



# Life

## Without Limits

Experiencing the Turnstone Difference.



TURNSTONE CENTER FOR CHILDREN & ADULTS WITH DISABILITIES | 2022-23 MISSION REPORT







Turnstone's journey, which began in 1943, has evolved into a legacy of inclusivity, empowerment, and unwavering support for individuals of all ages with disabilities and their families. As we celebrate our 80<sup>th</sup> anniversary in 2023, we are proud to commemorate a remarkable eight decades of service to our community.

A LETTER FROM TURNSTONE'S  
CHIEF EXECUTIVE OFFICER

## Michael Mushett

In the fiscal year 2022-2023, Turnstone provided therapeutic programs to 3,322 individuals with disabilities and engaged with more than 44,000 people through systemic advocacy and inclusive community initiatives, including adaptive sports events. Support from our community has consistently elevated the services and resources available at Turnstone to be among the best, not only locally but also regionally, nationally, and internationally. Our comprehensive array of programs stands as one of the largest offerings in the country for individuals with disabilities under a single roof, and we continue to be recognized as a provider of choice by the community with recurring success in the annual Fort Wayne Newspapers' Readers' Choice Awards, garnering seven top-three placements in 2023.

As you read about Kirsten and Robb's stories in this year's Mission Report, take note of the transformative power of the comprehensive services offered at Turnstone in realizing hope and embracing the life set before us. Kirsten's life took an unexpected turn with a rare diagnosis, and Robb's story shares the challenges people often feel when living with a traumatic

brain injury. Both Turnstone testimonies demonstrate compelling instances of resilience, perseverance, and the critical enhancements found through social support.

As we look back on our 80-year journey, we remain dedicated to inclusion, service, and empowering people with disabilities. The ongoing support from our community of volunteers, partners, and donors guarantees access to essential therapy, wellness, and varied support services, enabling individuals with disabilities to achieve their highest potential.

Thank you for being an integral part of Turnstone's historical journey. There is more work to be done and together we will continue turning possibilities into reality for years to come.

Warm regards,



CEO, Turnstone Center



# Why We Started

## MISSION STATEMENT

Turnstone empowers people with disabilities to achieve their highest potential by providing comprehensive services and programs.





Scan or click  
to watch

## VISION STATEMENT

Turnstone aspires to a world that accepts and  
values people based on their abilities.

# Why We Won't Stop



# Kirsten

| My Turnstone Story

Click or Scan the QR  
Code to hear Kirsten's  
story in her own words.





In December 2021, Kirsten was just getting a taste of teenage independence when her life changed drastically. Just two days after Christmas, she noticed some unusual symptoms. In a matter of six hours, Kirsten went from healthy to becoming paralyzed from the neck down.

After a few days, several doctors, and a transfer to Riley Hospital, Kirsten was diagnosed with Transverse Myelitis. This autoimmune disease attacks the spinal cord and can cause a range of symptoms. Because the disease attacked the upper part of her spine, Kirsten lost all feeling and movement from the neck down. After decreasing the spinal swelling, Kirsten underwent three months of inpatient rehab in Indianapolis.

"It was really intensive therapy. I had two OT [occupational therapy] sessions and two PT [physical therapy] sessions every day, for six days a week," said Kirsten.

After she returned home, she was put on several wait lists for therapy. The three months without therapy took a major toll on her mentally and physically. She had lost a lot of the independence she had been getting used to and she was eager to regain it.

"I thought 'I can't do this anymore' and I felt like nothing was ever going to change," said Kirsten. "I felt like I was losing all the progress I had made at Riley." That's when her mom called Turnstone.

"I was so excited for [my first day at Turnstone]. It was an OT evaluation, but doors just opened from there. I remember being so excited but I was also really nervous because I was going to find out where I was after that long break. It was a relief to be here because it was an opportunity to make progress," Kirsten recalled.

Kirsten now receives physical therapy, occupational therapy, and counseling support at Turnstone. She especially loves physical therapy sessions in the pool and her counseling sessions. In Occupational Therapy, she has relearned how to write and use utensils in a way that works for her. In Physical Therapy, she is able to stand in the parallel bars for 10 minutes and walk three laps around the pool. And, in Counseling she has learned new ways to cope and how to adapt socially. Though she is excited about how far she has come physically, it is clear that Kirsten is most proud of her progress with counseling.

