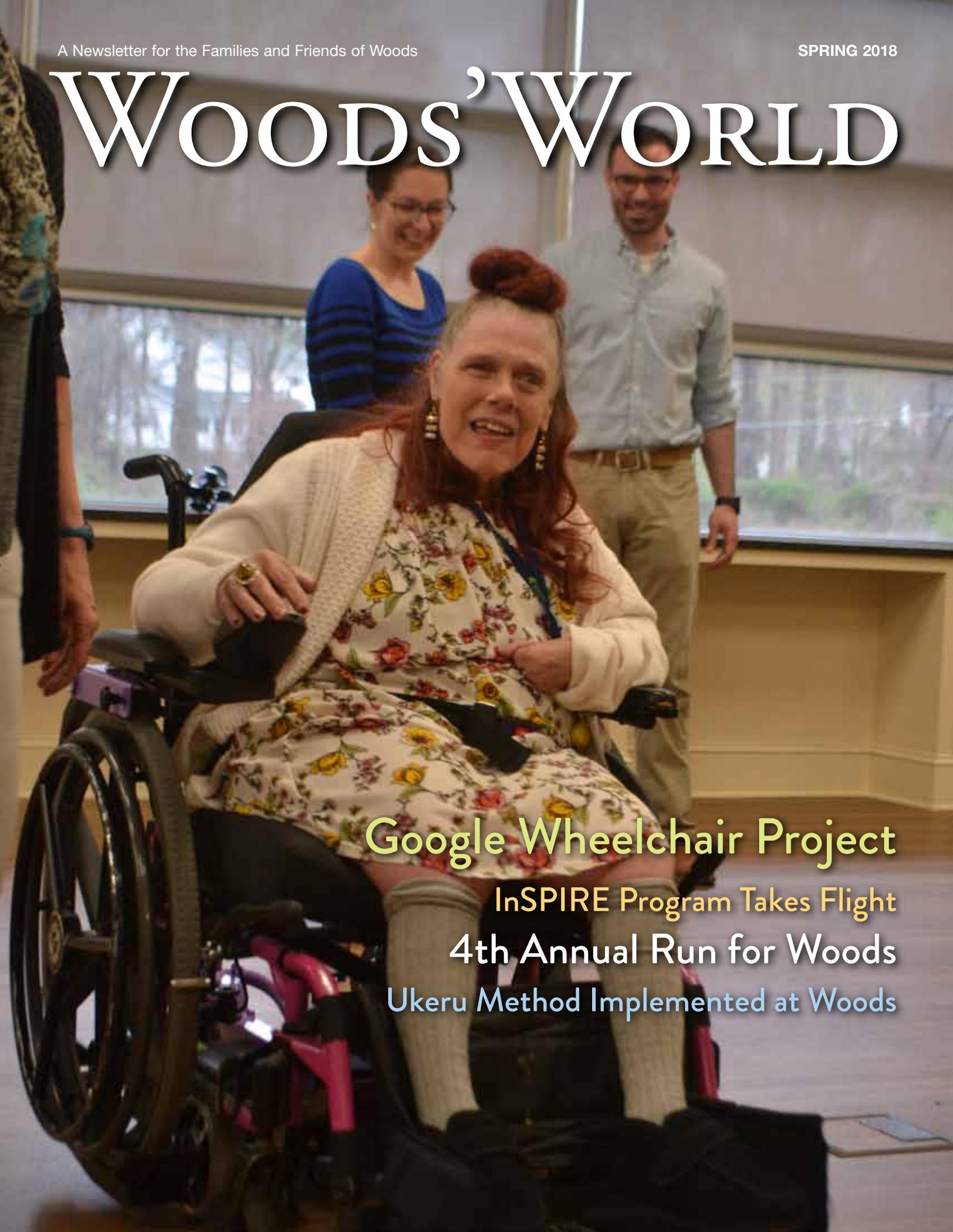


WOODS' WORLD



Google Wheelchair Project

InSPIRE Program Takes Flight

4th Annual Run for Woods

Ukeru Method Implemented at Woods

Dear Friends,

As spring winds down here at Woods, we are preparing for graduation and helping our graduates transition to community settings, vocational or adult day services.

Woods itself is also going through a transition and transformation. The individuals Woods serves have extremely challenging behavioral and medical complexities, as well as intellectual and developmental disabilities, that when managed well, and in a coordinated way, improve their lives significantly. That is why Woods is taking the lead to organize around a population health management treatment philosophy.

Population health management has existed in the healthcare industry for years and refers to the delivery of effective and coordinated care, which results in positive outcomes, efficiencies and lower costs. With the implementation of both an electronic medical record (EMR) and a health record (EHR) and the expansion of services and hours through the Medical Center at Woods, we will be better equipped to coordinate and manage a person's care through his or her life-span.

