

EM POWER. WER.

The possibilities you are
creating for people like
Richard & Courtney.



WINTER/
SPRING
2022

A photograph of an older man, Richard (Rich) Arnold, in a gym setting. He is wearing a dark blue long-sleeved shirt and is being assisted with a white resistance band around his waist by another person whose hand is visible. The background shows blue gym equipment.

“

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After his stroke, Richard (Rich) Arnold had to revisit the basics.

Rebuilding his foundation so he could learn to walk again seemed overwhelming to Rich, especially since he had always been used to diving straight into things.

“I knew it would be a long process to reach my goals and walk again. I knew there would be all these different steps to do but it’s like putting a puzzle together,” said Rich. “I had to lay the foundation first. I have to admit that my nature was never to lay a foundation first, a lot of stuff I would just do [without preparation].”

Richard came to Turnstone for the first time about a year ago after hearing about it from his friends. An avid Indiana

Meet Richard.

University basketball fan and former Project Designer at Navistar, Rich was suddenly put on an unexpected path due to his stroke. On his first day visiting Turnstone, Rich remembered feeling anxious and a bit overwhelmed by the sheer size of the building—little did he know what opportunities and milestones were waiting inside for him to accomplish.

Once he got to know his physical therapist and occupational therapist, he felt more comfortable at Turnstone and more motivated to work towards his goals.

“My physical therapist (PT) helped me feel more comfortable here. He gave me a good exercise program for home so I can prepare and come back and do a good job with him. He is excellent in PT. My occupational

therapist has been good as well and always helps us [Rich and his wife] out with any questions,” said Rich with a smile.

Rich found himself wanting to return to Turnstone more than any other therapy he had been to in the past. Uplifted by the staff and filled with hope, he was dedicated to putting in the work and maintaining the positive attitude necessary to make strides.

“Before Turnstone, I think I took some things for granted. I took my health for granted. After I had my stroke, my faith in God had to come into play more and I had to take everything day by day and one minute at a time,” said Rich. “I didn’t know that there was someone up there [God] controlling things for me.



I just liked to jump up and do something. A lot of times I didn’t realize what went into that. I knew you had to practice. For example, I love basketball and I knew you had to practice, practice, practice and train, train, train to be a good player, but it didn’t carry over or hit me in other things like it should have.”

Like a basketball star, Rich has been practicing and staying committed to laying his foundation. With his PT’s guidance, he has been able to use the recumbent bike machines to increase his strength and balance. He proudly shared his recent accomplishment of completing a mile at level five in under 20 minutes on this machine.

An even larger goal for Rich was learning to walk. He has been learning to take steps and Turnstone

has given him the tools he needs to make progress. Rich put a lot of effort at Turnstone and at home to be able to take steps.

“Today was a big milestone because I was able to walk to the storage room, which was my PT’s goal for me,” said Rich.

In celebrating these highlights of his recovery journey, Rich remains humble. He continues to work hard in therapy at Turnstone and challenge himself to go further.

“I am grateful for my support system at Turnstone. It’s been a great experience and it has strengthened my faith in God as well. I am very humbled to be at Turnstone and feel blessed to be here,” said Rich. 🌻



Meet Courtney.

In November of 2020, Courtney was hospitalized after having a major neurological attack.

As Courtney was staying in the hospital's rehab unit, there were many days where her family wasn't sure if she would be able to walk, talk, or have the ability to use her hands.

In late December 2020, Courtney's health made positive progress and Christmas was quickly approaching. Her one wish was to be home for the holidays, but her doctors and nurses informed her she would need equipment, such as a wheelchair and walker, before she could be safely discharged. Her family was already struggling with insurance coverage for her lengthy hospital stay and rehabilitation– they knew getting insurance to cover the new equipment needs, and quickly, would be next to impossible.

Courtney's mom had traveled from Chicago to support Courtney and her husband during the hospitalization and had been assigned her first task – call Turnstone about the equipment loan program they heard about through a church friend.

"It was such a difficult call to make," her mom admitted. "Of course, Turnstone stepped up with a wheelchair and walker. Turnstone was there for us during a very difficult time when we didn't know if Courtney would be able to walk, use her hands or even speak." Courtney and her family were amazed at how quickly they received the equipment at no cost to them and that they

were able to switch out the equipment as her needs changed.

"Turnstone gave me more than equipment, they gave me a sense of freedom," said Courtney. "Being a part of the Turnstone family is something I never expected. As a healthy woman having to deal with a sudden disability, Turnstone welcomed me with open arms. They helped me stay calm, despite my terrifying circumstances. Total strangers were helping me during the lowest time of my life and they made me feel like I still belong."

