



Capper Update

HOLIDAY EDITION

DECEMBER 2022



Capper Foundation Fiscal Year 2022 Highlights

Quality, Financial strength, and a focus on People and Growth have always been at the heart of Capper Foundation's rich history of building abilities and empowering people of all ages living with disabilities.

FOUR PILLARS OF SUCCESS



During fiscal year 2022, Capper senior leadership defined this set of core operational principles as the **FOUR PILLARS OF SUCCESS**. Throughout the year all initiatives and activities have been viewed in alignment with these pillars to ensure every person is valued and enjoys access, independence and opportunities to advance their hopes and dreams.

FISCAL YEAR 2022 HIGHLIGHTS

- Provided services to individuals from **46** cities and **19** counties in Kansas
- Capper Foundation provided **702,081** hours of service to **2,091** individuals
- **249** Volunteers donated **2,418** hours of service
- Provided **\$3,386,000** of non-reimbursed cost of services

PRESIDENT'S MESSAGE

A Welcome Holiday Greeting

Dear Friends,

We have reached the holiday season and I am optimistic this message finds you and your loved ones filled with joy and happiness. As I reflect upon 2022, my heart is filled with gratitude for our incredible Capper Foundation staff, volunteers, donors, community partners, persons and families served.

In 1945 our founder Arthur Capper shared one of the most welcome holiday greetings he had received from a little six-year girl who was previously unable to walk while suffering from osteomyelitis – a painful and debilitating bone infection. The child's note included a simple message: "Dear Senator Capper: I want to wish you a Merry Christmas, for it was you who first thought of helping boys and girls so many years ago. I can run and play now, and someday I hope to be really well, thanks to the Capper Foundation." The card was signed "Billye June" in her own childish style of printing.

Through the generosity of our donors thousands of children, like Billye June and their families, have received peace of mind knowing they will not be turned away from Capper Foundation due to an inability to pay for pediatric therapies.

Today, the need for Capper's individualized services and supports is the greatest in our history. One in 33 children born today are diagnosed with an intellectual, developmental or physical disability. I am grateful through donor and community partner support we have made tremendous strides toward our vision of every person being valued and enjoying access, independence and opportunities to advance their hopes and dreams. Additional pediatric therapists have been hired to respond to a mother or father's unexpected news that their child will need our services to reach personal goals, like taking a first step, saying "I love you," blowing out birthday candles or taking part in a holiday meal. We have reduced the time that a child is on the pediatric waiting list from nearly ten months to just a matter of days or weeks. This is life-changing!



Zach Ahrens
President & CEO

At Capper, we practice excellent stewardship, with 92 cents of every dollar going directly into programs and services. Our sustainability efforts have been recognized for nearly a decade by achieving the highest rating from Charity Navigator placing us in the top 5% of U.S. charities for transparency and stewardship. However, we still rely on the loving support of our donors to build abilities and empower people of all ages like Billye June, Amira, Robert and so many others.

Thank you for being such a vital part of our rich legacy that has been transforming lives by giving hope, confidence and independence to thousands of individuals for over a century. I wish you a blessed, healthy and prosperous New Year.

www.capper.org



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Capper Foundation is a tax-exempt 501(c)(3) non-profit organization.

Always Amazing: Amira

For nearly three years, Amira Payne has received Occupational Therapy, Physical Therapy, and Speech Therapy at Capper Foundation where she is building her abilities in a meaningful, joyful play-based environment. Diagnosed with Smith-Magenis syndrome, Amira has medical anomalies including developmental delay, low muscle tone, and scoliosis that changes when and how she meets milestones.

"When we started coming to Capper, Amira was eight months old and all she could do was lie on the floor and suck on her hands. I didn't know what to expect because we had no idea what it meant to get PT, OT and Speech. Once we did, our fight was to make sure she got the best care she could get," shared Peggy Payne, Amira's mom. A short time later, our team of therapists started an interdisciplinary approach to help Amira gain the strength she needed to start moving her body, communicate effectively, and do self-care tasks.

By April 2022, her therapy team was so pleased with Amira's progress that they recommended her story be featured at our *An Evening for a Child* special event. At that time, Amira was using some sign language as well as a device to communicate her wants and needs and starting to take steps using a reverse walker. "I'd sent a scooter home to see what happens when they put her on her belly. This family was so great, they bought a scooter for all their kids and Amira watched her five siblings moving around on their scooters and she got motivated to move and that led us to being able to get her up on her feet. She's a little fighter and once she figured out she can move, she's all for it," said Kim Coker, Physical Therapist.

Today, Amira continues to make progress. She has gained enough strength and balance to take a few steps at a time without assistance, is working on going up and down stairs, and is progressing towards doing some tasks on her own such as feeding and dressing her upper body. Also, Amira now has a dedicated communication device that she uses more independently in addition to sign language and gestures to express requests, thoughts and make choices.