We encourage you to read about our exciting and ambitious Transformation Plan on page 15 that retains the foundational philosophy of our founder, Mollie Woods, and will distinguish Woods as a leader in population health management for people with intellectual and developmental disabilities and brain injury.

We are midway through the implementation of our Transformation Plan and we want to acknowledge how hard our staff have been working to develop new approaches, treatments and technologies. Our families have been tremendous partners and advocates in this process for Woods and for their loved ones.

Great organizations never rest on their laurels. They embrace continuous improvement and innovation. That is what Woods is doing by integrating behavioral health and primary care within a population health management methodology. We welcome you to join us in this exciting endeavor. Please come visit us and participate in the discussion!

Yours truly,

Tine Hansen-Turton
President and CEO

Kevin Sheetz
Chair, Board of Trustees



WOODS' WORLD

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We welcome your comments
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Beechwood NeuroRehab Advocacy Update

On May 17, Beechwood Executive Director Dr. Drew Nagele spoke at the Brain Injury Alliance of New Jersey's Annual Seminar in Freehold, NJ. He presented at the morning workshop and spoke about the "Under-Identification of Students with Long Term Disability from Moderate to Severe TBI in Schools".

Dr. Nagele also presented at Capitol Hill Brain Injury Awareness Day in March. The theme of this year's Brain Injury Awareness Day was "Looking Ahead: Opportunities and Challenges in Brain Injury" focusing on rehabilitation and community services. He presented research work in Juvenile Justice conducted by the Brain Injury Association of Pennsylvania (BIAPA) at the Congressional Briefing Panel. Dr. Nagele was accompanied by Beechwood resident Jorge Soto; Samantha Wesner, Beechwood NeuroRehab Occupational Therapist; and Kristen Erway, Woods' Director of Policy and Government Relations.

For a full list of Dr. Nagele's speaking engagements and recent publications, please visit <http://bit.ly/BWadvocacy>.



All Aboard!

Woods is the proud recipient of two new mini-vans and a 24-foot transit bus, made possible by a grant from the Pennsylvania Department of Transportation (PennDOT). Since 2007, PennDOT has contributed a total of \$477,240 towards the purchase of wheelchair-accessible vehicles. These grants cover 80 percent of the total cost of the vehicles, and come from a federal capital assistance program that provides transportation services for people with disabilities and the elderly.

Transportation is an essential aspect of daily life at Woods. All three vehicles are wheelchair accessible and are needed to provide transportation to the 605 residents who live in homes on Woods' campus and in group homes in the local community.

Woods' Transportation Services runs an average of 1,500 transports each day throughout its 300 acre main campus in Langhorne. Many of these individuals are physically challenged and some require wheelchairs for mobility. In addition, approximately 100 Direct Care Staff, responsible for providing care and assistance to these individuals, accompany them to educational or vocational programs five days per week.

"Our transportation needs require the use of dozens of vehicles each day," said Leon Dodson, Assistant Transportation Clerk at Woods. "This includes school buses, mini-vans, and transit buses, which are utilized by all of our programs throughout Woods."

Woods' residents also rely on transportation to medical appointments. While Woods provides health care and therapies on site, many individuals have serious chronic medical conditions that require them to travel to specialists in Philadelphia and sometimes as far as Delaware, New Jersey or New York.

During the late afternoon and evening hours, vehicles transport individuals to and from recreational activities, making possible greater community integration. Transportation is also provided, on a case by case basis,

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for home visits with families. Such transports are necessary because the nature of some individual's disabilities make it very difficult for them to travel by other modes of transportation.

Every year, some vehicles in Woods' fleet reach their useful life, and replacement vehicles are needed to sustain Woods' capacity to provide transportation to those it serves. And, as Woods continues to place more and more residents in community homes, it also needs to expand its fleet.

Woods has learned that PennDOT is awarding Woods with three mini-vans and a small transit bus in 2019.

"We are grateful to PennDOT for their continued support in helping us maintain and grow our fleet of transport vehicles," said Kevin Whetstone, Transportation Manager at Woods. "Like everyone else, our individuals rely on accessible transportation in many aspects of their lives, including pursuing meaningful social, vocational, and recreational opportunities."



InSPIRE Program Takes Flight



Just one peek at the Beechwood NeuroRehab InSPIRE Program Facebook page and you will see that this is a group that likes to have fun. From a trip to the Philadelphia Flower Show, to taking in a Trenton Thunder game, to playing adaptive sports and games on the beautiful grounds at Beechwood NeuroRehab, InSPIRE program members are truly living life to the fullest.

