

Turnstone ca. 1970



Turnstone

TURNSTONE.ORG



2020-21 Mission Report

EMPOWER

Creating Possibilities - It Couldn't Be Done Without You.

**Alfred knows as well as anyone
that life can change in an instant.**

At 49 years old, Alfred was the victim of a drive-by shooting that resulted in 10 gunshot wounds, 13 weeks of recovery in the hospital, and the loss of his ability to use both legs. The rehabilitation nurse at the hospital suggested he visit Turnstone Center so he could learn to adapt and recover. Thanks to generous funding from local supporters like you, being introduced to Turnstone became a moment of hope for Alfred.

When Alfred was given his first tour of Turnstone in 2005, he was inspired by the people and facility. He was astonished by all of the opportunities at Turnstone, specifically opportunities to gain physical strength through adaptive sports and fitness. He began spending a few days a week in Turnstone's Adult Day Service (ADS) program and built a community of friends within Turnstone.



"I was welcomed with open arms when I first got here," Alfred remembers. "I started getting stronger...and I'm more focused."

Alfred experienced another complication in his progress in 2012 when he suddenly fell ill. He developed gangrene in both legs resulting in two consecutive surgeries to remove them. Alfred found himself back on another long road to recovery. He lost 80 pounds from becoming bedridden and ill and was in constant pain and discomfort.

Despite this setback, Alfred's story wasn't finished. It took nine years of recovery before Alfred was well enough to return to Turnstone. He was determined to rejoin his Turnstone Family--even the COVID-19 pandemic couldn't deter him.

Thankfully, because of your donations, Turnstone has been able to continue serving the needs of clients like Alfred safely by implementing heightened safety precautions throughout the pandemic.

"This is right where I'm supposed to be, right here at Turnstone," said Alfred. "It's the perfect place for me, my motivation."


Today, Alfred continues to call Turnstone his "second home" and comes to our facility multiple days a week. He is enjoying being back to socializing with his friends and accomplishing goals in the Fitness Center. Alfred continues to work with Fitness Specialists to regain his upper body strength so that he can use his arms to navigate independently. He also stays busy playing games, gardening, learning to cook new recipes, and using the Fitness & Aquatic Center. He especially values the new perspectives he's learned from his peers with disabilities at Turnstone.

Visit <https://www.youtube.com/watch?v=x2XMZuoR0F0> to view Alfred's video story

Reflecting on his journey, Alfred considers adapting to life with a disability as one of his biggest blessings. As someone who can find the positive in every situation, he considers the tragedy of his accident and the length of his illness to be turning points in his life, character, and faith.

"God had mercy on me, saved my life, and then gave me Turnstone," said Alfred. "He changed my whole life."

Throughout his long journey to recovery, Alfred has known three things to remain steadfast: his family, God, and because of donors like you, Turnstone. Alfred says he has never known a community like Turnstone.

"These people [at Turnstone] are just like me, we are somebody and we are happy. It's all love here," said Alfred. 



Mason's mom was hesitant to send him to school after he received a traumatic brain injury from a child care accident when he was 11 months old. Thanks to Turnstone's Kimbrough Early Learning Center (KELC), Mason and his mom found a safe place for him to learn and grow while feeling safe and empowered.

As a child care director herself, she considered bringing him with her to work. However, she wanted Mason to learn in a place where he didn't feel different or limited in his abilities. It is important to her that Mason always feels comfortable being his fullest self.

Mason's mom made the choice to send him to KELC, an inclusive child care environment for children ages 2-5, after a relative recommended the program because its teachers have experience working with children who have disabilities. KELC's childcare philosophy gives children like Mason a safe place to learn and play without

any obstacles while preparing for Kindergarten, thanks to donors like you.

After Mason was enrolled, a pediatric social worker contacted Mason's mom to tell her about the additional services at Turnstone available to Mason. Because Turnstone's services are often collaborative, Mason was also able to begin receiving occupational therapy during the day while he was in childcare. Mason's therapy team, including Therapy Dog Milo, works with him to develop the fine motor skills he needs to perform basic life tasks and meet his needs independently.

The main skill Mason learned in KELC was how to socialize with children his own age. Mason doesn't know a stranger and having a community at Turnstone has encouraged his personality and curiosity.

And his therapy team has encouraged his independence, helping him have the confidence to do things on his own like zipping his coat. These milestones

have prepared him for success in public school.

While aging out of KELC, Mason still comes to Turnstone once a week for

"I'm inspired by his drive – he never gives up and I don't think he ever will."

