



SUMMER 2012

ADVERSITY  
GROWS

MIRACLES

HEARTSPRING

DIALOGUE

# LETTER FROM THE BOARD

Heartspring has become a very important part of our family's life, as it has for so many others. What is so special about Heartspring? For my wife Linda and I, it is not only because our grandson, Blake, is receiving services there, but also because our mothers introduced us to its importance in people's lives back in the 50's when it was known as the Institute of Logopedics. Our mothers helped transport local people to therapy. We heard then about how people were being helped, never dreaming that one day we would need the services provided at Heartspring.

When we think of Heartspring, we think of the dedication and expertise of the staff and the therapists' ability to look at each child as a unique individual, each with his/her own unique needs. Their willingness to meet each child where they are and move them to the goal of being the best they can be is inspiring to watch. Blake, like every child, has favorite movies and characters he loves and good and not-so-good days in therapy. The therapists care enough to know those favorites and use them as motivators during those not-so-fun days. With the help of Batman, Lightning McQueen, and Green Lantern they help move him through the workouts, divert his attention, and have fun at the same time. The therapists are always willing to answer questions, teach the family ways to help the child at home, and when there is a setback, they reroute the therapy and try another approach. Most of all, they are there to celebrate with the student and family each step of the way.

Our whole family (all 18 of us) looks forward to being involved with Heartspring in order to help make these same services available and affordable to any child and family who need them. We volunteer at Lights on the Lake by working the gates, serving cookies, and helping with Santa pictures. Our son Ben, Blake's dad, is very involved with PedalFest. It was amazing last year to see our whole family involved in the fun of PedalFest and teaching our other grandchildren how they could help others.

*I most appreciate the endless possibilities, the dedicated and caring staff, and the amazing changes that take place through the work done each and every day at Heartspring.*

Through the help of the staff, community, volunteers and donations, the future of Heartspring looks to be around for a very long time, touching and changing children's lives. It just doesn't get any better than that.

**Richard "Buck" Buchanan**  
Heartspring Board of Trustees Member  
Senior Vice President Advanced Projects  
Spirit Aerosystems

<< The Buchanan Family, PedalFest 2011



# FROM THE PRESIDENT

To our Heartspring supporters,

As I sit here in China, I reflect upon the countless parents of children with autism and various disabilities I've met during my trip. The financial burden they face is incredible; a recent report from China shows that 46.5 percent of parents sampled spent more than half of their income on services for their children with autism. I think about their stories of hopelessness and their feelings of loneliness—when they didn't believe anyone could help their child. And then I think about their faces, when they attend our conferences and speak with us. Their desperation turns into hope when they finally see what could be. I see the growing passion of the developing programs and the success of our sister program, the Stars and Rain Education Institute for Autism, and their constant urge to learn. After five inspiring trips to China, I am humbled by the tremendous amount of progress the country has made in its support of children with special needs.



Gary W. Singleton, Ph.D.

I cannot help but feel grateful for our own programs at Heartspring. We often forget how lucky we are to be able to provide everything our children need under one roof. From intensive therapy to medical attention, Heartspring offers comprehensive care. Our services have grown as well, with efforts to travel farther into the local community. Our Community of Autism Research and Education (CARE) Program and Pediatric Services specialists visit clients within their homes, providing consultation services and therapy in the child's normal setting. These expenses may prove costly, but our specialists do it because the children need it. Similar to the Chinese families, our own local families may be pressured with expensive treatment costs.

Our financial aid program may often cover some of the costs of these sessions, so **it is through your donations and endless support that these efforts are possible.** Last year, Heartspring's financial assistance fund provided \$412,000 to families within Kansas. And as the number of children diagnosed with autism and related disorders increases, we are exponentially needing to raise the amount of donor support to continue our efforts in maintaining affordable therapies for children in need. Now, more than ever, we need your help to provide the highest quality of care for the children we serve.

At Heartspring, we're constantly working to improve the quality of our services. It's an exciting time for us, as we forge a new path technologically that will significantly improve our ability to diagnose and treat our children in a timely manner. Our new mobile iPod application has completely eliminated the need for hand-written data collection. What previously took several weeks to count tallies and enter into our system, now takes seconds. All of the information our staff needs about our students—meal plans, schedules, behaviors, diagnoses, and medicine—is stored within a database. When a child has a behavior, our staff can quickly tap a button on their iPods. The information is immediately sent to our database where each child's team of teachers, therapists and psychologists can analyze the data and make any changes to the child's treatment plan. With this new system, decisions are made quicker, data is more reliable, and our staff can provide better programming to our students. You will see much more on this project in the coming months.