Established in February as part of Beechwood NeuroRehab's Structured Day Program, InSPIRE was designed as a complement to its Clubhouse, Supported Employment Programs, and Supported Education Programs. InSPIRE stands for Increasing Social Participation In Real-life Experiences, and utilizes a brain injury skills training/facilitation model to allow each person to participate to their maximum potential. It was developed to provide choice to its participants in terms of their productive daily activities.

"InSPIRE really gives individuals the opportunity to explore their recreational and leisure interests while building their social skills," said Paige O'Sullivan, InSPIRE Program Manager. "It is also an opportunity for them to get out into the community and try new things and adapt things that they used to do in a different way to give them new experiences."



Temple University, and is also a Certified Therapeutic Recreation Specialist. In addition to her background, she brings a wide range of interests including hiking, camping, geocaching, sports, recreational games, board games, and crafting.

"When I saw this position available I thought it was really cool that I could be at the start of a program and frame it the way that I and our team envisions it and try new ideas," she said. "First and foremost we always make sure we are client-

focused so we find ways to incorporate everyone's interests and abilities into what we do."

In addition to O'Sullivan, InSPIRE is led by two InSPIRE Program Coordinators: Hailey Glover, who has a dance background, and Megan Aslanian, a music therapist. There is also a group of Life Skills Trainers who help to aid clients in their participation.

There are currently 12 InSPIRE program members, but O'Sullivan says that number may jump to as high as 40 once the group is able to utilize their new space, which is currently under construction in Beechwood's Stabler Center and expected to be ready this summer. Despite not having their own dedicated space just yet, the InSPIRE Program has certainly kept busy and has many future plans in the works, including expanded offerings for clients.

"Every day we try to do something physical, cognitive, social and recreational or artistic. When the full program starts we are going to have two programs running every hour so that gives people a choice," said O'Sullivan. "I think that will be helpful for a lot of clients to feel like they have a say about what they are doing in their leisure time."

While InSPIRE has proven to be beneficial for the dozen clients who are participating, O'Sullivan says it has been a rewarding experience for her as well.

"I love the clients that we have here. You really get connected to them and get to know their backgrounds, what they love, what they don't like, their stories, how long they've been here," she said. "It's really interesting to see the different personalities and how they all work together."

One thing the group has in common is a love for classic rock, which is often incorporated into their daily activities. O'Sullivan says plans are in the works to take the InSPIRE group to concerts, an adaptive surfing event, and maybe even an Eagles game. Be sure follow the InSPIRE Facebook page to see where they end up next! <https://www.facebook.com/InSPIREBeechwood/>



Google's indieGo Wheelchair Demo Comes to Woods

Lauren McGowan couldn't believe it. She rolled into the Employee Training Center at Woods Services for the Google indieGo demo in her manual wheelchair and just a few minutes later it was transformed into a power wheelchair that she could control easily on her own. The 29-year-old resident of Beechwood NeuroRehab quickly gave her approval to those in attendance as she glided and navigated easily around the room.

"I can't believe this is my manual chair! This feels so natural and I would recommend this to anyone with mobility issues," said McGowan.

Lauren wasn't alone in her

Beechwood NeuroRehab resident, Sharon Kelly said she is typically nervous when riding in a power chair but felt comfortable using indieGo because she was able to use her own manual wheelchair.

Carol Dickey (featured on our cover photo), a 63-year-old resident of Woods, enjoyed the experience so much that she asked to keep the device after testing it out, but unfortunately, it is not yet available to the public.

The Discovery Center team, which is comprised of Director of Innovation and Project Manager Jason Kean, along with occupational



"I can't believe this is my manual chair! This feels so natural and I would recommend this to anyone with mobility issues."



enthusiasm for indieGo, an innovative device developed by the Discovery Center in New York that rolls onto any size wheelchair to quickly convert it into a power chair. Three other residents of Woods also got a chance to try out indieGo and all gave an overwhelming stamp of approval.

"Weeee...this is so fun," said 6-year-old Jayla Saunders, who raced around the room and beeped the horn using the joystick control. "This is super-duper cool!"

therapists Sarah Laux and Danielle Kean, are still conducting demonstrations and gathering feedback to perfect product development. The development of the indieGo device was made possible by the Center for Discovery's assistive technologies department and a \$1.125 million grant from Google.org Google Impact Challenge. Once indieGo is available for sale, it is projected to be priced around \$3,500, about half the price of a typical power chair.



Special Delivery from Kara's Quilts



February 16th was extra special for the residents and staff members of our Heatherwood residence! Each resident in the home was gifted a beautiful quilt handmade by the members of Kara's Quilts, a group that was brought together by Woods' mother, Susan Anderson.

