that was something I had to learn on my own. If the right guy came along and I knew him for a couple of years I might think about getting married again, but I know more about the importance of these decisions.

I am a member of the Board of Directors at Stone Belt. I enjoy knowing what is going on at Stone Belt and I have learned many things about the organization. Sometimes I help make decisions that impact me and other clients. I am the only client that is a member of the board and this makes me feel very, very, very privileged. I am also a member of the Self-Advocates of Monroe County which supports me in standing up for my rights and abilities. I have learned what I can do for myself and how I can help others learn how to grow and succeed in their own lives.

I am very glad that I am independent and can do more things for myself; it makes me feel that I have freedom. To all my friends who have disabilities, you can do anything if you put your mind to it! And to my friends who don't have disabilities, you can stand up for what you believe in and do things to better yourself! We can all be independent!

✉ Babette Hall participates in Stone Belt's residential and employment programs and serves on the board of directors. She has been a part of the agency since 1979.



Stone Belt

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Run With Me

5K Run/Walk & 1-Mile Walk



event details

Don't miss the opportunity to spend the day in Bloomington taking part in a fun and meaningful event! **Run With Me** will take place on Saturday, **APRIL 25** at Stone Belt's Central Offices located at 2815 East Tenth Street in Bloomington, Indiana. Check-in and event day registration starts at 7:30 am. The 5K begins at 9 am and the 1-Mile Walk begins at 10 am. Please, only service animals permitted.

registration and fees

Entrants can choose to participate in the 5K or 1-Mile Walk. The 5K is \$18 pre-registered or \$20 the day of the event. The 1-Mile Walk is \$15 both pre-registered and the day of the event. Children under 5 are free, but must have a completed registration form and signed waiver to participate. All pre-registered participants will receive a t-shirt, with a limited number available on race day. Registration forms should be submitted by mail or filled out online at www.stonebelt.org/runwithme. The Waiver must be signed for participation. Forms are due Friday, **APRIL 10** for guaranteed pre-registration.

timing and results

The 5K Run and 5K Walk will be timed and scored. Awards will be given to the top finisher, male and female in each age group. Age groups are: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. 1-Mile Walk participants will not be timed, but all will receive finisher ribbons. Awards will be presented immediately following the race at the Post-Race Celebration. Times and photos from the event will be posted following the race on the **Run With Me** website, www.stonebelt.org/runwithme.

post-race celebration

Immediately following the conclusion of the 5K will be a post-race celebration. Door prizes will be drawn (must be present to win) and 5K awards will be presented. There will also be live music and complimentary food.

spirit runner

Be part of the fun without the run! If you wish to support Run With Me without being a race participant, become a Spirit Runner. Your donation will support Stone Belt clients in event participation. Donate using the form at right or complete one online at www.stonebelt.org/runwithme.

contact us

If you have questions, need more information or would like to discuss sponsorship opportunities, please contact Stone Belt Development Director Amy Jackson at 812-332-2168, ext. 314 / ajackson@stonebelt.org.

online registration

For a fast and easy way to register, complete your registration online at www.stonebelt.org/runwithme.

registration form

Pre-registration deadline is Friday, April 10.

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Age on Race Day _____ Sex: ☐ Male ☐ Female

T-shirt Size (circle one): S M L XL XXL

I will be participating in (mark one):

☐ 5K Run (\$18 pre-registered, \$20 day of the event)

☐ 5K Walk (\$18 pre-registered, \$20 day of the event)

☐ 1 Mile Walk (\$15 pre-registered or day of event)

☐ Child Under 5 (free, but must have signed Waiver)

☐ I want to be a Spirit Runner! I cannot participate, but would like to sponsor Stone Belt clients for \$_____.

☐ I would like to make an additional donation to support Stone Belt in the amount of \$_____.

Total amount enclosed \$_____.

Payment method (circle one):

VISA MASTERCARD CHECK (payable to Stone Belt)

Name on Card _____

Card # _____

Expiration Date _____

Mail form and payment to:

2815 East Tenth Street
Bloomington, IN 47408

Phone: 812-332-2168 (credit card registration only)

WAIVER: I waive and release any and all rights, claims and damages against any sponsors, race directors and Stone Belt for any injuries suffered during this event. I give full permission for Stone Belt to use any photographs of me that are taken during the course of this event. I understand the risks of running this race. If I am under 18 years of age, I understand that I must have my parent/guardian's signature in order to participate.

Entrant's or Parent/Guardian's Signature _____