I want to thank our donors, staff members and the surrounding community for the continued support of Heartspring. Because of you, the children with special needs that walk through our doors have the opportunity to achieve greater independence.

**Dr. Gary W. Singleton**, President & CEO



# 24 HOUR CARE

1 Nurse Practitioner Ann Tracy prepares Eric for a shot. 2 Farrakhan holds on to his thermometer as he gets his temperature taken. 3 Registered Nurse and Director of Medical Group Lori Neel listens to Justin's heartbeat. 4 Lead Certified Medical Aide Lorna Reed visits Joseph in his group home to give him his afternoon medication. 5 Lori measures Colin's height. 6 Registered Nurses Jinny Rochelle and Wendy Wilson conduct a vision test with Anthony. 7 Ann checks Andrew's eyes as part of his vision test.

24 hours a day. 7 days a week. 365 days a year. Heartspring's dedication to the children it serves is truly endless. From annual eye exams to immunizations and daily medicine management, the medical team makes themselves available to our residential students at all times. The team includes a doctor on call, four nurses, two medical aides and a medical office assistant. With our medical staff on campus, Heartspring is prepared to handle any situation concerning our students' health. Our medical staff works with each student individually, giving them the direct care they need according to their specific diagnoses. That devotion is what makes Heartspring special.





4



5



6



7

“Part of the reward of working at Heartspring is our ability to **build relationships** with the students and their families. While most programs do not offer on-campus medical services, we have the opportunity to **build trust** with our students and expedite the care process immensely. If our students need medical attention, we can get to them immediately, without taking them out of the environment they’re comfortable in.”

*Lori Neel, RN  
Director of Medical Group*

# GOING FOR GOLD

## SPECIAL OLYMPICS >>

Heartspring students laced up their tennis shoes and competed in both regional and state Special Olympics competitions this summer. With many parents on hand for support, students participated in multiple low- and high-motor activities, such as the tennis ball throw, assisted walk, long jump, high jump and swimming events.



Luka and his step-father at Special Olympics 2012



Xandy at Special Olympics 2012



Marixsa at Special Olympics 2012

## << BETTER HEALTH

Staying active is important to many students' daily schedules to remain healthy and strong. Many times, children with special needs must work on his or her coordination and muscle tone. Through Heartspring's Adapted Physical Education (APE) program, students have the chance to practice these skills in a variety of activities like walking, jogging, biking and swimming.

“It’s amazing to see our kids gain confidence and grow right before our eyes when they compete in their events.”

Seth Nesmith  
Director of Residential Services



Liam shows off his olympic medals, while his parents, Helen and Dennis, stand proudly beside him. For the second year in a row, parents had the opportunity to watch their kids compete in the Special Olympics events, because it fell on the same weekend as Heartspring's Parent Weekend.



## A FIESTA TO REMEMBER >>

Parent Weekend 2012 featured a "Cinco de Mayo" themed prom. For many Heartspring parents, this special event provides a social setting they rarely get to experience. While students dance and spend time with their peers, parents and staff take the opportunity to visit with each other and watch their children show off their improved abilities to succeed in social situations and communication.



*Shae at prom.*

# PROM 2012



*Mark and his parents, Jeff and Vicki*



*Andrew enjoying the festivities.*



*Shandra at prom.*

## ALWAYS LEARNING

Heartspring offers trainings to parents during Parent Weekend to help them better understand their children's needs. Specialists, from both within the organization and other community organizations, address issues from teeth brushing to finances in order for parents to better understand how to interact with their child.

(Clockwise) Alex and parents Christina and William; Colin and parents Mia and Tim; Justin and parents Dana and Derek.



## FAMILY PHOTO BOOTH



Thank you to **Under the Willow Tree Photography** for taking the time to photograph our families with a special "Cinco de Mayo" photo booth.

