



SweetCharity

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A Good Shepherd Publication



A Beautiful Life

Pledge On!

Dear Friends,

Twenty-five years ago, President George H.W. Bush signed into law the Americans with Disabilities Act (ADA). It stands as a decree establishing the civil rights of people with disabilities by prohibiting discrimination in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the public.

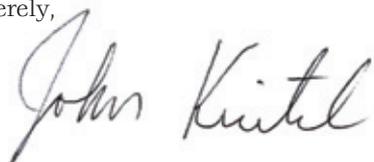
Today, while our country is more accessible and welcoming of people with a wide variety of disabilities than it was in 1990, there remains much more work to be done on behalf of the approximately 50 million Americans who have a disability. One way to do that is through community partnerships committed to making a difference.

Here at home, on July 24, Good Shepherd is hosting a launch party on our south Allentown campus for Arts & Access, a joint effort between the Lehigh Valley Arts Council and The Partnership for a Disability Friendly Community. Through the lens of the arts, this yearlong celebration of special events will commemorate the 25th Anniversary of the passage of the Americans with Disabilities Act, highlighting the inclusiveness of the region's cultural community.

From the beginning more than 100 years ago, Good Shepherd has been about providing opportunities to people with disabilities by giving them access to education, work and the community. You, our donors, have been a vital part of that mission by supporting programs and services that help people with disabilities enjoy lives of greater independence.

Now you can do even more. I hope you'll read the story that begins on page 18 about the 25th Anniversary of the ADA and pledge your support for the rights of people with disabilities. We are all differently-abled. That's what makes our community and our world richly blessed.

Sincerely,



John Kristel, MBA, MPT
President & CEO





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COVER STORY

A Beautiful Life

A car accident and severe brain trauma left Vanessa Gearhart's life hanging in the balance. Much to everyone's amazement, this lifelong dancer is recovering with her love of life intact.

Cover photograph: Randy Monceaux

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OUR MISSION

Motivated by the divine Good Shepherd and the physical and cognitive rehabilitation needs of our communities, our mission is to enhance lives, maximize function, inspire hope, and promote dignity and well-being with expertise and compassion.



A Beautiful Life

“Vanessa Gearhart was running late. The traffic on her way home from Wilkes College where she was a freshman was especially bad. Now, as she left her house in Snydersville that November afternoon in 2012 for her job as a sales associate at a jewelry store in the mall, she wanted to make up for lost time.

About a quarter mile down the winding country road Vanessa lost control of her 1998 Chevy Cavalier, swerved and slammed into a tree. The tree smashed through the driver's side causing traumatic brain injury to Vanessa.

“Emergency personnel declared her dead at the scene,” says Vanessa's mother, Tonya, adding that it took 40 minutes to free Vanessa from the car.

But at 18, Vanessa had a lot of living to do. Just a few months earlier, she had graduated from Stroudsburg High School at the top of her 2012 class and been accepted into the college of her choice in the pre-pharmaceutical program. She had brains and beauty,

Dancing has been a lifelong passion for Vanessa who poses (opposite page) in dance attire prior to her accident.

and moved with the grace of the dancer she'd been all her life.

"She was right at the point of starting her life," says Tonya. "Everything was going for her."

Medics revived Vanessa and she was airlifted to the trauma center at Lehigh Valley Hospital in Allentown. Vanessa's father, Jim, who had been in Pittsburgh, made a "white-knuckle ride" to the hospital from across the state when he got the phone call, knowing only that his daughter had been in a serious accident.

"It's difficult to think about that day," says Jim, his eyes welling up and his voice choking with raw emotion. "It was as close to a living hell as possible. Up until that day I could fix anything. This I couldn't fix."

Vanessa was admitted to the intensive care unit (ICU) and put in a medically-induced coma. Remarkably, except for the brain injury, she was unscathed. "I saw her lying there like sleeping beauty, not a scratch on her face," says Tonya. "She was hooked up to all kinds of machines. She looked peaceful but it was surreal. I just kept telling myself that it was a dream."

The medical team prepared Tonya and Jim for the likelihood that Vanessa would not make it through the night. "Her brain had actually dislodged and was at a 45-degree angle," says Tonya. "It was like shaken baby syndrome."

But Vanessa did make it through the night and the days to follow. Five days after being admitted, a portion of her skull was removed to relieve the pressure caused by swollen brain tissue. Vanessa remained in the ICU for 25 nights, her parents keeping constant vigil,

helpless but still hopeful that their daughter would open her eyes and start her journey to recovery.

