

touchstone

A quarterly publication providing the latest news & information for individuals with disabilities, families, friends and our community.

CLIENT SUCCESS

Heather Kent gains confidence and empowerment with new hobby

Client Heather Kent used to struggle with her upper-body strength, which made simple tasks like rolling herself in her chair difficult. But her effort to increase her upper-body strength has resulted in a hobby, confidence, and more independence.



Heather Kent

Former Making Space instructor Jessica Hurt knew Heather's struggles and suggested addressing the issue by having Heather spend time everyday throwing a tennis ball. "Jessica taught me how to do more stuff with my arms and my legs and all that, so I want to keep on doing it for the rest of my life," Heather says.

Heather throws the tennis ball hundreds of times

each day and even continues to do so once she goes home. At her house, she sets up cups as targets and throws a tennis ball at them. Heather says her hobby of throwing the tennis ball has become a large part of her life, and "I love doing it," she adds.

After almost two months of hard work and thousands of throws, Heather's improvements are significant. Her ability to reach with her left arm has advanced from 26 to 27 inches, while the reach in her right arm has increased from 21 to 25 inches. She started out being able to reach 18 inches above her head, but can now reach 33 inches. "I'm throwing the ball farther and it's awesome," Heather says.

Even with great success thus far, Heather still looks to push herself further. She is throwing the ball 15 feet now, but when asked how far she wants to throw it, she says, "Longer." Regardless



Heather Kent repeatedly throws a tennis ball to build upper-body strength and endurance.

of how strong she becomes, she will keep working to improve. In addition to throwing the ball farther, Heather's increase in strength has made noticeable improvements to her quality of life. Now, when Heather arrives at Stone Belt, she is able to roll herself from the breezeway to Making Space independently.

Heather's commitment to bettering herself is what created these results. Hard work and consistency will lead Heather to a stronger, more confident, and more independent future.

— Garrett Landolina

ONLINE PUBLICATION

New Stone Belt website tells unique story

In order to share the remarkable story of Stone Belt Arc, a new website has been launched to explore the agency's founding and development, principles of service and the significant impact Stone Belt has had on people with developmental disabilities and the communities of south-central Indiana.

This website, launched as The 12 Chapters Project, is an online publication with stories, videos, and photographs that walk readers through the history of Stone Belt, beginning with nine children and their parents who wanted better lives for them and continuing through today's growth with more than 1,600 clients being served and 500 employees. The project also included videos of people telling their own stories, as well as reasons why it is important that Stone Belt exists.

Chapters 1 and 2 are now online, with the remaining 10 chapters being published in upcoming weeks. Check back often for the remaining chapters at 12chapters.stonebelt.org.



Screenshot of
12chapters.stonebelt.org

Growth marks 58th fiscal year

As of June 30th, another fiscal year has passed – our 58th. As usual, it went by quickly and was filled with many positive events and activities. Almost all of the programs experienced growth in the number of clients served, and all were highly engaged with meaningful and impactful supports and services.

The Lifelong Learning program admitted 36 new clients, offering them new experiences in community-based and classroom activities, such as volunteering for meal delivery, participating in



the art studio, completing swimming or fitness routines and engaging in Writing Circle, a new program offered by the local Women Writing for a Change. We were especially pleased to start a new program with the Monroe County YMCA, which was made possible by The Rotary Toast. Honoree Ron Remak named that program as a beneficiary of the event's proceeds.

The Community Employment program continues to grow in size and scope. In addition to new clients being admitted, Stone Belt received funding from the State of Indiana to increase the program's capacity and begin offering pre-employment training to high school youth. In fact, Stone Belt is serving as the lead agency for six providers serving 25 schools. This program helps students with disabilities learn more about the world of work and gain employment experience. The Manufacturing program has continued its high-quality production of life science products – more than 5 million pieces per year – as well as other subcontracted work.

The Supported Living program added seven people, who are supported in their individualized living environment. Though this number seems small, it represents setting up entirely new household arrangements and hiring appropriate staff to provide the supports, so it's no easy undertaking. One of the new participants is the first to start our Families First program that allows friends and family members to provide direct supports under certain

circumstances. Supported Group Living, which is our group home program, brought on 11 new residents. That may be a record. It's been a pleasure getting to know these individuals and helping them create new lives for themselves.

The one exception to our growth pattern is the Milestones Clinic. When Dr. Kettenis left in December, we decided to shrink the practice to concentrate efforts more exclusively on children and adults with developmental disabilities. These adjustments and our referrals to other providers have mostly been made now. The other services within Milestones, such as Behavior Support and Skills Development are seeing growth in the number of people being served and, as a result, also in the number of clinicians being hired.

In addition to growing services, we also have been quite busy with our advocacy efforts. We are happy to report that, along with many partners at The Arc of Indiana and INARE, we were successful in getting an appropriation in the state budget for an increase in wages for direct support professionals. Pending federal approval, we will be able to offer our DSPs additional and much-deserved pay increases. We thank our local legislators for their support in these efforts.

