

# Capper Update

SPRING 2024



“I still talk about how life-changing my time at Capper was and I will be forever grateful.”

—Kendra Turnbough

A profile in perseverance...

## Kendra: Taking Charge of Her Future

Nearly 13 years ago, we shared the inspirational story of Kendra Turnbough, who at the time, was a college student receiving physical therapy at Capper Foundation. At the time, she focused on her ambitious goal of walking independently after undergoing surgery to release and lengthen the gastrocnemius muscle (largest component of the calf muscle) in both of her legs.

The procedure though drastic was needed to help Kendra regain her balance, posture, and strength which had become a challenge over time since her diagnosis at birth of Spastic Diplegic Cerebral Palsy (SDCP). At age 2, she underwent a significant procedure called Selective Dorsal Rhizotomy (SDR) to sever some spinal nerves which allowed her to walk with a more typical gait pattern until her early teenage years. During her time at Capper Foundation, Kendra found a steady anchor in Physical Therapist, Kim Coker, whose support, and encouragement not only helped Kendra through a difficult rehabilitation but also to regain her self-confidence and find hope that she has a bright future ahead full of possibilities.

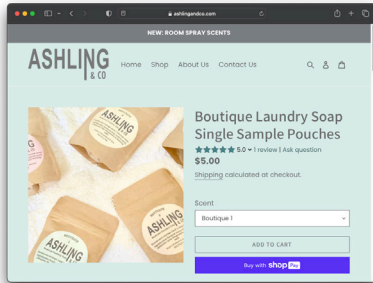
“I still talk about how life-changing my time at Capper was and I will forever be grateful. My family saw me blossom into a different person capable of doing much more for myself including driving a vehicle using hand controls, cooking, and household chores,” shared Kendra. “While I am still not walking independently it remains a goal that I am working toward, and I know I will accomplish it. Perseverance is key.”

A graduate of Washburn University, Kendra took a leap of faith 3 years ago when she started her own business, Ashling & Co., which produces and sells all-natural products including boutique laundry soaps, room/linen sprays, and car air fresheners. “I am excited to keep expanding my business with the support of my family and friends. I feel accomplished and blessed, however, I will always strive to do more. My future is bright,” remarked Kendra.

With your support, more individuals living with disabilities can fulfill their hopes and dreams just like Kendra!



Capper physical therapist Kim Coker works with Kendra to build muscle strength after her surgery in 2011.



ashlingandco.com

In 2021, Kendra launched an online business selling her own line of all-natural laundry soaps, room and fabric sprays, and air fresheners.

## PRESIDENT'S MESSAGE



Dear Friends,

Reflecting on the remarkable journeys of individuals like Kendra Turnbough and Abdallah “A.B.” Anwar, I am reminded of the

profound legacy the Capper Foundation has on those we serve. Every act of kindness and service underscores our lasting impact on the community. Together, we are not just changing lives; we are creating a future filled with hope and empowerment. This special Then & Now Edition of the Capper Update highlights the transformative power of your support.

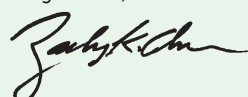
Over the last few months, we have ensured that more infants, children, and teens benefit from our pediatric services program. Our therapists use cutting-edge interventions, often disguised as play, with personalized treatment plans for children up to 21 years old with disabilities or injuries. Thanks to donor support, we are helping hundreds of young people gain independence and enjoy fulfilled lives.

Additionally, we have expanded our services to include four Dialogue Coffee House locations. These establishments provide more individuals of all abilities with opportunities for job training, confidence building, earning money, and forming lasting friendships. Dialogue Coffee House is just one of several community-based employment initiatives we support. We are committed to offering career choices and meaningful experiences to those we serve across various employers and areas of interest.

With your continued generosity, we can help even more individuals like Kendra and A.B. achieve their dreams and make meaningful contributions to our communities.

Your support creates hope and gives others the gift of independence. Thank you for being a partner in touching lives through our mission.

With gratitude,



Zach Ahrens  
President & CEO



## YOUR DONATION TODAY CAN MAKE TOMORROW'S DREAMS POSSIBLE


Your donation to Capper will help a child we are serving today build new abilities and skills that will in the future allow them to start their own business, attend college, or be successful in the career of their dreams.