- MASON'S MOM

continuing therapy. Mason's mom is hopeful as she continues to watch him surpass new goals and surprise doctors.

"I'm inspired by his drive – he never gives up and I don't think he ever

will," said Mason's mom. "This has all been very good, especially more so for me, because I just want him to have a normal life. I always struggle with that – wondering if I'm doing enough to make that happen?"

Mason enjoys spending time at Turnstone because he has created many friendships. His mom says it is a place where he knows he is safe and feels loved and cared about. The services at Turnstone have not only benefited Mason, but they've also allowed his mom to develop the trust she needed to send him to Kindergarten. She learned that there were other people in the world who have Mason's best interest at heart.

With Mason now in elementary school, she is excited to continue watching his personality grow. She is eager to see what interests he will develop as a teenager, perhaps, playing sports at Turnstone. And, thanks to supporters like you, the possibilities for his future are wide open. 🌟



FITNESS & AQUATIC CENTER

Turnstone's Fitness and Aquatic Center is unique to northeast Indiana. As a member of Turnstone's Fitness & Aquatics program, Tricia engages with specially-trained fitness specialists who help her set and meet goals. Besides access to knowledgeable staff, Tricia also has access to Turnstone's fully accessible fitness center, 230-meter track, and two warm water therapy pools. These pools are equipped with a hydraulic lift and the fitness center provides adaptive strength training and cardio equipment. Turnstone also offers several programs such as Rock Steady Boxing, Silver Sneakers classes (classic, splash, yoga) Aquacise, and Balance class.



ADULT DAY SERVICES & MEMORY CARE

Without Turnstone's Adult Day Services (ADS) program, Robb would not have a stimulating, engaging environment for him to socialize and have fun. While at ADS, Robb enjoys arts and crafts, dice and card games, and cooking classes that staff coordinate for clients. He also finds it beneficial to have access to the fitness facility during his time spent at Turnstone. 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.



SPORTS & RECREATION

Ignace was introduced to Turnstone's Sports and Rec in July 2011 when he was just 8 years old. Today, he competes on Turnstone's varsity-level wheelchair basketball team. Beyond basketball, Ignace has also been involved in a variety of other recreational programs. 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 the proud 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 Paralympic Goalball teams train.



REHAB THERAPY

Mila comes to Turnstone after school for physical, speech and occupational therapy. During her time with physical therapy, she loves to swing and play with puzzles. In speech therapy, she enjoys singing and drawing. Turnstone provides aquatic, recreational, 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, focused on empowering individuals such as Mila to maximize their independence.



KIMBROUGH EARLY LEARNING CENTER

After a poor experience at his previous daycare, Jaylin's mom was searching for a daycare program that could meet Jaylin's needs and keep him safe. Since Jaylin joined the Kimbrough Early Learning Center (KELC) over a year ago, his mom can rest assured that he is receiving the type of care he needs—including speech and occupational therapy. 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 Jaylin. 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.



SOCIAL SERVICES/COUNSELING

Turnstone's licensed social workers and case managers are the first point of contact for people interested in receiving services. Lindsey has been impacted and supported by Turnstone's Social Services and Counseling. Social workers and case managers provide referrals and support to help clients access agency services as well as other community resources, to help people such as Lindsey find the resources and support they need.

Programs & Services





Silver Medalist

WOMEN'S
GOALBALL TEAM

LOCAL TEAM USA
Tokyo 2020 Athletes

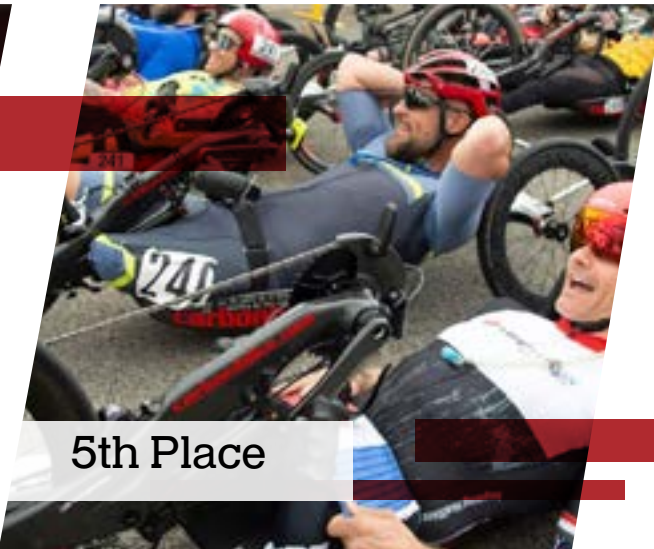
Photo by: Lev Radin
Wheelchair Sports USA



