

# From The Heart

## ♥ Schools Project



Wheelchair  
FOUNDATION



**YOU CAN MAKE A DIFFERENCE**



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# From the Heart – School Program

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## The Wheelchair Foundation Background Information

There are more than 100 million people with physical disabilities worldwide who are in need of a wheelchair. 30 million of these are children and 90% of them do not go to school.

The Wheelchair Foundation was started in 2000 in Danville, CA by Ken Behring, a real estate developer and former owner of the Seattle Seahawks. The goal of the Foundation is to provide a free, new wheelchair to every child, teen and adult in the world that needs one but cannot afford one. In the past 16 years the Wheelchair Foundation has delivered more than one million wheelchairs in 155 countries. Each wheelchair costs just \$150 to manufacture and ship to the recipient country.

The Wheelchair Foundation is the sponsor of the From the Heart School Program.

## From the Heart School Program Introduction

The From the Heart School Program is designed to:

1. Raise awareness about the need for mobility in the world.
2. Sensitize students and teachers to the issues and challenges faced by people with all types of intellectual, developmental and physical disabilities.
3. To raise money to provide wheelchairs for those in need.

As part of this program teachers will have access to the **Ability Awareness Program (AAP)**, developed by San Ramon Valley Unified School District. The AAP is an interactive hands-on curriculum of 20 minute lesson plans designed for each grade that allows students to learn and understand the challenges and frustrations that they and others encounter. Experiencing these challenges both physically and emotionally highlights the coping mechanisms that one may create to get through an ordinary task. Acknowledging that all people have different areas of expertise and areas of challenge helps to create a safer social environment. This program is meant to be fun, attention getting and presented with lots of energy.

To date From the Heart wheelchair program has raised over \$230,000 in 51 schools representing over 48,000 students. This was enough to purchase more than 1,600 wheelchairs at \$150 each. More than 41 teachers, students and parents have joined us on wheelchair distribution trips to Peru, Honduras and Costa Rica the past two summers.

Our goal this year is to raise at least \$84,000 so that we can deliver another 560 wheelchairs in Latin America. Our delivery trips take place during the summer and include teachers, parents and students. More information about the distribution trip is available at [www.wheelchairfoundation.org](http://www.wheelchairfoundation.org) under Programs/From the Heart School Program.

## Ability Awareness Lesson Plans

An Ability Awareness Program was created by parents in the SRVUSD and has been made available for your use at: <http://www.srvusd.net/AbilityAwarenessProgramElementary>

Outlines of these programs are available below.

The goal of this program is to teach students that everyone learns in different ways AND that all things don't come easily. The lessons provide students and staff with opportunities to see that each of us do, and grasp, some things well and other things are hard or challenging for us. The perception of young people that "everyone gets this but me" or "everyone can do this but me" is a dangerous falsehood that leads to self-esteem issues or worse as children age. The Ability Awareness Program attempts to mitigate these factors. By showing students early on that it is all right to be challenged by something and that to not be able to master everything happens to everyone at some point, we can create a more empathetic learning environment for everyone.

The program is meant to be fun, attention-getting and presented with lots of energy. It is not intended to be an educational program to teach students about specific diagnoses. The message is that we are all different in some ways, but we all have the same needs for respect, acceptance, inclusion and friends. The intent of this program is to inspire education of all children that it is OK to be different and to encourage every school to present an Ability Awareness Program.

A message that can't be too strongly delivered is that Ability Awareness is YOUR PROGRAM – make it as comprehensive as your school site desires. Is there a particular lesson, Supportive Activity or opportunity to excel that speaks to your school community's need? Then go for it: Be enlightened, be educated -- be awesome!



# Ability Awareness Program - Elementary

[Program Basics](#) Introduction and Program Basics

[Program Planning](#)

[Supportive Activities](#) Click here for school-wide activities that enhance the in-class Ability Awareness Program.

