



# touchstone

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

## Combating a pandemic. . . One arm, and one shot, at a time

In January, thanks in part to Indiana's Family and Social Services Administration (FSSA), Stone Belt was provided with the opportunity to host a COVID vaccine clinic in Bloomington, Bedford, and Columbus. With guidance from the FSSA, Stone Belt immediately began procuring refrigerators, medical supplies, and vaccines. In an extremely short amount of time, we had everything necessary to get the clinic up and



Stone Belt's nursing staff enjoy a brief moment between vaccinations during the COVID vaccine clinic in Bloomington. (Left-right: April Gephart, Khalil Stewart, Maria Rogers, and Deb Tanier)

running. By March, Stone Belt was ready to begin administering vaccinations at its facilities and in group homes throughout Bloomington, Bedford, and Columbus. By the end of April, COVID vaccinations had been administered to 200 people.

Getting the clinic set up and staffed in such a short amount of time was a team effort. Stone Belt nurses, Lifelong Learning coordinators, members of the records and maintenance departments along with a team of volunteers from Indiana University's School of Medicine's undergraduate and graduate programs rose to the challenge, making sure everyone who wanted a vaccination would be able to receive one.

When the clinic was open, it was buzzing with excitement. Every single person scheduled to receive a vaccination showed up. And for the most part, they were happy to receive their first vaccination (in March) as well as a second vaccination in April. Cheered on by the nursing staff, Stone Belt clients, despite being apprehensive about getting a shot in the arm, faced their fears and got vaccinated. Everyone seemed to understand the vaccinations were necessary to see friends and families, and for things to get back to normal.

As Stone Belt continues moving forward, we are thankful to have so many of those we support completely vaccinated. As of April, thanks to Indiana's aggressive vaccination campaign, 75 percent of staff are also completely vaccinated.

By the numbers

200 Vaccinations

19 Medical volunteers

2 Medical students

6 Nurses

0 Lost doses



"You are so brave." Nurses uplifted spirits with words of encouragement while administering vaccinations to apprehensive recipients.

# Stone Belt focuses on Principles of Service

By **LESLIE GREEN**

Stone Belt has seven specific Principles of Service which guide the goals and activities carried out. Below are some positive examples of Stone Belt's Principles of Service in action. These stories of accomplishment, some occurring despite the COVID-19 challenges, highlight the impacts made.

## Self-Determination is Essential

After completing the Project SEARCH internship program, Thomas Phillips secured a position at Ivy Tech Community College. Unfortunately, he was furloughed due to COVID-19 but is working in Stone Belt's Manufacturing program until he can get another position. Thomas is self-determined and outspoken in his wishes, letting the team know his interests and goals. He is active in Special Olympics and loves to travel. He looks forward to going back to Disney as soon as it is possible to do so safely. Thomas will soon be joining the Stone Belt board of directors, where he can represent other self-advocates and keep the board informed on issues important to him and others.

## Learning Creates Empowerment

Chris Terrell is a student in the Pre-Employment Transition Services (Pre-ETS) program. He has overcome barriers, such as isolation and lack of transportation, to enroll in classes at Ivy Tech. With support from Pre-ETS staff, he is taking art history and US history. Besides academic learning, he says he is learning "better social skills." He has participated in craft night at Ivy Tech where he was able to talk to people. According to his Pre-ETS instructors Chris is a different person than when he started and seems to have hope for a better future.

## Everyone has Contributions to Make

When imagining those that might have challenges adapting to COVID-19 restrictions, Shawn King came to mind. With his abundant energy and love of social contact, being isolated at home didn't seem like a winning prospect for him. But Shawn has remained quite active in the past year and has continued to provide essential services to the community through his volunteer work. Every week he has maintained a busy schedule

collecting food donations for the Community Kitchen through the Hand in Hand program, and delivering meals through the Senior Nutrition Project to those who are isolated at home. Making these contributions keeps Shawn active and engaged for the betterment of many others.

## Positive Supports Provide the Best Long-Term Results

Sabrina Wicks came to Bloomington from a group home in Valparaiso to participate in Stone Belt's Supported Living program. She has demonstrated a great deal of resiliency in overcoming challenges. Sabrina utilizes Milestones services such as counseling, behavior management, recreation therapy, and skills development. Sabrina is developing healthy coping mechanisms, which she uses more consistently than ever, and has developed strong social skills. The clinicians providing these positive supports to Sabrina say that she is a completely different person than when they first met her. She shows deep care and concern for others and values relationships. Sabrina is positive, outgoing, thoughtful, driven, and continues to grow.

