



HEARTSPRING

DIALOGUE

SUMMER 2016



FROM THE

Board of Trustees



Phil Garrison

This has been a fantastic year for Heartspring. The organization saw a change in leadership with the hiring of a new President & CEO as well as the development of a new strategic plan dedicated to helping Heartspring journey forward into the future.

These changes were made possible through the leadership of our immediate past president, Brenda Koehring. Thank you Brenda for your service as president of the Heartspring board of directors. We appreciate all of your efforts and wish you the best of luck in the future.

As the next fiscal year begins, Heartspring is adding six new board members: Durrel Kelley, Monte Shaw, Michelle Sullivan, Tami Bradley, Christopher Shank and Linda Buchanan. Each new board member brings to Heartspring a variety of skills and backgrounds, but most importantly they all have a passion for the organization and its mission.

As a board of directors, our goal is to guide and support Heartspring as the organization

moves into the future. Through the development of a new strategic plan, we are building on Heartspring's core principles to grow our programs and services, impact more lives and position ourselves as the leading experts locally and globally in the areas of serving children with special needs, research and autism.

To ensure Heartspring's success in the future we need support from individuals like you. We need your help to inform the community about the wonderful programs and services Heartspring offers to children and families in our community and abroad.

I encourage you to help us spread the word about this fantastic organization. Share your Heartspring story. Sponsor a program, and help us grow our mission. Together we are changing lives. Together we are Heartspring.

Phil Garrison

Heartspring Board of Trustees President

Director

Private Wealth Management

Baird



David Stupay

FROM THE President

Friends,

Together we made this one of our best years ever.

And we know that together we will ensure that the best is yet to come.

We value excellence in all that we do; an excellence that produces measurable outcomes for the people we serve. We rely heavily on data and continually monitor our programs to ensure that we are producing optimal outcomes for the people we serve. The results are amazing. The improved test scores, reduced behaviors, goals reached and satisfied parents are all testimonies to the awesome impact we are making in the lives of the children and families who come to us for support.

One outcome we produce can't be measured, but it can be felt, heard and shared.

The smiles, the laughter, the cheers and celebration are all tangible signs of the most remarkable outcome of Heartspring: joy. Heartspring's campus is overflowing with it.

There is an unspeakable joy in a toddler taking his or her first step after months of physical therapy, a mother hearing her child say I love you for the first time after years of not being able to speak, a teenager impacted by autism making his or her first friend after prolonged loneliness and a student graduating and finding satisfying employment after a life of wondering how he or she will find meaning and purpose.

Together, our donors, volunteers, parents and team members make these success stories happen.

Together we are bringing joy to our children and their families.

Together we are changing lives.

Together we are Heartspring.

David Stupay
Heartspring President & CEO

"After 13 years as a paraeducator, I feel completely revitalized. I can't wait to come in every morning. I am most excited about the potential of this program and how much it is going to help prepare our students for the rest of their lives. This is the future."

- TONY

CIE Paraeducator
Warehouse and Stocking



Competitive Integrated Employment

Heartspring is excited to announce a new program that will be a model for employment training for students with special needs. The educators at Heartspring have created the Competitive Integrated Employment (CIE) program. The goal of the program is to give students the skills they need to become employable upon their transition from Heartspring. There are three different levels where students can gain experience to work towards that goal: employment training courses, school-based internships and community-based internships. The classroom consists of six different courses where students can build their specific job skills:

- **Clerical:** Allows students to gain experience in working in an office setting. They can participate in a wide range of activities, including data entry, filing and using small office machines.
- **Domestic:** Students can master a variety of household and janitorial tasks. The program has a simulated hotel room where students can get a more complete experience while finishing different jobs like sweeping, dusting and making beds.
- **Warehouse and Stocking:** This course prepares students for a variety of jobs. The mock grocery store area allows students to practice retail sales skills, including stocking shelves, pricing items and handling money.
- **Packaging and Assembly:** Students learn transferrable skills, including using simple tools, packaging and counting items for shipments.
- **Landscape and Gardening:** This course began this summer and will focus on the care of flowers and herbs, landscaping and weeding.
- **Food Service:** This course also began this summer, and students will earn their food-handlers card and learn to prepare food for the public.