The group was formed through a love of quilting, a large quantity of inherited fabric, and a great affection for Anderson's daughter, Kara, a resident of Heatherwood and lovingly appointed CEO of Kara's Quilts. Staff members had a great time admiring and picking the quilts (40 total were made!), and each seemed to reflect the unique personalities of each resident! Thank you to this lovely group of ladies!



Special Needs Pageant Held at Woods

We were proud to host and sponsor the Tiaras Loving Children Special Needs Pageant on March 24. Nearly 20 contestants from Woods participated in the pageant, which included casual, pirate theme, cause wear, and evening dress rounds.

Congratulations to Gretchen for winning best dress/formal wear and to Zaiasia for winning queen in the senior bracket!



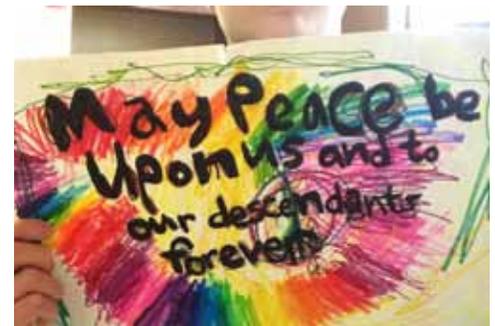
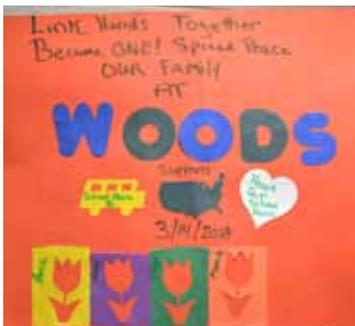
Mollie Woods Olympics

The highly anticipated 2018 Mollie Woods Olympics are in the books! This 2½ week event coordinated by our fabulous Mollie Woods Recreation Department encourages teamwork, good sportsmanship, and builds confidence in our residents.

The MW Olympics includes individual physical challenges, large group games, staff challenges and fun game show type challenges. There are games in the pool and indoor gym, outdoor games and “splash days”, bowling at Dave and Busters, Mission Impossible escape rooms and of course, opening and closing ceremonies!

Each team also receives a packet with numerous challenges to complete on their own time over the span of the event. Some challenges in the packet include doing kind works for others, puzzles, nature-based scavenger hunts, and earning points for reading to residents.

“We had an amazing time playing games outdoors and indoors during the Olympics this year!” said Beth O’Toole, Director of Mollie Woods Recreation and Aquatics. “It is truly a time that staff and residents showcase their talents and celebrate their individual and group successes. There are opportunities for everyone to let their light shine and have fun together!”



School Walkout/Safety Day at Woods

In honor of National School Walkout Day on March 14, the Woods community came together to celebrate school safety and the importance of kindness and responsibility.

Staff members gathered at the schools to join hands with students and high five as a sign of solidarity.



One Thousand Cross the Finish Line at 4TH ANNUAL RUN FOR WOODS

A beautiful spring day set the scene as 1,000 runners, walkers, and rollers participated in the 4th annual Run for Woods on Saturday, May 5th. Eighty volunteers served as course marshals, assisted with registration, staffed the lunch lines and presented well deserved medals to all who crossed the finish line. Congressman Brian Fitzpatrick received Woods' Humanitarian Award at the Opening Ceremony and State Representative Frank Farry served as the official starter.

The event attracted 77 teams, including a large team from Johnson, Kendall & Johnson. Twenty JKJ employees raised \$11,000 for Woods in addition to the \$10,000 Gold Sponsorship provided by the insurance and risk management company.

"My favorite part of the Run experience was feeling and seeing the exuberance and energy of all of the participants and the staff, as well as knowing that my participation in the race was helping to make a difference in lives of many people who truly need our help," said Kathy Glenn, Administrative Assistant for JKJ.

Woodlands resident Patrick Scotto, 21, welcomed the enthusiastic crowd prior to the start of the Run and shared his story. Patrick has worked for the last year in Woods' Café, "Common Grounds" where he takes orders, prepares food, stocks shelves and works the cash register. Patrick expressed his appreciation for the Woods staff who, "have helped me recognize right from wrong and treated me with respect. It is because of my staff that I am able to treat others the way they want to be treated."

Awards were presented to the Top Individual Fundraiser: Whit Park, a Woods resident who raised \$5690, the Top Fundraising Team, Ciocca Subaru, which raised \$13,685, and the Largest Team, the Woodlands Warriors, with 68 participants including residents and staff.

Following the run/walk, Outback Steakhouse and Carrabba's Italian Grill prepared and donated a lunch of ribs, steak, pasta and chicken for a hungry crowd of 800. Drinks were donated by Pepsi and Wawa and participants dined outside together under a huge white tent.

