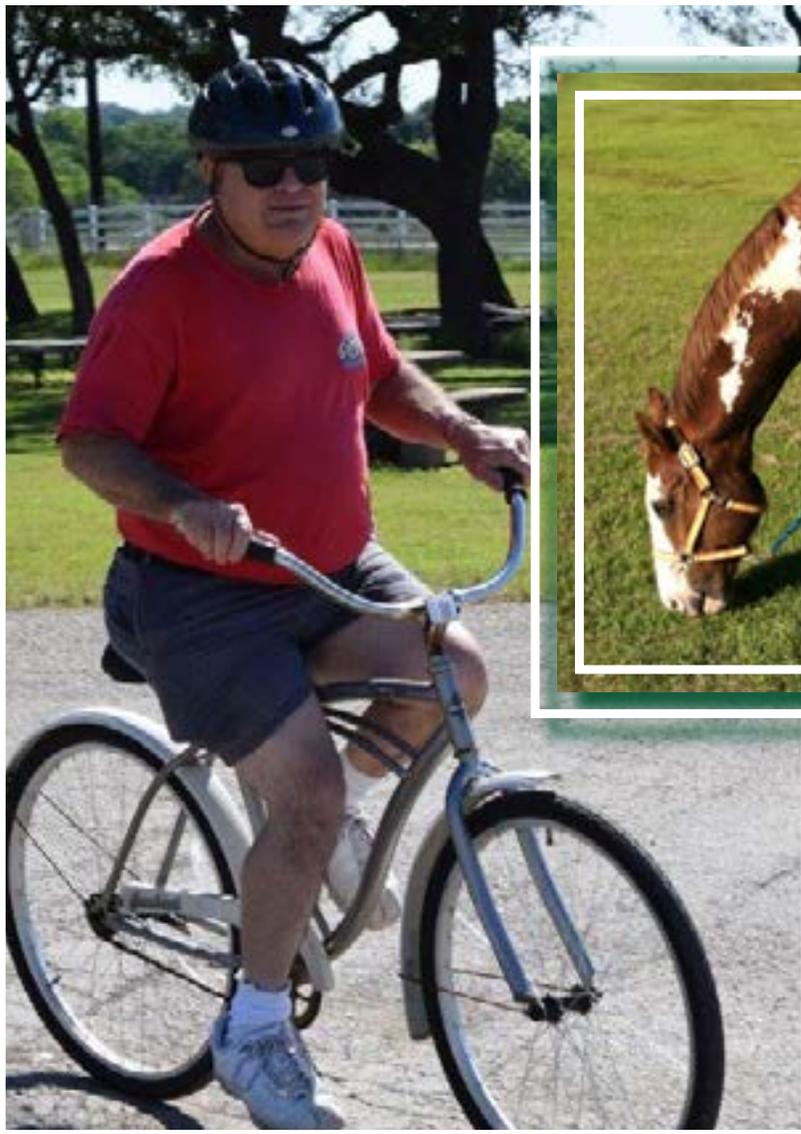


Marbridge
Learn • Experience • Achieve

LIFE

Summer 2015



*Life, Liberty
and the Pursuit of Wellness*

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Since its founding in 1953, Marbridge has provided adults with intellectual disabilities a safe, loving community and an abundance of opportunities to learn, experience and achieve a whole new life.

DADS license numbers:
000706, 005191, 000520

life, liberty, & the pursuit of wellness

Contributed by Tom O'Brien,
Chairman, Marbridge Board of Trustees

Pursuit is loosely defined as "to follow and try to catch something over a long period of time." Are Life, Liberty and Wellness actually things to be captured? The answer is quite complex, but for some, it can become quite simple. LIFE can be the transformation from dependence to independence. While some take



Tom O'Brien, Marbridge Chairman, with his wife, Jackie, and son, Tim.

independence for granted, I believe that most residents and staff at Marbridge embrace their independence daily. For our family, Marbridge has helped our son, Tim, seize LIFE and independence aside from the daily care of his family. Marbridge has provided Tim with a second home where he has friends, a job, educational opportunities, a social life, sports activities, and a caring staff, all within a safe environment. So much in one beautiful setting. Before we found Marbridge, my wife and I were concerned with how we could provide a meaningful social life for Tim, something so important for all Marbridge residents, and one of the most difficult things for families of our residents to establish on their own. If you want to hear some truly heart-warming stories, listen to family members talk about the growth they've seen in their loved one since their journey to Marbridge. They are amazed by the LIFE their loved one is leading. It's then that we truly understand the positive impact Marbridge can have on the lives of people with intellectual disabilities. When we can compare what it is like for them at Marbridge to what it was like pre-Marbridge, it shows what LIFE can become.