"She had the worst possible brain injury," says Jim. "She literally had hundreds of contusions on her brain. Her hands were locked, her wrists were twisted, she had a feeding tube, and a tracheotomy (for breathing)."

One early morning, after nearly three weeks with no sign of recovery, Jim was sitting by Vanessa's bed when her eyes started twitching. "I ran out in the hallway and got the nurse and yelled, 'Her eyes are open! Her eyes are open!'" says Jim. "I ran out in the parking lot and was jumping all around. I called everyone I could. I couldn't dial fast enough."

But the family's joy was short-lived as Vanessa remained largely unresponsive. "It was like the lights were on and nobody was home," says Jim. "You think, 'My God. Maybe that was it.'"

A few days later though, Vanessa began tracking people with her eyes. It came at a critical time when doctors were deciding whether she would be transferred to a nursing home or Good Shepherd Rehabilitation Hospital for



therapy. The eye tracking was essential for Vanessa to be admitted to Good Shepherd, says Tonya. On December 12, 2012, Vanessa was admitted to the brain injury unit in Allentown, but the hard work was just beginning.

“I was scared and I knew she was scared,” says Tonya. “That night I lay in the chair by her and we just looked at each other. Only her eyes were open. There was no movement.”

Vanessa’s caregivers knew they had an extremely challenging patient who would test all of their skills and experience. “Vanessa was one of the most severe cases we saw that year,” recalls Deborah Kimmel, M.D. “She was

functioning at a very low level and was pretty much dependent for all of her activities.”

Intense therapy of every kind was required: occupational, physical, speech. The brain injury team dedicated themselves to the challenge. But with such diffuse brain injuries, would Vanessa ever be able to resume a normal life? Her progress for the first month was minimal and hopes were fading. Dr. Kimmel was a strong advocate for Vanessa and willing to try anything and everything to help her.

“The human brain has the ability to make new connections and neural pathways as some of the old ones are recovering,” says Dr. Kimmel. “It’s like an infant. They have to be in a rich environment with a lot of sensory input and new challenges. Vanessa was fortunate. She got excellent neurosurgical care and excellent therapy. We didn’t stop the input with her.”

Just when it looked like Vanessa wasn’t going to have any meaningful recovery, another miracle happened eight weeks later when her skull was reattached. Her brain shifted back into its normal position. Even more miraculous, a scan revealed there was no damage to the brain tissue that therapy and time couldn’t heal. Now Vanessa was on the path she needed to be on.

“All of a sudden I woke up,” Vanessa says brightly.

From then on, there was no stopping Vanessa, whose athleticism as a dancer and intelligence were both factors in her recovery. “Nobody really thought she would come back except her dad and me,” says Tonya. “We knew how strong she was and her love for life.”

Pilates-based Physical Therapist Wendy Norelli uses special equipment to help Vanessa lengthen and strengthen.



The therapy team, nurses and other caregivers built on each small victory as Vanessa began doing things she used to do. She struggled with her memory and comprehension, and spasticity on her left side and diminished movement on her right made walking and use of her arms difficult, but in time, all that improved.

After four months, on April 10, 2013, Vanessa was able to go home. She continues to come to Good Shepherd for outpatient therapy but a new tool in her arsenal has become Vanessa's favorite and Good Shepherd is one of the few rehabilitation facilities in the country to offer it: Pilates-based therapy.

This holistic approach ties the entire body together in precise, concentrated movements with special equipment that has given Vanessa the confidence she needs to resume her life.

"Vanessa had a great deal of difficulty changing directions and was cautious and afraid to go out in a busy environment because she might lose her balance," says Wendy Norelli, a physical therapist certified in Pilates-based therapy. "We start with small movements and gradually make them bigger. The equipment allows me to help Vanessa work through all the movements she does in daily life and then, subconsciously, it becomes a habit to move in a healthy way."

The focus on lengthening and proper alignment makes Pilates-based therapy a favorite among dancers like Vanessa. "The Pilates has been amazing and Wendy knows all my weaknesses and she's always trying new things," says Vanessa who now is working part time again at her job in the jewelry store and feels stronger with better balance and more confidence. "I don't ever want to stop it. I feel progression everywhere. I loved my dancing. My body needs to get back into that."



Tonya, Vanessa and Jim Gearhart.

Dr. Kimmel marvels at Vanessa's recovery. "Working is perfect for her because it's a new challenge every day," she says. "Learning new things helps your brain's plasticity. It really is remarkable that she's recovered to the extent that she has. She's leading a productive life and her future looks bright."

