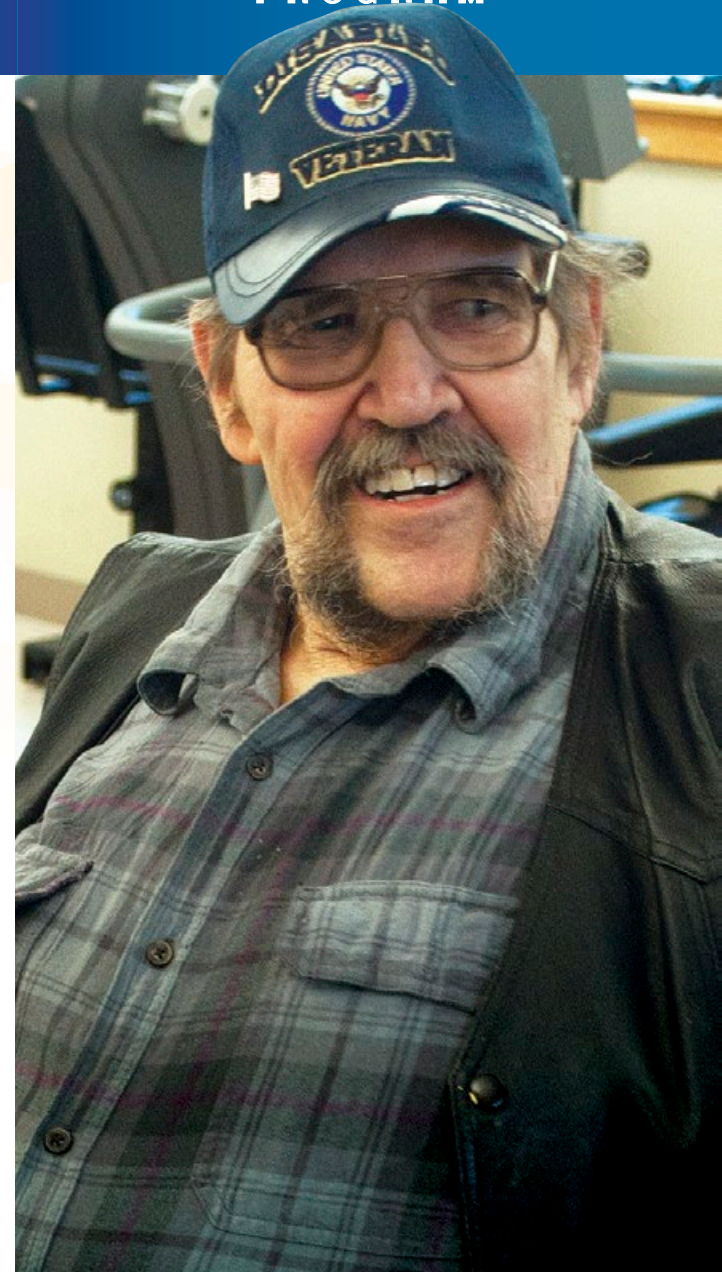




The Veterans & Military Program is proudly supported by:



VETERANS & MILITARY PROGRAM



About Turnstone

Turnstone empowers people with disabilities to reach for their full potential in every aspect of life. We support our participants to lead healthy and successful lifestyles through a variety of programs and opportunities for activity and networking.

What We Do

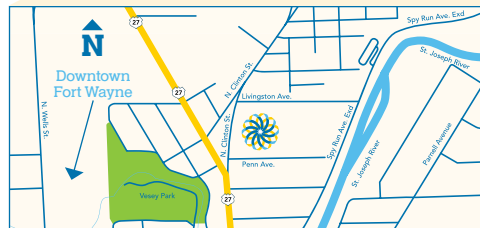
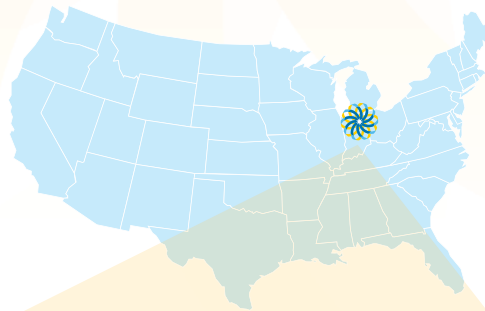
Turnstone provides comprehensive programs and services for people of all ages, who have a physical, neurological or visual disability. Turnstone has a state-of-the-art facility with the addition of the Plassman Athletic Center that was completed in 2015 to accommodate the health, wellness, sport and recreation needs for people with disabilities. Including: four collegiate size basketball courts, 230 meter indoor track, large warm water therapeutic pool and fitness center. Additional Turnstone services offered include occupational, speech, physical and aquatic therapy, child care, case management and adult day services.