LIBERTY is the power to choose or do what you want. As a parent, many of us have had a difference of opinion with our children about the freedom they want versus the freedom they can handle. It's an ongoing issue, especially as our loved ones grow physically and mentally, and they desire to be viewed as the adults they are. They want the same freedom anyone else would desire. Fortunately, Marbridge can provide these freedoms in ways we cannot in our home, and they teach skills to handle increasing freedoms. Our son and his friends are allowed to express themselves in a safe environment among friends that they trust. Who wouldn't want that kind of LIBERTY?

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Wellness Recipe for Everyone

- Inspired by residents at Marbridge

If you wrote a universal recipe for wellness to be shared by all, what would it include? It doesn't exist because this recipe needs to be defined individually. But what remains true is that researched-based evidence stresses how important it is for each one of us to subscribe to a way of life that promotes mental, physical, spiritual, and relational well-being.

Regardless of our ability, age, or status, most of us are challenged by defining and pursuing wellness because its very essence requires deliberate effort and continued care. Perhaps a Marbridge Day of Wellness can inspire a small, daily shift in our awareness of the wellness opportunities that surround us. This recipe is taken from a day in the life of a Marbridge resident, listed in no particular priority. Cheers, to your wellness and beyond!

1. Eat three nutritious meals at about the same time every day
2. Engage in cognitively stimulating classes or learning opportunities
3. Take walks and smile at everyone, giving out compliments to all who pass your way
4. Laugh often
5. Swim, work out, play ball, break a sweat
6. Plan an outing, go to a movie, shop or eat out once in a while
7. Have no better place to be than with a friend or the person sitting next to you
8. Get excited when you see a dog – and if it wags back at you, even better
9. Delight in the small things, and go over the moon with the big things
10. Find your place of worship, your meditation, your place of prayer and faith
11. When you are not feeling well, say something, reach out, ask for help, and allow others to come along side of you and support you

*Contributed by Holly Lawson, LPC, in private practice in Austin, Texas. Holly provides wellness workshops and trainings to Marbridge staff, residents and the greater Austin community.



WELLNESS is the state of being healthy — a vague term that can mean different things for each of us. At Marbridge, it's A Whole New Life packaged for the residents in a safe and healthy environment. Over 150 classes covering all things that lead to wellness, from art and music, to photography and fishing, to hygiene and money management, to physical strength and cardiovascular health. Residents are encouraged to eat a well balanced diet and many set dietary goals as part of their Individual Program Plan (IPP).

All of these experiences combine with the support of the resident trainers, instructors, dietary aides, coaches, family members and the countless volunteers with one primary goal: To help each resident continue their pursuit of Life, Liberty and Wellness.



Marbridge staff and residents showing team spirit on Founder's Day at Marbridge, May 30, 2015.

The Wonder of Wellness

Wellness walks in the hearts of these residents as we followed them for a day in their life on Marbridge campus.



Pedaling to Success

Originally from Houston, Andrew Meaux recently moved to Austin, eventually arriving at Marbridge in August 2014. In just this short time, Andrew has become a welcoming presence at Marbridge and has seen tremendous growth.



Andrew Meaux cycling across campus, July 2015

When he moved to Marbridge, Andrew was quiet and reserved. Punctual and schedule conscious, Andrew was very concerned with being prepared for each day, so relaxing was difficult for him. However, he proved to be a quick learner, embracing his daily schedule and routine living needs such as morning hygiene and making beds. "I only helped him fold and hang his clean laundry one time. His housekeeping is always done! Andrew goes to all of his classes reliably and loves to be involved," remarks Cyndi Dullnig, Resident Trainer.

Andrew's comfort increased quickly by making new friends, and his warm and outgoing personality blossomed. Realizing growth and success in his vocational classes, Andrew secured a job on campus as a Village dishwasher where he is now known as the "#1 Dishwasher" due to his efficiency and meticulous nature. He is a joy to have in class and on campus, and he looks forward to his favorite class, Geography, where he learns about landforms. Andrew also loves any class with Coach Hughie. "He jokes around a lot and loves to warmly imitate Coach – one of his favorite people," Cyndi continued. "His confidence grew when he joined the cycling team for Special Olympics." Andrew trains on his bike often, so Cyndi affectionately refers to him as Fly Boy. "I've learned to pedal uphill for a long time and to pedal fast for longer periods," says Andrew. He has proven his ability to get up hills on his bike and in life, and we have no doubt Andrew will continue to conquer each hill he encounters.

A Wild Path to Wellness

Matt Landry brought his peaceful and God-loving presence to Marbridge in 2005. Despite the trials he has encountered, Matt's quiet demeanor remains strong in faith. Fifteen years ago, Matt's brother died of colon cancer and soon after, Matt was diagnosed with the same cancer. He trusted in God's plan and held a positive attitude throughout his treatments. "I just don't quite understand why I got it, but I know the Lord will get me through it," Matt reflected. Matt is proud to call himself "CF" (Cancer Free) and thankful that his prayers to God to heal his body and keep his hair were both answered.