Photo by: Michael A. Clubine
Wheelchair Sports USA

4th Place

MEN'S
GOALBALL TEAM



5th Place

TOM DAVIS
Paracycling



Silver Medalist

JEFF BUTLER
Wheelchair Rugby



U.S. OLYMPIC & PARALYMPIC
TRAINING SITE
TURNSTONE

Training the Brain for Sports

In the midst of the COVID-19 pandemic, Turnstone began a partnership with Ball State University (BSU) to provide sports psychology sessions to athletes. As the 2020-2021 competitive sports seasons were canceled across the country and teams were unable to meet, play and practice, Turnstone explored alternative ways to support athletes while keeping everyone safe.

Sports psychology addresses the developmental and social aspects of sports participation. Skills like communication, positive self-talk, team building and dealing with adversity build a foundation for athletes on and off the court. The goal for this partnership was to sharpen these mental skills and strengthen the connection between the brain and the body to improve their sports performance.

Participating in this unique opportunity was Turnstone's Varsity Wheelchair Basketball program. They had weekly team sessions over Zoom with the Mental Performance Coach from Ball State University during their season.

"We are now trying to work out how we can continue and expand this program to help support athletes and their growth," said Taylor Gabler, Mental Performance Coach at Turnstone. Taylor Gabler serves the athletes of Turnstone as a Mental Performance Coach. In her role, she assesses the athletes' skills and holds team and individual sports psychology sessions to coach players on developing mental skills. Even when they couldn't practice in person, Turnstone athletes were training their minds to improve their performance.

Now that practices and tournaments are starting to resume in person, athletes are prepared and eager to get back to their sports with these new psychological skills. Taylor has been able to meet the team in person a few times since the team has been getting back to in-person practice.

Alex Haag, varsity basketball player, says, "It means a lot to me to be able to play again after the long time off. I know this past year was a struggle for many of us, and I think one of the things I missed the most was the basketball court. Being able to see all of my basketball friends, and helping me get away from my struggles. I am really looking forward to this next season of basketball."

Because of Ball State and our supportive donors, players were still able to connect to their team and keep their athletic skills sharp during a time of isolation.



YMCA and Turnstone Partnership

In alignment with our mission, Turnstone continued its partnership with the YMCA of Greater Fort Wayne to host the first annual All Abilities Camp. The inaugural camp took place on Tuesdays and Thursdays between July 7 and July 23, 2020. During their inclusive camp experience, participants of all abilities got to experience floor hockey, basketball, nerf guns, crafts, dance, yoga, track and field, cycling, corn hole, and bocchia. On the last day of camp, participants got the opportunity to travel to the World Baseball Academy where they learned adaptive baseball skills. This camp is just one initiative being taken to increase access to adaptive and inclusive sport opportunities for youth and adults in Fort Wayne and the surrounding communities. The YMCA and Turnstone are working together to identify and meet the needs of the people in our community who are seeking adaptive and inclusive athletic and active living options.

SAVE the DATE 2022



Sweets & Beats: Joe Cook Memorial Concert

| February 26, 2022

Join us at Baker Street Music Center for an evening of sweet treats and blues music. Proceeds from the evening will benefit Turnstone Center in honor of the late Joe Cook who was a renowned musician, community leader, Fort Wayne-native, and a former Turnstone client.

Center Stage: Fort Wayne's Premiere Talent Show

| May 12, 2022

In its inaugural year, "Center Stage: Fort Wayne's Premier Talent Show" presented by Sweetwater at the Clyde Theater, will feature local performing artists of all talents and abilities. Participants will be selected from online submissions and may be asked to participate in preliminary talent show rounds, with the Finale Show scheduled for the evening of Thursday, May 12, 2022.

Push Paddle or Pedal | Memorial Day Weekend - July 2022

Commit to logging 100 miles of your activity of choice and make a difference in the lives of children and adults with disabilities in our community through Turnstone's "Push Paddle or Pedal" challenge event.