Vanessa's parents have a profound appreciation for Good Shepherd's caregivers and therapists who gave them back their daughter. "I'm so thankful for Dr. Kimmel and everyone was amazing," says Tonya. "They comforted me and they loved her and took care of her the way a mother would. I believe that if Vanessa went some place else, she wouldn't be where she is."

Vanessa's ordeal tested her faith and that of her parents, but her astounding recovery has brought new meaning to their lives. "There's nothing that she can't do and she taught me that if she can do what she did and enjoy life that much, why can't we all do that?" says Jim. "God kept her here for a reason. I don't know what, but I know it's something real special. I know that for a fact."



(L-R) Ted Douglass, honorary chair Clays committee; John Kristel, Good Shepherd president & CEO; Alfred Douglass with presenting sponsor The Douglass Group/ Merrill Lynch.

21st Annual Conrad W. Raker Sporting Clays

Helping our residents
achieve greater independence

Every year, the Conrad W. Raker Sporting Clays Invitational just keeps getting better and this year was no exception. The event, held May 1 at Lehigh Valley Sporting Clays in Coplay, was not only the 21st year for this fund raiser, it also was the most successful grossing \$74,000.

There were 180 shooters of all abilities who turned out, many of them long-time supporters. Net proceeds will benefit the Long-Term Care Community Access Fund which helps Good Shepherd's residents enjoy greater independence such as dining out, going to the movies and concerts, pursuing educational opportunities, and traveling to be with family which often requires a staff person to accompany the resident.

Ted Douglass, whose great-uncle The Rev. Dr. Conrad Raker was the son of Good Shepherd's founders, served for the second consecutive year as honorary chair of the clays committee.

"For you and me, it's easy to pick up and go somewhere whenever we want to," said Ted in his remarks to the event participants. "If we decide to go out to dinner or to the movies, we can make that decision and just go. However, for these residents, much more planning has to go into this simple act. Transportation

2015



(L-R) Winning team members from Nazareth Ford, Ray Bartolacci, J. Shauger, James Martyn, Jim Flader, Art Rosenberg, Roy Knipe.

(Below) Robin Wright

and supervision needs to be arranged in advance. So your support of this shoot enables these folks who call Good Shepherd home the ability to enjoy everyday activities that we often take for granted.”

Thank you Ted, presenting sponsor The Douglass Group/Merrill Lynch, the clays committee of volunteers and all our volunteers, and many generous sponsors.



Check out the photo album at SweetCharityOnline.org. Go to Be Inspired then Good News & Great Gifts.

First Place Men

Ricky Fung-A-Fat, shooting with Shelton squad (100)

First Place Women

Tylee Totenbier, shooting with Specialty Physician Associates squad (95)

Gold Squad- Nazareth Ford (383)

- | | |
|----------------|--------------------|
| J. Shauger | Roy Knipe |
| Ray Bartolacci | James Martyn |
| Jim Flader | Arthur Rosenberger |

Silver Squad – Specialty Physician Associates (380)

- | | |
|----------------|-----------------|
| Dr. Dave Yen | Dr. Ed Shelly |
| Bill Biles | Joe Totenbier |
| Dr. Dave Brown | Tylee Totenbier |
| Ron Earle | |

Bronze Squad – Service Electric Cable TV (367)

- | | |
|---------------------|-----------------|
| Jack Capparell | Mike La Buda |
| Jim Bambu | Carl Poppalardo |
| Jack Capparell, Jr. | Dick Wilson |

What goes together better than strawberries and chocolate?

How about a night out with dinner and dancing, and strawberries and chocolate? For residents of the Good Shepherd Home Raker Center, the Strawberries & Chocolate Ball on April 24 was all that and more.

The banquet room at The Palace Center in Allentown was filled with residents and their dates, family members, and staff and volunteers, all enjoying an annual event that began more than 50 years ago.

Two balls are held every year: one for the long-term care residents in Allentown, and another for residents at the Good Shepherd Home-Bethlehem.

As with every ball, planning by the recreational therapy team begins months in advance and involves volunteers shopping for new outfits for the residents, meal planning and a special menu for those unable to eat solid foods, and creative thinking for themed decorations.

Staff and volunteers pitch in to make the evening a success, which it always is, helping to provide transportation to and from the ball venue (thank you to the Good Shepherd maintenance team for devoting hours to this task as drivers), and beautifying the residents from head to toe (thanks to the Metro Beauty School that's been doing this for years).