His next enormous hurdle occurred ten years ago this month – Hurricane Katrina. Matt was living in a group nursing home in Louisiana after his mom passed away. When Hurricane Katrina made landfall in 2005, Matt's nursing home remained safe through the storm. But when the levies broke, their safety was lost as the home was unable to generate power. One of Matt's sisters rushed to move him to safety, and they went to Houston to escape the devastation. That's when they learned about a special place called Marbridge.

Marbridge was able to expedite Matt's admission process to ease the transition for him, and Matt soon became a happy, thriving member of the Marbridge family in spite of the rocky path that brought him here. Matt is one of eight children, and they are all amazed and inspired by his growth. His sister, Courtney, can't believe the changes in Matt and credits the "staff with helping him grow in ways we didn't even know he was capable of." She adds, "It is amazing to talk to him and hear about his days." Matt is on the Equestrian and Golf team and loves participating in Marbridge activities, especially bowling. He has an impeccable memory and can finish almost any Bible verse that someone starts. Matt is living proof that a strong mind, and an even stronger faith, will see you through the trials of life and get you to a place where you can truly live life well.

(continued from left)
John's Day: John has lived at Marbridge for approximately 6 years. Moving here from Dallas, he quickly took a liking to his on-campus work in landscaping, and very much enjoys his Skills For Life classes. On any given day, you'll find John getting started around 7am. After breakfast, he works 3 hours on Marbridge campus as one of the landscaping crew members, a job which he has held for over 5 years. After lunch, he arrives at various afternoon classes, including Computer/Email, Money Management, Art, Horticulture, Archery and Weights.

{Mackenna Ramsey}

Moved to Marbridge: 2015



Favorite summer activities: Exercising with Jameson and Theresa, going for buddy walks, movies and ladies nails.

Wellness inspiration: To improve physical function and independence skills so she can live in a more independent environment and attend college one day.

"Mackenna has brought a bright smile to the whole building. She is a person who clearly loves life!" - **Alicia Taylor, LCSW at The Villa**

Mackenna's Day: Mackenna graduated high school in 2014 and lived with her mother and brother until moving to The Villa. She loves listening to boy bands and hanging out with her friends every day! After breakfast, she determines which Life Enrichment activities to participate in, often selecting Morning Exercises after reading the newspaper with peers. Sometimes a movie outing or a trip to the Austin Aquarium follows and lunch provides a fun time to catch up with friends. Mackenna loves to help others pick nail colors during the Ladies Nails activity or gather votes for a Netflix showing before 5 p.m. dinner where she visits with friends and care partners.



{Alexa Alexander}

Moved to Marbridge: 1998



Favorite summer classes: Reading and Basketball

Wellness inspiration: "Visits from my mentor, Alice, and my monthly visit from Anne. The new gym is so much better than the old gym. It helps me a lot."

"Alexa is incredibly helpful on campus. She helps summer campers find their classes and assists in Drum Therapy. She welcomes visitors at JAM Sessions by greeting them with a warm hello and handshake. She is a pleasant and kind person to have nearby." - **Haley Koop, Volunteer Coordinator**

Alexa's Day: Alexa moved from Houston to Marbridge over 15 years ago and has pursued life, liberty and wellness since the moment she transitioned at The Ranch. Like many residents at Marbridge, she wakes at 7 a.m. for breakfast and hygiene. She has daily cardio class often in the morning, but other days, class occurs in the afternoon, thanks to the newly opened Victory Hall. On any given week, her classes include Bible Study, Ladies Hygiene, Horticulture, and Reading. After a lunch break at The Ranch, Alexa participates in classes such as Animal Planet, Movie Art, assisting Campers in classes, and Bowling.



{John Hunter}

Moved to Marbridge: 2010



Favorite summer classes: Money Management and Weight Lifting

Wellness inspiration: "I like feeling strong, looking fit and feeling good after Weights Class."

"John is a very independent and reliable worker. Just today I was praising John on what a self-motivated worker he is. He finds work on his own and gets it done." - **Dan Carlson, Marbridge Landscaping Supervisor**

(continued next page)

Passionately Pursuing Progress in Training and Education

By Jana Kay Green,
Director of Training & Education

As the summer semester concludes in late August, there were many changes taking place on the Marbridge campus. Seven office moves, four classroom relocations, and additional new classes, plus nine weekly sessions of summer camp resulting in a full summer of sizzle. We jumped into summer with the Founder's Day celebration and the grand opening of Victory Hall. Marbridge celebrated 62 years of Life, Liberty and Wellness with resident and staff awards, and our traditional Field Day games and barbeque - glance left to see a few of the favorite moments.

Shelley McGinnis, Manager of Victory Hall and The Mike Parsons Wellness Center, taught the residents and staff how to properly use and care for the equipment at the beginning of summer.



The Mike Parsons Wellness Center has become a hub of activity. With new Cardio, Weight and Studio rooms, several classes can occur simultaneously.