## In-Class Activities

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[Overview and Introduction](#)

[Grade Level Discussion Questions](#)

## Kindergarten Lesson Plans

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[Being A Friend to Someone Different \(Arthur\)](#)

[Motor Difficulty - Stringing](#)

[Trust Walk](#)

## First Grade Lesson Plans

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[Coordination Challenge](#)

[Listening Activity](#)

[Motor Difficulty - Stacking](#)

[Why Do We Use Wheelchairs?](#)

## Second Grade Lesson Plans

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[Non-Dominant Hand](#)

[Visual Impairment](#)

[Diversity](#)

[How Words Feel](#)

For How Words Feel [Word List](#)

## Third Grade Lesson Plans

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[Fine Motor Skills](#)

[Reading Difficulties](#)

For Reading Difficulties [worksheet click here](#)

[Visual Processing, Following Directions](#)

For Visual Processing [worksheet click here](#)

[Letter to Support a Cause](#)

## Fourth Grade Lesson Plans

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[Cutting - Non-Dominant Hand](#)

For Lesson One [worksheet click here](#)

[Nonsense Spelling](#)

[Autism Spectrum](#)

## Fifth Grade Lesson Plans

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[Reading and Writing Difficulties](#)

[Food Allergies - Friends Helping Friends](#)

For Lesson Two [worksheet click here](#)

[Epilepsy, Tourette Syndrome](#)

For Lesson Three [worksheet click here](#)

## Appendices

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[Appendix 1](#) - Ability Awareness Coordinator

[Appendix 2](#) - Ability Awareness Kit Inventory and Budget

[Appendix 3](#) - Timeline

[Appendix 4](#) - Sample Letters from Principal

[Appendix 5](#) - Sample Letters from Teachers

[Appendix 6](#) - Assembly Speakers

[Appendix 7](#) - Volunteer Recruitment Flyer

[Appendix 8](#) - List of Famous People With Disabilities

[Appendix 9](#) - Sign Language Song

[Appendix 10](#) - List of Books for Library Reading

[Appendix 11](#) - SHHHHH Handout to Parents and Homework Sheet

[Appendix 12](#) - Hello Lunch Sample

[Appendix 13](#) - Teacher Feedback Survey

[Appendix 14](#) - Student Feedback Survey

[Letter to Principal Tool](#)

[Sample Essay](#)

[Appendix 15](#) - Additional In-Class Activities

[Inclusion Activity](#)

[Book for K & 1 Classes](#) "It's OK To Be Different"

[Teasing Role Play](#)

[Rainbow of Ability](#)

## Resources

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[\(Dis\)Ability Fact Sheets](#)

The Ability Awareness program simulates characteristics of many differing diagnoses. Follow the above link to access a comprehensive set of diagnosis descriptions, how those characteristics may present in the classroom environment, and tips for teachers.

## Ability Awareness Program - Middle School

Five Days of [Lesson Plans](#)

[Slides for Lesson Plan](#)

[Text and Audio Link for Ladle Red Rotten Hut](#)

[Tongue Twister Rhymes](#)

[Typoglycemia text](#)

More Lesson Plans

[Mobility Design](#)

[Word Research](#)

For Word Research: [Word List](#)

[Wheelchair Etiquette](#)

Supplemental Materials

[Student Feedback](#)

[How Does It Feel? Worksheet](#)

[Dyslexia Videos List](#)

Teacher Support (Non Class) Materials

[Exercise Associations](#)

### Resources

[\(Dis\)Ability Fact Sheets](#)

The Ability Awareness program simulates characteristics of many differing diagnoses. Follow the above link to access a comprehensive set of diagnosis descriptions, how those characteristics may present in the classroom environment, and tips for teachers.

## Ability Awareness Program - High School

The Abilities Awareness materials used by the San Ramon Valley Unified School District are proprietary to the Dyslexia Foundation. If you would like more information about obtaining a kit, please visit: <http://www.dyslexia-ncbida.org/simkit.html>.

Access to the below lessons is restricted to individuals with an srvusd e-mail address. If you are a high school teacher within the San Ramon Valley USD and do not have access, please call Student Services at 925-552-5052.

### Facilitator Packet

Most High Schools use the following lessons in class to present Ability Awareness:

Station 1 - [Special Reading Primer](#), [Primer Instructions Only](#)

Station 3 - [Mirror Activity](#) (requires small mirrors from on-site kit)

Station 5 - [Non-Dominant Hand](#) Activity

Other Available Lesson Plans:

Station 2 - [Auditory Activity](#) (requires CD from on-site kit)

Station 4 - [Lines With Bumps](#) (requires letter flash cards from on-site kit)

### Resources

[\(Dis\)Ability Fact Sheets](#)

The Ability Awareness program simulates characteristics of many differing diagnoses. Follow the above link to access a comprehensive set of diagnosis descriptions, how those characteristics may present in the classroom environment, and tips for teachers.