And after all the hard work is done, the reward is the joy the ball brings to the residents who dance the night away in their wheelchairs before heading home to bed and dreams of next year's ball.



Royal Court

King: Matt Kerns

Lords: Tom Nestor, Todd Shankle

Queen: Casey Reider

Ladies: Tammy Santee, Krista Volk



THE
Strawberries
&
Chocolate
BALL

Reflections

— by Chaplain Kelly Brooks

“With God’s help we shall do mighty things”

Psalm 60:12 Living Bible

There are thousands of inspiring stories that reflect the kindness that people have done in the world; everything from raising money with a lemonade stand for cancer, to donating shoes to poverty-stricken countries, to handing out sandwiches to the homeless. An inspiring story is one that touches our hearts, gives us hope and motivates us to seek out ways to be a presence in the world.

Time and time again, you hear at the very core of thoughtfulness is faith. Faith motivates people to reflect God’s love in the world. Faith guides us all to give of ourselves for something bigger than we are. When we focus on the love shown to us through God, through the gift of Jesus Christ, then we become the inspiring story. Through faith, all things are possible.

For each of us, faith is different. We all come to God in unique and diverse ways. What matters is that we come to God and have a relationship with the Holy One.

God gives us inspiring stories as a guide for our actions in the world. There are the well-known stories of faithfulness including Noah and Abraham and Sarah, who listened to God’s leadings. Though the work of Jesus Christ, we learn how to be a welcoming presence for all of



God's children. Jesus showed us through teaching, healings and miracles, that no one was too insignificant for his love. For each person that Jesus interacted with, spoke with and came to know, it was a transforming moment; it was a moment of deep faith and trust in the Lord. It became an inspiring story.

The story of Good Shepherd is also an inspiring story. By their faith in God, our founders, The Rev. John "Papa" and Estella "Mama" Raker were very intentional about creating a place where those who were disabled not only had a home but were accepted and treated with respect. To the Rakers every person was special and each person was an inspiring presence to the others.

That thoughtfulness continues through today. Our mission carries out that philosophy of God's everlasting love: Motivated by the divine Good Shepherd and the physical and cognitive rehabilitation needs of our communities, our mission is to enhance lives, maximize function, inspire hope, and promote dignity and well-being with expertise and compassion.

The staff at Good Shepherd is the very representation of our beginning. They inspire patients and residents to be all that they can be. They are motivators on good days and hand holders on the struggling days. In turn the residents and patients become the inspiration.

What is your inspiring story? How is it that through your gifts and blessings you share your heart with one another? An act of love doesn't have to be a burning bush or changing water into wine for it to have an effect. Sometimes it is as simple as a smile or a kind word.

God calls ordinary people to do extraordinary things. Those who donate their time and talents to collecting books for libraries or serving food in a soup kitchen are ordinary people who were inspired to have enough faith to step out of their comfort zone.

When we learn to be each other's miracle, then the whole world benefits. Our small wonders can have a ripple effect that expands far beyond our first glance. Through faith we can do mighty things including helping those in front of us and those unseen. The Rakers could not have imagined how one child could lead to helping so many, but in that story is the lasting legacy that was born of faith and became Good Shepherd.

*"To the Rakers
every person was
special and each
person was an
inspiring presence
to the others."*

WHERE?

Are They Now?

BILLY MURPHY



March/April
2005

Fourteen years ago, Bill Murphy, or Billy as he was then called, started life behind the curve. He was born with a muscle weakness called hypotonia causing delays in his physical development. His parents, Rob and Darcy Murphy, were afraid their son wouldn't catch up, that he would be forever fragile.

Starting when he was just six months old, Bill spent six years getting physical, occupational, and speech therapy at Good Shepherd's outpatient pediatrics program. Today, he is a handsome young man who attends a cyber charter school at home and is a High Honors student.

Age: 14

Sports: *Brazilian Jiu-Jitsu, weight lifting*

Favorite Food:
Mom's spaghetti sauce

Favorite Subject: *History*

Current Book: *"The Shack" a Christian novel by William P. Young.*

Church: *Christ Hamilton Lutheran Church where he participates in the Youth Group*

Favorite Video Game: *Minecraft, a building strategy game like a digital Lego set with infinite pieces and possibilities*

Future Hopes: *College*

Billy and his best friend Sarge



Join the Legacy Challenge and your gift will be matched!

Thanks to the philanthropic spirit of one very special donor, you can increase the impact of your gift, and help make life better for so many patients and residents who benefit from the compassionate care they receive at Good Shepherd.



