



Still

Creating Possibilities.

2019-20 Turnstone Mission Report

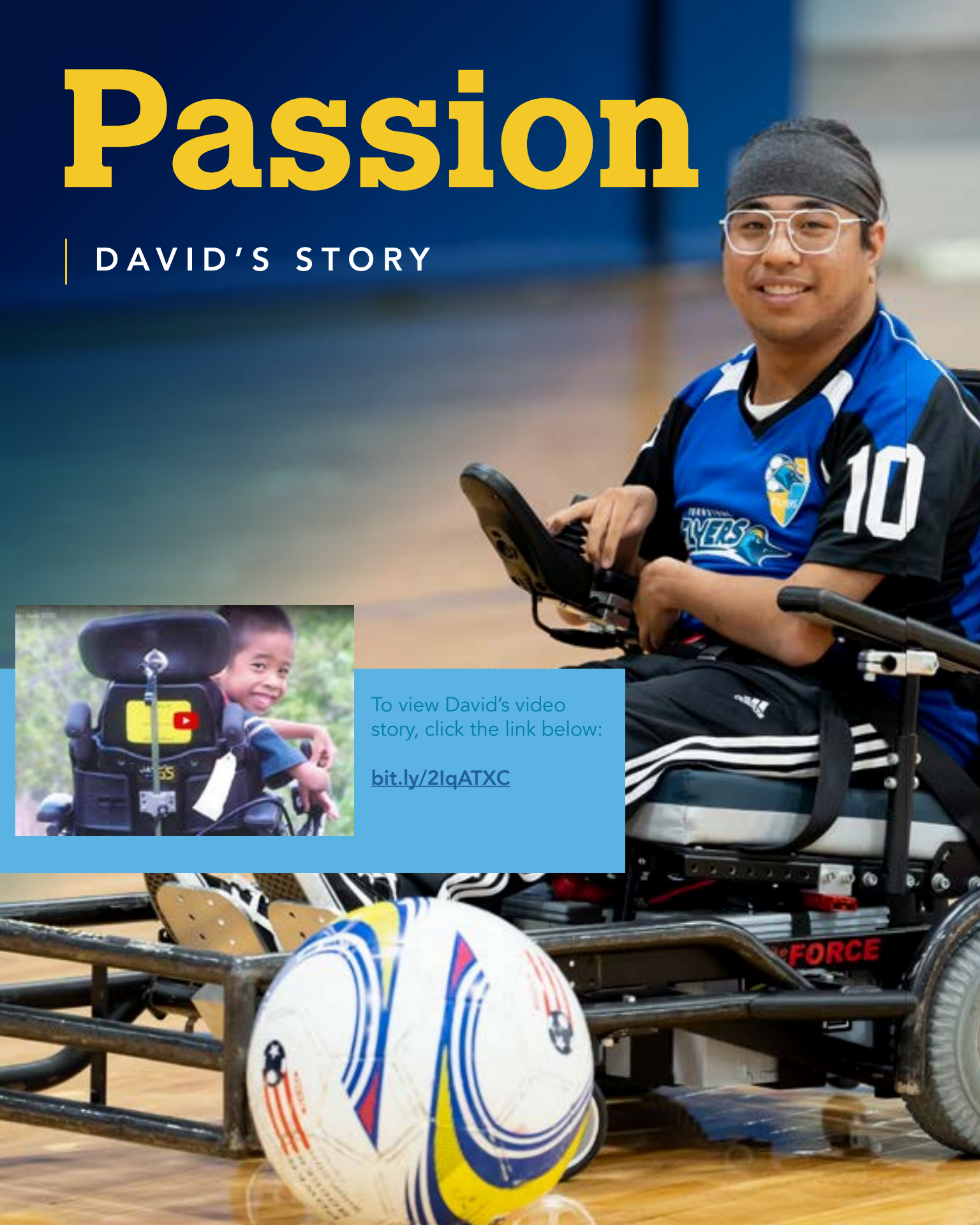
Passion

DAVID'S STORY



To view David's video story, click the link below:

bit.ly/2lqATXC



David Dowling can't remember a time growing up that he wasn't involved at Turnstone.