We expanded to seventeen Cardio class opportunities, including afternoon and evening classes for residents that work during the day. The staff monitored strength and cardiovascular progress by tracking calories burned and miles covered, and encouraged residents to complete each training session to the full 50 minute time goal. Through this, the staff can better evaluate how to set customized health initiatives for measuring future growth while understanding what each resident has accomplished thus far.

Yoga and Shape-Up classes were led by Jennifer Diaz in the Studio room, proving to be a great workout option, and she also taught Ladies Circuit Training and General Weight Training in the Weight room. Additionally, Jennifer has transitioned into the role of Leisure/Activities Coordinator/Coach after serving over four years as Instructor.



Coach Hughie Shaw launched HOOPS, a new class that teaches basic basketball fundamentals such as dribbling, passing, shooting and rebounding. Volleyball, a Special Olympics winter sport, was another new offering where Coach taught basic rules and fundamentals in the hopes of adding this to future Marbridge team sports.



Victory Hall is a special place, not only for our physical wellness, but also for our spiritual and emotional wellness. It is

home to the Music room where Joshua Guerrero, our new Music and Spiritual Instructor, focused on a "Circus" theme for the Stage, Drama, Band and Choir classes. The Gospel of John and the life of Jesus were studied in Bible Study.

Overall wellness grew across campus as Jan Meeks, Art Instructor, taught a Jewelry class. The residents strengthened fine motor skills as they threaded small beads, worked on color coordination

in the overall appearance of the piece and more. Lesson extensions included sociology, history and math as residents looked at jewelry styles worn throughout the ages in different cultures. They also studied controlled designs through repeating patterns, symmetrical design and balance. Each resident walked away with a number of pieces to wear or use as gifts.



World Travelers, a fun twist on traditional geography, was a hit this summer as Instructor Lauren Butera guided residents to exciting global locations. Each week, they "traveled" to a location selected by a classmate, and discussed how long the trip would be, what mode of transportation would get them there, and how to travel around once they arrived. The class reviewed local food, weather, and clothing styles, and even sampled local fare!

The Marbridge gardening crew rounded out the summer with a bounty of fresh vegetables from the garden, which benefited the entire Marbridge community as they shared their harvest. Several residents represented the "Chicken Crew" that made sure the chickens were safely in their coop at the end of the day.

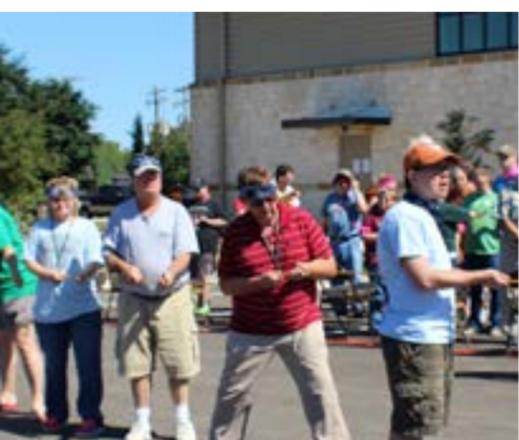


Bidding goodbye to a summer pursuing Life, Liberty and Wellness, we shift our focus to the Fall Semester which begins on September 8.



Founder's Day Fun

62 Years of Living Well



Winning In Spite of Loss

By Scott Cary, Coach of the GREEN Team

In May, the Marbridge GREEN basketball team traveled to Arlington with high hopes of returning with medals from the State Special Olympics. Our athletes were ready for competition and, upon arrival, the GREEN team went immediately to classifications and were placed in a very competitive division. The classifications are based on the coach's pre-graded roster, and teams are grouped based on ability and, if known, the team's history. Each team scrimmage four different teams for six minutes each, and evaluators decide the most evenly matched brackets. After completing the day with a dinner together at Pappasito's, the team returned to their hotel for an early bedtime in anticipation for Friday's early game.



In their first game pitted against Flower Mound, Marbridge came out victorious with a score of 27-16. The GREEN team then joined all Marbridge athletes and attended the opening ceremonies in the UT Arlington Football stadium. Hundreds of athletes, parents, police officers, family and friends were in attendance. As they announced the Marbridge team name, our group was led through a gauntlet of cheerleaders and police officers from all over Texas. The Special Olympics Torch was lit, and the celebration began!

The following morning, the GREEN team played an evenly matched game against a team from Katy, and again the Longhorns came out victorious 38-34. Knowing their game the following day would be difficult, the group decided to see a movie and lighten the mood. They enjoyed a delicious dinner at Salt Grass Steakhouse, then attended the Victory dance at the UT Arlington basketball arena. The guys and gals had a wonderful time dancing the night away.

Our final game arrived on Sunday morning versus a young team from San Antonio – the Judson Rockets. The group knew that with a win, they would be the undefeated gold medal winners. But a loss would result in a tie for gold, and the medal would then go to the team with the lowest point differential. Early on, our team led Judson by 10 points. But the game took a turn when Judson came out in the second



FRONT ROW: Justin Dick, Jeff Goodman, Greg Gale, John Charles Lee
BACK ROW: Coach Scott Cary, Coach Merry Cary, Mike Hornsby, Clay Dunnam, Stacy Groves, Dan Beckmeyer and Coach Daniel Shugart

half with a smothering defense. They quickly went ahead by 10 points, and while the GREEN team fought to close the gap, they ultimately came up short by just two points, losing 36-38.