## Home Life is Self-Directed

Seeking more independent lifestyles, Michael Ely and Adam Tatlock, recently moved from a home they shared with a third housemate, to each having their own apartments in an affordable housing project called Southern Knolls in Bloomington. They still hang out together as friends, but also have their own privacy in newly-built one-bedroom apartments. They share staffing supports as needed, but each also has time to be alone. They also share an accessible vehicle that staff use to take them shopping and out for fun.

## Employment is an Essential Part of Adult Life

Eric Glidden identified his dream job as doing the type of work his dad does at Indiana University in campus sanitation and custodial services. Stone Belt's employment program helped him identify tasks he likes such as sweeping long hallways, cleaning, and handling recycle. He also gained some work experience at Upland Brewing where he learned communication skills and following directions. In February, Stone Belt helped Eric transition into a full-time position at

KeHE Food Distribution Company on the sanitation team. He is responsible for cleaning the break room and warehouse, taking care of trash, recycling in offices, and sweeping the long halls throughout the building—his dream job. The job at KeHE provides him with access to health insurance, a retirement plan, and many other employee incentives. Eric hopes to maintain his employment with KeHE for a long time.



**CEO LESLIE GREEN**

## Social Life and Relationships Create Quality of Life

Kathy Chadwick had her wings clipped when COVID-19 restrictions began, but it didn't end her social life. For one thing, she lives with two of her best friends, Rose Fitzpatrick and Dora Scoggin and they have made the best of the past year. They spend a lot of time together working on craft projects and puzzles. They also took turns taking Pumpkin, their adopted cat, for walks through the neighborhood and getting to know their neighbors. A cat in a stroller is quite the conversation starter. Kathy had long been a traveler, going on trips with Exceptional Getaways and other specialty travel companies. Kathy and Dora are planning a trip to Memphis soon. All the ladies have had Best Buddies over the years, usually with IU students, but Dora has formed a close relationship with her Best Buddy's family and has had holiday visits with them. During their downtime, you'll find these friends at home watching reruns of Bonanza. Social life and relationships have persisted in a meaningful way for Kathy, Dora, and Rose.

I hope all of you are finding life full of meaning and accomplishment. We certainly see it every day for those we support, and it's a true pleasure to share these success stories with you.

With Warmest Wishes,

# Leaving a Legacy

Stone Belt has created an estate planning guide to assist you through the process of planned giving. Preparing a well-considered estate plan will not only help you determine the best way to continue your support for Stone Belt it can also help avoid problems associated with the absence of an estate plan.

## Reasons to include Stone Belt in your plan

Honoring a loved one who was cared for by or who worked for Stone Belt.

Taking advantage of tax benefits associated with charitable giving.

Supporting a well-established, well-run organization that will manage your gift wisely.

Establishing a legacy of generosity and empathy

## Ways to give to Stone Belt

- Bequest
- Beneficiary
- Designation Gifts
- IRA Rollover
- Donor-Advised Funds
- Charitable Endowments

## Stone Belt's Planned Giving Programs

Stone Belt's *Jewel Society* is an honorary society that recognizes those who have named Stone Belt as a beneficiary in their estate plans. The *Jewel Society* provides visionary donors with the opportunity to create a lasting legacy in support of individuals with disabilities. *Jewel Society* members are listed in Stone Belt publications, according to the wishes of the donor.

You can join the *Jewel Society* through several planned giving options, including bequests, certificates of deposit, charitable gift annuities, private retirement plans, gifts of insurance, charitable lead trusts, and charitable remainder trusts.



## Stone Belt Excellence Endowment

Gifts to the *Stone Belt Excellence Endowment* supports ongoing initiatives that enable the agency to reach levels of excellence in supports, training, and outcomes for both clients and staff. Examples of programs funded through the *Excellence Endowment* include supporting innovative programs including, but not limited to:

- Stone Belt Art Studios
- Hand-in-Hand
- *I Am You* performances
- Enhanced staff development programs

## The Joan Burton Memorial Fund at the Community Foundation of Bloomington and Monroe County

Joan Burton served as the first executive director of Stone Belt Arc from 1965-1985. Mrs. Burton's impact on the agency and community was truly significant, and her advocacy work on behalf of individuals with developmental disabilities was inspirational. Gifts to the *Joan Burton Fund* are made directly to the Community Foundation of Bloomington and Monroe County, with the income of the fund directed to Stone Belt

We are so excited to offer this guide to assist you. Stone Belt encourages donors to speak with a professional estate advisor when making decisions about planned gifts. A downloadable PDF of the brochure and/or guide is available at [www.stonebelt.org/giving/plannedgiving/](http://www.stonebelt.org/giving/plannedgiving/).