David was introduced to Turnstone at a young age, beginning occupational therapy and attending the Kimbrough Early Learning Center. As he was progressing in therapy, David's therapist recommended he try adaptive sports.

Because of Turnstone supporters like you, Turnstone is able to offer clients access to a full array of opportunities all under one roof, making the facility a novelty in the country.

For a while, David thought maybe he would be great in the water or on the basketball court, but eventually found he thrived in the power soccer chair.

Being involved at Turnstone from a young age exposed David to many different individuals with various abilities. He says that adaptive sports and other Turnstone

opportunities have shaped his outlook on life.

"Being able to see other people go through the same thing as you, kind of puts it into perspective how hard life can be for people," David says.

In 2009, David joined Turnstone's power soccer team and fell in love with the sport, eventually realizing he had a talent.

David shares that he loves power soccer because it has introduced him to many different people and allows him the opportunity to compete at a high level. This competitive nature and the comradery of sports introduced David to a new level of independence and confidence.

"I find myself being more comfortable in asking people to help me when I need that. Whenever I was younger, before power soccer, I would be awkward around other people and it has given me people skills to be able to communicate well with others," David says.

Today the people skills that David gained through his involvement with the sport are carrying him far in his pursuit of excellence. He is a student at Huntington University and boasts a placement as one of the top 12 National Power Soccer athletes. He continues to strive for his spot in the top 8 in hopes of representing Turnstone and Indiana on the National Power Soccer Team in the FIPFA 2022 World Cup in Australia.

In addition to power soccer, David loves music and film. He puts his love for cinema into practice as a Film Production student and enjoys editing videos. He enjoys playing the drums and is an alumnus of Bishop Dwenger's drumline.

Today, David is pursuing his highest level of excellence because of your support. Thanks to the opportunities David seized at Turnstone, he is equipped with the skills to chase his dreams, build a life, and excel at what he loves. 🌟



Independence

JULIE'S STORY

As an experienced business owner, Julie thrives with independence and self-motivation. However, she never anticipated the doors of her fitness center closing at the peak of reaching her fitness goals during the COVID-19 pandemic.

Julie learned about Turnstone's fitness center through SilverSneakers and hoped the warm water therapy pool would be a good solution for the knee pain she was battling. With a passion for the water and a desire to get in shape, the only thing standing in Julie's way was reliable transportation to Turnstone.

Julie and her siblings have retinitis pigmentosa, a rare genetic disorder that leads to the breakdown and loss of cells in the retina. In January, Julie's desire to join Turnstone's fitness center came true when she finally found a ride with her brother and sister-in-law. In addition to her desire to use Turnstone's pool, Julie was also grateful to find a facility that is easy to navigate for individuals with visual impairments.

From that moment forward, Julie was determined to gain strength and improve her endurance. After adjusting her diet and working dedicatedly with her Turnstone fitness specialist, Julie found herself striding on the elliptical for greater durations of time and dropping the pounds she wanted to lose. Then, on March 16th, Turnstone made the decision to close facility doors to help stop the spread of COVID-19.

As a home owner, Julie was equipped to make the most of her quarantine experience and continued working on her fitness goals from home. And thanks to the support of donors like you, Turnstone was able to continue providing resources and support for clients like Julie virtually.

Because Julie was unable to visually follow fitness videos or group exercise classes over Zoom, she worked one-on-one with Kelsey, her fitness specialist, to continue receiving training via email. Julie said, "We all need human

interaction. It is important to have a support network, especially for people with disabilities." Quarantined alone in her home, Julie was grateful to find support in Kelsey.