Thanks to the generosity of 10 Faulkner Ciocca Dealerships that raised a whopping \$73,000 for Woods this year, and had a record-breaking turnout, more than \$194,000 was raised at the Run. Funds raised at the run/walk support Woods' Greatest Need, which this year includes the expansion of the Davenport Medical Center at Woods, which provides care for both residents and staff.

The newest dealership to participate was Ciocca Chevrolet of Princeton, which recruited nearly 30 team members for its Princeton Princes and Princesses team – all sporting tiaras! Michael Minetti, Parts and Service Director for Ciocca, stated "We are blessed with employees who believe that we are a family and understood the importance of the Run. Our employees were excited to be a part of something that benefited people in need."

Three Woods residents were named "Ambassadors of the Run" this year: Jason Speer, Whit Park and Adam Greene helping to get the word out about the event. Adam, a Beechwood NeuroRehab resident, visited Ciocca Chevrolet of Princeton and shared the story of his acquired brain injury and the improved quality of life that he enjoys now as a result of the services he receives at Beechwood NeuroRehab, a program of Woods. Adam was so inspiring that the dealership registered one dozen participants and raised \$500 in just one hour! He was rewarded with a spin in a brand new convertible Corvette. Additional fun elements that were significant at the award-winning Run for Woods this year included character visits with super heroes and princesses, complimentary fruit smoothies to quench your thirst, game tables and prizes from Dave & Busters, and singing and dance performances that were enjoyed by all.

"I think what sticks out to me the most (which is also my favorite part of the event) is seeing the energy and enthusiasm from the residents. It truly is inspiring and is a reason in itself to come back each year," said Kyle Rogers, CFO for JKJ. "I would encourage anyone who didn't make the event this year to come out next year. It is a life changing experience that both my wife and I look forward to each year!"



Ukeru Method Implemented at Woods



One of the greatest strengths of Woods is our ability to meet the service needs of a diverse group of individuals with complex challenges. Woods has particular expertise in treating people who have intense behavioral challenges, particularly those with self-injurious behaviors (SIB) or those who pose a physical threat to others. We provide care through acceptance, respect and compassion and have been doing so for more than 100 years. We continually advance our care according to our field's best practices. One example is the implementation of the Ukeru® Systems method and its "comfort vs. control" approach when de-escalating aggressive, challenging behavior to ensure the safety of the individuals we serve as well as our staff.

In June 2017, Woods partnered with Grafton Integrated Health Network, Inc. on the implementation of the Ukeru method. The Ukeru method was developed by Grafton to reduce the use of physical restraints as well as seclusions. Ukeru, the Japanese word for "receive", is a safe, comforting, crisis management technique developed by and for behavioral health caregivers and educators. Ukeru is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) as a best practice in restraint reduction.

"The whole idea of comfort versus control is to take a step back and think

about how we would want to be treated ourself or how we would want someone that we love to be treated," said Kim Sanders, President, Ukeru Systems. "We believe that you need support, you need comfort and you need someone to be kind to you during those times."

The main components of the Ukeru program include verbal and nonverbal communication, managing and de-escalating conflict by converting/diverting aggression, building an environment focused on comfort versus control, and recognizing traumatic experiences of individuals who receive services for developmental, behavioral and mental health needs.

"The trauma-informed approach has opened my eyes to why people do the things they do. There's a story behind every behavior we exhibit. It comes down to how can we change the negative and make experiences more positive," said John Spanier, Case Manager and Ukeru Champion at Woods. "It enables you to see past the 'bad' and focus on the 'why' in order to understand people better and walk in their shoes."

The Ukeru method teaches a variety of physical techniques that minimize the need for physical restraint. It also involves a system of blocking techniques with the use of pads to protect oneself and others during behavioral episodes.

"The blocking pads are a way for staff to help an upset individual work

through negative emotions while keeping hands off," said Trish Cottman, a Woods Training Department Staff Member and Ukeru Champion.

The implementation of the Ukeru method began more than a year ago when Woods engaged Grafton to provide training and consultation. Grafton's first visit to Woods included a meeting with employees from all levels to hear directly from them the challenges they faced related to behavior management. During their next visit, a group of Woods employees, known as the "Ukeru Champions", were trained in the Ukeru method and are working hard to train all Woods staff members. Following the training of the Ukeru Champions, the Ukeru method was then carefully introduced to Woods' residents and students through the use of a social story.

Social stories are a way to share information in a reassuring manner that is easy to understand. Ukeru created a social story to help introduce the blocking pads.