In addition to their classroom work, students will also have the chance to complete both school-based and community-based internships. On campus, they can participate in different work around Heartspring, such as delivery and recycling jobs. This can prepare students to take the next step, which is working in the community. Community-based internships not only

give students the chance to practice their skills in a real-world setting, it also allows them to learn valuable social skills and work etiquette. Heartspring will work with local businesses to get students the jobs and volunteer opportunities they need to grow.

All of these experiences, both on campus and in the community, create

opportunities for students to try a variety of vocational tasks. In turn, students can find what suits their interests and skill set and work to master those specific skills, setting them up for a more independent and successful future when they transition from Heartspring.



Heartspring student Alishianna works on data input in the office area of the CIE program.

“In CIE, we find our students’ different strengths, and we build on them. Our goal is for our students to leave here, be able to go into the community, take the skills that we have helped them develop and find meaningful employment.”

GLENDIA
*CIE Paraeducator
Domestic Area*

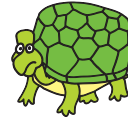
“My favorite memory is when one of the classrooms came over to CIE for the first few days and completed different domestic tasks. They were so excited about it. I’ve never seen more energetic sweeping and dusting. They really enjoyed it. I remember thinking ‘wow, this is really awesome.’”

ALISON
*CIE Paraeducator
Clerical and Office Area*

“This program will have a tremendous impact on their lives. CIE gives our students the opportunity to earn a competitive wage and be able to use those same skills in their personal lives.”

TALEA
*CIE Paraeducator
Packaging and Assembly and
Clerical*

Trent's View of the Zoo



When Heartspring student Trent draws, his hand barely leaves the page. Animals come pouring out of his imagination and onto the paper. He fills the page with rhinoceroses, elephants and snakes. Sometimes combining them, creating animals of his own.

“The moments of brilliance that he has in the things that he does at least gives us a little glimpse, a little picture of what might be going on inside his head,” Corey, Trent’s dad, said.

Trent is impacted by autism. He has limited communication, but ever since he was very young, Trent has been drawing. His talent was something the staff at Heartspring noticed very quickly. Trent’s artwork is displayed all across the organization.

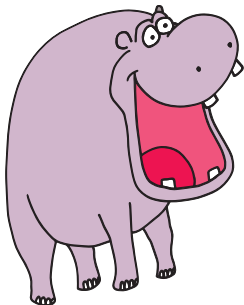
Heartspring opens doors for its students in many ways and for Trent, and his artwork, it was by creating a coloring book. Web Developer Kendall saw the potential in Trent’s work and came up with what would become “Trent’s View of the Zoo.” He mentioned the idea to Assistant Director of

Residential Services Shelby, and the idea began to turn into a reality. A team of Heartspring employees began working together to create the coloring book for the young man. Every week, Trent would sit down to draw the perfect images to fill the book. After months of work, they had what they needed and sent the book off to the printer. Once the pages were printed, students in the Competitive Integrated Employment program bound and packaged the books. The best part is that Trent gets to keep all of the profits.

“Trent loves to draw,” Shelby said. “He loves to be able to be creative and to be able to turn that into something that’s employable for him and an avenue of income is amazing.”

The coloring book made its debut in a Heartspring classroom in early April. People lined up out the door to get their hands on an autographed copy. He sold more than 100 copies.

“To be able to do something that brings him pleasure and appears to bring other people pleasure as well, to see his artwork, is just really exciting,” Corey said. “So we are very hopeful for the future for that.”





Heartspring student Trent and his coloring book, "Trent's View of the Zoo."