When she began outpatient rehab in February of 2021, Courtney and her physical therapist joked about doing Fort4Fitness together in September. They had both completed road races in the past, so it felt appropriate, but seemed unrealistic due to Courtney's circumstances at the time. Courtney continued to make strides in rehab and as the race got closer, participating became a major possibility. She asked her friends, family and therapists to walk with her and soon began training on the

Pufferbelly Trail. Through walking and doing aqua aerobics three times a week, Courtney was able to complete her Fort4Fitness race!

"The race was such a celebration, not only of my life, but also a thank you to my friends and family for all they have done for me. I was slow as a snail, but I did it. It felt like a HUGE step in my rehab. This race fell in line with going home from rehab, graduating outpatient rehab, staying home alone, driving, and being able to get a job."

Courtney created a new motto, "sometimes just surviving is thriving." Her hope is for everyone to remember that on the good days and the hard days. "We are all trying our hardest to get through each day, disability or no disability. Always remember that someone is proud of you."

She created a fundraiser for Turnstone by selling clothing, mugs, and totes with her motto printed on them. Her intention is for the proceeds to go towards Turnstone's comprehensive programs and services offered for people with disabilities. 🌻





“

Turnstone gave me more than equipment, they gave me a sense of **freedom**.”

SOMETIMES JUST
Surviving
— 15 —
Thriving

Thank you for your gifts

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Casey Sowers
Kevin Hughes
Owen Donahue
Deb & Bruce Guebard
Jeff Butler
Irene Walters
Lowell Snyder
Percy Talati
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Push Paddle Pedal

| Starting May 27, 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, that encourages supporters and community members to move 100 miles throughout the summer. This year, you can start logging your miles on Friday, May 27th!

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 Theatre, will feature local performing artists of all talents and abilities. Turnstone Center believes in a people-first approach to empowerment and celebrating talent-first opportunities. "Center Stage" is a first-of-its-kind talent experience in our community, elevating talent and performing arts for all people with and without disabilities. The Finale Show scheduled for the evening of Thursday, May 12, 2022.

2022

Upcoming Events

Board Of Directors' Gala

| September 8, 2022

The sparkles and suits get brought out for Turnstone's signature fundraising event hosted by the Turnstone Board of Directors. The event features dinner, and unique live and silent auctions. A special 'Mission Moment' is shared by a Turnstone client, which always proves to be the highlight of this extraordinary evening.

Birthday Give Day

| October 5, 2022

Your gifts on October 5th will celebrate Turnstone's birthday and 79 years of creating possibilities. Stay tuned for more information about how you can join us for this inaugural event. Save the date!

Thank you to our Annual Sponsors



*All event dates and times subject to change. For the most up-to-date information about tournaments and volunteer opportunities, visit us at [Turnstone.org](https://turnstone.org)



Join the PEP Club and belong to a special group of monthly donors who are committed to making a difference in the lives of individuals with disabilities. For more information about Turnstone's PEP Club and exclusive benefits, you can visit turnstone.org/donate/pepclub or contact rena@turnstone.org.

[Turnstone.org/Donate/PEPclub](https://turnstone.org/Donate/PEPclub)



A NOTE FROM THE
CHIEF EXECUTIVE OFFICER



Mike Mushett

Enjoying back-to-back Summer and Winter Olympic and Paralympic Games is thrilling for sports fans and spectators. Globally we also have the privilege

of witnessing epic athlete performances achieved through

a combination of talent and training. Equally as important, we cannot forget to consider the journey that leads to such milestones, and the small victories that happened through the achievement of goals made possible by hard work when none of us were watching.

The journey is what Turnstone, and Turnstone's mission, is all about. The small victories that lead you one step closer to your goals, and one day closer to life moments that are often more precious than a gold medal. In this issue of the EMPOWER newsletter, you will read about Courtney and Rich, two clients whose journeys have been made possible in large part thanks to the services at Turnstone our donors and partners make possible.

Turnstone's 79-year history is one whose very foundation continues to be the inclusive and generous spirit of our community and our supporters. Whether it is the hours of volunteer time in one of our program areas, or the countless donations that ensure our doors stay open, Turnstone has always been made possible by our community and focused on serving our community.

Thank you for joining us on our journey to creating a world that accepts and values all people based on their abilities. Inclusive communities that put people first create victories for all of us.



Turnstone

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:Conversations

| WE'RE ALL PEOPLE, FIRST. |

Turnstone.org/FIRSTPEOPLE