"We customized their story by using Woods staff and resident photos. Several Champions went into the Day Program and residential areas to introduce the pads using the social story. It gave residents and students an opportunity to see and touch the pads and to learn that the main purpose of Ukeru is to ensure safety for everyone in all of our environments," said Cottman.

"The pads were placed in the hallways, classrooms, and residences so everyone could get comfortable with them being in their environment," said Sam Banks, Gardner Education Supervisor and Ukeru Champion. "So if a person became aggressive or unsafe to themselves or others and staff used a blocking pad, they would know that 'this is a tool to keep me safe'."

Ukeru's award-winning behavior management tools and techniques have virtually eliminated the use of restraints in the residential treatment and school programs at Grafton and other organizations and that remains the goal

for Woods. So far, the feedback at Woods has been overwhelmingly positive with staff, residents, and students all embracing the Ukeru method. The Ukeru philosophy has been instrumental in de-escalating incidents at Woods that may have led to restraints in the past and Woods is already seeing a measurable reduction in restraints. Additionally, the use of Ukeru pads have ensured the safety of individuals and staff while teaching alternate strategies.

“One of the residents I was working with had extended periods of aggressive episodes. When I utilized the pads when he became aggressive, he realized that the hitting, the kicking, the punching, weren’t going to work and he got tired of doing it and began to sit down and talk,” said Will Rogers, Woods Training Staff Member and Ukeru Champion. “(Our residents now see) there is another path, other than physical aggression, other than self-injurious behavior.”

Another positive benefit that the Ukeru Method has provided is a



Our first monthly Celebrate Ukeru Day on June 15th was a huge hit! Thank you to our Ukeru Champions and staff members who put together a wonderful day complete with games, prizes, treats and well deserved recognition for everyone at Woods!

fundamental shift in the culture at Woods. The implementation of the Ukeru method is as much about the safety, comfort, and care of residents and students as it is for staff members. The Ukeru method has a strong focus on teamwork and cooperation. This emphasis on teamwork has a positive effect on the overall environment of each residence, classroom, work area, and on



Woods as a whole.

“One outcome we really look forward to achieving is to create a living, learning and working environment where everyone feels safe, both emotionally and physically, and has the opportunity to grow to their fullest potential,” said Cottman.

For information on Ukeru, visit www.ukerusystems.org.

♥ ♥ ♥
*Vanguard
 Volunteers*



We had a great time celebrating Valentine’s Day with our volunteer friends from Vanguard! Our amazing Mollie Woods Recreation staff planned a lovely day complete with a Sweetheart Brunch, Bingo, and Valentine making!



True Mercy Novel



Woods resident Kaleb Kursman (left) poses with his twin brother, Benjamin.



Kaleb Kursman celebrates after crossing the finish line at the Run for Woods on May 5th.

Idelle Kursman never really thought about being an author until after her twin sons were born. She had always enjoyed writing but didn't think she would ever make a living doing it. Now, Kursman, the mother of a resident at Woods, is working on editing her second book. Her interest in writing was spurned when one of her sons was diagnosed with autism and she turned to writing as a form of therapy.

"I wrote about the heartache and sadness (after the diagnosis). Fortunately, as I kept writing I realized the wonderful qualities my son possessed: he has a sweetness and innocence that is refreshing in this often cynical world," she said. "Writing (my first book) was not only therapeutic, but also led me to a new appreciation of my son and the effect it had on the rest of my family."

The positivity it added to her personal life spilled over into her career as she began to write her first book, *True*

Mercy, which blends the seemingly unrelated themes of human trafficking and autism. The fictional work takes us through the story of Marina, a young victim of an international human trafficking ring who turns to an unlikely pair, a man with autism and his widower father, for aid when she escapes.

"One of my goals in writing this book was to give readers a glimpse of what it's like for a family to raise a child with autism," said Kursman. "I wanted readers to have more compassion and understanding for these families and hopefully, approach and include these family members in social events instead of avoiding them."

True Mercy can be purchased at www.amazon.com. Kursman is requesting readers to spread awareness of the stresses and challenges of taking care of individuals with autism by posting a review of *True Mercy* on Amazon.



Kaleb Kursman (second from right) with his father, Michael, twin brother Benjamin and his mother, Idelle, author of the novel, True Mercy.

Preview of forthcoming novel:

Kursman's yet-to-be-named second novel is currently in the editing phase and is expected to be published in the next year or so. Here is a sneak peek:

A-list actor who thinks he has it all realizes what he has shunned all his life turns out to be his biggest blessing.