In 2015, when you inform Good Shepherd of your plans, Carolyn will make a matching donation that will help patients and residents today. Carolyn is grateful for the compassionate care her daughter has received from Good Shepherd Home nurses and therapists who are “like family.” She has included a charitable gift for Good Shepherd in her will because she wants to “make sure that people like my daughter will always receive the best care possible.” Carolyn’s pledge to match your gift is an invitation to join her in supporting Good Shepherd.

Here’s how you can participate in the Legacy Challenge:

1. Name “**Good Shepherd Rehabilitation Network**” as a beneficiary in your will, trust, retirement account, life insurance policy or other asset.
2. Tell us about your gift by completing a Legacy Challenge Matching Gift Form.
3. Carolyn will match 10% of your gift commitment with a cash donation of up to \$1,000, while matching funds are available.

To participate in the Legacy Challenge, visit www.1908RakerSociety.org and complete the matching gift form online or call us.



We can help

To request a matching gift form, or for more information and gift planning ideas, contact Jeannette Edwards, senior planned giving officer at **610-776-3386** or jedwards@gsrh.org.

Good Shepherd encourages you to consult your attorney or tax advisor.

The Sounds

Amy Germick surveys her audience, straps on her psychedelic-colored Martin guitar, one of only 200 made, and launches into a Beatles song. From the semi-circle of residents holding various instruments comes the sounds of thunder, rain, croaking frogs, and something else: laughter, remembered lyrics and pure joy.

At the Good Shepherd Home–Bethlehem, music therapy is for the heart and soul as much as it is for the body.

“Whatever their disabilities, they are always so happy to see me and they make me feel special,” says Amy, a licensed music therapist who for the past 11 years has been coming to Good Shepherd for weekly group sessions.

On a Friday morning in April, a few days after Earth

Day and a soggy week of rain, Amy is drawing on her play-list of appropriately themed songs such as *Raindrops Keep Falling On My Head* and *Here Comes the Sun*. She brings her collection of instruments, many of which are adapted so residents with physical disabilities can hold and play them, adding their own rhythms and sounds to the music.

Amy knows her audience and gladly takes requests. “I try to find songs that mean something to them,” she says.

Joey loves *The Beer Barrel Polka*. Rachel is always up for a Beatles tune. And Steven likes classic rock.

Amy grew up in a family of musicians and holds a music therapy degree from Mansfield University. She also does one-on-one sessions with residents who are bedridden or find group sessions overly-stimulating. Donor funding such as a grant received from the William C. Rybak Fund for People with Disabilities of the Lehigh Valley helps to pay for some of those visits and the group therapy.

“They have good days and bad days but the music makes it a good day,” says Jennifer Szakacs-Strohl, a recreational therapist, as she circulates around the room, helping one person whose fingers are twisted tight from cerebral palsy hold a rain stick and gently helping another whose spastic movements are the result of a traumatic brain injury, shake a maraca.



Amy
Germick

of Music

The effort itself is therapeutic. “I see such determination to complete the action even if they’re physically disabled,” says Jennifer.

The music has other benefits too. “It’s such an important memory recall thing because it takes them back,” says Jennifer, pointing to one resident who began belting out a song along with Amy, not missing a beat or a lyric.

Maureen Kinnarney, the mother of 39-year-old resident Lauren who has a traumatic brain injury, says she has seen an increase in Lauren’s impaired short-term memory. “She can now remember some of the staff’s names that she never could recall,” says Maureen. “I think the repetitiveness may increase her ability to remember. She also loves music so while she’s participating, she’s in the moment, and that’s beneficial.”

Amy, who provides progress notes on the residents to the recreational therapy staff adds, “We will continue to work on gross and fine motor skills, focus and attention, rhythmic and vocal expression, emotional expression and relaxation during music therapy sessions.”

Maryann Paulacci, who worked as a communications technician with AT&T until her multiple sclerosis made it too difficult to continue working, particularly enjoys the social aspect of the music sessions. A self-described “social butterfly,” Maryann says, “I like to talk to people and they like to talk to me. It makes me feel good because I’m enjoying music with others. It’s like I’m at a concert.”

The residents aren’t the only ones though who benefit. Amy gets back everything she gives. “I’m so blessed I have this simple ability to play the guitar,” she says. “I’m a pretty lucky lady.”

Your gifts to The Good Shepherd Home help bring programs like this to our 159 long-term care residents in Bethlehem and Allentown. You can make a gift by using the envelope in this issue or online at SweetCharityOnline.org. Thank you!