Many families like Amira's are grateful to supporters like you who believe that Capper Foundation is a place where miracles happen to help every person have opportunities to reach their full potential and advance their hopes and dreams.



ROBERT'S STORY:

Turning His Life Around

After experiencing some tough times, Robert made the first step towards positive changes in his life this past March when he chose to seek supports from Capper Foundation. Over the last 8 months, Robert has successfully held a job and is making healthy and positive personal choices.

At Capper, Robert earns a paycheck working on our crew of persons supported that cleans our day services and administrative offices. His hard work and dedication is driven by his goal to regain community employment and live on his own again. When he's not

working or participating in community activities, Robert spends his down time playing video games, going fishing, and watching sports on TV, specifically rooting for the Minnesota Vikings.

"Since coming to Capper, Robert has matured and worked hard to better himself and not be influenced by others to make bad decisions. He's a polite, kind-hearted individual who likes to help his peers and joke around with staff."

Danielle Wilson,
Director of Adult Services
Capper Foundation –
South Central Kansas



JOIN IN THE SEASON OF GIVING

While giving is important year-round, many of us embrace the holidays and year-end as a special time of giving to those needing assistance. While challenging economic conditions are driving giving decisions this year, donors remain aware of the important role they play in helping nonprofits continue their critical services. Most of us understand helping build stronger families in our community is the most important reason to give. We hope you will include Capper Foundation in your year-end giving plans during this Season of Giving.

Here are a few ways you can help us provide life-changing supports and services for the over 2,000 families we impact each year:

- Year-End cash donations
- Stock gifts transferred to Capper directly translate to the full value of your gift
- Required Minimum Distribution (RMD) from your IRA reduces your tax liability

- Memorials & Honorariums are a great way to recognize friends or family members
- Planned Giving through Wills and Trusts help sustain the future
- Volunteer your time in a variety of rewarding opportunities
- Attend our Fundraisers to learn more about our organization and support programs and our Pediatric Scholarship Assistance Fund
- Facebook Birthday Fundraisers introduce Capper to your friends and show you care
- In-Kind Donations help our bottom line
- Daily Shopping donation programs

However you choose to give, know you are helping a child or adult with disabilities have hope for a more fulfilled future.

Thank you for helping Capper Foundation "Build Abilities"!

Increase The POWER Of Your Spending

Capper Foundation participates in a number of Daily Shopping Programs. When you register and select Capper Foundation as your charitable organization, a portion of the dollars spent by you shopping at these merchants is returned to Capper Foundation as a charitable donation.



For more information please visit:
<https://bit.ly/capperfundraising>



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Warm Water Pool Provides Therapeutic Benefit and Family Fun



In 1985, Capper Foundation was gifted a donation by Lewis H. and Elva M. Humphreys to construct an on-site, warm water therapy pool, initially for pediatric therapy use. The 92 degree water temperature lessens muscle tightness and allows children increased mobility while working on therapy goals in a safe, aquatic setting of non-weight bearing play activity. Pool activities are a fun way to encourage children to build strength, balance and coordination while also overcoming the fear of water.

Over the years, the use of the pool has expanded to serving individuals of all ages with disabilities and their families. Capper Foundation's Pediatric and Adult Programs utilize the pool for pediatric therapies, adult day activities and adaptive recreation activities. Some outside community groups, like physical therapy clinics, senior living groups and school districts with special needs programs, also utilize the pool. Volunteer opportunities are available, as well, for interested parties to assist with

Capper's Open Swim Program on Wednesday afternoons from 4pm to 5:30pm, used by families with an immediate family member with a disability.

For additional information about potential use of the pool, contact Sandy Crawford at scrawford@capper.org. Or, to volunteer at Capper's Wednesday Open Swim or the week-long summertime iCan Swim Program, contact Terri Steinman at tsteinman@capper.org.



The Capper Collection

DISTINCTIVE Hand-made Gifts FOR THE HOLIDAYS



The Capper Collection

Gift items hand-crafted by artisans in our Adult Day Services program. When you purchase a Capper Collection gift, you support our adults served as they strive toward greater independence.



AVAILABLE EXCLUSIVELY AT

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Ph. 785.519.2700

SAVE THE DATES!

Mark your calendars now for these 2023 fundraisers, celebrations and adaptive recreation programs.

2023 BLARNEY BREAKFAST

Saturday, March 18
The Blind Tiger Brewery & Restaurant
Topeka, KS



An Evening for a Child
Saturday, May 6
Stormont Vail Events Center
Topeka, KS



June 4 -10
Central Park Community Ctr. & Gage Park
Topeka, KS



July 9 -14
Capitol Federal Natatorium
Topeka, KS



July 14
Capper Foundation
Topeka, KS