Ryan Monti is tall, strikingly handsome and one of Hollywood's top actors. He's perfectly content with his life devoted to career and staying close to his parents. But while deciding on his next role and setting his sights for a second Academy Award, Ryan discovers a secret his former girlfriend has been hiding from him for years. A secret that if proven true, will change his life forever. What's more, a blackmailer trailing him is threatening to leak this secret to the tabloids. Suddenly Ryan feels his world is spinning out of control. He is forced to race against time and his blackmailer to protect himself and those closest to him.



Music is Magical

Nothing warms Angela Jowett's heart more than the sound of music bellowing through the halls at the Gardner Education Center. Whether it is the voices of her students, the sounds of instruments, or the favorite music of one of her classes, Angela enjoys it all. Jowett says one of the highlights of her job is getting to see firsthand the impact that music has on individuals with intellectual and developmental disabilities.

"Many of my students cannot communicate in traditional forms like speaking, writing, facial expressions, but they do react to and respond and participate with music," she said. "The students learn a wide range of things in music class, from turn taking, to working together, to seeing how their individual part works within the whole."

Woods has experienced a recent expansion in its Music Appreciation and Therapy Program, which is funded exclusively through private donations, thanks to a \$50,000 gift from the W. Duke Kimbrell Family Foundation and a \$7,500 grant from the Church and Dwight Employee Giving Fund. Both grants have been used for a variety of activities, including group therapy sessions, chorus groups, and sing-a-longs. In addition, the funds allow Woods students and residents to attend recitals by professional musicians from The Conservatory, a nonprofit organization in Doylestown, PA that provides music therapy, appreciation, and instruction.

While music provides recreation and enjoyment on a daily basis, it had a profound effect on Calvin, a former Woods student. Though he was conversational at one point in his life, he lost most of his language skills and the ability to communicate verbally. But, when it came to music, Calvin could still sing. "He would sing 'The Lion King',

'Take Me Out to the Ballgame', and 'How Much is That Doggie in the Window'? He was able to access words when he sang and he would be 'unstuck' for a few minutes," recounted Jowett. "I was able to meet Calvin's mother at one of the Woods galas and when I told her about the singing it moved her to tears."

Jowett has seen the music program at Woods expand immeasurably since she first started teaching here more than a decade ago. She has plans to keep the momentum going and introduce even more instruments, technology, and opportunity into the curriculum.

"Seeing my students grow is what keeps me here at Woods. I've been the music teacher for almost 13 years and that's a long time to be in the exact same job!" said Jowett. "If I was reaching for the sky, I would like a piano so that our students could see the inner workings of the instrument, feel it better, and function with it in my class. Pipe dreams, right?"



Powering Ideas: The Ivan Project

One of Ivan Loesch's favorite things to do on a nice day is to ride from his residence at Beechwood NeuroRehab into Langhorne Borough. He will often stop to chat with friends along the way as he pops into the Tiger Mart, Luk-Oil gas station, and Dollar General. Thanks to Ivan's research and ingenuity and



help from Woods' Maintenance Department, those trips into town are now being made in an electric wheelchair that is run on solar-powered batteries.

"I first got the idea from Super Storm Sandy, which was a major influence for this project. We were without power for about a week and I knew from my research that solar power does not go down during weather anomalies," said Ivan.

Ivan has always been an idea man so once he got the notion in his head to make his wheelchair solar-powered, there was no stopping him. He devoted himself to researching and learning everything he could about solar energy before diving into what is now known as "The Ivan Project".

After reading numerous articles and guides on solar power, Ivan reached out to Tyler Doan, Mechanical Lead in the Woods' Maintenance Department, for assistance. Tyler then enlisted the help of other department members, including electrician Frank Britsch and HVAC technician Tony Daniels. Despite the research, preparation and technical expertise of those working on the project, solar energy wasn't exactly

in Frank and Tony's wheelhouse.

"We hooked everything up and everything was working and we come back the next day and the battery is drained and his wheelchair is not charged," said Tony, who has worked at Woods for three years. "We thought the manual was really going to tell us everything we needed but it didn't."

Though the project required some additional research and ended up taking longer than expected, the group did not give up and the system is now up and running. Ivan has a routine that he follows each day in order to ensure that his arsenal of batteries stay charged so he is able to make his trips into Langhorne Borough and joyride around the Beechwood NeuroRehab grounds. Ivan is very thankful to Frank and Tony for their willingness to participate in his project and bring his vision to life, but he says he's just getting started with his solar power plans.

"I would like to expand my solar apparatus. It would be great to power a tower at Woods. I know it's a big undertaking but I think it could be



feasible," said Ivan, who will turn 40 in June and mark 20 years at Beechwood in July. "I want to do the tower because I think it could be symbolic, like a monument or a legacy."