Resident musicians from top: Maryann Paulacci (foreground) and Lisa Ballek; Jane Storch; Lauren Kinnarney (bottom left) and Ann Dougal.

Americans with Disabilities Act 25 YEARS and counting ...

An Invitation to a Yearlong Celebration

Twenty-five years ago on July 26, 1990, President George H.W. Bush put pen to paper and signed a document that would benefit countless people with disabilities. That landmark legislation was the Americans with Disabilities Act, a civil rights law prohibiting discrimination against people with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public.

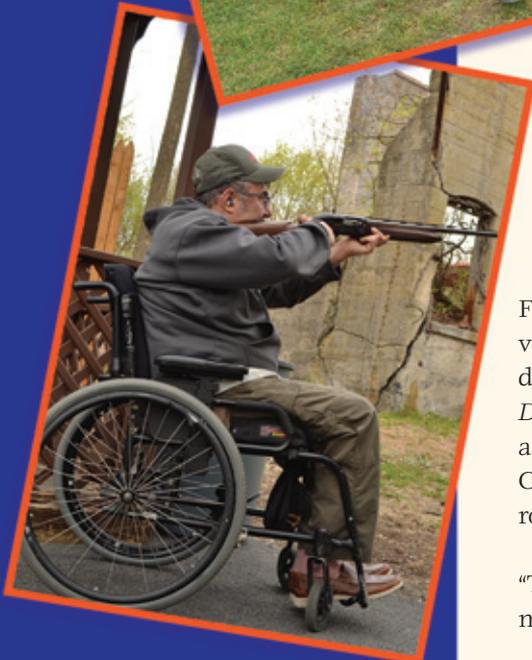
Good Shepherd has a storied history of advocating for and removing barriers to people with disabilities and is proud to participate with other local organizations on celebrating the progress that's been made in the last 25 years while continuing to assess the unmet needs of people with disabilities.

Here's a look at what's planned and how you can participate:

The Partnership for a Disability Friendly Community (PfaDFC) is collaborating with the Lehigh Valley Arts Council in Arts & Access, a yearlong series of events highlighting the accessibility and inclusiveness of the region's arts and cultural organizations.

Film, theater, music, and lectures will be offered at various venues through June 2016. One such event is an audio-described performance for the visually-impaired of *Hello Dolly* on July 26 at Muhlenberg College. In July and August, a Sensory-Friendly Film Series at the Frank Banko Alehouse Cinemas at SteelStacks will provide an accommodating environment for children with autism.

"Through the lens of the arts we're trying to make the community more aware of the importance of inclusion and



Good Shepherd has long been a champion of greater independence for people with disabilities from the 1973 "Roll on the Mall" led by Carl Odhner (see page 20) to the First Swing golf clinic and the Conrad W. Raker Sporting Clays at the wheelchair-accessible Lehigh Valley Sporting Clays.



access for people with disabilities," says Cindy Lambert, vice president, government and community relations at Good Shepherd, which fostered and has supported the Partnership since its inception in 2009.

Good Shepherd is hosting a launch party with cake and ice cream on July 24 on its south Allentown campus to celebrate the ADA anniversary and encourage the public's participation in Arts & Access events as well as support of other initiatives.

John Kristel, president and CEO, says, "Ever since our founding 107 years ago, Good Shepherd has been in the forefront of helping people with disabilities through advocacy and action. Our commitment has never faltered and we are proud to host the launch of Arts & Access and be a partner in raising awareness to make a difference."

Those attending the July 24 event at Good Shepherd will be invited to sign the ADA Pledge, a petition that's part of a nationwide effort to promote renewed support of the ADA and its goals. Apple iPads will be circulated to collect signatures online.

"Good Shepherd's goal will be for the Lehigh Valley to get the most signatures and put us on the map as the best in the nation," says Cindy, adding that the national cut-off date to sign the pledge will be December 31.

Good Shepherd is also conducting a new, online survey identifying the unmet needs of people with disabilities in

Get Involved!

TAKE THE SURVEY

If you are someone with a disability and want your voice heard, here's your chance. The Lehigh Valley Research Consortium is conducting the Disability Community Needs Assessment Survey online to determine if needs for people with disabilities have changed since the last survey in 2008, and if so, in what ways.