For additional information about giving to Stone Belt, please contact: Adam Hamel, Development Manager | [development@stonebelt.org](mailto:development@stonebelt.org) | (812) 332-2168, ext. 269.

## 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](http://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](http://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>

## THANK YOU DONORS

Stone Belt appreciates our generous donors (March 31, 2020, to March 31, 2021) 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)**

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

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

Big Red Liquors, CFC Properties, Inc., Randall & Rae Kirk, Dan & Beth Lodge-Rigal, Old National Bank, Donald & Carolyn Snyder, Janell & Pete Yonkman

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

Dr. Lisa Baker, D.D.S., Malcolm Brown, Charlie & Rhonda Burch, Community Foundation of Bloomington & Monroe County, Jim & Joyce Grandorf, Anne Higley & Eric Benson, DJ Masson & Betsy Gersin, Bill & Mary Ann Maxwell, Jerry & Jean Olson

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

Shirley Abbitt, Bill & Mickey Bartley, Basil Bennett, John & Kathleen Bethell, Bill C. Brown Associates, Vicki Borrelli, Alex & Ginny Buchwald, Clendingen Johnson & Bohrer, P.C., Jim & Ginny Coppedge, Crowder's Institutional Pharmacy, Jack & Marcia Cummings, Cummins, Inc., Betty & Mike Davis, Doreen Devitt, Brian & Danica D'Onofrio, First United Church, Inc., Lori & Preston Garraghty, Genoa Healthcare Pharmacy, Leslie Green & Ed Maxedon, Dan & Evelyn Harrell, Cindy Higgins, Michael & Barb Horvath, Trish & Louie Ierino, Indiana Arts Commission, Linda & Rodney Margison, Valerie Merriam, Stuart & Cookie Mufson, New Unionville Baptist Church, Nancy Owen, Diane Pelrine & Patrick McNaughton, Mary Phillips, William & Mary Ann Polley, Nancy Poole, Winston & Sue Shindell, St. John Associates, Shirley Stumpner, Nila Sunday, Hal Turner, Henry & Celicia Upper, Inge Van der Cruysse & David Hamilton, Charles Webb, Kurt & Lisa Zorn

### **Advocate Society (\$500.00 - \$999.00)**

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### **Friend Society (\$1.00 - \$99.00)**

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### **In-Kind**

Barnes and Noble, Mary Kate Bristow, Chick-fil-A, Pat Currie, Kelsie Fitzpatrick, Judith Gross, Eric Howe, IHOP, Joe & Meridee Lamantia, Andrew Lambert, Deborah Launer, MSP Aviation, Olive Leaf, Ron & Deb Smith, Cheryl Thompson, Janine Wagner, World Arts, Inc.

## Why I give...

By Nancy Ramsden Owen

Our family moved to Bloomington from metro-Chicago in 2013, when our daughter, Samantha, was aging out of the public school transition program for individuals with disabilities. With job opportunities secured in this area, our next step was to identify quality opportunities and resources for our daughter. As a librarian, I knew how to conduct research.



NANCY RAMSDEN OWEN

When it came to finding a quality lifelong learning program, research led us to Stone Belt. Nothing could have prepared us for the level of commitment and quality offered once Samantha matriculated into Stone Belt's Lifelong Learning program: dedicated staff members, an art studio, the Milestones clinic, the workshop, work training opportunities, the greenhouse program, and classes that allowed individuals free movement within the building to participate in varied activities. Now Samantha takes part in gym time, dances, movies, and programming that includes performers and students from Indiana University, community participation through public library visits, museums, and visits to the Indiana Statehouse. It was more than we could have anticipated. Samantha has grown a great deal since going to Stone Belt: her maturity and appropriate behavior during interactions with peers, staff, and people in the community has flowered in ways we did not anticipate. Even in the time of COVID, Stone Belt has provided a lifeline to socializing while social-distancing safely. We anticipate that Samantha will soon enter residential life through Stone Belt's group home living, where she will learn more life skills in housekeeping, cooperative living, and socializing with her roommates. We would not entrust our beloved daughter to anyone else's care. Stone Belt's staff are all dedicated to the wellbeing of their clients, and we are eternally grateful, and supportive.