While the team was disappointed with the loss, in Special Olympics, a loss can still be a victory. Marbridge was awarded a Gold medal due to our previous wins combined with this two-point loss. But more importantly, our team showed fantastic sportsmanship. As this game was the only victory for the Judson Rockets, there were tears of joy on the court after the final buzzer, and our team was gracious in defeat, congratulating the winners with respect. What a day to remember!

DAN BECKMEYER:

Whether at work or play, Dan has a smile to share and a hand to give. On the court, he is a competitive team member who gives his all. Dan was recently rewarded for his efforts and attitude with the Area 13-Male Athlete of 2015 award!



FROM LEFT: Clay Dunnam, Stacy Groves, Jeff Goodman, Coach Scott Cary, Dan Beckmeyer, and John Charles Lee

Just a few years after he moved to Marbridge in 1998, Dan started working at McCoy's Building Supply and has been a valued employee for years. He works approximately three hours every day and is transported to and from his job by Marbridge drivers. His responsibilities include straightening lumber racks, cleaning office areas, stocking products and helping customers. *(continued at right)*

Wellness At Work

One of the key programs at Marbridge is Job Skills Training. Many residents have identified this training as one of their top five goals, defined through their Individual Program Plan (IPP), and are employed either on-campus, in the community, or both. Pre-vocational training helps residents connect effort with reward and develop skills needed to improve work-related behaviors. On-campus employment often serves as a step toward a community-based job or can become a permanent job. Off-campus work opportunities are identified based on the resident's abilities and employer needs. Marbridge is fortunate to count over 25 companies as current community employers of our residents. All the while, Marbridge residents continue with classroom instruction which supports on-the-job training.



AMY LOPEZ: Amy moved to Marbridge from California in November 2014 after she attended a Marbridge summer camp. She quickly transitioned to The Village and has grown tremendously in life and job skills. In March 2015, she worked with Rhonda Bonavita, Employment Coordinator, to find a job off-campus. Because Amy had worked at Randalls in California, both Amy and Rhonda felt a similar work setting would provide a good opportunity for success so they found a job at Randalls as a Courtesy Clerk. Amy stepped into the role with ease and quickly proved to be reliable, detail-oriented and ready for the next step. Recently, she transitioned to Cashier and is "loving her new responsibilities," states Rhonda. Amy works approximately 24 hours per week. "I love my job, the people I work with and the customers," Amy said.

On campus, Amy is "a joy and a beautiful sun," states Stacie Morgan, Lead Resident Trainer at The Village. "Amy is calmly confident in taking care of herself and so helpful and respectful," continues Stacie. She is often seen walking around campus, staying committed to her physical wellness after losing a lot of weight through a healthy program she determined independently of her IPP goals. In addition, Amy is proving to be quite a role model to other residents through her remarkable attitude and reliable character. Whether dancing and smiling on campus or in her workplace, we're very proud to walk alongside Amy as she matures and grows.



(Dan Beckmeyer...continued from left) "I love my job at McCoy's, especially stocking lumber and talking to customers. They are so nice and I like to help. My work helps me stay focused, whether I am working or relaxing at Marbridge," says Dan.

Dan's focus and positive attitude is recognized in the workplace. "Dan has endless energy and a fantastic attitude that makes us smile. We post his accomplishments on our bulletin board to celebrate him, and he even has a strong connection with McCoy's vendors. Kenny (a vendor) treats our staff to lunch every so often and always makes sure to do it on a day that Dan is scheduled to work," describes Armando Castro, McCoy's Store Manager.



About 6 years ago, Dan accepted an additional job opportunity with the Marbridge landscape crew where he works 15 hours each week. "Dan is a great employee. He is a very dependable and quality conscious worker. His technique of operating the 61" zero turn radius mower is excellent as the result of careful and safety-conscious practice. He continues to make big improvements in volunteering and accepting difficult jobs. We're fortunate to have him as part of our team," remarks Dan Carlson, Landscaping Supervisor. Dan is very proud of the well-manicured Marbridge grounds, and because of his committed, diligent dedication, Dan has seen the fruits of his labor in the beauty around him.

Miracle Opportunities



It is Well at Victory Hall

The official Victory Hall Grand Opening ribbon cutting ceremony was held on May 29, 2015. As Coach Shaka Smart, University of Texas Men's Basketball Coach cut the ribbon, a cheer could be heard throughout the Marbridge community. When the doors opened to this new multipurpose facility, residents, supporters, guests and staff gathered to

admire the beautifully designed building. With a full-sized basketball court, dedicated stage area, dance studio, and exercise rooms, Victory Hall surpassed the old gym by leaps and bounds. The old gym was built in 1958 out of cinder block and had no heat or air conditioning.