## INTERNATIONAL OUTREACH >>

Families around the world are inquiring about Heartspring services. In the past six months, the Pediatric Services outpatient clinic worked with two families from Nigeria. After struggling to find services at home, Khalid (right) and his family came to Heartspring for three weeks of intensive evaluation and therapy. He has cerebral palsy, and with the help of other local organizations like the Cerebral Palsy Research Foundation (CPRF), Khalid received his very first wheel chair during his stay. His family hopes to move to Wichita at the start of the school year, so Khalid can continue to receive the treatment he deserves.

## GREATER IMPACT <<



In the past year, Pediatric Services has **doubled** the number of children receiving Applied Behavior Analysis and Behavioral Services. With the help of full-time Psychologist Dr. Rebecca Isaacs and Board Certified Behavior Analyst Christina Hourani, more children are being diagnosed and served one-on-one with tutors. They are served at Heartspring, in their homes and in the community. Behavioral services now provides intensive individual supports to 33 children. These families are supported through private insurance, private pay, Kansas Autism Rider and Tri-care Autism Demonstration Program.



## << HEARING CENTER

The Heartspring Hearing Center serves children and young adults ages birth through 21. Heartspring recently hired Molly Lyon, the only listening and spoken language specialist in the area. With her wealth of knowledge and passion, Heartspring hopes to expand our clientele to serve more children who are deaf or hard of hearing.

OUR THERAPISTS SERVED  
MORE THAN **700** KIDS  
IN THE PAST  
**5** MONTHS,  
MORE THAN EVER BEFORE.





Colton with Speech Language Pathologist, Molly Murphy (also pictured below).



"SUCH A BIG  
MIRACLE IN SUCH A  
LITTLE CHILD."

MADONNA, COLTON'S MOM



Colton in occupational therapy.

## LITTLE MIRACLES.

**A miracle.** Most people can only dream of witnessing a miracle, but for nearly two-year-old Colton Smith and his family, every day is a miracle.

Colton has hypoplastic left heart syndrome (HLHS), a congenital heart defect where the left side of the heart is underdeveloped. Doctors said that without treatment, Colton would have lived less than a month after birth. Since his diagnosis, Colton underwent two open-heart surgeries and awaits another after he turns three years old.

During his first surgery, Colton suffered a stroke and a seizure. As a result of the stroke, Colton is legally blind and was diagnosed with Cerebral Palsy (CP), a neurological disorder that causes permanent brain damage. His CP led to weak muscle tone, contributing to another diagnosis of Scoliosis, where his spine is curved rather than straight. In September 2011, as if Colton hadn't faced enough obstacles, doctors discovered extra fluid in his brain caused by his stroke. The next month, Colton underwent brain surgery to install a shunt to drain the fluids to his abdominal cavity. His parents are on constant watch to be aware of any signs of shunt failure.

Yet, despite the trying times, Colton continues to smile a smile that could light up a room, and after a year at Heartspring, Colton's progress has kept his family hopeful.

"We've come to accept that Colton reaches milestones on his own schedule," Madonna, Colton's mother, said.

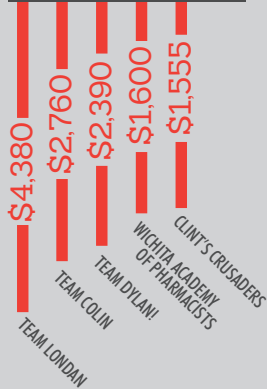
With the knowledge and commitment of his therapists, Colton can now chew baby food, wave, lift his legs, put his hands together to pray and clap. He's strong enough to push himself up when he falls while sitting.

More recently, Colton began to mimic sign language for words like "more" and "all done," and even learned to say "da-da," a huge milestone in communication. The therapists make sure Colton's family learns and understands the purpose of each exercise, so they can continue them at home and ensure progress.