## From the Heart Program Overview

### Elementary Schools and Middle Schools

- ✓ Select Fall or Spring to conduct the program
  - Decide how long your Ability Awareness Program will last
- ✓ Make reservation for the ten wheelchairs
- ✓ Schedule the Kick off presentations **(Some schools who have participated before may choose to have the assembly every other year or perhaps conduct their own assembly)**
  - Usually two or three consecutive assemblies reaching all students and faculty
  - The week before, or the Monday of, your Ability Awareness Program, start to distribute the flyer to your teachers
  - Encourage use of the lesson plans from the Ability Awareness Program
  - Encourage showing several videos during the program
- ✓ Communicate program to parents/community using the flyer
  - This should also be posted on Peachjar or similar media
- ✓ Review Guidelines and develop your plans for the program
- ✓ Schedule a date for your field trip once your goal of \$1.50 per student has been met

### High Schools

- ✓ Select Fall, Spring or Both to conduct the program
  - Decide how long your Ability Awareness Program will last
- ✓ Make reservation for the ten wheelchairs
- ✓ Schedule the Kick off presentations
  - Usually to the Leadership, AVID or Interact Class(es) who will run the program
  - Important to also schedule a presentation at a Faculty meeting the week before your Ability Awareness Program starts
- ✓ Schedule a date for the Voluntary Assemblies
- ✓ Schedule a date for the Wheelchair Basketball game
- ✓ Decide during which period you will do your money collection
- ✓ Optional additional activities
  - Ask Interact to also raise money and inquire about Matching Grants
  - Have each athletic team raise money for at least one wheelchair
  - Arrange for a speaker for your Leadership Class
- ✓ Distribute flyer to your teachers
  - Encourage attendance at Voluntary Assemblies
  - Encourage showing videos during 'Announcements Period'
- ✓ Communicate program to parents/community on your website or Peachjar
- ✓ Review Guidelines and develop your plans for the program



## Program Steps

From the Heart – School Program is intended to be fun flexible, educational and inspiring. The following are just guidelines and should be adapted and changed to fit the environment at each school. Everything needed to participate in the From the Heart Program, including these guidelines, is now available at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/> . All questions or inquiries about the program can be directed to Kathy Gailey, Director of Community Outreach at [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org).

### Step 1 – Determine when your program will occur.

Each school should decide if they are going to do this program in the Fall, Spring or both. Fall is defined as before the Winter Break and Spring would be after Winter Break.

Each school should decide how long they want to run this program. While most schools are conducting the program over four weeks, some schools are choosing to make it a year-long program while others choose to do it over a one or two week period. Many schools refer to their as **Ability Awareness Month**.

### Step 2 – Decide if you would like a speaker to kick off your program.

Kathy is available to speak to your Faculty, Leadership Class, Student Council and/or your entire student body. Please schedule as far in advance as possible by contacting Kathy Gailey directly at [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org).

### Step 3 – Reserve wheelchairs for your program.

The Wheelchair Foundation will provide each school with ten wheelchairs for one week. It is suggested that you proclaim this Wheelchair Awareness Week and have it take place during Ability Awareness Month. The wheelchairs come in different sizes and are the same wheelchairs that are delivered around the world. Please reserve the wheelchairs as far in advance as possible by writing to [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org) . There are only two sets of ten wheelchairs available each week. Information about reserving the wheelchairs and the rules for using the wheelchairs can also be obtained at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>.

### Step 4 – Determine your fundraising activities

It is important to remember that this effort is primarily about the students raising money for wheelchairs. There are thousands of different ways to raise money and the Program Coordinators and their Principal should decide what works best in your school community.