She said that it was reassuring to have someone notice her efforts and offer her positive reinforcement. Kelsey admired Julie's dedication to reaching her goals, and said, "I thoroughly enjoyed hearing about Julie's progress and maintenance while she was at home and I could not be more proud of her success!"

Throughout this year, Julie powered through books with a talking book program, entered sweepstakes in anticipation of traveling again in the future, and continued working hard on her fitness goals.

Although Julie hasn't been able to complete her workouts at Turnstone during the pandemic, your gifts to Turnstone have allowed the support from staff to reach beyond the N. Clinton campus and into Julie's home to help her pursue a healthy and full life. 🌻



I thoroughly enjoyed hearing about Julie's progress and maintenance while she was at home and I could not be more proud of her success!

— KELSEY
Fitness Specialist



HEALTH & WELLNESS

The community Bill found at Turnstone following his leg amputation equipped him to begin setting new goals for himself. As a member of Turnstone's Health & Wellness program, Bill has access to specially trained fitness specialists, a fully accessible fitness center, 230-meter indoor track, and two warm-water therapeutic pools. Turnstone's warm-water therapy pools are equipped with a hydraulic lift and the fitness center is complete with adaptive strength training and cardio equipment. Turnstone also provides several specialty programs such as the Parkinson's exercise group, Renew Active, and is also a Silver Sneakers provider.



REHAB THERAPY

Fatima's doctor recommended Turnstone's Rehab Therapy as she began to show delays in both walking and speech. Fatima's parents say that it is due to the love and support Fatima receives at Turnstone that she is showing tremendous improvement in her daily function. Turnstone provides physical aquatic, occupational, physical, and speech therapy services for children and adults of all ages. All therapists work in tandem with other agency services to provide a continuum of care, focusing on empowering individuals such as Fatima to maximize their independence.



SPORTS & RECREATION

Julie attended a power soccer call-out meeting in 2006 after receiving therapy at Turnstone as a child and it has been a big part of her life ever since. Turnstone offers competitive adaptive sports and recreational activities for children and adults with physical, visual, and intellectual/developmental disabilities. Turnstone is home to wheelchair basketball, power soccer, sled hockey, wheelchair rugby and track and field competitive teams and is one of 11 designated Olympic and Paralympic Training Sites in the United States. It is also proud to be the home of the Goalball Center of Excellence in partnership with the United States Association of Blind Athletes (USABA) where the USA Men's and Women's Goalball teams train for the upcoming 2020 Paralympic Games in Tokyo.



ADULT DAY SERVICES / MEMORY CARE

Michelle says her time in the Adult Day Services program pushes her to try new things and make the most out of her skills regardless of her disability, such as discovering her talent of using her mouth to paint. Turnstone's Adult Day Services meets the unique needs of adults and veterans with physical disabilities, and offers them opportunities for socialization. Turnstone's Memory Care programs are also designed to maintain independence and enhance socialization for people with a diagnosis of Dementia or Alzheimer's, while offering respite for family and caregivers.



SOCIAL SERVICES

Turnstone's licensed social workers and case managers are the first point of contact for people interested in receiving services. Halsey has experienced the depth of support from Turnstone Social Services, beginning in therapy at just 3 years old, and today spending time in the Adult Day Services program. Social workers and case managers provide referrals and support to help clients access agency services, as well as to other community resources, to help people such as Halsey achieve their greatest level of self-sufficiency.



INTELLECTUAL / DEVELOPMENTAL DISABILITIES

Jamiah is one of many that enjoy the activities and events we offer as a part of our ID/DD programming. Turnstone offers a variety of adaptive sports & recreation opportunities for children and adults ages 5 and up who have an intellectual or developmental disability. Programs are often held in Turnstone's Plassman Athletic Center, or in partnership with the YMCA of Greater Fort Wayne, Easterseals Arc of Northeast Indiana, and Camp Red Cedar.