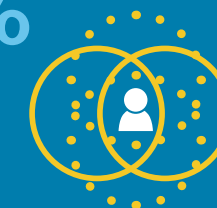
20.21 YEAR AT A GLANCE

2,875
people served

89%
of clients served live in
Allen County



35.2%
of our clients
use multiple
programs



14
Paralympic athletes
with Turnstone ties competed
in Tokyo



451
pieces of equipment
loaned for free to 260 individuals

114
people received mental
health support
through counseling services

13,785



hours of therapy
services provided

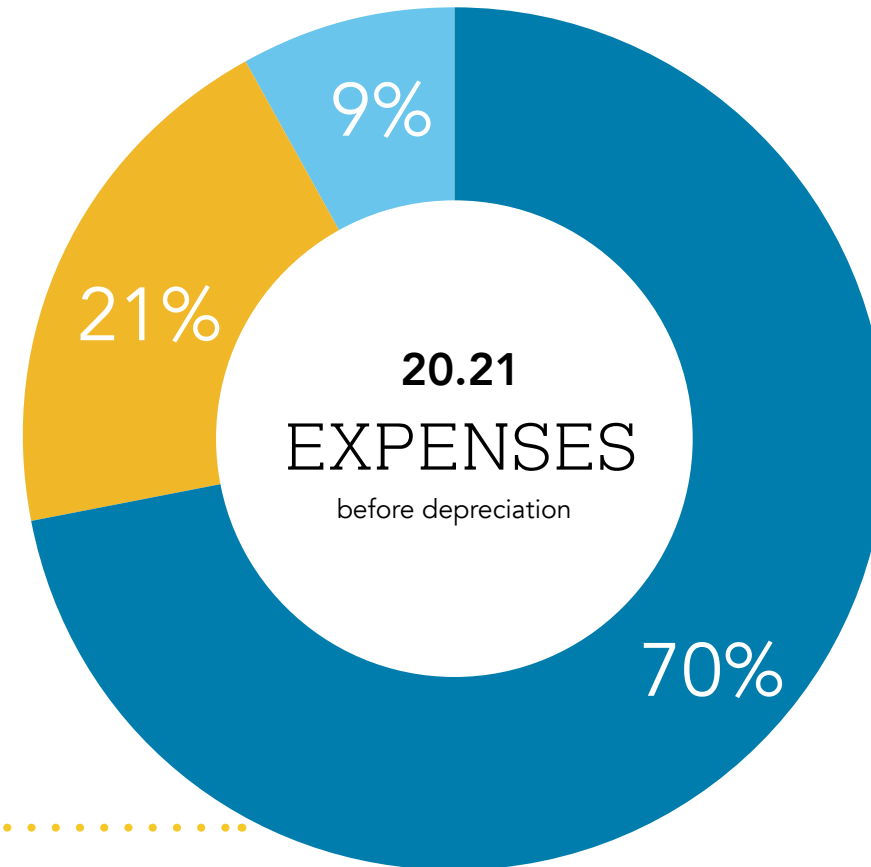
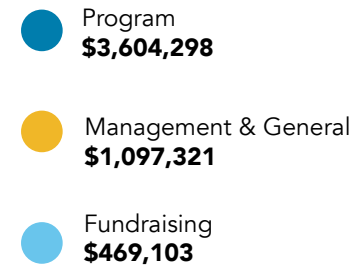
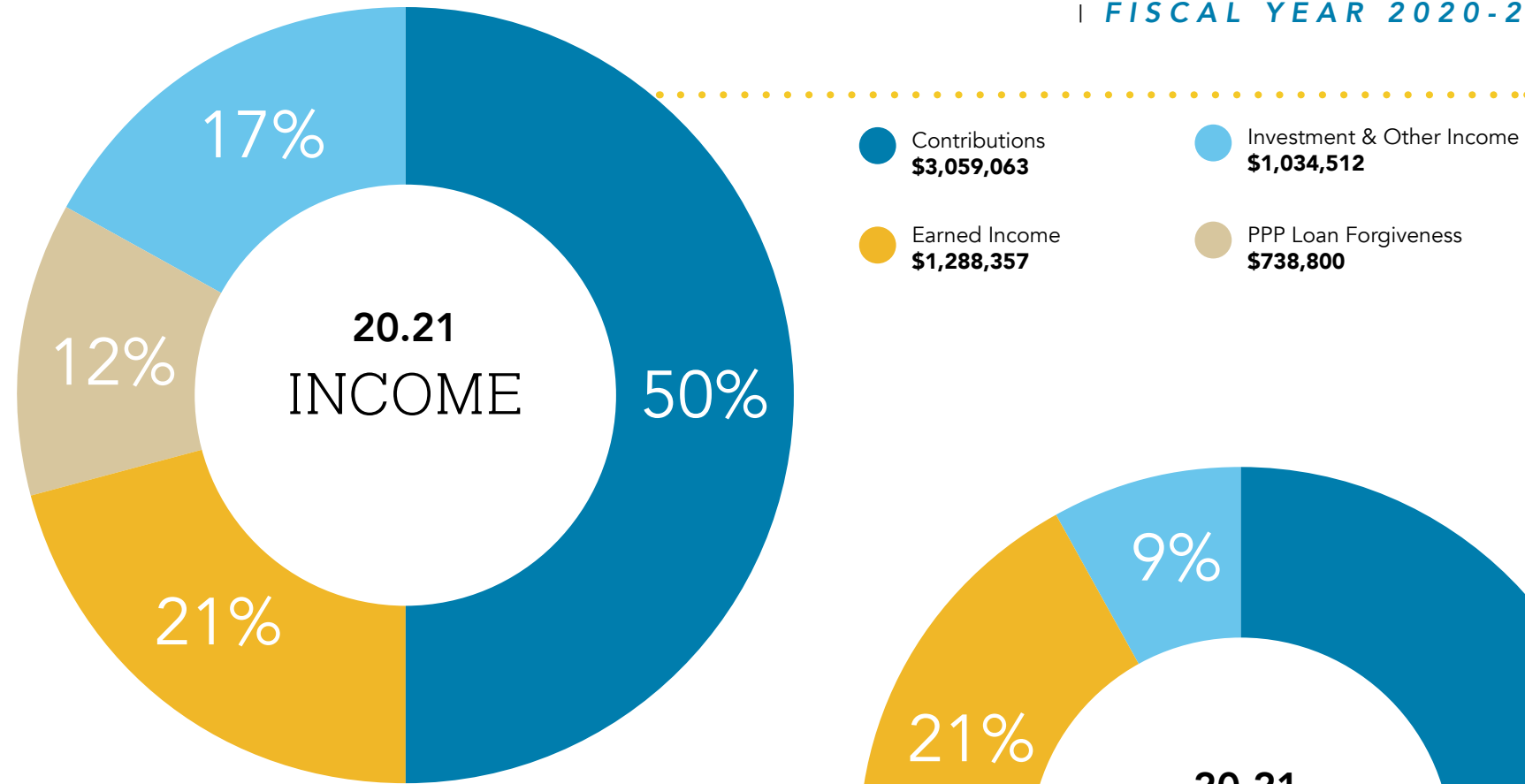
94
volunteers & students
provided 663 hours of support