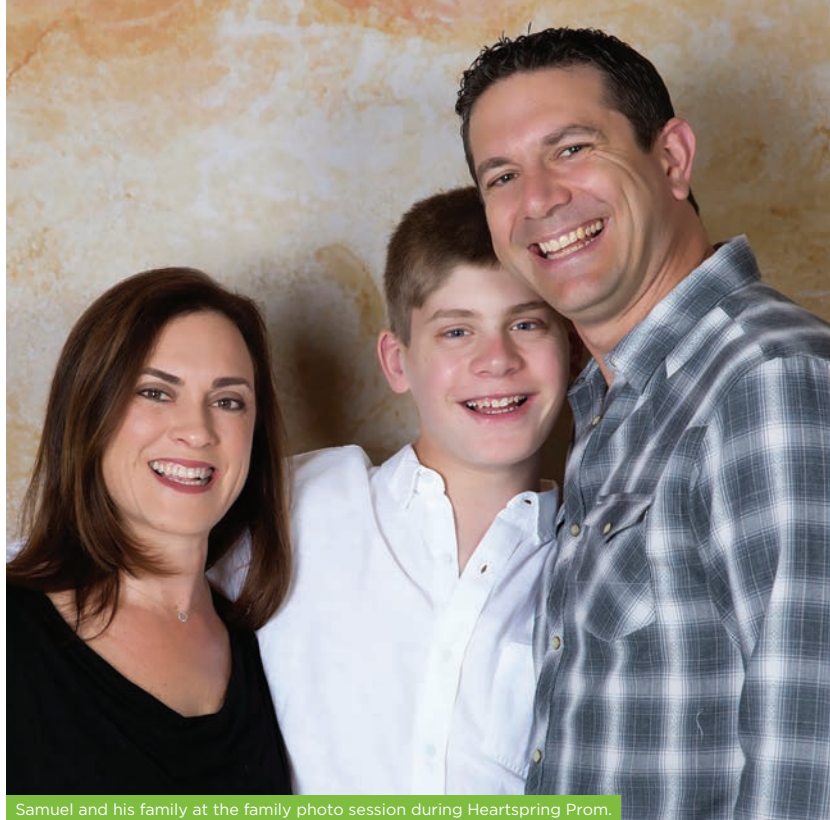
Family Weekend



Families of our students came from across the country to the Heartspring campus to help celebrate Family Weekend. It was an exciting time for everyone involved. Smiles and hugs spread across campus as sons and daughters were reunited with their loved ones. This year the weekend had a pet shop theme!

The admissions team put together plenty of fun activities. The families went to a roller skating party, danced the night away at prom and posed for family portraits taken by professional photographer, Tobie Andrews. For many of our families, this was their first time taking a family photo. The siblings even had their own workshop organized by our Autism Services director, Nicole. It is always such a special weekend for everyone, from families and students to the Heartspring team. We are already looking forward to next year.

Drawing by Trent, Heartspring Student



Samuel and his family at the family photo session during Heartspring Prom.



Bianca and her mom at the Family Weekend skating party.



Marixsa and her mom share a tender moment during Heartspring Prom.

Ammar and his family at the family photo session during Heartspring Prom.



SMART TABLES

Heartspring has some new and exciting educational technology in our classrooms. In February, we added a SMART Table, giving our teachers one more tool to educate the children we serve.

The touch technology gives students a different way to learn. Teachers can use the table to supplement their curriculums and engage children in a new way. The SMART Tables come with more than 1,500 ready-made activity packs to help students at all levels learn academic, vocational, communication and social skills. They appeal to a variety of learning styles and cognitive levels, and, because there are so many applications available, teachers have a new avenue to individualize lessons for each student. The SMART Table also allows students to practice working as a group, rather than just working one-on-one with their paraeducators.

“This gives us the opportunity to work on all of the social skills that we are trying to teach them, things like cooperation, teamwork or taking turns,” Teacher Shawn said. “When you gather them at the table, they have to work together to complete a project.”

Heartspring plans on adding more SMART Tables to its classrooms and exploring different options for therapy areas.



Henry and Physical Therapist Cheryl work on mobility during a physical therapy session.



Henry's Story

All throughout his physical therapy session, Henry had a big smile on his face. He was working on his strength by throwing sticky balls at a mirror. With every throw, his expression lit up and a giggle escaped his mouth. It wasn't just him smiling; you could feel the excitement throughout the room. His therapist, Cheryl, cheered him on, giving him the encouragement to push forward.

"I really feel like the therapists really care," Natalie, Henry's mom, said. "This is like a little person they're invested in. I feel like when you have that, when they care more on their end, then it shows in their work and their efforts towards him."

When he was very young, Henry was diagnosed with Potocki-Lupski Syndrome (PTLS). It's a chromosomal disorder, which results in failure to meet milestones in infancy. Henry also has Charcot Marie Tooth and is approximately one of 23 people in the world to have both diagnoses. PTLS alone can create a number of hurdles for children and their families, including

low muscle tone, feeding issues and speech delays. One of the best chances for an independent life is early intervention.