"Before getting my diagnosis, I had never talked to any kind of counselor or anything so it was actually really scary. Once I got used to it, I loved counseling and felt a huge weight lift off my shoulders after each session," she said. "It's just been really helpful to get through all this with somebody supporting me in that way. Obviously, physical and occupational therapy are super important, but the mental health has to be there too. I can work on my body all I want but my mind has to be there, too."

Kirsten's Turnstone experience has not only provided her with the services and support she needs to reach her personal goals, but it has also inspired a new career path for her in mental health counseling.

Kirsten has already accomplished several goals, discovered new possibilities for her future, and taken steps toward independence. Though she is discovering her independence at a different pace with different obstacles than she had before, at Turnstone, she is learning that anything is possible.





# *Reclaimed*

INDEPENDENCE



**Robb was leading a successful career in the banking industry when he acquired a traumatic brain injury about 23 years ago.**

Due to his injury, he was unable to return to banking, though his coworkers and peers wanted to welcome him back. Just over five years ago, he moved from Indianapolis to Fort Wayne and discovered Turnstone through a family friend who suggested he try out the programs. Turnstone offered Robb something he had been missing-- a place to improve his physical health, mental health and social opportunities.

He started out in Turnstone's Adult Day Service (ADS) program and then became a Fitness member shortly after. The ADS program helped him establish a routine and engage in games and activities with others. The Fitness and Aquatic Center became a part of the routine he created in ADS. He never visited a gym before, but his physical therapist recommended that he strengthen his shoulders to help him recover from an injury and improve his mobility. Now he works out at the Plassman Athletic Center center four times a week. His dedication and consistent attendance created a

noticeable improvement in his physical strength as well as his mental health and feeling of community.

Turnstone's fitness staff fully embraced Robb and created a workout plan to help him meet his goals. They taught him how to use each machine so he can work out independently. He enjoys using the adaptive weight machines and swimming laps in the pool several times a week. Very quickly, Robb noticed improvements in his shoulders as well as his overall wellbeing.

"I feel good after working out here. It makes me a little bit more relaxed and in a better mood," said Robb.

As he progresses, Turnstone's fitness specialists create new plans with different exercises so that he can reach new goals and keep his routine fresh. Staff also make sure to check in on him and make themselves available when he has questions or needs assistance.

"I like that I can work out on my own but the staff are always around to help. They are very conscious of clients and they are always willing to help and provide one on one attention if needed," said Robb.

Robb appreciates every new person he has met and enjoys having the opportunity to create meaningful relationships with the people he sees daily. In the fitness center and pool, Robb has found a community of people who check in on him and make him feel included.

"Last week my blood sugar was low so I wasn't able to swim, but it's funny because several of my swim buddies and Turnstone staff saw me and asked if I was doing okay since they didn't see me at the pool like normal," Robb smiled. The people he's gotten to know in the fitness center always look out for each other, which is very meaningful to Robb.

Though Robb became a fitness member to improve his physical health, he found a place full of people ready to befriend and support him along the way.





### [SPORTS & RECREATION]

Cole was introduced to Turnstone's Sports and Rec program when he started wheelchair basketball at just 4 years old. Now, over 12 years later, Cole competes on Turnstone's wheelchair basketball team and has accomplished several notable achievements. He has made several life-long friends and developed his self-confidence, which has propelled him to become a successful student with strong character. Turnstone offers competitive adaptive sports and recreational activities for children and adults with physical, visual, and intellectual/developmental disabilities. Turnstone has competitive teams for wheelchair basketball, power soccer, sled hockey, wheelchair rugby, and track and field. It is also one of nine designated Olympic and Paralympic Training Sites in the United States and is a proud home to 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.

### [FITNESS & AQUATIC CENTER]

Turnstone's Fitness and Aquatic Center is unique to northeast Indiana. As a member of Turnstone's Health & Wellness program, Robb engages with fitness specialists who help him set and meet his goals. Robb has been a client at Turnstone for just over 5 years and in that time, he has been able to build his strength, pursue a variety of his goals, and make friends. He really enjoys the variety of weightlifting equipment and the warm water pool. Besides the fully accessible fitness center and warm water pool, Robb also has access to Turnstone's 230-meter track and group classes.