## Program Resources

### Ability Awareness Program Curriculum (AAP)

By participating in the From the Heart – Wheelchair Program, you will have access to the Ability Awareness Program which is a curriculum consisting of 20 minute lesson plans designed for each grade or grade span. There are several different lesson plans that are designed to be used over a four-week period. In addition, there are a lot of supporting materials. These include an extensive bibliography by grade span of books about the disability experience. Additional Appendices include Supportive Activities, Ability Awareness Supplies Inventory and Fact Sheets describing various disabilities. Some of the lesson plans require a small amount of supplies and it is suggested that the PTA be asked to provide these at an average cost of \$150. The full AAP program and materials can be accessed by going to <http://www.srvusd.k12.ca.us/AbilityAwarenessProgram> .

### Announcement for Teachers

The schools that will have the greatest success with this program are the schools that have the broadest participation. In order to obtain broad participation we strongly recommend that you schedule a presentation to the entire faculty as part of your program kick off. This announcement is designed to assist you with informing your faculty about both the From the Heart – Wheelchair Program and the Ability Awareness Program. An electronic copy that you can print and distribute is on the website at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program>. The flyer is designed to be printed in color but can alternatively be printed in gray scale using the print settings. A sample of this flyer can be found in Appendix A.

### Flyer for Parents/Community (Optional)

This flyer is provided to inform parents and/or the school community about the Wheelchair Program. You will need to download the flyer to:

1. Insert your school name and/or logo, and
2. Insert the contact names for your school. You are welcome to change or edit the flyer to fit the environment at your school.

You can print the flyer and send it home or include it on your school website (including sites such as Peachjar). The flyer is designed to be printed in color but can be printed in gray scale using the print settings. The flyer is on the website at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>. You can see a sample of this flyer in Appendix B. There is a separate sample flyer for parents about the Ability Awareness Program at the AAP website.

### Posters

Several large posters announcing the Wheelchair Program will be provided to each school during the kick-off. You should indicate on the poster who the students should contact if they want to get involved.

## High School Voluntary Assemblies

A great way to reach a large number of high school students is to conduct voluntary assemblies. Kathy can spend a full day on a high school campus and present to multiple classes each period on a voluntary basis.

Each presentation/discussion will be modified to address the subject matter of the classes attending (e.g. Health, World Geography, PE, Sociology, Kinesiology, Leadership, Business, etc.) and will draw from the following broad topics:

- The need for mobility in the world
  - Statistical, geographical, historical and health related facts and discussion
- Issues and challenges faced by people with disabilities
  - Compare and contrast life as a person with a disability
- A business model that combines Leadership and Philanthropy
  - It's not always about profit
- How we can make a difference in the world
  - Photos, stories and videos of life changing experiences

## Bibliography of Books about the Disability Experience

This is a list of 125 books, organized by grade level, where the main character has a disability. Many of these books are in your school library. In addition to assigning book reports from this list many schools have the librarian set up a display table of these books during Ability Awareness Month. This bibliography is available at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>.

## Movies about the Disability Experience

This is a list of 30 popular movies (Rated G and PG) where the main character has a disability. Many schools have shown a movie from this list during a Family Movie Night as part of their fundraising efforts. The list of movies can be obtained at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>.

## Logos and Photos

Several PDF files and logos as well as photos from previous wheelchair distributions are available for your use. These can be used if you would like to make your own collection canisters, flyers, posters, banners or other communications. These are available at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>.

## Wheelchair Foundation Newsletters

The Wheelchair Foundation publishes a newsletter twice each year. The newsletter provides information on the allocation of wheelchairs across 155 countries and inspiring stories about the wheelchair distributions. Copies of these newsletters are available for your Student Council or Leadership Students and/or your faculty. They can also be accessed <https://www.wheelchairfoundation.org/events-media/newsletters/>

## Bay Area Outreach and Recreation Program (BORP)

Based in Berkeley, BORP has a nationally ranked competitive wheelchair basketball team consisting of Middle School and High School age players from throughout the East Bay. Arrangements can be made to have the BORP team play a wheelchair basketball game against your High School Basketball team (boys and girls) as part of a fundraising effort. Please make arrangements for this with Kathy Gailey as early as possible in the school year due to the BORP team travel schedule.

## Newsletter

A Newsletter will be published regularly and sent by e-mail to each of the Program Coordinators and Principals. The Newsletter will be as brief as possible. The purpose of the Newsletter is to update and clarify these guidelines as well as to keep everyone informed on what other schools are doing as part of their Ability Awareness Month and Wheelchair Fundraiser.