# MILESTONES

CLINICAL & HEALTH RESOURCES

a division of Stone Belt | [milestonesclinic.org](http://milestonesclinic.org)

## Technology plays a big role in client health

We are welcoming Spring at Milestones and with that a steady increase in the number of live, in-person appointments we are successfully completing. The past year has not been an easy one for anyone, but one of the primary things we see is the high level of resilience in our clients. They have responded so well to change and although we feel (in most cases) in-person appointments are the best option, clients have done a great job at participating through Zoom or other video platforms

The term "telehealth" seemed more prevalent than ever throughout the past year. One of the big questions for us is to consider is how effective this option is for individuals with intellectual or developmental disabilities. One of the first issues is access to the necessary technology. Our Stone Belt clients have had numerous supports with this, but other individuals in the community may struggle. Once the technology is in place, we prefer the client be able to meet with their Milestones clinician in private. This is not always possible for anyone who might need support with technology. Finally, we are seeing more studies on "Zoom fatigue" and the complications of expressing and reading feelings through body language through online platforms. This is already a challenging area for many of our clients, and further complicated via telehealth.

Despite these identified challenges, we have continued to make connections and provide supports throughout the pandemic. Through the hard work and dedication of Stone Belt employees, we are wrapping up our own vaccination efforts and this means being back to a full array of options. Clinicians are busier than ever and thankful to continue moving forward.



**Julie Miller**  
Milestones Director

## Welcoming New Skills Clinicians to Milestones

Molly Perry and Rebecca Richards recently joined Milestones. They are both skills clinicians and look forward to working with the Milestones/Stone Belt team. Be sure to say "hello" if you see them out and about in the community.

Skills Clinicians assist clients with gaining important skills to better manage their mental health symptoms. These skills include:

- Stress management
- Problem-solving
- Emotion regulation
- Communication



**MOLLY PERRY**



**REBECCA RICHARDS**

## Recreational Therapy program continues to grow at Milestones

The Recreational Therapy program at Milestones is one of the newest services we offer and also the fastest growing. The program currently consists of seven clinicians serving 88 clients ranging in age from 4-78 in three counties. In addition, we will work with the Indiana University Recreation Therapy program this summer as an internship site.

Rec Therapy can serve a variety of functions for our clients. Goals can include but are not limited to developing social skills, exploring new activities, forming relationships in their community, and the ability to set and achieve personal goals. Clients may participate in a variety of activities and also find local groups with similar interests. Participants increase their social capital with enhanced community connections.

### The best way to describe the program may be through examples:

A 15-year-old who had not left his home for anything other than school for two years began rec therapy. After six months he started to go out even outside of sessions. He now has friends in the community, has started martial arts classes, plays Dungeons and Dragons locally, and is planning for college.

A 45-year-old female in Bloomington would rarely leave her bedroom and refused any social outlets. She "clicked" with her rec therapist and slowly worked through her anxieties and resistance. They are now planning multiple activities post-COVID. She also asks her rec therapist to bring new staff to her home for training so they can help other people.

And from a guardian:

"My sister has struggled for years with anxiety, depression, and PTSD. Since rec therapy began, her confidence has greatly increased which reduced her anxiety. Her communication skills have also grown and her vocabulary increased. I'm continually amazed at the full impact... Kim (rec therapist) never pushed her, they would talk about adventures and Kim would wait until my sister was ready to go and be totally comfortable. She continues to blossom into a high energy fun and loving person. Kim lets my sister be herself without any judgment."

# SPONSORSHIP



*Lisa J. Baker, DDS*

Becoming a corporate partner is a premiere way to show support for people with disabilities and vital in helping Stone Belt staff and clients reach farther than resources allow. For information, contact Development Manager Adam Hamel at (812) 332-2168, ext. 269, or ahamel@stonebelt.org.



**IU Credit Union**



## PLANNED GIVING

By making a bequest to Stone Belt in your will, you help ensure individuals with disabilities receive supports for years to come. Contact your financial advisor or Adam Hamel at (812) 332-2168 ext. 269.



If you would like to receive our publications, please contact Linda Margison at [lmargison@stonebelt.org](mailto:lmargison@stonebelt.org).

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