### [ADULT DAY SERVICES & MEMORY CARE]

Martha attends Turnstone's Adult Day Service (ADS) program where she has made many memories and friends. During her days in ADS, Martha enjoys doing activities and games with fellow clients and staff. 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.

### [ADULT & PEDIATRIC THERAPY]

Tommy comes to Turnstone for pediatric physical therapy. During his time here, Tommy works on walking in his prosthetics to increase his independence. 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 like Tommy to maximize their independence.

### [SOCIAL SERVICES/ COUNSELING]

Sherry has found support, encouragement, and resources from Turnstone's Social Services team and Counseling staff during the toughest time in her life. When life feels overwhelming, access to counseling at Turnstone provides another layer of support for navigating challenges. Turnstone's licensed social workers and case managers are the first point of contact for people interested in receiving services. Social workers and case managers provide referrals and support to help clients like Sherry access agency services and other community resources.



[KIMBROUGH  
EARLY  
LEARNING  
CENTER]

Raegan spends her days at Turnstone's Kimbrough Early Learning Center (KELC) playing with friends and learning about all kinds of new things. Since Raegan joined KELC last January, her mom can rest assured that she is receiving the type of care she needs from experienced staff—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. TI program utilizes 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 Michigan.

# Programs & Services

..... Adaptive Sports & Recreation

# Highlight Reel



## David Dowling - USA Power Soccer Camp

David Dowling was among 12 athletes who trained with Team USA for the 2023 FIPFA Powerchair Football World Cup that took place in Sydney, Australia. Dowling was one of five rookies on the team and missed the final World Cup team cut by one placement.

The Final World Cup matches were played on October 20. Former Turnstone athlete Alexis Heer was one of Team USA's top players as she scored both goals in the team's bronze medal match. She contributed eight total goals as Team USA went 8-2-1 in the tournament. Heer also played goalie in Match #8 as USA defeated Uruguay 2-0 to earn the shutout.



## Kenzie Haag-Signing Day



Turnstone was proud to host Flyer Athlete, Kenzie Haag, as she put pen to paper and committed to playing wheelchair basketball for the University of Arizona (UA) Wildcats! UA boasts the largest and most inclusive collegiate adaptive

sports

program in the world.

"Kenzie has been a Turnstone Flyer athlete for 10 years playing wheelchair basketball, and we've seen her grow and develop tremendously," said Michelle Kimpel, Turnstone Director of Sports & Recreation. "She is a leader on and off the court; supports, challenges, and encourages her teammates, and has devoted time over the years to make such progress in the game. Turnstone is proud of Kenzie and that we have been a part of her journey. It is exciting to see her journey continue at The University of Arizona."



## USA Blind & Special Hockey

Turnstone welcomed the fourth annual USA Hockey Special Hockey Classic and second annual USA Hockey Blind Hockey Classic to Fort Wayne on October 21-23, 2022 thanks to a collaborative effort with Visit Fort Wayne to bring these action-packed sports events to our city.

# SAVE the Dates

2024



January 4-7  
USA Curling Para Mixed Doubles  
National Championships

January 20-21  
Turnstone Regional  
Qualifier - Prep & Varsity  
Wheelchair Basketball  
Tournament

February 3-4  
Wheelchair Basketball  
(Divisions I, II & III)

February 17-18  
16th Annual Bob Chase  
Frostbite Sled Hockey  
Classic

## Casino Night

| February 16, 2024

On Friday, February 16th, Turnstone is hosting its 47th Casino Night. This evening is full of casino themed games, food, drinks, and prizes galore! From playing blackjack to bingo and our famous wheelchair basketball shot contest, there is something for everyone!

## Center Stage: Fort Wayne's Premier Talent Show

| June 13, 2024

Center Stage: Fort Wayne's Premier Talent Show will feature local performing artists of all talents and abilities. Participants will be selected from online submissions, with the Live Show scheduled for the evening of Thursday, June 13 at the Clyde Theatre. Talent submissions will open online March 1, 2024.