\$3M+
raised by donors & partners
to ensure critical access to
programs & services



TURNSTONE BUDGET REVIEW
| *FISCAL YEAR 2020-21*



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KATHY BAER
Director of Social Services

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Director of Adult Day Services and Memory Care Program

MICHELLE KIMPEL
Director of Therapy and Sports

EJ WHITNEY
Director of Fitness, Aquatics, & High Performance Sports

COLIN LYMAN
Director of Facilities

ADRIANNE LYON
Director of Kimbrough Early Learning Center

Turnstone has continued to navigate the ongoing COVID pandemic alongside our deeply invested clients, providing over **56,000 hours** of therapeutic programs for over **2,800 children and adults** with disabilities in the last year.

A LETTER FROM TURNSTONE'S
CHIEF EXECUTIVE OFFICER

Michael Mushett

Throughout Turnstone's history we have faced many challenges. The past 18 months have presented obstacles unlike any society has experienced in recent history. The COVID-19 global pandemic had the power to make us or break us; but we have persevered. And Alfred's and Mason's stories, included in this year's Mission Report, are examples of utilizing challenges as an opportunity to build on our potential and create positive outcomes.

Adaptability is an indicator of strength for individuals and organizations alike. And, as our services and programs evolve to meet the needs of our community, our agency continues to be a leader of disability service providers in Indiana, the United States and the world.

Turnstone has continued to navigate the ongoing COVID pandemic alongside our deeply invested clients, providing over 56,000 hours of therapeutic programs for over 2,800 children and adults with disabilities and serving over 48,000 people through systemic advocacy and inclusive community engagement efforts. Hope for a life full of possibilities for Turnstone clients and caregivers is made available because of all those who come

alongside our mission. In fact, Turnstone supporters subsidize an average of 69% of the cost of services for each Turnstone client who generally has insufficient insurance coverage and financial resources.

The continued support from our community of volunteers, partners, and donors will ensure that vital therapy, wellness and various support services will continue to help people accomplish their goals and live their fullest lives.

Our resolve is stronger than ever as we continue to champion the vision demonstrated by our founders; a passion for equality, service and empowering people with disabilities to achieve their highest potential.

Michael Mushett