Turnstone is where disabilities are turned into possibilities. Through our programs, veterans and members of the Armed Forces are able to learn how to pursue life after injury or disability.



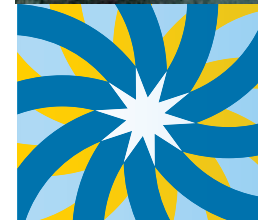
Turnstone

Creating possibilities.



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Turnstone

CREATING POSSIBILITIES
www.turnstone.org | (260) 483-2100



Adaptive Sports & Recreation Program

Adaptive Sports & Recreation offers a variety of year round competitive sports, recreational sports activities and leisure opportunities for veterans and members of the Armed Forces to participate and promote a healthy lifestyle. All skill levels are welcome. All programs are led by Paralympic athletes, coaches and/or expert instructors.

Opportunities to:

- Take part in sport, camps and clinics
- Participate in recreational or competitive sports
- Take part in sports including but not limited to: wheelchair basketball, quad rugby, sled hockey, cycling, archery, air rifle, wheelchair tennis, power soccer, goalball, curling, track and field
- Take part in social recreation programs, including but not limited to: monthly social club, bowling, kayaking, bocchia, table tennis and attending community sporting events

Healthy Minds Healthy Bodies

At Turnstone, we believe total physical health is important for everyone. Turnstone's certified fitness staff invest in the health and wellness of members. Empowering them to reach their

personal fitness goals. Membership includes: A free 6 month membership for the veteran or member of the Armed Forces and a spouse, caregiver or family member.

- Access to our fitness center, two warm water therapeutic pools and 230 meter indoor track
- Personal training sessions
- Monthly "family oriented" social/networking events
- Educational workshops
- Professional social networking opportunities
- Peer and family support

Why should you participate in these programs?

Regular participation in these programs provide the following benefits and outcomes:

- Increased strength, mobility, and endurance
- Increased range of motion and flexibility
- Reduced pain and stiffness of joints
- Weight loss
- Improved independence, self-esteem, confidence, and overall health and wellness
- Increased achievement and personal satisfaction through regular participation
- Increased social networking and camaraderie

Adult Day Service & Memory Care

Adult Day Services: This program is designed to:

- Maximize independence
- Foster socialization among the participants
- Provide quality, community-based support to those in need of assistance, supervision or to those who are socially isolated in their homes.

Memory Care Services: This program is a part of the adult day services program and is designed for veterans who have a dementia diagnosis. Caregivers can relax, knowing that their loved ones are in a safe environment; enjoying time away from home engaging in activities and being care for by well trained staff.

Fees and Operations: Turnstone has a contract with the Veteran's Administration that will pay for daily program fees and transportation if needed, for qualified veterans. Fees may also be billed through CHOICE and the Indiana Medicaid Waiver program.

The program runs Monday – Friday and is staffed with a RN, LPN and program assistants.

Program Benefits:

- Increased independence, comfort and acceptance with one's disability
- Opportunities to participate in health and wellness classes.
- Opportunities to meet people and establish a social network and intergenerational activities
- Lunch and snacks provided daily
- Opportunity to increase activity level at Turnstones fitness and warm water therapeutic pool while here for adult day
- The program offers a respite for caregivers to allow them to take care of themselves and other needs
- Structured therapeutic activities provided daily and led by experienced and well-trained staff
- Opportunities to learn new activities or engage in past favorites such as music, cooking, etc.