## Kick off Materials

The following materials will be provided at the kick off for the program.

- Hard copy of Guidelines for Program Coordinators
- Collection Canisters and/or School Bus Banks
- Posters
- Wheelchair Foundation Newsletters
- Plastic Money Bags

All information and materials mentioned above can all be obtained by going to <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>

## Wheelchair Videos

The following videos are available at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>. If you have the capability it is suggested a different video is shown to the entire student body each week. We recommend that you preview the videos you are going to show.

- I Want to Live (4 min)
- Changing Lives Around the World (8 min)
- Reality, Mobility, Independence (5 min)

- Deep Sea Diving ... In a Wheelchair (10 min)
- The Words we Use (2 min)
- Adaptive Skiing (2.0)
- The Flying Wheelchair (3.09)
- Beyond the Barriers – Rock Climbing (2.32)
- Wheelchair Front flip By Aaron "Wheelz" Fotheringham - Nitro Circus (5.39 min)

## Use of 10 Wheelchairs

There are many ways that the wheelchairs can be used. The intent is to give students and teachers personal experience of what it is like to be a wheelchair user. Students should be encouraged to take this seriously and always stay in the wheelchair and not use their legs. Any or all of the activities below can also be used as a fundraiser by charging a fee to participate and by passing the collection canisters around to other students watching.

Most schools choose to have Wheelchair Wednesdays (or Fridays) throughout Ability Awareness Month. This is typically when the lesson plans would be given, wheelchair videos are shown, fundraising activities are discussed/conducted and weekly collections for the wheelchair fundraiser are done.

- Teacher and/or student races in the quad at lunchtime
- Teachers teach from a wheelchair for the day
- Have a free throw contest on the basketball court
- Have your own wheelchair basketball game (3 on 3 is usually best)
- Students sign up to use the wheelchair for a half day or full day (buddies can be assigned at the Elementary level to help get the students to class)
- Students write persuasive letters asking for donations and deliver them to local businesses from their wheelchair
- Students use the wheelchairs to go around the block or out into the community to see what obstacles they face
- Some students arrive early and stay late for student drop off and pickups – holding signs from their wheelchairs remind students and parents about the Wheelchair Wednesdays fundraiser
- Students obtain sponsors (donation per lap) and then see how many laps they can do in a wheelchair
- Set up an obstacle course designed to educate students about some of the obstacles faced every day by wheelchair users. Include closed doorways (where they have to open a heavy door), curb cuts, tight spaces between desks, slight inclines and crossing grass in the course design. Then have stations 50 feet apart where the wheelchair user is given the following and told to take it to the next station:
  - An open umbrella
  - A cup of water
  - A few loose papers and a pen
  - A basketball
  - A heavy backpack

## Wheelchair Rules

The wheelchairs that you will be using are the same wheelchairs that the Foundation delivers around the world. They are quite sturdy and are expected to last for many years with normal usage. However, if they are mistreated or abused they can be damaged. We did have one school where two wheelchairs were damaged beyond repair and had to be replaced at a cost of \$150 each.

Please adhere to the following rules in order to ensure that the wheelchairs are well maintained and can be used by the school that is scheduled to get them next.

- To fold the wheelchair pull up on the strap that is on the seat (do not force).
- To open the wheelchair press down with your palms on the front of the bars on either side of the seat (do not force and be careful not to get your fingers caught!)
- Treat the wheelchair like you would treat a new bike.
- No more than one person at a time should be sitting in the wheelchair
- Wheelchair use by younger students should be supervised as much as possible.
- Only mature, responsible students should be allowed to use the wheelchairs without direct supervision.
- The wheelchairs are not to be taken home by students.
- The wheelchairs can be used for off-campus fundraising if there is a responsible adult or high school student responsible for the wheelchair(s).
- If you are having any problems with a wheelchair not working please report it to [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org).



# Fundraising

## Fundraising Goals

Each wheelchair costs \$150 to manufacture and ship to the recipient country. A shipping container holds 280 wheelchairs, therefore we need to raise \$42,000 (280 x \$150) to send one container of wheelchairs. Our goal is to raise an average of **\$2.50 per student**. Some schools raise less than this amount so hopefully other schools will raise more than the \$2.50 per student.