## Push, Paddle, or Pedal

| June 2024

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 annual 'Push, Paddle, or Pedal' challenge event. Your registration fee and any additional funds raised will ensure that people with disabilities have access to the services they need most.



Visit [Turnstone.org/support/volunteer/](https://turnstone.org/support/volunteer/) or scan the QR code for event volunteer opportunities.



## YEAR AT A GLANCE

**>21%**

of Turnstone clients access multiple core programs and/or services

**1,208**

individuals and families received Turnstone's social services support including counseling

**13k+**

direct sports event attendees

**555**

pieces of equipment were loaned for free to 405 individuals

**\$3.9 Mil**

raised by donors & partners to ensure critical access to programs and services



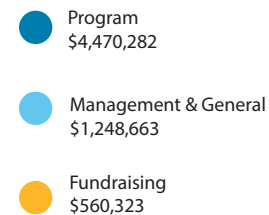
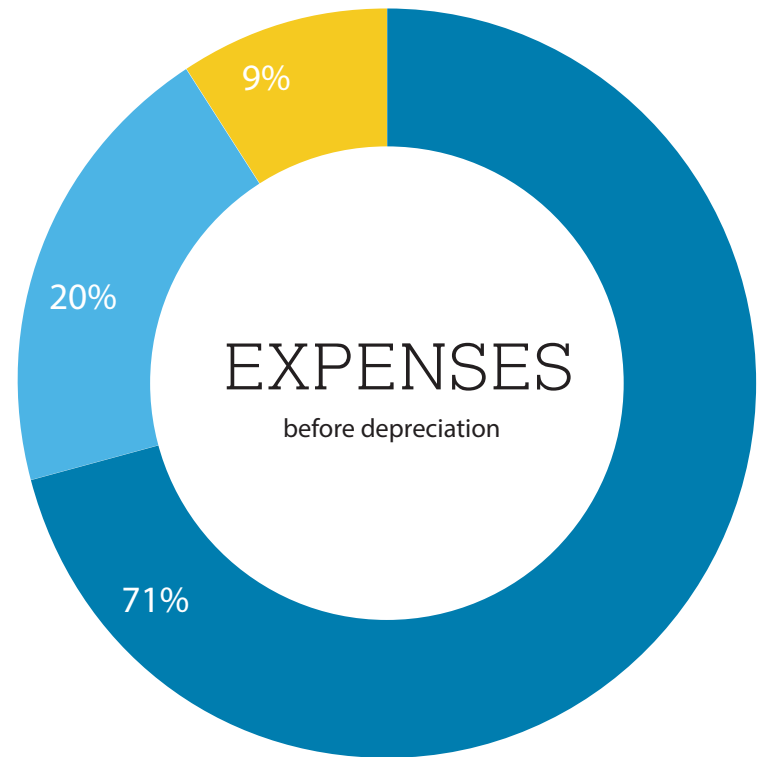
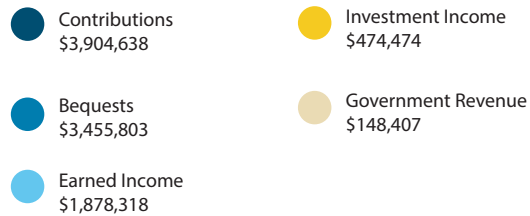
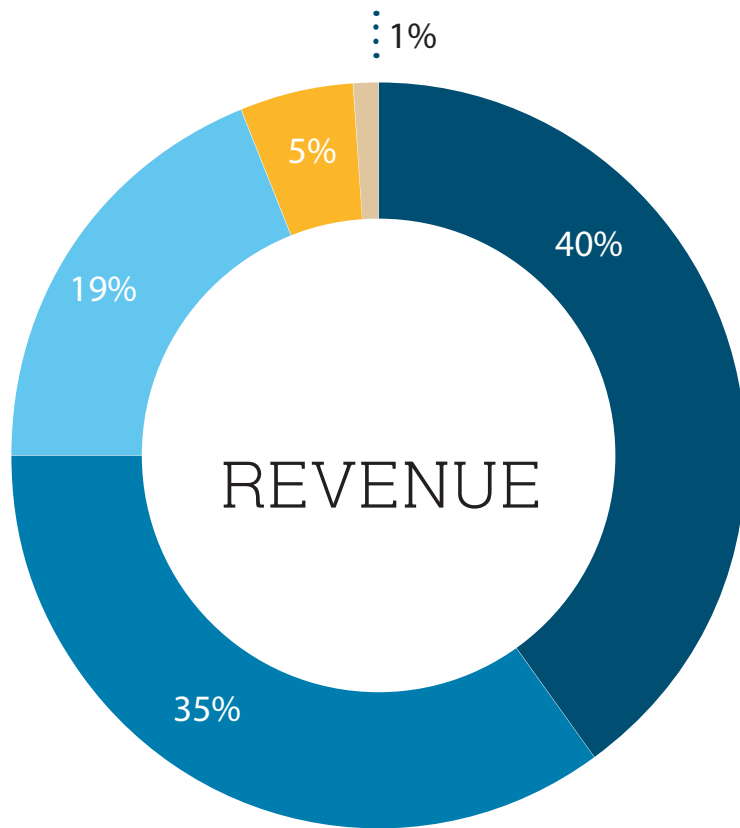
**3,322**