The outcome of our federal focus on changes to Medicaid – as part of Congress' efforts to repeal

and replace the Affordable Care Act – remains unknown. As of this writing, the House version of the bill that was passed would cut Medicaid funding by more than \$800 billion in the next 10 years. Since Medicaid is the primary source of funding for community-based services received by Stone Belt and similar organizations, this is of paramount importance. The Senate version is due out soon and may also have major changes to the Medicaid program. We have been urging all constituents to educate themselves on this matter and contact members of Congress to ask them to save Medicaid. You can find more up-to-date information on our Facebook page and The Arc website at www.thearc.org.

We remain ever thankful to our constituents and supporters. The support we receive from you is what makes us fully part of the communities we serve. With your help, we believe we strengthen the rich social capital and create even greater opportunities for all. Our plans for the upcoming fiscal year will see us growing and improving the lives of even more clients and staff.

With highest regards,

Leslie Green

How to Take Action and Contact Your Legislators

In Washington:

To express your concerns about the changes in the Medicaid program or other federal issues, contact these federal legislators.

- Senator Todd Young
202-224-5623 in Washington or 317-226-6700 in Indianapolis
www.young.senate.gov/content/contact-senator
- Senator Joe Donnelly
202-224-4814 in Washington or 317-226-5555 in Indianapolis
www.donnelly.senate.gov/contact/email-joe
- Representative Trey Hollingsworth
202-225-5315 in Washington or 812-288-3999 in Jeffersonville
<http://hollingsworth.house.gov/contact/email>
- Representative Luke Messer
202-225-3021 or <http://messenger.house.gov/contact>

In Indiana:

Every Indiana citizen has a state representative and a state senator. To find your legislators go to: <http://iga.in.gov/legislative/find-legislators/>. Contact these individuals for concerns at the state level, such as funding for the direct support professional workforce.

More information on how to effectively advocate in Washington and in Indianapolis is available in this Touchstone issue and on our website at stonebelt.org/advocacy.



MILESTONES
CLINICAL & HEALTH RESOURCES
a division of Stone Belt | milestonesclinic.org

Milestones has new LCSW and redesigned website

Milestones has had exciting news to celebrate in recent months.

Jennifer Halloran has worked diligently to obtain full licensure and become a Licensed Clinical Social Worker. Being an LCSW not only demonstrates her dedication to her profession, but also means she is able to see a more diverse set of clients because additional insurance companies will allow her to see their patients, according to Milestones director James Wiltz.

"One of the positives in this story is that Jennifer has a long history with Stone Belt," Wiltz says, explaining that she worked in the residential program prior to attending graduate school. Then, as part of her clinical training, she was an intern at Milestones. Once she completed her master's degree, she joined the team as a therapist.

"Earning full licensure as an LCSW was the next important step on her Stone Belt-Milestones journey, and she passed her test on the first attempt," Wiltz adds. "Congratulations to Jennifer. We are very fortunate to have her on our talented outpatient team."

Wiltz also had good news. He recently finished requirements to obtain clinical certification from NADD, the National Association on Dual Diagnosis, for co-occurring intellectual disability and mental health diagnoses.

Putting a new, fresh face on Milestones' online presence, Stone Belt redesigned the clinic's website in June, drawing attention to the programs offered and giving patients a more user-friendly experience. The website also features a patient portal from which to download forms and make payments.

Check out the new website at www.milestonesclinic.com.



Jennifer Halloran



Visit milestonesclinic.com.

DEVELOPMENT

Support Stone Belt when you shop on Amazon.com

Did you know you can support Stone Belt while doing your regular Amazon shopping? AmazonSmile is a foundation owned by Amazon that partners with and donates to nearly one million charity organizations. When you sign in through AmazonSmile, Amazon will donate .5 percent of your order's purchase price to the organization of your choice. The purchase price is the price listed for the product and does not include tax or shipping fees.

Supporting Stone Belt through AmazonSmile is simple. After going to Smile.Amazon.com, you will be prompted to pick a charity. If you search "Stone Belt," the first result will be Stone Belt Arc, Inc. Once you select Stone Belt Arc, AmazonSmile will remember your choice, and any future purchase will result in a donation to Stone Belt.

Use AmazonSmile the next time you shop on Amazon and let your buying power be a continual supporter of Stone Belt.



"Little Lost Monkey"

STONE BELT PRESS

Children's book set to release August 1

Last year, client-artist Carla Mann started a creative partnership with authors Jim and Mary Kenny, parents of Bitta DeWees, Stone Belt's director of Service Development and Expansion. Mann was chosen from 13 applicants to illustrate the children's book "Little Lost Monkey," because her artwork was "engaging, innocent, and fresh," according to Art Studio instructor Karen Holtzclaw.

Once the story and illustrations were done, and with financial help from the authors, Stone Belt decided to launch Stone Belt Press and publish the full-color title about a young monkey named Chipper, who loses his parents and embarks on an adventure to find a new family. The Kennys wrote the story to tell the tale of a child who was empowered instead of victimized when bad events happened to him.

The hardcover book is set for release on August 1 and will be available at Stone Belt and Amazon, as well as from Stone Belt's website at www.stonebelt.org. Plans are for the book to be available in local and regional bookstores.

