

touchstone

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

“Have a Heart” art projects

This summer, four members of Stone Belt’s Art Studio had the opportunity to share their love of art with children attending Bloomington Creative Glass Center’s (BCGC) summer camp. The theme of this year’s camp was “Have a Heart” and each day, children (3rd-8th grades) learned about local service organizations, their missions, and the important roles they play in the community. Campers then created art pieces inspired by the service organizations.

Stone Belt’s Spiritual Support Coordinator Sarah McKenney and Art Instructor Tiffany Hanner provided an overview of Stone Belt and its innovative Art Studio program. Mikaela Coppedge, Kristina Hale, Wesley Mull, and Cheyenne Schlegel (all members of the Art Studio) shared their art pieces with the campers and spoke about the influences, purpose, and vision for their work. The artists then joined campers in creating some pieces of art. All four of the artists really enjoyed the opportunity to share their art, insight, and talent with the campers.

Stone Belt’s Art Studio offers participants the chance for self-expression, to contribute to the community, develop life skills,

and work professionally in the arts. Stone Belt Art Studio includes visual and performing arts, and strives to provide a diverse offering of experiences through its education programming. Individuals with disabilities have the opportunity to share their talents and promote messages of independence, dignity, and community integration.



Stone Belt artists (left to right) Mikaela Coppedge, Wesley Mull, Art Instructor Tiffany Hanner, Kristina Hale, and Cheyenne Schlegel enjoyed sharing their love of art with BCGC summer campers.



Wesley Mull describes his vision and the process he takes when creating art projects.

Stone Belt Art on Display

Lennie’s Brewpub

514 E Kirkwood Ave., Bloomington
Now through December

Holiday Market-City Hall

401 N Morton Street, Bloomington
November 27, 10 a.m.-3 p.m.

The Indiana Institute on Disability and Community (IIDC)

1905 N. Range Road, Indiana University
On-going

Contacting Your Legislators

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.

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, D.C. or 317-226-6700 in Indianapolis
www.young.senate.gov/contact/email-todd
- Senator Mike Braun
202-224-4814 in Washington, D.C. or 317-822-8240 in Indianapolis
www.braun.senate.gov/contact-mike
- Representative Trey Hollingsworth
202-225-5315 in Washington, D.C. or 812-288-3999 in Jeffersonville
<http://hollingsworth.house.gov/contact/email>
- Representative Greg Pence
202-225-3021 in Washington, D.C. or 812-799-5230 in Columbus
<http://pence.house.gov/contact>



FROM THE CEO Color Our World

By **LESLIE GREEN**

We are so fortunate that nature gives us a crescendo of beautiful fall colors before the more somber winter season arrives. Amid nature's beauty, people have been getting out to enjoy the best of the season. The Recreational Therapy participants have made numerous visits to Fowler's Pumpkin Patch, enjoying the corn maze, the petting zoo, and the colorful array of pumpkins. Folks in Columbus have visited Cornucopia Farms in Scottsburg to enjoy the farm market and café.

The fall season of Special Olympics sports has many people out for practice and traveling to events throughout beautiful southern Indiana and the Best Buddies

program is up and running again, pairing IU Students with participants from Stone Belt. The Halloween Party was a big hit.

For a second year, COVID restrictions created a unique opportunity for us to have our annual awards celebration at the Starlite Drive-In. The evening was filled with food and fun, along with a spectacular fireworks display, topping off our celebration. Award winners who made outstanding contributions, even through the continuing pandemic, are featured in this issue.



CEO LESLIE GREEN

This year we are hosting events that honor our veterans on Veterans' Day. Classroom visits in Bloomington, Bedford and Columbus with veterans created a learning and friendship-building experience for everyone. Our guests were each given a colorful art piece created in the art studio to honor them.

As you can read in this Touchstone edition, our Art Studio is active and making an impact. The collaboration with the Creative Class Center brought a diverse, multi-generational group together to create vibrant colorful pieces.