MIRACLES, CONTINUED ON PAGE 15 >>



# TOP FUNDRAISING TEAMS



Top fundraiser Willie Kendrick and grandson, London



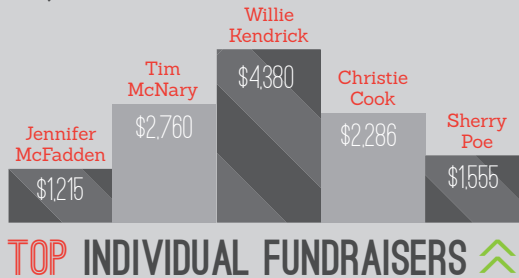
# AUTISM CARE WALK

raised **\$57,000** to support  
THE HEARTSPRING CARE PROGRAM

## TEAMING UP FOR AWARENESS

Nearly 1,000 people walked for autism awareness on April 14, 2012 for the Autism CARE Walk. The funds raised will support the Community of Autism Resources and Education (CARE) Program at Heartspring, which provides consultation services and support for families with children affected by autism spectrum disorders. Thank you to all of the participants, volunteers, sponsors and staff for making this event possible!

Next year's Autism CARE Walk will be held on April 20, 2013, with a fundraising goal of \$100,000.



## ACCOMPLISHED ARTISTS



SSTAR (Social Skills Technology Asperger Recreation) Scouts is a steady thread of service that builds a foundation of support for individuals with autism spectrum disorders. Through the program, individuals are introduced to new ideas, services and supports with activities, projects and events. Two scouts, **Nathan** (pictured above with his family) and **Jack**, have evolved as talented artists. Their work was displayed at the CARE Walk, where supporters purchased their pieces. Through something as simple as an art show, individuals like Nathan and Jack have the opportunity to be great self-advocates as they step outside of their comfort zone and share a part of themselves.



Dylan at Camp SSTAR 2011

## DONOR SPOTLIGHT

**Jennifer Canare** is determined to make a difference, not only for her son Dylan, who has Asperger's Syndrome, but for all children with autism. For the past four years, her family and friends have shown their support at the Autism CARE Walk as **TEAM DYLAN!** This year, their team of 20 members raised \$2,390! The CARE program is close to Jennifer's heart; Dylan has made friends and grown through his participation at Camp SSTAR. "I want to see other kids in our local area blossom under this program," Jennifer said.

Jonathan (pictured with Director of CARE Connie Erbert) worked as a junior counselor at Camp SSTAR 2012.



## ^ SUPPORT SYSTEM

Jonathan spent some time working for his family's business, ServiceMaster by Clean in a Wink, and is now exploring other options. ServiceMaster employees trained with Director of CARE Connie Erbert to learn how to work with an individual with autism. The training helped the cleaning crews better understand how to communicate with Jonathan, and in turn, has helped his progress.



THE WINKLEYS

## A STRONGER FAMILY ^

Through the Heartspring CARE Program, the Winkleys have learned the skills necessary to help Jonathan regulate his emotions. "When he went through his emotional down periods, it was hard on our family, especially the kids," Jerry, Jonathan's father, said. "When the older kids came home for a holiday, we would have people over and Jonathan couldn't handle that. Our kids used to be scared to bring their friends over, because they didn't know how he'd react. Now, he even looks forward to those gatherings."

## LEARNING TO UNDERSTAND

**Community** acceptance and education plays a large part in Jonathan's life. Jonathan was diagnosed with autism at the age of four, but it wasn't until much later in his life that he was introduced to Heartspring's Community of Autism Resources and Education (CARE) Program.

Like many individuals with autism spectrum disorders, Jonathan has trouble communicating and processing his feelings. His family tried multiple methods, including medication, as attempts to handle his emotional challenges and lack of focus. Nothing seemed to help bring Jonathan to his full potential.

Autism also took a toll on home life. "When he went through those emotional down periods, it was hard on everyone, especially our kids," Jerry Winkley, Jonathan's father, said.

At 22 years old, Jonathan began

meeting regularly with Director of CARE Connie Erbert and Autism Outreach Program Facilitator Andi Tatom. Since then, Jonathan's attitude and quality of life have improved dramatically and the medications are gone. Through CARE, Jonathan, his family and the people who support him have been able to learn skills necessary to help him succeed.

"Everything is so much better. It used to be frustrating, because we would have no idea what caused the mood meltdowns for months at a time," said Jerry. "Once we started working with Connie and Andi, months turned into hours, or sometimes a day, to fix. That to me is one of the biggest wins."

Connie also met with Jerry's employees at ServiceMaster by Clean in a Wink to teach them how to work with Jonathan. Their understanding and willingness to learn is exemplary of the steps all businesses should take.