Beechwood NeuroRehab Executive Director, Dr. Drew Nagele, served as the mediator for "The Ivan Project" and set all of the necessary wheels into motion after hearing about the idea from Ivan himself.

"Ivan's determination to explore and experiment with alternative energies



has now paid off," said Nagele. "I'm extremely proud of Ivan's accomplishment of creating a solar-powered wheelchair.

As for Frank and Tony, though "The Ivan Project" was frustrating at times, the pair was happy to help Ivan's dream become a reality.

"I happened to be in Beechwood Manor when he was talking to Drew (Nagele) and I heard him telling people that he loved it and that he would like to do more stuff with (solar energy)," said Frank. "Anytime you see our individuals and you know they are happy because of something you did, it's rewarding."

So how does it work?

The solar panels are on a 45-degree angle in the back of (Ivan's residence) facing Southwest, where we can get the most sunlight. There are two wires on the back that absorb and transfer the energy into the basement. Once in the basement it goes to a control panel, from the control panel it goes to a battery. The battery absorbs the electricity from the solar panel. From the battery it goes to an inverter. The inverter changes the power from direct current (DC) to alternating current (AC), which is then fed into a receptacle that is connected to a wire that goes through the basement up a half-wall that is connected to the other end of an outlet, which is where Ivan plugs his battery in for his wheelchair.

Transforming to Lead in Population Health Management

For over 100 years, Woods has served the most medically and behaviorally complex children and adults. While many people with developmental disabilities live independently and are increasingly well-served in the community, a percentage of people with the most severe behavioral and other complexities may require the level of care and supports throughout their lives that Woods provides. Building on this expertise, under the leadership of a new executive team which was formed in October 2016, Woods is making significant organizational changes and investments to better meet the needs of the children and adults with intellectual disabilities, severe behavioral challenges, and medical complexities.

In January 2017, we developed a three-year Strategic Directions Plan that focuses on the following four areas:

1. Mission-driven growth and improved services;
2. Employee engagement;
3. Infrastructure/Enterprise shared services; and
4. Strategic position, policy and thought leadership.

These areas of focus will continue to drive organizational changes to better meet the needs of the children and adults we serve. Many of the goals and objectives of the Woods Strategic Directions Plan have been achieved over the last 18 months.

In order to more rapidly and efficiently bring about changes needed to enable Woods to truly become a comprehensive population health organization, the Woods leadership team developed an ambitious one-year Transformation Plan in January 2018.

The Transformation Plan is consistent with the Strategic Directions Plan and prioritizes goals and objectives that are to be achieved by January 2019.

The Woods Strategic Directions and Transformation Plans will result in a comprehensive population health continuum of care that connects prevention, wellness, education, behavioral health, and social services with coordinated and integrated healthcare delivery for individuals with extremely complex clinical and medical diagnoses, developmental disabilities and severe behaviors.

HIGHLIGHTS OF THE TRANSFORMATION PLAN:

I. PROGRAMS AND SERVICES

- a. Adopt Evidence-based and Innovative School Models
 - i. Maintain Woods' position as a leader in the field by implementing evidenced-based and innovative education approaches.
- b. Enhance Clinical Services
 - i. Further implement best practices and evidence-based approaches to ensure that the behavioral health needs of children and adults with intellectual disabilities and behavioral challenges are met.
- c. Reduce and Eliminate the Use of Restraints
 - i. Adopt evidence-based approaches to reduce, with the goal to eliminate the use of restraints and become a model for others in becoming restraint free.
- d. Open the Medical Center at Woods
 - i. Improve primary health care, care coordination and service integration for individuals served; reduce ER visits and unnecessary hospitalizations.

II. DEVELOP A CENTER OF EXCELLENCE FOR TALENT DEVELOPMENT

- a. Create and sustain an organizational structure that embraces and supports diversity, inclusion, and the personal and professional growth of Woods employees.

III. INFRASTRUCTURE

- a. Information Systems
 - i. Bridge technology gaps by developing information systems that facilitate data-driven coordination of care and decision-making.

Woods will continue to differentiate itself as a result of these and other changes by establishing a comprehensive population health continuum of care that connects prevention, wellness, education, behavioral health, and social services with coordinated and integrated healthcare delivery for individuals with extremely complex clinical and medical diagnoses and severe behaviors.



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First Responders Career Day

We had a great turnout at our First Responders Career Day! Nearly 50 Woods students and staff members had the opportunity to interact with members of local emergency service departments.

Special thanks to Middletown Township Police Department Patrol Officer Melissa Robison, and Kurt Geiselhart and Joe Epp of the Langhorne-Middletown Fire Company, as well as Woods staff members Larry Harvey, Sonia Evola, Stephanie Margerum and Danica Lynn for coordinating and participating in this great experience!