Additionally, unique art creations from the Stone Belt art studios will bring much color and beauty to your holiday shopping season. Now that artists are back in all three studios, we don't have any supply chain issues when it comes to local Stone Belt art. In addition to original art works, calendars, cards and coffee mugs with beautiful art designs also make great gifts. Find it all at the Holiday Market on November 27 at Bloomington's City Hall.

I hope your fall season has been full of colorful experiences. As you can see by my examples, Stone Belt has been taking great advantage of engaging and meaningful activities. We look forward to an equally enjoyable holiday season and wish the same for you.

With warmest regards,

A handwritten signature in black ink that reads "Leslie Green".

Clients, staff, and friends honored at celebration



Henry and Celicia Upper Lifetime Contributions Award
Charlotte Zietlow



Staff Positive Supports Award
Janice Funk



Staff Self Determination Award
Hollie Stonecipher



Client Self-Determination Award
Ryan Jones



Staff Employment Award
Alexis Beck



Empowered Learning Award
Jacob Sells



Community Partner Award
KeHE Distributors



Community Partner Award
Upland Brewing Company



Staff Self-Directed Home Life Award
Pam Bunis



Client Self-Directed Home Life Award
Sandy Gaskins



Staff Quality of Life Award
Tiffany Hanner



Client Quality of Life Award
Doug Demshar



Staff Outstanding Contributions
Mary McConnell



Client Outstanding Contributions
Wayne Eggman



The Elbert Johns
Self-Advocate Award
Tommy Cunningham



Steve Warren Hero Award
Drew Dickson
(not pictured Heather Donovan & Ti'Sharon Thompson)



Shout Out Award
Carol-Anne Hossler
Stone Belt Board of Directors-
Vice-President



Shout Out Award
Human Resources Department
(left to right, front row) Leann Fischel, Diane Petersohn, and Shannon Crigger
(left to right, second row) Melanie Adams, Preston Hughes, and Brian Bolton

THANK YOU DONORS

Stone Belt appreciates our generous donors (10.1.21 to 9.30.21) and their continued support. Every effort is made to ensure accuracy of this listing. If there is an omission, please accept our apology and contact Adam Hamel at 812.332.2168 ext. 269 or ahamel@stonebelt.org.

Cornerstone Society (\$10,000.00 - \$24,999.00)

Jonathan, Don & Carol-Anne Hossler, Lilly Endowment, Smithville Charitable Foundation, United Way of Monroe County

Pillar Society (\$5,000.00 - \$9,999.00)

Hylant Group, IU Credit Union, Jim & Mary Kenny, Randall & Rae Kirk, Old National Bank, Donald & Carolyn Snyder, Janell & Pete Yonkman

Limestone Society (\$2,500.00 - \$4,999.00)

Lisa Baker, DDS, Community Foundation of Bloomington & Monroe County, Crowder's Institutional Pharmacy, Hal Turner

Builder Society (\$1,000.00 - \$2,499.00)

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Steward Society (\$100.00 - \$499.00)

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In-Kind

Mary Kate Bristow, Diana Costello, Joe & Meridee Lamantia, Olive Leaf, Red Lobster

Why I Give...

By LESLEY LEVIN

In 2016, I met Carol-Anne Hossler while going through Court Appointed Special Advocate (CASA) training. Since then, I have got to know her sons, Peter, David and Jonathan. When I met Jonathan, I was enchanted by his enigmatic smile.

I learned that Jonathan lives in a Stone Belt group home where he shares a living space with roommates while learning daily living skills. I was extremely impressed with his Hand-in-Hand volunteer work. Taking him on his route requires that a staff member drive him and assist him, and they do it with smiles and lots of encouragement. And, this community partnership provides the Community Kitchen with much-needed food throughout the year.



LESLEY LEVIN

As a surveyor for the accrediting organization CARF*, I have seen many facilities that serve individuals with intellectual disabilities and physical challenges around the world. Of all the places I have been, Stone Belt stands out as a world-class organization. The focus on each individual and the person-centered approach to working with adults with developmental disabilities is evident. Each person I met during my recent survey was appreciated for their talents and encouraged to reach for the stars.