The survey will be open through August 2015. To take the survey, visit www.GoodShepherdRehab.org/DisabilityNeedsSurvey

SIGN THE PLEDGE

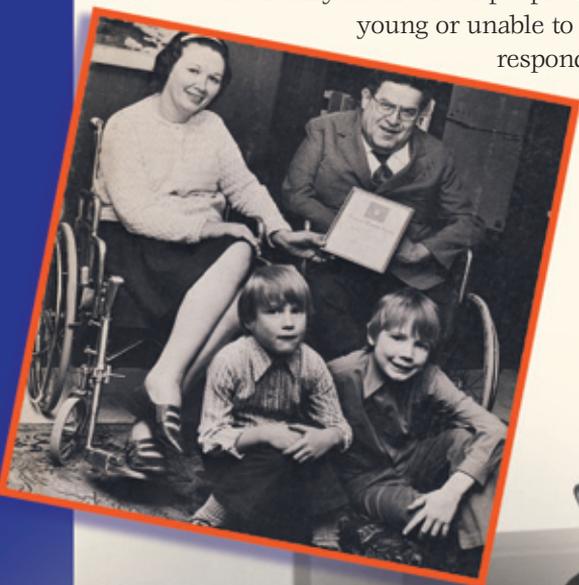
www.ADAanniversary.org/pledge

ARTS & ACCESS

Stay current with Arts & Access events throughout the year at www.LVArtsCouncil.org/access/

the Lehigh Valley. Results from an earlier survey were reported in 2009 and informed the work of the Partnership; a lasting gift to the community designed to inspire, educate and ignite everyone to do whatever they can to make the Lehigh Valley more disability friendly.

The 2015 Disability Community Needs Assessment Survey will gather input from people with a disability as well as caregivers and family members of people too young or unable to respond



for themselves. The survey is an important step needed to continue making meaningful changes for people with disabilities in the Lehigh Valley.

“Are we and others in the community still providing the right programs and services? Are there new ways to address ongoing needs? Are there emerging needs that require our attention?” says Cindy. “We need to learn from those we serve and want to promote this opportunity for all people with disabilities to voice their opinions so that Good Shepherd and other disability service providers can work with the disability community to increase access and inclusion throughout the Lehigh Valley.”

Carl Odhner **“A Giant Among Us”**

Carl Odhner never met an obstacle he couldn't overcome. And years before the Americans with Disabilities Act (ADA) was passed, this lion of an advocate for those with disabilities was in the forefront of change that improved the lives of people in the Lehigh Valley who struggled daily with obstacles that hampered their mobility and independence.

His work was so impressive, he was invited by President George H.W. Bush to the White House for the signing of the Americans with Disabilities Act in 1990.



(Above left) Carl Odhner with his family and with The Rev. Dr. Conrad Raker.

In his decades of service, Carl held many leadership positions at Good Shepherd and in the community. He was a man of vision and determination who never let his own disability hold him back. When he was nine weeks old, Carl contracted polio. Physicians wrapped his body from head to toe in a plaster cast to prevent deformity. The treatment caused Carl's muscles to waste away. He lived the rest of his life in a wheelchair.

In 1942, at age 14, Carl came to live at The Good Shepherd Home beginning a relationship grounded in faith and love that would lead him to become a tireless advocate for the rights of the disabled locally and statewide. It was a world he knew all too well. Unable to climb the steps to attend school, Carl completed a homebound program and graduated from Allentown High School without ever setting a foot, or a wheel, in the building.

Carl, nicknamed Fritz, left Good Shepherd to attend a wheelchair-accessible college in his hometown of Bryn Athyn, Pa. He returned to Good Shepherd and taught other adults with disabilities who had been denied a public education. Carl later earned his master's degree in rehabilitation counseling at Southern Illinois University, driving himself to the school in a hand-controlled car.

What many remember Carl for was his leadership in Operation Overcome, a group comprised of people with disabilities and their supporters working to promote accessibility and awareness in the Lehigh Valley.

To bring home the message, in July 1973 Carl put the Allentown mayor and city council members in wheelchairs and had them roll themselves down the Hamilton Street Mall. Dubbed the "Roll on the Mall,"

"Through the lens of the arts we're trying to make the community more aware of the importance of inclusion and access for people with disabilities"

— Cindy Lambert, vice president, government and community relations at Good Shepherd

the event made an impression on city officials who announced that representatives from Operation Overcome would be consulted before constructing any public building.

Carl's vision of greater independence and inclusiveness for people with disabilities through Operation Overcome also led to the incorporation of the non-profit Lehigh Valley Center for Independent Living (LVCIL) in 1990. He championed the independent living philosophy and believed that a strong, vital community is one that welcomes all people.