## Fundraising Ideas

Each school should review the list and decide which options work best for their environment. Additional fundraising ideas can be obtained from [www.fundraising-ideas.org/DIY](http://www.fundraising-ideas.org/DIY) or similar websites. It often helps to get support from the community by having publicity in local papers. If you need help with a contact at a local paper or have suggestions for future enhancements to this list please contact [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org).

- Using School Bus Banks and Collection Canisters collect money daily or on “Wheelchair Wednesdays”
  - Encourage students to do extra chores at home.
  - Lemonade or hot chocolate stands, babysitting, programs for neighbors, etc.
  - What extra chores would it take to donate the jar of coins that many parents have?
- Have competitions between schools, classrooms, grades, clubs, etc.
- Set goals to raise enough for XX wheelchairs
- Set up a Bulletin Board or ‘Thermometer’ to track progress and keep students informed.
- Use the “Flyer for Parents/Community” to communicate how to donate by check or online.
  - Many families have someone in their family who uses a wheelchair and want to make tax - deductible contribution.
- Write persuasive letters to parents, friends, relatives and the community. Deliver the letters to local businesses from a wheelchair during Wheelchair Awareness Week.
- Ask local business owners and parents to place a collection canister at their business
- Ask local service clubs (e. g. Rotary) and/or local business owners to provide Matching Funds
- Arrange a “Wheel-A-Thon” and have students obtain sponsors that pay per lap. Other “Thons” could be Bowl, Dance, Jog, Walk, etc. Ramps designed for wheelchair users are available at Danville and Dublin Bowl

- The Guidelines suggest many uses for the wheelchairs during Wheelchair Awareness Week. Charge a fee to participate in these activities and collect donations from the audience
- **For the High Schools**, designate one of the major sporting events as a wheelchair fundraiser. Arrange a Wheelchair Basketball game with the BORP team. Set up a Wheelchair Donation table and collect donations at other sporting events.
- Have a family/student Movie Night during Ability Awareness Month. See our website for a list of 25 movies (PG and PG-13) that feature characters with a disability.
- **Middle and High Schools** have a “From the Heart” dance. Wheelchairs can be arranged for the evening even if it is not your week to have the wheelchairs
- Using the wheelchairs, collect donations at a local grocery store or Starbucks on the weekend of Wheelchair Awareness Week. Set up a table and make signs, banners and use photos, etc. The Wheelchair Foundation can provide supplies such as brochures and pins
- Raise money by serving others. Ask local service clubs (e. g. Rotary, Kiwanis, Lions, etc.) or local businesses to sponsor students for each hour they spend doing community service such as cleaning up a park, hiking trail or roadway, or volunteering at a homeless shelter, soup kitchen, etc.
- During the weekend that you have the wheelchairs have a “Wheelchair Car Wash”.  
“Wheelchairs washed for free – Cars cost \$XX”
- Select a day that students, teachers and staff can wear their craziest hat to school. Each person pays a fee and gets their hand stamped so that the teachers know they have paid. Winners are selected according to originality, creativity and the hat that was most favored by students and teachers.
- Have a penny war between classes where pennies have a positive value and all other coins and bills have a negative value.
- Have a bake sale or recipe sale that includes some typical cuisine from Latin America.

## How to Donate

There are three ways for students, teachers, parents, friends, family and the community to donate to the Wheelchair Program; cash, check or online. The only deadline for turning the money in is December 31st for those schools with Fall programs and June 15<sup>th</sup> for those schools with Spring programs.

All donations by check or online are fully tax deductible and the donors will receive a letter of acknowledgement for tax purposes. For donations of \$150 or more donors will also receive a personalized presentation certificate with a photo of a wheelchair recipient.

All donations for the Wheelchair Foundation should be kept separate and not comingled with other School District funds. It is preferable to have all coins, cash and checks delivered directly to the Wheelchair Foundation. If it is not possible to have checks made payable directly to the Wheelchair Foundation, deposit the funds into the ASB account identifying the fundraiser and charity (Wheelchair Foundation) and then write a single check to the Wheelchair Foundation and provide it to the Wheelchair Foundation volunteers.