people served in fiscal year 2022.23

**460**

volunteers had 2,100 hours of service. 94 students completed 2,935 hours of observations/ internships





# Turnstone Financial Review

| FISCAL YEAR 2022-23



## Leadership Team

MICHAEL MUSHETT  
Chief Executive Officer

BYRON BRUNN  
Chief Financial Officer

STASHA CARRASQUILLO  
Chief Marketing Technology Officer

LUKE MORGAN  
Chief Operating Officer

RENA SHOWN  
Chief of Development &  
Strategic Partnerships

TINA ACOSTA  
Director of Outreach

KATHY BAER  
Director of Social Services

MOLLY SLATER  
Director of Adult Day Services and  
Memory Care Program

MICHELLE KIMPEL  
Director of Sports & Recreation

EMILY WHITE  
Director of Therapy

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

TODD SIMPSON  
Grant Development Director

COLIN LYMAN  
Director of Facilities

PAULA FOX  
Director of Kimbrough Early  
Learning Center

## Board of Directors

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PNC Bank

TOM KIMBROUGH  
Vice Chair  
Chair of Development  
Barrett McNagny

CHRIS RUPP  
Treasurer  
Chair of Finance  
Dulin, Ward & DeWald

MELISSA STOUT  
Secretary  
Merrill Lynch

DR. TOM BANAS  
DiscerningMD

JILL BOGGS  
Co-Chair of Governance  
Visit Fort Wayne

KELLY CLEVENGER  
Co-Chair of Programs  
Phillips Financial

JANE DEHAVEN  
DeHaven Chevrolet

BRAD EVERY  
Co-Chair of Programs  
Sweetwater

DICK FOX  
Barrett McNagny

ADRIAN GUENTHER  
Community Leader

DAVYD JONES  
Edward Jones

VICKI LEININGER  
Past Chair  
Hylant

CARRIE MINNICH  
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Business Consultant

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Co-Chair of Human Resources  
Highmark Tech Systems

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Ball State University

MELISSA SCHENKEL  
Chair of Marketing  
Sym Financial

WIL SMITH  
Co-Chair of Human Resources  
Smith & Associates Consulting

BRAD STURGES  
Chair of Facilities  
Sturges Property Group

TOM TRENT  
Rothberg Law Firm

CLIF WALLACE  
We Deliver Media, LLC

IRENE WALTERS  
Community Leader

MARLON WARDLOW  
Community Leader

JEANNÉ WICKENS  
Parkview Health



David G | Turnstone Client

Well-known at Turnstone for his artistic abilities, David adapted his painting technique after his stroke. He transitioned from painting with his dominant right hand to his left and found a new voice through his art.



## Bailey | Volunteer

I chose to volunteer at Turnstone because I like working with the younger kids and helping them out. Not only am I helping them out, but I feel like they are also helping me out and teaching me a few things along the way.





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Turnstone

# Transforming Possibilities into *Realities*

[ since 1943 ]



**Turnstone**  
Creating possibilities.