After Carl died on July 18, 1998, at the age of 69, The Rev. Dr. Conrad Raker, then administrator emeritus of Good Shepherd Rehabilitation Network, paid tribute to his friend in an issue of *Sweet Charity*. Conrad wrote, "Future generations of physically disabled will feel the impact of his life and work. His dedication to the cause will be felt for years to come. Yes, he was a giant among us."



(Pictured, L-R) Sam Miranda, senior vice president of patient care and chief nursing officer; Brianna Trumbauer, Breidegam Family Scholar; Laurie Heagy, representing the Breidegam family; John Kristel, Good Shepherd President & CEO; David DeCampli, chairman, board of trustees.

Winning Nurses

Four Good Shepherd nurses were the recipients of donor-funded scholarships at the Second Annual Awards Celebration on May 6 at Good Shepherd in Allentown that will help them in their educational pursuits towards advanced nursing degrees. Sam Miranda, MS, RN, NEA, BC, senior vice president of patient care and chief nursing officer said, "Our nominees were incredible. The scholarship funds are so important in helping Good Shepherd achieve its goal of having 100 percent of our nurses hold bachelor degrees

by 2020. At our current rate, we will meet that goal ahead of schedule," said Sam.

Congratulations scholars!

Oberly-Allen Scholar

Bhairavi Patel, BSN, CRRN, SCRN

Women's Circle Scholar

Jennifer Ko, RN, BSN

Breidegam Family Scholar

Brianna Trumbauer, RN, CRRN

Fleming Family Scholar

Robin Silliman

& great GIFTS



A Very Special Mass

Residents of the Good Shepherd Home Raker Center celebrated a very special Friday Mass in April with Bishop John Barres of the Archdiocese of Allentown. Good Shepherd is home to people of many faiths and honors different spiritual traditions in various ways, whether it's helping residents gather in the Raker Center for Sunday services or celebrating Hanukkah. The Friday Mass with the bishop brought great joy to the residents who attended and for whom their faith is a source of strength every day. Thank you Bishop Barres.

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We thank the generous families and friends who honor their dear ones with memorial gifts and living gifts of honor. These gifts help support Good Shepherd's mission of service to people with disabilities, many who otherwise could not afford the therapies or long-term care they need.



In Memoriam

Gerald J. Martz

Gerry Martz knew hard work and hard times. An Army veteran who served for two years in Germany during the Vietnam War, Gerry worked for Bethlehem Steel as a laborer for 30 years. Shortly after retiring in 1997, he was in a car accident that caused severe brain trauma. Gerry was admitted to The Good Shepherd Home–Bethlehem in June 2001 after a series of seizures, and lived there until his passing on April 8 at age 69. He and his wife Joan would have celebrated their 43rd anniversary on May 15.

Joan remembers her husband before the accident as someone “who did things in his own time and no one could hurry him up.” He loved sports and rooted for the Philadelphia Eagles and the 76ers. Gerry also was an avid card player and loved playing for money, recalls Joan.

Gerry and Joan enjoyed going to yard sales and shopping at K-Mart near their home in Slatington. One of their favorite places to eat was the K-Mart luncheonette. And it was Gerry who introduced her to Yocco's hot dogs.

Joan and Gerry did many things together throughout their four decades of marriage, but there were some things they never did check off their bucket list. “We put everything off,” says Joan. “I tell people, if you want to do something, do it now because you never know.”

Madeline Leach

She was funny, caring, and loved pinkish-peach roses and disco music, and at 69, she was quite possibly the biggest New York Yankees fan. That's how Amanda Leach remembers her grandmother Madeline Leach, who passed away at the Good Shepherd Home–Bethlehem on May 9, just a few weeks shy of her 70th birthday.

“My grandmother was my best friend,” says Amanda. “She raised me my whole life. It was wonderful. She's my favorite person in the whole world.”

Madeline grew up in Astoria, Queens and later became a florist. Grandmother and granddaughter shared a love of gardening. “I'd sit in her lap and she'd always say, ‘What a beautiful day, not a cloud in the sky!’ And she'd hug me and say, ‘I love you to the moon and the stars and back!’”

Madeline eventually had to give up her job as her multiple sclerosis worsened. When Amanda could no longer care for her grandmother, she moved her to the Good Shepherd Home–Bethlehem in 2012 where she was loved by her caregivers and was named queen of the resident ball in 2013.

“Good Shepherd was such a wonderful place for her,” says Amanda. “It was heartbreaking not to be able to have her home, but everybody at Good Shepherd just loved her so much. She was happy.”



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