KIMBROUGH EARLY LEARNING CENTER

Before being welcomed at Turnstone's KELC childcare, Sammy had been asked to leave a total of three childcares due to behavior issues and outbursts. The Dr. Robert Kimbrough Early Learning Center (KELC) is a full-day inclusive childcare that takes into consideration the unique physical, developmental, and social needs of children ages 2-5 of all abilities, like Sammy. The program utilizes the HighScope Curriculum and provides a safe, accessible, child-centered environment. The KELC is a Level 3 Paths to Quality provider and licensed by the state of Indiana.

Programs & Services



COVID Crisis Response

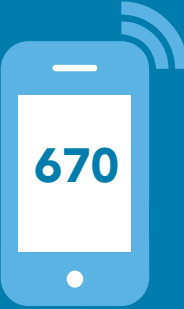
March 2020-June 2020



67+ Video Resources, with more added weekly



Provided direct support to more than 1098 clients and community members during the COVID-19 pandemic



670 Telemedicine Therapy Sessions

approximately **9,000** Client and Community Support Interactions

Top client needs addressed: Medical Equipment Needs, Food, Therapy/Fitness Support, United Healthcare Children's Foundation Assistance, Mental Health, Financial Support for Basic Needs

“My son was so happy to virtually see his therapist! His whole attitude changed—he **smiled and giggled.**”

- Mother of a Turnstone Client

“Today, Eva used her no-tech communication boards to **request a drink and a muffin!**”

- Mother of a Turnstone client

“I wasn't sure what I was going to do. I really **appreciate** the help you have given me over the last month.”

- Turnstone Client

Staying virtually connected is so important right now... **thank you, Turnstone, for doing what you do.**

-Gus, Turnstone Client

Many caregivers expressed appreciation for Virtual Turnstone. They told us it **gives them a break, and offers social interaction** for their loved ones.

- Sandy Holland, Director, Adult Day Services



To view Turnstone's thank you video to our community, click the link below:
<https://bit.ly/2UnThlY>

Creating **Virtual** Possibilities.

Virtual Endeavor Games

Turnstone and the University of Central Oklahoma (UCO) welcomed a record 464 athletes from seven countries online for the first-of-its-kind Virtual Endeavor Games. The online nature of the event also provided the rare opportunity for athletes to learn directly from experts and experienced Olympians and Paralympians. In total, the Virtual Endeavor Games offered 12 live virtual sport clinics, a virtual team challenge, e-sport gaming, and nine individual sport challenges.

Telemedicine

Turnstone's Rehab Therapy department provided telemedicine therapy services for the first time during the COVID-19 community health crisis. The service was used to provide 670 critical physical, occupational, and speech therapy treatment sessions for clients who are at increased risks of decreased quality of life as a result of the required stay-at-home executive orders from March-June and continues today.

Equipment Support During Quarantine

Throughout the COVID-19 mass quarantine orders, Turnstone staff provided access to necessary equipment for community members with disabilities. Basic needs equipment rental continued uninterrupted and athletes were given access to equipment to meet their training needs. Video resources were also created by staff to demonstrate how to perform equipment maintenance and ongoing athletic conditioning and training from home as necessary.

Home of Adaptive and Paralympic Sport



Season Recap: Turnstone's competitive sports teams did not have the 2019-2020 seasons they anticipated, but they were still able to compete in most of their previously scheduled tournaments and make the most of their extra training time.

Turnstone Flyers-Power Soccer, Premier Cup Division
Team Record: 7-6

Turnstone Furious Flyers-Power Soccer, Founders Cup Division
Team Record: 1-9-1

Turnstone Flyers-Sled Hockey, Tier 3 Division
Team Record: 8-8-1-1

Turnstone Bandits-Wheelchair Basketball, Division III
Team Record: 9-8-1

Turnstone Flyers-Wheelchair Basketball, Varsity Division
Team Record: 5-23

Turnstone Flyers-Quad Rugby, Division II
Team Record: 4-5

Track & Field

Turnstone Adaptive Track & Field team began practices in the Plassman Athletic Center this January, but were unable to fulfill their season due to COVID-19. With all Track & Field events being canceled for Spring 2020, athletes are anxious and hopeful for Spring of 2021.