LEARNING, CONTINUED ON PAGE 15 >>



# A PART OF THE COMMUNITY

Director of CARE Connie Erbert works closely with individuals, like Daniel, to help them adapt to the environment, learn the skills necessary to succeed and begin to work independently.



## EXPLORING CAREERS

Matthew (above) spends his mornings at the Sedgwick County Zoo working various tasks, such as, washing windows and handing out binoculars to bird watchers in the jungle. He learns how to socialize with zoo visitors, supervise tasks and work efficiently.

The CARE program has expanded its efforts to provide more guidance to individuals above the age of 21. For many people with autism, adult services are difficult to find, afford and access. Through partnerships with local businesses, such as, Popeye's Chicken & Biscuits, Service Master Clean in a Wink and the Sedgwick County Zoo, the CARE program works to educate the businesses' employees about autism for increased awareness and create supportive work environments for those in the program. With more access to a broader variety of jobs in the community, adults on the autism spectrum can live more independently and have much more hope for a successful future.



## IN TRAINING

Through the Heartspring School's Employment Training Program, students train in real-life job scenarios to develop the skills they'll need to succeed after graduation. Vocational Employment Training Coordinator John Santonil works hard to develop partnerships with local businesses and find good fits for eligible students.

Josh (left) helps hand out calendars with Johnson's Garden Center at the Outdoor Living and Landscape Show. Xandy (below) pulls bulbs at the Botanica Gardens.



Thomas tours Red Rock Canyon Grill with the restaurant's head chef as part of his career exploration through the Employment Training Program.



# INTERNATIONAL IMPACT



## ◀ SHARING KNOWLEDGE

(From left to right) Hope, founder of the first program for children with autism in China, the Stars and Rain Education Institute for Autism, Heartspring President & CEO Gary Singelton, Speech Language Pathologist Danica Seirer, Autism Instructional Support Specialist Peggy Lawrence, and School Psychologist Megan Swett serve on a panel of experts at a two-day conference in Changsha, China. More than 140 Chinese parents and teachers attended the conference in search of answers, inspiration and guidance from our specialists who traveled throughout China for three weeks to attend several regional conferences and visit local schools and programs.



“Everything I learned from the different professionals at Heartspring has enabled me to see the **possibilities** and how to achieve them in Nigeria.”

*Remi Odunsi  
UK Trained Special Educator &  
Nigerian Consultant*



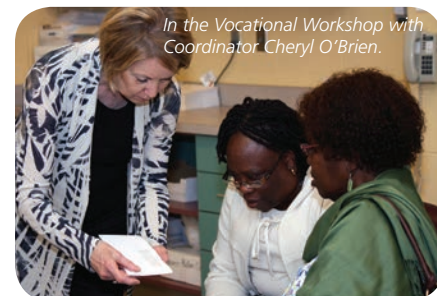
*Working with Occupational Therapist Tim Koontz and student, Theo, in cooking class.*

## ◀ TEACHING OTHERS

Remi Odunsi, United Kingdom trained special educator and Nigerian consultant, and Serwah Quaynor, founder and director of the Autism Awareness Care & Training (AACT) program in Ghana, visited Heartspring for three weeks of intensive training and observation as part of the Teacher Exchange Program. Both women have a child with autism and share a passion to learn and educate others about children with special needs.

## INSPIRING CHANGE >>

While Serwah learned many tools to improve her current program, Remi called the experience “life changing,” and aspires to create her own residential school for children with disabilities in Nigeria.



*In the Vocational Workshop with Coordinator Cheryl O'Brien.*

## A PLACE TO GROW



The Heartspring Treehouse will give children with special needs the chance to achieve their goals in a safe and fun environment while exploring the benefits nature has to offer.

Thanks to generous support, we are planning to break ground in July. We are excited to announce that we are almost half way to our campaign goal of \$165,000, but we still need your help to create this new outdoor therapy and recreation space.

Please visit our secure website at [www.heartspring.org/donate/cause/treehouse](http://www.heartspring.org/donate/cause/treehouse) to learn more and make a gift today!