Advocacy and you: An important partnership

Introduction to Advocacy

If you want to make a difference in the supports and services that people with disabilities receive in Indiana and beyond, then you need to become an effective advocate. Your voice, joined with that of many other people can make a change in the local community, in the state and throughout the country.

Because of current political forces, it is more important than ever that people get active and voice their concerns and their proposals to the legislators who make the laws and fund the programs people with disabilities receive.

Advocacy can mean many things, but in general, it refers to taking action. Advocacy simply involves speaking and acting on behalf of yourself or others. While it may seem scary at first, being an advocate can be very rewarding. Speaking up for yourself or for others makes you feel stronger and less helpless. You may also find that there are many other people who feel the same way that you do. When many people put their voices together and let policy makers know what is important to them, they can really make a difference.

Advocacy vs. lobbying: What's the difference?

Advocacy is the process of stakeholders making their voices heard on issues that affect their lives and the lives of others at the local, state, and national level. It also means helping policymakers find specific solutions to persistent problems. For example, Stone Belt and our constituents have done a lot of advocacy about the importance of increasing the wages of direct support professionals.

Lobbying, on the other hand, involves activities that are in direct support of or opposition to a specific piece of introduced legislation. When Stone Belt asked you to urge your state representatives to vote "yes" on the state budget that included an increase in DSP wages, we were doing grassroots lobbying.

The vast amount of work we do in this area is education and advocacy. We reserve our lobbying activities only for the most critical issues. While nonprofits can engage in some lobbying, there are IRS rules on the amount of lobbying permissible.

You Make the Difference

The people who are elected into public service seek office because they want to make a positive change – just like you. They are concerned with many things and often do not have in-depth knowledge about people with disabilities. Most times though, whether they are Democrats, Independents, or Republicans, they do care about people with disabilities and want them to get good supports in their home communities.

As an advocate, you can help them learn a lot more about what good supports are and how they can ensure people with disabilities receive them. We will continue to call on you to tell your stories to educate the policymakers. When critical votes are needed for or against legislation, we will implore you to contact your legislators so they know how you want them to vote.

Telling your stories: An important part of advocacy

Part of advocating for people with disabilities is telling their stories and those of family members and staff. When StoryCorps, an oral history project, visited Bloomington in May and June, several Stone Belt clients, families, and staff had the opportunity to share their stories.

Everyone has a unique story, and StoryCorps is trying to preserve them and build connections between people. Organizers believe that this can be done simply by listening to what someone has to say and recording it.

Larc Lifelong Learning coordinator Lisa Dumond says she took her daughter to the interview and answered questions about "growing-up years and work life." She enjoyed the experience, as did Lifelong Learning instructor Tiba Walter, who says this was a "powerful experience." During Walter's session, she talked about why she chooses to work with people with disabilities and that it isn't always easy to do so. "It's hard work, but I stay because I believe in what Stone Belt does," she adds. Client Cheryl Thompson, who shared her story with her sister, Trish Ierino, says the interview was a great experience and fun.

Others who participated in the StoryCorps project were Carol-Ann and Don Hossler, parents of Jonathan Hossler who lives in one of Stone Belt's group homes, and MaryEllen Jones, who works in Community Employment.

Jones says StoryCorps allowed her and her daughter to share their story of how they became a family. "Through adoption, divorce and a remarriage, we became a very blended family of 13," she explains. "We discussed the difficulties and inspiration of living with people with disabilities. We went into it nervous and walked away with a very memorable experience that will forever live in the national Library of Congress."

The stories of each Stone Belt participant will be available to share with others. Watch our Facebook page and website for information when those become available. StoryCorps also has an app for people to document and upload their own stories without visiting a mobile studio.



THANK YOU DONORS

Stone Belt extends appreciation to our generous 2017 fiscal year donors (from July 1, 2016 to June 30, 2017). We are grateful for their continued support. Every effort is made to ensure accuracy of this listing. If you think there has been an omission, please accept our apology and contact Jana Surigao at (812) 332-2168 ext. 269 or jsurigao@stonebelt.org.

Cornerstone Society (\$10,000 - \$24,999)

IU Credit Union, Smithville Charitable Foundation

Pillar Society (\$5,000 - \$9,999)

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Consider Stone Belt in Your Will or Estate Plan

A will is one of the simplest ways to make a gift to a charitable organization. By making a bequest to Stone Belt in your will, you help insure our service to individuals with disabilities for years to come. For more information on how to make a bequest, contact your financial advisor or call Leslie Green at 812-332-2168 ext. 249.

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PROJECT SEARCH



Hunter Burns, A.J. Morrow, and Alex Knoy graduated from Project Search on May 2. Ivy Tech presented them with certificates good for one three-credit class each. In Project Search, students work three different jobs and attend classroom sessions that focus on skills to increase workforce success. They get job experience and learn how to be good employees by showing up to work on time and having good attendance.

UPCOMING EVENTS

AUG. 1
"Little Lost Monkey"
released

SEPT. 10-16
DSP Week

SEPT. 25
Annual Celebration
5:30 p.m.
Monroe Convention
Center, 302 S. College
Ave. Bloomington, IN



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