Historically, persons with intellectual impairments and developmental disabilities were heavily medicated and warehoused in large sterile-looking facilities. Nowhere at Stone Belt will you see any of this. The buildings are clean and brightly decorated. Clients are working on art projects, learning employment skills, working in the teaching kitchen, and employed with the manufacturing project with Cook.

Stone Belt is truly one of the gems in Bloomington.

**CARF provides accreditation services worldwide at the request of health and human services providers. They are an independent, nonprofit organization focused on advancing the quality services used to meet needs for the best possible outcomes. Stone Belt completed a CARF Survey in September, 2021.*

Milestones has remained busy throughout the year, continuing to provide supports to help clients achieve their best mental and physical health. The past 18 months have been challenging for everyone, with the hopes that we continue to move out of pandemic restrictions and on to healthier times.

The holidays are seen as happy times to spend with friends and family; however, they can also be quite stressful. Milestones and Stone Belt support a significant number of people that will not be able to spend holidays with family for a variety of reasons, which can cause extra stress and all of its side effects.

Stone Belt has recently renewed focus on the concepts of Trauma Informed Care, and the holidays are a prime time to be cognizant of that concept. Recognizing that holidays can bring a variety of emotions from people can go a long way toward being supportive to those around you.

As an individual, you don't have to have the same negative experience to recognize and provide support to someone else. The first step is to acknowledge their feeling, and provide support through simply being present and listening.

This will be one area of focus for all of our Milestones nurses and clinicians this year. We hope to help others make new positive memories, no matter what they have experienced in their past. The variety of services offered allow individuals to express their emotions in many different ways. Some might use music or art, while others value the release that comes through physical activity. I encourage each of you to find that outlet for yourselves when you experience stress, and provide that listening ear to someone close to you!

Developing skills = Empowerment

In 2014, Milestones started its Skills Development Program under the leadership of Jenn Hammond, a Licensed Clinical Social Worker who had worked for Stone Belt for more than 11 years. Skills Development is different from many of our other programs as it does not receive funding from the Medicaid Waiver, but instead is run through Medicaid Rehabilitation Option Services, or MRO. These services focus on individuals with a diagnosed mental health issue that need support in activities of daily living. There are currently 15 clinicians serving more than 100 clients.

Stone Belt partners with Centerstone, a local community mental health center, to provide this service. This partnership has not only been greatly beneficial to clients but has helped to bridge the gap between community mental health and the disability community. There are a variety of goals for individuals in Skills Development. The most common goals are improving coping skills, emotional regulation, communication, and problem solving. Recently, a Stone Belt Skills Clinician was working with an individual who wanted to work in the community. He needed a work schedule that allowed for structured meal times with healthy food options due to his Type II Diabetes. The client was able to set up a plan for how he could be successful at his job while maintaining optimum physical health. He worked with his Skills Clinician and visited all of the restaurants within a reasonable radius of his work and identified healthy meals at each location. He now has a resource for all breaks that is congruent with his dietary needs.

Another example comes from three ladies, roommates, each working with the same Skills Clinician. Historically there was a lot of friction in the home. They have worked on communication and how to be supportive of others. This became evident when one of the women was struggling with a particular activity based on fear of isolation. One of her roommates independently offered to stand outside the door to provide emotional support, but still allow this individual to complete the activity independently. This type of support was valuable to her roommate, but also gave her a sense of accomplishment in that she could step away from conflict and be present for someone else.

These examples show clients' abilities to expand their strengths and accomplish goals both in their own homes and in their local communities. Skills Clinicians work in conjunction with the rest of the treatment team to provide the best possible supports and we are proud to provide this service through Stone Belt.

CORPORATE SPONSORSHIP

Becoming a corporate partner is a premiere way to show support for people with disabilities and is vital in helping Stone Belt staff and clients reach beyond what current resources allow. For more information on becoming a corporate sponsor, visit www.stonebelt.org/giving. If you have questions or need assistance, please contact Development Manager Adam Hamel at (812) 332-2168, ext. 269, or ahamel@stonebelt.org.

 *Lisa J. Baker, DDS*

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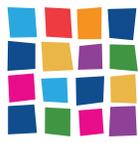
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