1. **Cash donations** should be collected during Ability Awareness Month and/or on Wheelchair Wednesdays. Coins and bills should be placed in the large plastic bag and kept in the school safe. Please contact Kathy Gailey anytime the bag needs to be picked up and/or replaced. There is no need to roll the coins or even count the money, the Wheelchair Foundation will have it counted by their bank (for free) and report the results back to each school in about one week.
2. **Check donations** should be made payable to "Wheelchair Foundation" and put in the plastic bag along with the coins and bills.
3. **Online donations** can be made at <https://www.wheelchairfoundation.org/give/donation>. **At the bottom of the form it is important to select "From the Heart – Schools Program" and enter your school name.** The donation page can also be reached by going to [www.wheelchairfoundation.org](http://www.wheelchairfoundation.org) under Programs/From the Heart School Program.

## Weekly Collection for Wheelchair Fundraiser

Using the collection canisters and school bus banks that are provided, each classroom can collect donations on Wheelchair Wednesdays or each day during your Ability Awareness program. Typically, the Student Council or Leadership students will then empty the canisters and banks into the large plastic coin bag that is provided. The plastic bag is then placed in the school safe and picked up by Wheelchair Foundation volunteers when full or the fundraiser is over. In addition to coins, you can put bills and checks in the plastic bag. There is no need to roll the coins or even count the money because the Wheelchair Foundation will have it counted by their bank (for free) and report the results back to each school.

## Recognition Opportunities

### Field Trips

Bill Wheeler, owner of Black Tie Transportation, will donate his Community Bus for a Wheelchair Program field trip for each school, 44 people total, that raises at least \$1.50 per student to reward your fundraising efforts. Normally the field trip occurs at the end of the program and the students are taken to the new Spirit of the Old West Museum, Classic Car Museum and Wheelchair Museum at Blackhawk Plaza in Danville. Usually we are able to get a member of the Behring family to speak to the students about the importance of leadership and philanthropy. There is no cost to the school for the field trip. More information about the Field Trip is available at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/> . Please sign up for this optional Field Trip as soon as your school earns their goal of \$1.50 per person.

### Field Trip – Schedule and Guidelines

The bus holds a maximum of 44 people and is provided compliments of **Black Tie Transportation**. The Museum is closed on Mondays and Tuesdays. Please try to reserve your Field Trip several weeks in advance by contacting Kathy Gailey at [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org).

The following outline is flexible and can be adjusted to meet your schedule.

9:15 – 9:30	Bus will pick up from your school
10:00 – 12:00	Tour the museum exhibits with Docent
12:00 – 1:00	Sack lunches and feed the ducks
1:00 – 1:30	Bus will return to school

Please have the students bring sack lunches. Food for the ducks will be provided.

#### **Important Reminders:**

1. Please assist the docents during the tour by keeping your group together, reminding them to keep their voices down; no running and respect the docents.
2. Leave backpacks and lunches in the bus or car until lunch, which will be outside.
3. Do Not bring food, drinks, gum or “skater” shoes into the museum.
4. Ask students and parents not to touch glass cases, walls, cars, art objects, stanchions or ropes.

## Wheelchair Distribution Trips

Teachers, parents and students will be able to join the wheelchair delivery team on a trip to Latin America (Country(s) TBD) during the summer. Each trip is typically about one week and participants will personally help deliver the wheelchairs one at a time to the recipients. Each participant must pay their own airfare, hotel, meals and incidentals which usually runs about \$2,500 for South America. Responsible and mature students 15 and over can attend with their parents and students 17 and older can attend with or without their parents with the proper documentation.

An important part of the From the Heart – Wheelchair Program is to create a direct connection between the student donor and the wheelchair recipient. To this end, as we get closer to the wheelchair distribution trips we will be asking for the following:

- **Letters to Recipients in Spanish**  
High School and Middle School Spanish classes and students in Spanish immersion Elementary Schools will have the opportunity to write letters in Spanish to the wheelchair recipients. The letters will be hand delivered by the wheelchair distribution team and the recipients will be asked to write back to the students. More details can be obtained at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>
- **Hat Donations**  
We will also be asking for donations of hats (ball caps) that we can distribute to our wheelchair recipients and their family members.