Tokyo 2020: History, rescheduled

In 2019, the United States Women's and Men's Goalball Teams punched their tickets to Tokyo at the 2019 IBSA Goalball and Judo International Qualifier (Women) and the Lima 2019 Pan American Games (Men). Then, for only the second time in history, the Olympic and Paralympic Games were re-scheduled. The Tokyo Paralympic Games were rescheduled to begin August 24, 2021 and run through September 5, 2021.

Ballroom Dancing

This year, Turnstone introduced its newest athletic opportunity, wheelchair ballroom dancing. On January 14, 2020, award-winning wheelchair dancer and Paralympian, Cheryl Angelelli, and her professional dance partner, Tamerlan Gadirov, traveled to Fort Wayne to kick-start the program. Following the event, classes continued in partnership with Fred Astaire Dance Studios, being taught by local professionals at Turnstone.

Paralympic Training Site Advisory Board

- Amanda Dennis, Paralympian
- Bob Gailey, University of Miami
- David Leininger, First Merchants
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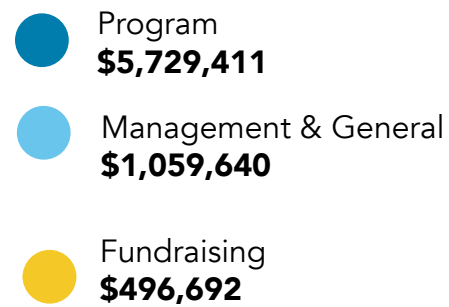
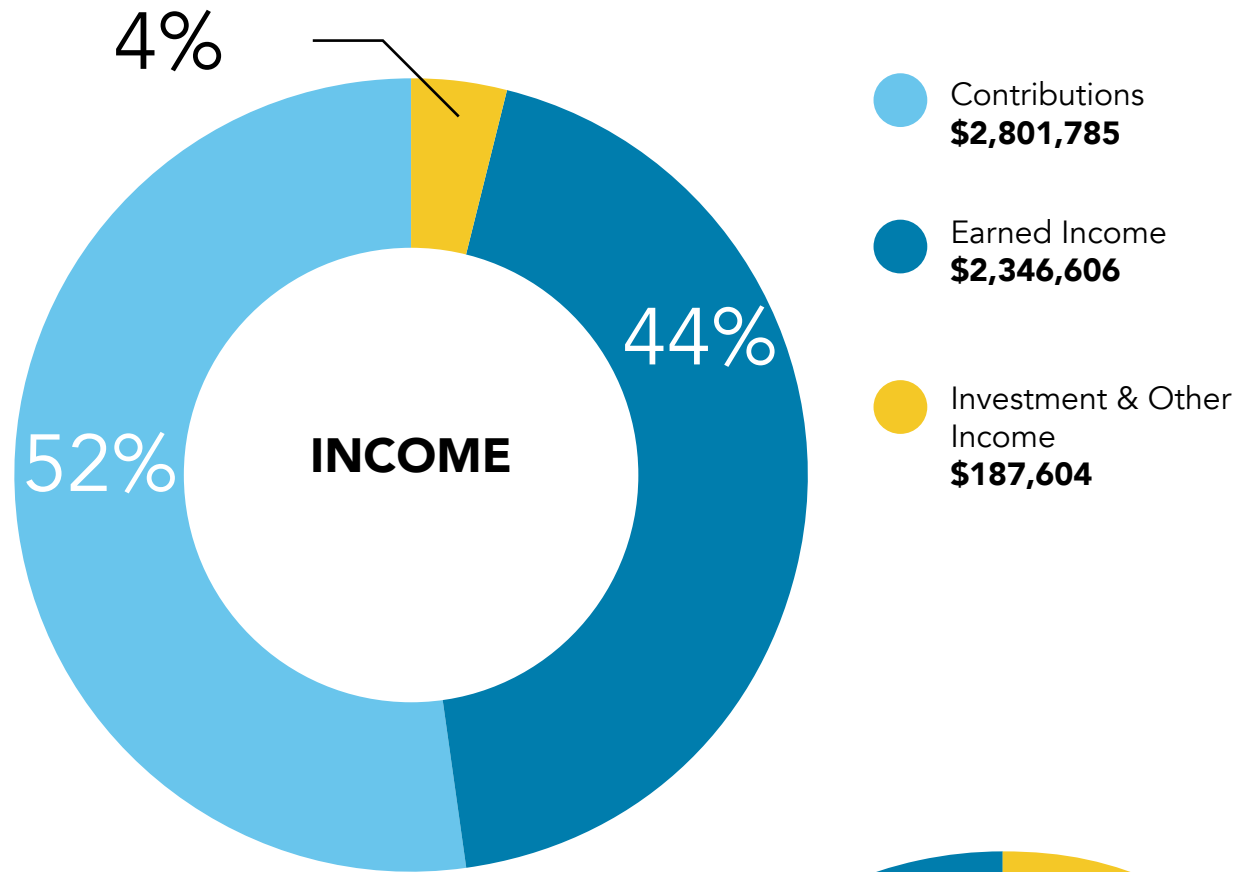
Zeb is an ambitious and humble track and field athlete with a left leg amputation. New this fall, Zeb is competing in his first non-adaptive sport at the high school level as a member of the West Noble football team. He is training hard with the team in anticipation of helping them to a championship and joining their track and field team this spring.