A large part of Victory Hall's ability to build wellness is The Mike Parsons Wellness Center, named after Mike Parsons who was a fitness fanatic and committed supporter of Marbridge. During the grand opening, studio demonstrations were held and guests attended Pilates classes or tried out the new exercise equipment. Da' Bull, the Austin Spurs mascot, embraced residents and posed for pictures. The Marbridge Longhorns basketball team demonstrated their athleticism in a friendly scrimmage against Marbridge staff and Austin Spurs representatives. The celebration concluded with the musical talents of the King of Tex-Mex Rock and Roll, Joe King Carrasco, as his band entertained with pop rock and Latin rhythms.

In just a few short years, the dream of a new gym became an 18,000 square foot reality. Victory Hall and The Mike Parsons Wellness Center wouldn't be a victorious new addition to Marbridge without the generous donations and support of so many committed supporters.



TOP: UT Men's Basketball Coach Shaka Smart cuts the ribbon surrounded by Marbridge staff, residents and guests

MIDDLE: Resident Scott McCorkle and Da' Bull, Austin Spurs Mascot



Marbridge Longhorns and staff pose for post-scrimmage photo

The Season of Giving

It's hard to believe that Christmas will arrive in a few months, and soon, the malls and grocery stores will be filled with holiday décor. As you shift your thinking to the holidays, consider making Christmas morning special for our residents by purchasing something from their wish list which includes special items as well as basic living supplies such as toiletries, socks and shirts. In November, Marbridge places all wishes and needs on gifts tags on a Christmas tree in the Welcome Center. Contact Haley Koop at hkoop@marbridge.org or 512-282-1144 for more information. Specific dates will be posted in LIFELines and on Facebook as the season of giving draws near.



LEFT: Marbridge staff Jenna Hudson with 2014 Giving Tree filled with wish tags

Bridge The Gap

When Ed and Marge Bridges founded Marbridge for their son, Jim, and others with developmental and physical disabilities, their desire was for Marbridge to remain affordable and sustainable for perpetuity.

The cost to provide care for each resident exceeds what we charge a resident to live here. In order to offer an affordable option for families with a loved one with special needs, we strive to fill this gap with corporate gifts, individual donations, grant opportunities and support from those we call our *Miracle Society* Members. While there are three different giving levels, all levels involve a pledge to give the same amount each year for a minimum commitment of five years.

If our mission touches your heart and you are interested in learning more about the Miracle Society, please contact Michelle Levy at mlevy@marbridge.org or 512-282-1144. Your Miracle Society investment provides long-term benefits to all at Marbridge.

Sketch by Wayne Meyer, former resident at Marbridge



Miracle Society Levels (each year for five years)

- ▶ LEARN \$1,000
- ▶ EXPERIENCE \$10,000
- ▶ ACHIEVE \$25,000

The Freedom of a Guardianship

By Nickerson Law Group

If your child or loved one lives at Marbridge, you are blessed with a lot of freedom. You can relax knowing they are living in a safe environment, receiving excellent care, and having a great experience. Do you know what else can give you freedom and peace of mind? A guardianship over your adult child or loved one with special needs. A guardianship is a legal proceeding that ensures you have the freedom and ability to make medical, living and care decisions on behalf of your loved one.

Did you know that a guardianship must be protected and maintained? When you qualify as guardian of your loved one with special needs in a court case, you are issued Letters of Guardianship. These Letters of Guardianship evidence your legal authority to act on behalf of your loved one with special needs and make decisions

Guardianship provides a lot of freedom; however, in order to keep that freedom, you do need to maintain it.

regarding their well-being. Letters of Guardianship expire one year and four months after the date the letters are issued and must be renewed every year.

To renew your Letters of Guardianship, you must meet certain requirements, including maintaining your

bond and filing an annual report with the court. The purpose of the annual report is to inform the court of how your loved one with special needs is doing and if any modifications should be made to the guardianship. The report documents what has happened over the last year with your loved one including doctor's visits, living arrangements, any change in their mental and physical health, what activities they enjoy, and how often you have visited them.

It is important to file these reports and maintain your bond so that new Letters of Guardianship can be issued to you on an annual basis. A copy of current Letters of

Guardianship should be sent to Marbridge on an annual basis. If your Letters of Guardianship are not kept current, you will lose the freedom and authority to make decisions regarding the care and well-being of your loved one with special needs.

Did you know that if you obtained a guardianship over your loved one with special needs in a different state or a county other than Travis County, Texas, you will need to transfer the guardianship to Travis County? In some states a guardianship is called a conservatorship. Once you know that your loved one's permanent residence is Marbridge, it is important to transfer your guardianship or conservatorship case to Travis County, Texas.

*Special thanks to the Nickerson Law Group, located in Austin, Texas, for this content contribution. The Nickerson Law Group focuses on estate planning, special needs planning, guardianship, and government benefits law. Attorney Julia Nickerson is Board Certified in Estate Planning and Probate Law by the Texas Board of Legal Specialization and is the founder of The Special Needs Forum.