### Thank you to the following for your outstanding support of this project:

Kansas State Council of Epsilon Sigma Alpha  
William T. Kemper Foundation  
Burgkamp Construction  
Sigma Alpha Sorority Foundation

## VOLUNTEER OPPORTUNITIES

*What do Spirit AeroSystems, the Honda Goldwings and Wichita Heights High School have in common? They all support Heartspring by volunteering their time!*

*Whether you are looking for an ongoing volunteer role or something special for a group service project, Heartspring can put your time and talents to good use. Simply visit our website at [www.heartspring.org/volunteer/overview](http://www.heartspring.org/volunteer/overview) to join our growing volunteer community.*

*Thank you for your dedication to children with special needs.*

## PLANNED GIVING

### What kind of future do you imagine for children with special needs?

By including Heartspring in your estate plans, you can help make sure that our children continue to grow, learn and succeed for many years. The simplest way to build a legacy at Heartspring is to include a charitable bequest in your will. Just ask your estate planning attorney to add the following to your will or living trust:

*I, [name], of [city, state, zip], give, devise and bequeath to Heartspring, Inc. [written amount or percentage of the estate or description of property] for its unrestricted use and purpose.*

Your legacy gift will make a difference today and tomorrow, building a brighter future for children with special needs. For more information, contact Leigh Horsley at (316) 634-8797 or [lhorsley@heartspring.org](mailto:lhorsley@heartspring.org).



## SPONSORS, VOLUNTEERS, & AUCTION GIFTS NEEDED

Heartspring is in the process of searching for sponsors and volunteers for our annual **Lights on the Lake** event. We are also looking for donated gifts for our Launch Party auction, set for November 10, 2012.

All donations and funds raised will benefit Heartspring Pediatric Services Financial Assistance Fund, aimed to help local families with children with special needs afford the quality therapies and services required for success. Visit [www.lightsonthelake.org](http://www.lightsonthelake.org) for details.



# pedalfest 2012

we ride so they can run, walk and play

featuring 50K, 100K, AND FAMILY BIKE RIDES  
NEW THIS YEAR: FAMILYFEST



familyfest  
ride-a-thon | family ride | safety talk

NEW

THE FINISH LINE IS  
WHERE IT ALL STARTS

pedalfest.org

AUGUST 26, 2012  REGISTER ONLINE

All proceeds benefit Heartspring Pediatric Services

## ✓✓ MIRACLES (FROM PAGE 9)

"Colton enjoys attending therapy and loves his therapists," Madonna said. "We think he tries so hard in therapy because he loves the cheers and clapping he receives as praise." However, the real reward is the big, toothy smile Colton gives the therapists in return.

"We realize how blessed we are to be given this miracle baby," Madonna said. "We're determined to do everything we can to protect and help him grow to live a happy life."

According to Madonna, the reality is that Colton will always be at risk of sudden death. But as he flashes his bright smile, Colton seems to have it all figured out. Despite all of the hurdles he's jumped or still stand in his way, Colton teaches us all a lesson. Life isn't something to take for granted, it's something to smile about as you get through each day. Every day is a miracle, we just need to appreciate it as much as Colton does.

## ✓✓ LEARNING (FROM PAGE 11)

"I'm proud of [my employees]. They have a heart for people," Jerry said. "They reach out to people of all disabilities and are willing to listen and be taught."

Jonathan now lives in his own apartment, something he couldn't do prior to joining the CARE program. He is also making improvements on employment.

"Jonathan worked with our cleaning crews at the INTRUST Bank Arena and is now testing some new job opportunities outside of our company," Jerry said.

The amount of community support for Jonathan is incredible. Not only have the employees of ServiceMaster embraced Jonathan, families at church have reached out as well. "We've shared with people [the skills] we learn and they implement them. People take him in when we have to travel," Jerry said.

That support, willingness to learn and advocacy efforts of the community embodies the mission of the CARE program. With so many people rooting for him, Jonathan will undoubtedly continue to progress.

# YOUR DONATION CAN CHANGE MY LIFE.

YOUR GIFT CAN HELP A CHILD WITH  
SPECIAL NEEDS LEARN TO WALK, TALK  
OR MAKE FRIENDS.

**MAKE A DIFFERENCE TODAY.**  
[www.heartspring.org/donate](http://www.heartspring.org/donate)



8700 East 29th Street North  
Wichita, Kansas 67226  
[www.heartspring.org](http://www.heartspring.org)



NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
WICHITA, KS  
PERMIT #1209