

# Ben's Bells: Support network founder honored

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Kimberly Matas Arizona Daily Star

The recipient of this week's Ben's Bell is Shay Beider, founder of the nonprofit Integrative Touch for Kids.

She was nominated by Micah Lee, a parent who has participated in the program that helps improve the quality of life for children with special health needs and provides support for their families.

Lee's daughter has cerebral palsy. Several summers ago her family was one of those chosen to attend a weeklong Integrative Touch retreat. It was the first time since her daughter's diagnosis that anyone from medical or caregiver professions had asked what kind of support she and her husband needed.

Beider "understands that the family as a whole goes through the turmoil of the disability and the whole family needs to be helped, not just the child," Lee said.

Integrative Touch "isn't just for the child who has the disability," Lee said. It's for the whole entire family. For us, it's been a network of support. it's been extremely life changing.

It's about coping skills "and giving you ways to deal with what's going on. it gives you alternative methods to help your child with everyday life and help your family with everyday situations. A lot of us don't realize we need help, too."

## The project

Ben's Bells promote kindness and community. Each week a person who betters Tucson is "belled." Go to [bensbells.org/BellingForm](https://bensbells.org/BellingForm) to submit a name. Go to [bensbells.org](https://bensbells.org) or call 628-2829 for information. Recipients also are featured on Friday's Morning Blend on KGUN-Channel 9.

Contact reporter Kimberly Matas at [kmatas@azstarnet.com](mailto:kmatas@azstarnet.com) or at 573-4191



Shay Beider, with Ben's Bell, founder of Integrative Touch for Kids, was nominated by parent Micah Lee. *Photo courtesy of Jeannette Maré.*