Zeb says, "Turnstone gave me my start. They gave me the opportunity to run and helped me gain the courage I needed to step out and compete in able-bodied sports."

Zeb's ultimate goal is to one day represent Team USA in the Paralympics. His most recent step towards reaching this goal was earning a spot in the International Wheelchair and Amputee Federation World Games, which were scheduled to take place in Thailand this past February, but canceled due to COVID-19.

Paralympic Pipeline: Turnstone is proud to be home to the most adaptive sports competitions under one roof in the country. Thanks to your support, our athletes have the resources to explore endless possibilities.





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Despite a global pandemic Turnstone's mission of creating possibilities for people with disabilities in our community continues to hold strong.

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A Letter From Michael Mushett

Thank you.

Turnstone's 77th year may be the most unique and unpredictable in our history, but reflecting on how much we have overcome this year only highlights the very nature of the Turnstone Family: adaptable and resilient. And this is the theme you will see through the stories shared in this year's annual Mission Report.

Despite a global pandemic, Turnstone's mission of creating possibilities for people with disabilities in our community continues to hold strong. Thanks to support from our funders and supporters, Turnstone's virtual adaptations provided approximately 9000 client and community support interactions specifically during the historic COVID-19 mass quarantine.

And now that we have been able to adapt our operations in light of the ongoing pandemic, our doors are safely open again to ensure that people with disabilities in our community have access to the critical programs and services they need including: memory care, outpatient therapy services, adult day services, early learning center childcare, developmental disabilities recreation, adaptive sports offerings, elite Paralympic sport training

opportunities, and more. While further adaptations this year have allowed us to add telemedicine therapy and virtual programming to our repertoire of client benefits.

Perhaps most importantly, our social services team continues to come alongside our clients and our community with essential resources and expert guidance that support basic needs and quality of life before, during, and after the COVID-19 community health crisis.

It is our privilege to be an anchor in our community that represents what it means to value, respect and uplift the strengths and abilities of all people. Thank you for always coming alongside us in this important work and as we move forward into new possibilities.

Michael Mushett
Chief Executive Officer



Turnstone

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