If you are interested in participating in a wheelchair distribution trip, please contact Kathy at [KGailey@wheelchairfoundation.org](mailto:KGailey@wheelchairfoundation.org). Updated information on trips can be obtained at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>.

## Leadership & Philanthropy Award

The Behring Family will once again offer the Leadership and Philanthropy Award (LPA) established to recognize the teachers and students who have demonstrated a superior commitment to the From the Heart – Wheelchair Program. By providing a monetary award to help offset the cost of participating in a wheelchair distribution, Ken Behring and his family hope to encourage and help develop our future leaders and philanthropists. Information on the LPA can be obtained at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>

## Appendix A – Announcement to Teachers

An electronic copy that you can print and distribute is on the website at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/>. The flyer is designed to be printed in color but can alternatively be printed in gray scale using the print settings.

# From The Heart

## ♥ Schools Project



**Did you know?**

100 million people need a wheelchair worldwide, but can't afford one. 30 million are children and 90% of them are unable to go to school.

**Raise Awareness – Make a Difference**

More than 50 schools in East Bay are participating in the From the Heart project which is designed to:

1. Raise awareness about the need for mobility in the world,
2. Sensitize students to the issues faced by people with all types of disabilities, and
3. Raise money to provide wheelchairs to those in need.

**Easy To Participate**

All of the materials and supplies necessary for a fun and educational project are available under the "Programs/From The Heart Schools Program" tab at [www.wheelchairfoundation.org](http://www.wheelchairfoundation.org) and include:

- Ability Awareness Program – 20 minute lesson plans by grade span
- Bibliography of 125 books where the main character has a disability, by grade span
- List of 30 popular movies where the main character has a disability
- Project Guidelines, ten different videos, fundraising ideas, etc.
- How to get supplies, materials and additional information
- How to join us on our next wheelchair distribution trip to Latin America
- And much, much more...

**HELP US REACH OUR GOAL**

Our fundraising goal is \$2.50 per student which will allow us to deliver nearly 600 wheelchairs to Latin America in 2015. If you would like additional information contact JoAnn Pariso at [jpariso@wheelchairfoundation.org](mailto:jpariso@wheelchairfoundation.org) and/or watch this 5 minute video at <http://youtu.be/WwiWOHKfPQQ>.

**YOU CAN MAKE A DIFFERENCE**

Visit us online: [www.wheelchairfoundation.org](http://www.wheelchairfoundation.org)





## Appendix B - Parent / Community Flyer

You can print the flyer and send it home or include it on your school website (including sites such as Peachjar). The flyer is designed to be printed in color but can be printed in gray scale using the print settings. The flyer is on the website at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/> There is a separate sample flyer for parents about the Ability Awareness Program at the AAP website.

# YOU CAN MAKE A DIFFERENCE

Give the gift of mobility. Provide freedom and dignity.  
*Create hope for the future.*

[Insert school name or logo]

&

Wheelchair Foundation  
"Serving the World"  
hope  
Circling the Globe with Friendship  
mobility



changing lives  
TOGETHER



**Did you know?**

100 million people need a wheelchair worldwide, but can't afford one.  
30 million are children and 90% of them are unable to go to school.

A new wheelchair donated through the Wheelchair Foundation only costs \$150

## HELP US REACH OUR GOAL

- Provide students with opportunities to earn money to donate
- Send in checks payable to the **Wheelchair Foundation**
- Donate Online at [wheelchairfoundation.org](https://www.wheelchairfoundation.org)

(At bottom of form, select "From The Heart – Schools Project" and indicate school name)  
501 (c)3 Charitable Foundation – All donations are tax deductible.

Contact \_\_\_\_\_ or \_\_\_\_\_ for more information.

## Appendix C – Wheelchair Grid

This grid is a fun tool to use for recording team contributions. It can really help create some fun competitions. An electronic copy that you can print and distribute is on the website at <https://www.wheelchairfoundation.org/programs/from-the-heart-schools-program/> . The flyer is designed to be printed in color but can alternatively be printed in gray scale using the print settings.

One Wheelchair at a Time!!



Each Wheelchair is \$150!!!

\$10	\$60	\$110
\$20	\$70	\$120
\$30	\$80	\$130
\$40	\$90	\$140
\$50	\$100	\$150