In physical therapy, he's gained more strength and independence. When he first came to Heartspring, he wasn't able to support himself on his knees or pull himself to stand. Through consistent therapies and exercises, including building strength in aquatic therapy, Henry began to make major gains.

"I think having the pool really helped give him that extra strength he needed," Natalie said. "Almost everything he does on land has been preceded by him doing it in the pool."

One of Natalie's favorite memories was when Henry was sitting by the bathtub. Henry enjoys water, and he wanted to be able to turn on the faucet so he used the tub to pull himself to stand independently for the first time. This started a wave of excitement throughout the house as Natalie called his father into the room and got out her phone to capture the moment.

With preschool just around the corner, Natalie turned to Cheryl to help provide guidance as to how Henry would get around his new school. Given all the options, they decided to try him with a walker. Henry quickly adapted to this new method and began walking in his walker independently. It wasn't much longer until he took his first steps without any support.

"I felt so happy," Natalie said. "I was in tears, of course. It was elating. It made me feel like shouting 'my son is walking, my son is walking!'"

Henry is also making gains in speech, which will be another major tool for him when he goes to school. He can now answer yes and no questions and is learning new signs and how to make more sounds.

Henry's bright personality, glowing smile and supportive family will allow him to overcome great feats in his life journey. In the short amount of time he has been at Heartspring, Henry has overcome so many barriers to increase his independence, and he is a poster child for possibility.

Right: Henry builds leg strength during partial body weight treadmill training. In physical therapy, every step a child takes moves him or her closer to leading an independent life.

Far right: Henry and Physical Therapist Cheryl work on strength and motor skills while having fun.





“

I FELT SO HAPPY. I WAS IN TEARS, OF COURSE. IT WAS ELATING. IT MADE ME FEEL LIKE SHOUTING 'MY SON IS WALKING, MY SON IS WALKING!'

- Natalie
HENRY'S MOM

PEDALFEST TEAM SPOTLIGHT

TEAM EMPRISE BANK

Heartspring's events, like PedalFest, are a success because of great support from both individuals and community businesses. Bryan Blundell and Emprise Bank continue to find new ways to make a difference in the lives of children with special needs.

In just a year, Bryan has gone from never biking in an organized ride before, to being part of a planning committee for one. After almost a decade of casual cycling, Bryan decided to try riding in his very first organized ride, PedalFest, last year. Before the ride, he didn't know much about Heartspring or its mission, but when he read more about it he realized it was something he could support.

"Most people have a soft spot in their hearts for kids," Bryan said. "Especially when you see children who need special care. It's compelling to me."

It was an exciting experience for him. That one ride sparked an interest in Bryan. He

joined the planning committee next spring. And, while he knew what he was riding for the first time around, it wasn't until he toured Heartspring and its facilities that it truly hit home.

"To me that was the difference maker," Bryan said. "It's really easy to get behind. You see the people and the kids who are getting help."

Bryan pushed even further. He started his own team consisting mostly of Emprise Bank employees to fundraise in 2016. But the local business's commitment goes much further than that. After supporting "Light Your Heart with Heartspring" in the winter, Emprise Bank became a Silver Spokes Sponsor increasing their commitment level to \$2,500.

"We are so excited to have Emprise Bank on our



PedalFest Supporter Bryan Blundell of Emprise Bank

PedalFest team this year," Hannah Henning, Heartspring special events coordinator, said. "They are willing to go above and beyond because they realize the impact they are making on the children with special needs served in Pediatric Services. We cannot wait to see how our relationship continues to grow with them!"

Bryan and the Emprise Bank team are valuable members of a dedicated team that makes changing lives possible.



SAVE THE DATE!