**A GIFT OF AS LITTLE AS \$25 CAN HELP COVER THE INSURANCE CO-PAY FOR A CHILD CURRENTLY RECEIVING THERAPEUTIC SERVICES AT CAPPER.**

### DONATE BY PHONE

 785.272.4060

### DONATE BY MAIL

 Use enclosed envelope

### DONATE ONLINE

 [www.capper.org](http://www.capper.org)



SCAN TO MAKE A DONATION FROM YOUR MOBILE DEVICE



From around the globe to building abilities at Capper...

# A.B. Charts His Path to Success

Over 30 years ago, a young boy named Abdallah “A.B.” Anwar who was born with cerebral palsy, moved over 7,300 miles away from his home in Jeddah, Saudi Arabia to Topeka, Kansas to receive therapy services and an education. This unique circumstance occurred because A.B.’s great uncle Hamza happened to be friends with Edward Gibbons, President & CEO of Capper Foundation (1985-1992), and his parents knew after visiting the facility that it’s where A.B. needed to go and the rest is history as he has lived and worked in the United States ever since.

At the time that A.B. began receiving services, Capper Foundation had an on-site residence hall and academics program in addition to therapy services (occupational,

physical, and speech) so he joined several other children, teens, and young adults living with disabilities in getting quality care all in one place, even learning to speak English. Eventually, the residence hall

“Capper opened the doors to a lot I’ve accomplished in my life and will always have a special place in my heart.”

—A.B. Anwar

closed followed by transitioning school-aged individuals to public schools. A.B. lived with three host families through the years while completing his primary and secondary education and continuing his services at Capper until he started high school. “Capper opened the doors to a lot I’ve accomplished in my life and will always have a special place in my heart,” shared A.B.

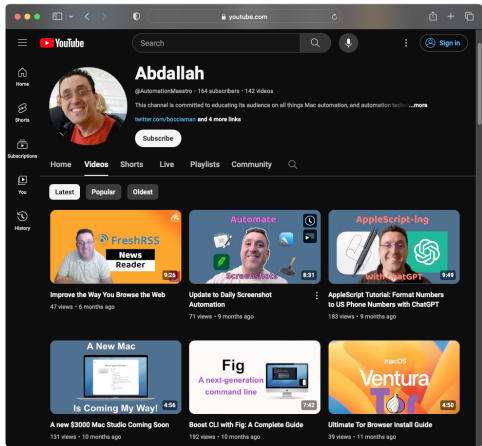
After graduating from Topeka West High School, A.B. fulfilled his dream of going to college at the University of Illinois at Urbana-Champaign (UIUC) where he earned a Bachelor of Science degree in Advertising followed by a Master of Science degree in Advertising from Boston University and a Master of Business Administration (MBA) from Pepperdine University. Today, A.B. resides in Los Angeles, California, and is employed as a Marketing Manager for an email hosting company and maintains his own YouTube channel sharing Mac automation and automation technology content. In his spare time, he loves to go to the movies, travel the world, and is a competitive and highly ranked Boccia player who has competed at the Boccia World



Top photo: A.B. Anwar today. Above photo: A.B. (far left) accepting a trophy for his Boccia skills while receiving services at Capper Foundation.

Championships, and numerous Boccia World Cups as well as won the U.S. nationals multiple times. Boccia is an adaptive sport that A.B. discovered a passion for while playing the game with friends during his time at Capper Foundation.

Together, let’s continue to help children grow into adults who will one day contribute their thoughts, ideas, and actions to our communities just like A.B.



A.B. creates original video content which he shares on his own YouTube channel that features technology and tips to make viewers’ interactions with their computers more efficient through the use of automation technology and scripting.



Join the Conversation.



Dialogue Coffee House provides meaningful employment to over 50 adults and teens with intellectual and developmental disabilities giving them a place to join the conversation, without the definition of their abilities.

**dialogue**  
coffee house

Now serving in 4 Topeka area locations.

Learn more at: [www.dialoguecoffeehouse.com](http://www.dialoguecoffeehouse.com)

## TOMORROW'S POSSIBILITIES BEGIN WITH TODAY'S GIFT

Kendra and A.B. were able to realize their success through their own determination and the life-changing services they received from Capper Foundation with the support of donors in year’s past.


There are many ways that you can support Capper Foundation to help children we serve today build abilities for tomorrow’s dreams:

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

- Memorials & Honorariums are a great way to recognize friends or family members
- Planned Giving through Wills and Trusts help sustain the future
- 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, you are helping a child or adult with disabilities have hope for a more fulfilled future.

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