Our Volunteer Army: ENRICHING LIFE, LIBERTY & WELLNESS



FROM LEFT: Jerry Ladner, Mike Rose, Doug Payne and Steve Matthews at Texican Cafe.

ensure that Marbridge is able to offer its residents the best life possible. In addition to serving on the board, Steve takes a group of residents to lunch every month. “The residents are just as important as everyone else — they deserve to have a rich and full life, too”, says Steve.

The monthly outings started when Steve began taking resident Doug Payne out to lunch on a regular basis. Steve and Doug’s fathers became good friends many years ago when they served together in the navy. Over the years, Steve and Doug have made it a priority to maintain the family friendship that their fathers started. Eventually, the lunch group expanded to include Doug’s roommate Jerry Ladner and their mutual friend Mike Rose. Steve says, “The guys like to go to Texican Café every month. Since we are regulars, we are always greeted by name and made to feel welcome. They truly look forward to our monthly outings — if I need to postpone or reschedule, they really let me hear about it!”

Hearty Hearts over Hearty Lunches

At Marbridge, we are grateful to have a team of volunteers dedicated to providing residents with a full and active life. One such volunteer is Steve Matthews. Steve currently serves on the Board of Trustees at Marbridge where he works tirelessly to

Warm Welcomes, Happy Homes

Volunteering at Marbridge isn’t just for friends and family of Marbridge. Our very own residents step up to help in countless ways, and one way they do this is through the Resident Ambassador Program. Like any move to a new location, moving to Marbridge can unearth worries and anxieties as a new resident settles into his or her new home. Recognizing the need for comfort and reassurance during this sometimes emotional time, several tenured residents help ease this transition time through the Resident Ambassador Program. Initially created years ago to assist Marbridge at various outreach opportunities such as admission fairs and events, the Resident Ambassador Program evolved to assist on its own campus. “When I was Director of Admissions, I could certainly answer questions about Marbridge. But the Resident Ambassadors provided a first-hand account about what is really like to live at Marbridge,” said Will Hoermann, Director of The Village. “More recently, we’ve realized the feedback from one peer to another is quite beneficial as they share similar experiences,” Will continued.

Once the new resident unpacks and settles in, a Resident Ambassador will check in with a friendly hello and walk to training with him or her, then continue to act as a reassuring resource as the new resident connects to the schedule and daily living at Marbridge. This group consists of residents varying in age and length of residency in order to provide a range of perspective. Of course, having a friendly and approachable personality is key to the success of an Ambassador. Scott McCorkle said, “Helping new residents feel good and comfortable makes me feel good.” The Resident Ambassador Program currently consists of Amy Koch, Scott McCorkle, Jeff Goodman, Rick Thorpe, Missy Rosen, John Molina, and Lizzie Miller.

**Our very own residents
step up to help in
countless ways, and one
way they do this is
through the Resident
Ambassador Program.**

Fitball is a BLAST at Marbridge

You may know all about being fit, but what do you know about Fitball? Fitball is a fun 60-75 minute whole-body workout, incorporating stability balls and hand weights to increase overall strength and build cardiovascular health, all while engaging the core. And at Marbridge, we’re seeing increases in overall wellness through our committed volunteer and Fitball instructor, Sarah Berg. “It brings me so much joy to see residents with a stability ball over their head, twisting and grinning from ear to ear, having fun while getting a workout,” reflects Sarah. After receiving her graduate degree in exercise physiology, Sarah worked as a personal trainer. She currently coaches clients at The Hills Country Club in Lakeway while balancing her role as a mom of three with volunteer time at Marbridge.



FROM LEFT: Scott McCorkle, Jerry Ladner, John Alexander, Sarah Berg (instructor), Molly McBride, Abby MacKinney

Her dad’s life legacy of caring for others inspired Sarah to give back to the community, particularly after he passed away in 2010. “I looked at his life of service and felt I should be doing the same,” Sarah reflected. Introduced to Marbridge by Lynn and Creed Ford, she learned how she could volunteer. Among many ideas, it was decided to try Fitball for the residents. Sarah made the modifications necessary to meet the needs and capabilities of the residents. Currently, six to fourteen residents regularly attend her class.

Sarah says, “I get more out of my time at Marbridge than the residents do!” Sarah was also influential in the design and layout of The Mike Parsons Wellness Center at Victory Hall, she helped select the appropriate LifeFitness equipment, and influenced the track design as well. With Victory Hall now open, Sarah feels strongly that the residents can reach

their long term weight loss goals and that we’ll see a shift of health and wellness attitudes overall on the campus. We think that with Fitball in the program, she is sure to help get them there!

Interested in supporting our wellness programs? More fitballs and other fitness items are needed. Contact Jana Kay Green at 512-282-1144.