13TH ANNUAL

PEDALFEST

GEAR UP TO GIVE BACK • SATURDAY, AUGUST 20, 2016



PEDALFEST.ORG

**9TH ANNUAL
HEARTSPRING
AUTISM
CARE WALK**

PRESENTED BY **COX**





2016 AUTISM CARE WALK BY THE NUMBERS

MORE THAN

\$103,000

RAISED FOR **AUTISM**
OUTREACH PROGRAMS

212 TEAMS

MORE THAN

3,200 PARTICIPANTS



AUTISM CARE WALK.ORG

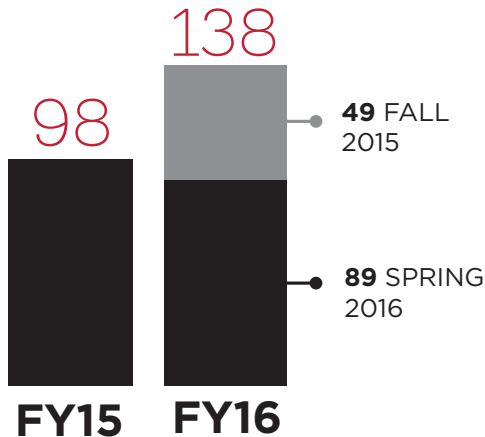


CARE Clubs

In the past year, CARE Clubs expanded by offering 14 different club sessions that have served children ages four to 18 and expanded focus to include classroom readiness skills, leisure and recreation building, focused social skill development, adaptive living skill requisition and emotional regulation skills. Some of the clubs include, but are not limited to: the Firecracker Club, focusing on anger management skill acquisition; the Breakfast Club, dedicated to improving adaptive living skills and social reciprocity in teens; the Brick Boys, a club focused on increasing leisure and social skills for seven to 10 year olds; and the Busy Buddies, a club that prepares young children for classroom readiness and group social behavior.

BY THE NUMBERS

CHILDREN SERVED



The Busy Buddies



Yoga Club



The Firecracker Club



Children build friendships during Camp SSTAR.



Camp SSTAR campers explore the local community.

Camp SSTAR

In addition to the CARE Clubs, the CARE program has focused on building capacity and the development of children impacted by autism spectrum disorders over the summer months. The importance of continuity and structure for the children we serve has driven Camp SSTAR, an eight-week camp experience that addresses potential regression of skills without proper structure and exposure to environments similar to the classroom throughout the summer. Camp SSTAR offers families a safe, accepting environment where they can continue to gain valuable social skills, maintain exposure to academic and adaptive living skills and practice skills necessary for generalization into natural environments with exposure to sports, recreation, technology and arts. Through a partnership with Pathways Church, Camp SSTAR has been able to serve more children than ever before and will continue that growth in the coming years.



THE **GROWTH** OF CAMP SSTAR
 — NUMBER OF CAMPERS —

26 → **52** → **66**
 2014 2015 2016

SOCIAL SKILLS • TECHNOLOGY • ART • RECREATION

Community Connections

◀ CENTRAL CHRISTIAN CHURCH

Autism Services Director Nicole is helping Central Christian Church create a more sensory-friendly Sunday school room for children impacted by autism in their church. The church plans to remove its bright yellow paint and replace it with a more neutral tone, which studies have shown is more supportive for children impacted by autism. Fluorescent lights can also be over-stimulating. They emit a hum and sometimes flicker, so the church will be placing light covers on them. Central Christian Church is also installing foam flooring which can absorb extra sound and is warmer to the touch. The church hopes to make these changes by this fall, creating a more supportive environment for all families.

◀ EXPLORATION PLACE

Heartspring and Exploration Place are working together to create a sensory-friendly time for children impacted by autism. The museum is hosting special sessions, so children with special needs can have time to explore, learn and have fun. Much of the work involved noise regulation. They will unplug some of the louder exhibits and provide families maps of areas that may be more stimulating, so they can choose to avoid them if necessary. Exploration Place will also cover its fluorescent lights to make the building more sensory friendly. The sessions began in late June. There will be two more sessions this summer July 21 8-9:30 a.m. and August 25 5:30-7 p.m.

◀ PATHWAYS CHURCH

Heartspring is moving its summer camp, Camp SSTAR, off campus to Pathways Church to keep up with the growth in the program. The church offers more space for activities including more classrooms, a gym and a kitchen area. This will give different age levels and groups the space they need to participate in a variety of activities and also cut down on noise at the camp, allowing the camp to run more efficiently.



CARE Director Nicole and Robert Nooe of Central Christian Church.



CARE Director Nicole meets with Exploration Place employees.



Camp SSTAR at Pathways Church.



Occupational therapy helps children develop the skills needed for participation in their daily occupations of work, play and self-help tasks.

Ways to Give

For more than 80 years, the mission of Heartspring has been to help children with special needs grow and learn on a path to a more independent life. Your donation will provide success, growth, hope and opportunity to many children and families. We believe all children deserve the chance to succeed. **Thank you!**

-
- ♥ **DONATE**
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 - 🏠 **LEGACY GIVING**
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For more information on ways to give, contact Director of Development Stacie Williamson at 316-634-8816 or swilliamson@heartspring.org.

HEARTSPRING.ORG/SUPPORT



Wade Parks



DONOR SPOTLIGHT

Barbara and Jim Parks

In the summer of 1991, Barbara and Jim Parks sent their son, Wade, away for the first time in his life. The Texas couple enrolled their teenage son in a summer program at the Institute of Logopedics, now Heartspring, in Wichita.

Wade had a diagnosis of cerebral palsy, but that didn't stop him from enjoying life and the people around him. His family heard of the Institute, and after much deliberation, decided the services offered would be helpful for their son. While he was there, he went to school, received therapies and went on a number of fun outings. The experience really made a big impact on Wade.

"He had changed," Jim said. "He was much more mature. He had developed more maturity that summer than in any year prior to that."

Barbara and Jim shared that Wade improved in social interactions and handling instructions.

The next summer, Wade had a seizure and passed away. Even after Wade's death, Barbara and Jim continued to support Heartspring and its mission, but more than 20 years later, they decided they wanted to make an even bigger

impact with a gift of \$25,000 to the organization. It was something the couple had been planning for a long time.

"We've had a special place for Heartspring," Jim said. "We felt like the staff met Wade where he was and worked to help him develop what he had. It was pretty individualized."

Their gift will support new curriculum and educator training. This will help ensure students continue to receive individualized education from well-trained professionals. Their generosity will also allow for new technology on campus, by providing SMART Tables, an educational device that gives students a new, hands-on way to learn. Barbara and Jim said they particularly liked the social interaction the tables encourage.

To honor Wade, they have arranged for a plaque in the memorial and tribute courtyard. His name will always be a part of Heartspring. People in years to come will know about Wade, and the impact he and his family made on the organization. Barbara and Jim hope their gift will continue that standard of care and instruction so children can grow, just like Wade did.

Gamma Phi Beta

Once a year, the Gamma Phi Beta house fills with the warm smell of grilled cheese and the sound of people slurping soup. This means it's time for Grilled Cheese with G Phi B. The women of the sorority take shifts in the kitchen with their pans and melted cheese. They serve up more than just sandwiches. The money raised at the event goes to Heartspring's Community of Autism Resources and Education (CARE) program. This year, in just two days, they raised more than \$7,000. The sorority began the event in the spring of 2014, and every year it continues to grow.

"I'm insanely proud and really kind of in awe of how we managed to pull it off," Chapter President Emily Mullins said. "It's really impressive to me that the girls just keep on putting the effort in. Instead of just staying how they are and being comfortable raising how much money we raised in the past, we always set a goal higher. So that's really encouraging. It's really nice to see how hard are sisters work and how dedicated they are to helping the children at Heartspring."

The extra work and funds the sorority raise will help support children



Heartspring students with members of Gamma Phi Beta.

impacted by autism in the Wichita community. It will benefit programs like Camp SSTAR, CARE Clubs and other autism outreach initiatives which allow children to grown, learn social skills and build friendships through activities and group discussion.

"You can see the impact when we volunteer at PedalFest and the CARE Walk," Emily said. "You can see the kids Heartspring is helping, and that's a unique opportunity."

It's not just the women of Gamma Phi Beta who make it happen. They are the driving force, going out of their way to make sure every person who walks through the sorority's doors has a good experience, but they also have support from the community. People who make donations to fund the event or even

just take a special trip for a hot and melty grilled cheese for a good cause. The event is just one more example of the amazing support Heartspring has from the community and a reminder of how important these organizations, and more importantly the people behind the organizations, are to Heartspring's mission.



For information about volunteer opportunities and how you can become involved in our mission, please contact **Mary Huber**, Development Associate of Research and Community Involvement.

- mhuber@heartspring.org
- **316.634.8789**



Heartspring

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• SAVE THE DATE •



LIGHT YOUR HEART
WITH HEARTSPRING

SATURDAY, NOVEMBER 5, 2016

Join us for a memorable evening of celebrating the inspiring children who overcome obstacles at Heartspring Pediatric Services and recognizing the community partners who make life-changing impact possible.

WWW.LIGHTYOURHEART.ORG