The Marbridge Premier Employee Program recognizes exemplary employees who model excellent work ethic and personal character traits. Employees are nominated by their supervisor and those chosen receive a Marbridge shirt, certificate of commendation and eight hours off with pay. The awards are presented twice a year — in May at the annual Founders Day celebration and at the Christmas program in December.

STAFF

NOTES

NEW MARBRIDGE STAFF



David S. Erps
Vice President of Finance

David Erps joined Marbridge in June 2015. With more than 25 years of healthcare experience in both public and private accounting, he has become a respected member of the healthcare

industry. His due diligence related work with lenders and other capital providers, and his experience with various national healthcare systems and medical groups contributes to his expertise in the areas of strategic planning, revenue cycle management, mergers and acquisitions, operational planning, project management and financial reporting. Prior to joining Marbridge, David worked as the Director of Finance for Humana, Inc. He also served as Manager of McGladrey and Pullen's National Healthcare Group and CEO/CFO of ProMedCo of Temple. In addition, David founded MediSun Consulting, a highly successful healthcare insurance recovery company, which he sold in November 2006.



Congratulations to our Premier Employees who were recognized in June 2015. Pictured above are Monica Meyers, Rachael Delgado, Sherna Stone, Mia Hyche, John Arellano, and Justin Duhaime. Pictured right page: Barbara Prince and Linda Corbett.

Monica Meyers - As a member of the Training and Education team for almost two years, Monica has shown a great deal of RESPECTFULNESS with residents and staff. She takes the time to really get to know the residents and their individual preferences which requires a remarkable amount of TOLERANCE. Her RESOURCEFULNESS is essential in dealing with any situation through a skillful and effective plan of action.

Assistant who is very RELIABLE and has impeccable work ethic. Rachael truly puts her residents first, and all of them benefit from her care.

Sherna Stone - In her role as Dietary Supervisor at The Village, Sherna has proved to be extremely SUPPORTIVE of residents' preferences, dietary needs and healthy living goals. Her ADAPTABLE nature is evident in her implementation of the resident meal-of-the-month program which has provided more opportunities for input from the residents, leading to consistent quality and resident satisfaction.

Rachael Delgado - The Villa has come to rely on Rachael as one of its best care partners and a very SINCERE advocate for the residents. She is an extremely DEDICATED Certified Nurse

Mia Hyche - Mia brings a uniquely NURTURING approach to her duties as a resident trainer. She fosters a sense of pride among residents who have made tremendous strides in areas of cottage cleanliness and personal hygiene. Her CALM demeanor has been invaluable to residents to get past any frustrations or anxieties, providing the comfort necessary to reassure and get them back on a positive track.

John Arellano - John's role on our custodial team has required him to be an adept PROBLEM SOLVER, which he has proven through completing a wide variety of tasks in a timely and efficient manner. He is MOTIVATED and always flexible with residents' scheduling needs. Thanks to John and the custodial team, our residents can have a sense of pride in their home and rest easy knowing that they will be well taken care of.

Barbara Prince - Barbara has been recognized as an excellent Licensed Vocational Nurse since joining the Villa team. She is not only a KNOWLEDGEABLE clinician but also a WARMHEARTED presence for the Villa residents. Her SUPPORTIVE nature is essential to providing the care that Villa residents have come to count on.



Linda Corbett - From the very beginning of Linda's employment over a year ago, she has displayed an overabundance of ENTHUSIASM



Justin Duhaime - Justin has proven to be a very RESOURCEFUL member of the facilities team. He provides excellent customer service, responding quickly and efficiently to resident and staff needs. He regularly goes above and beyond the requirements of his position to be an extremely HELPFUL member of the Marbridge family, even if he has a full workload. He is one of the most HARD WORKING employees on staff.

as a job coach and mentor for Ranch residents. She demonstrates PATIENCE, making sure that a resident has all the tools required to complete a job correctly. Linda's INITIATIVE in taking on the dietary aide position helped her exceed the expectations of the role, making her an indispensable asset to the entire group of Ranch employees and residents.

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Marbridge Foundation
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Manchaca, Texas 78652
512-282-1144
www.marbridge.org
info@marbridge.org

Marbridge is a nonprofit residential community that offers optional transitional care to adults with a wide range of cognitive abilities and medical challenges and — through compassion and faith — provides them opportunities to learn, experience and achieve a whole new life.

Marbridge provides a broad spectrum of services designed to meet each individual's specific needs through three distinct care centers — The Village, The Ranch and The Villa — each providing a different level of lifestyle support, guidance and supervision.

PLEASE JOIN US AT THIS UPCOMING EVENT!

Navigating the Sea of Possibilities

Discover a wide range of service providers and options for adults with special needs at this FREE event. Contact Barbara Bush at 512-282-1144 or bbush@marbridge.org for more information.



**Saturday
October 17, 2015
9 a.m. — 3 p.m.**

Located in Victory Hall on Marbridge campus at
2310 Bliss Spillar Road near Austin, Texas.

