

TENNESSEE FAMILY SOLUTIONS



LETTER FROM RALPH

On April 4th TFS celebrated another Spring Party at Cedars of Lebanon State Park. Once again we had “the petting zoo”. I never cease to be amazed by what a connection there is between many of our special folks and animals. Putting a domestic rabbit on the lap of someone who is non-ambulatory or another individual who seldom speaks breaking out with his own rendition of “Old MacDonald’s Farm” makes me smile. I would encourage family and conservators to attend these parties. We do three of them each year and although our primary interest is in providing a good time for our folks and the staff who make their lives meaningful, it is always a special treat to see family members participate.

Things are coming together in our plans for improvements in services at TFS. The psych clinic and medical clinic are actively operating again. Our new Director of Nursing also holds a license as a Family Nurse Practitioner and is operating our medical clinic one day a week in Murfreesboro. She works under the supervision of our Medical Director. It is great whenever a plan comes together.

If it is true that it takes a village to raise a child, it is also true that it takes a village to care for the severely disabled. I do not provide enough praise to our excellent administrative staff and the dedicated Family Teachers, Nurses, and Day and Night Teaching Counselors who make all the good things happen for our folks. I believe the difficulties of the last year have created a uniquely special bond among our support staff. I am extremely proud to be working with them. I would ask parents/conservators to take the time to get to know the staff who work with your loved one. They are the surrogate parents who do what we did when we were able to care for our children at home. Take the time to thank them for what they do. It is special work for special people.

See p. 5 for pictures of the Spring Party

SPRING ISSUE, 2014

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SPRING IS HERE!

Spring is finally here! Good things come to those who wait. . .and wait. . . Hopefully, you are all able to take the time to enjoy this wonderful weather before it gets into the hot, humid summers that Tennessee can bring. Plant those gardens, clean out the clutter in the house, put a fresh coat of paint on the walls to brighten things up. Some other Spring Cleaning we are doing is with the Newsletter addresses and emails. Please take the time to update your mailing address for the newsletter and please provide your email address so that we can begin sending out the newsletter electronically. Send your updates to cklein@nashvilletfs.org.
Happy Spring!

DEX SCORE

DEX is a multi-state business solutions company that each year selects 10 Middle TN non-profits to participate in its "Score to Win" charity. Since this program began, it has raised over \$220,000 for Middle Tennessee charities. Tennessee Family Solutions feels very privileged to be in the company of so many very well know non-profits.

It is exciting to watch how the scoring plays out:

The Predators continued their excellent play on the road with a shutout 3-0 victory over the San Jose Sharks Saturday night. After a scoreless first period, the Predators would light the lamp three times in the second period led by Patric Hornqvist. Patric would score on a wrist shot early in the second and follow up with his 2nd goal of the game five minutes later. Patric has now scored 20 goals on the season for Interfaith Dental Clinic. Defenseman Roman Josi would pick up his 12th goal of the season in the second period to give the Predators the final 3-0 score. The Predators now have 4 players that have scored at least 20 goals for the season.



Gerry Helper and Mark Blaze presenting a check to Nicole Kelley, Operations Director at TFS.

Carter Hutton made 35 saves for his first career shutout! In doing so he earns an extra bonus for the Special Olympics. Carter is now 19-11-4 on the season, his first with the Predators.

DEX Score and Win Program teams and totals for the 2013-14 season:

Shea Weber and Carter Hutton	Special Olympics	\$5,250
Filip Forsberg, Craig Smith & Eric Nystrom	Rockettown	\$3,800
Patric Hornqvist and Roman Josi	Interfaith Dental Clinic	\$3,800
Mike Fisher and Paul Gaustad	Boys & Girls Clubs of Middle TN	\$2,900
Ryan Ellis and Seth Jones	Lighthouse Christian School	\$2,500
Matt Cullen, Nick Spaling & Rich Clune	March of Dimes	\$2,400
Viktor Stalberg, Victor Bartley & Marek Mazanec	Special Kids	\$2,150
Gabriel Bourque, Simon Moser & Calle Jarnkrok	Tennessee Family Solutions	\$1,400

SPRING QUOTES

“Adopt the pace of nature: her secret is patience.” - Ralph Waldo Emerson

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” - Anne Bradstreet

“Wrong will be right, when Aslan comes in sight, At the sound of his roar, sorrows will be no more, When he bares his teeth, winter meets its death, And when he shakes his mane, we shall have spring again.” - C.S. Lewis

“I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.” - Anne Lamott

WELCOME TO OUR NEW ADMIN STAFF



Erin Gaspard joined Tennessee Family Solutions in April of 2014. She graduated from Alcorn State University in Natchez, Mississippi with her Bachelors of Science in Nursing in 2006 then completed her Masters of Science in Nursing, with prepara-

tion specializing as a Family Nurse Practitioner, at Belmont University in Nashville, Tennessee in 2013. Erin has been a registered nurse for over eight years and has a diverse nursing background in acute care, long-term care, stroke/TBI rehabilitation, adult/pediatric home health, specialty home infusion, clinical trials, oncology/palliative care, and nursing supervision. Erin has a strong background in working with a variety of patients, in various settings, with intellectual and developmental disabilities, which makes her an ideal choice to serve as our Family Nurse Practitioner. Erin lives in Murfreesboro, TN and is married to Shane Gaspard. Erin and her husband are musicians/singers/songwriters and enjoy writing, recording, and “just playing for fun”. She has a passion for our population and is excited to join our team at Tennessee Family Solutions.

Welcome to our newest Admin staff at TFS!

My name is Diane Lagoumis and I'm your new Human Resources Director here at Tennessee Family Solutions, Inc. My educational background is in Special Education and Human Resources but my greatest lessons come from walking the walk and talking the talk. I began teaching but then had the opportunity to work as a Direct Support Professional in a children's residential program. I was hooked from the start and pursued my career in the supported living and program operations side of the field, eventually expanding into providing services to both children and adults. I advanced to work as a Program Supervisor and ICF Director but then took time off for two years after the birth of my third child. When I returned to work I joined a small, family run agency as the trainer. As we expanded services, my experience in the positions I held previously, gave me the insight and opportunity to play a key role in program development, policy and procedure creation, and Human Resources Development. I took advantage of this opportunity to advance my education and develop the Human Resources Department in a way that best supported our employees to best support our clients. I also have additional perspective from the family side of providing services as my nephew has Autism and lives in a group home in New York.

My philosophy lies in giving employees the tools and resources to succeed because that improves the quality of care for our clients. Payroll, Workers' Comp., Time Off, Job Changes, Hiring, Separation, Leave Management, Health Benefits, Salary verifications for housing and for other reasons, personal crisis or emergencies, etc., my goal is to serve each and every employee as needed. I am fortunate to be able to rely on such a committed group of people in the administrative department as well as on the program and training side. I look forward to furthering the goals of Tennessee Family Solutions by supporting the employees who care and support the clients we are privileged to serve.



SNIGLETS

Sniglet n.: Any word that doesn't appear in the dictionary, but should. Sniglet is a neologism, the name for a newly coined term, word, or phrase, popularized by comedian/actor Rich Hall during his tenure on the 1980s HBO comedy series *Not Necessarily the News*. Each episode of the monthly series featured a regular segment on sniglets. Enjoy!

Cinemuck, n.: The combination of popcorn, soda, and melted chocolate which covers the floors of movie theaters.

Furlbling, v.: Having to wander through a maze of ropes at an airport or bank even when you are the only person in line.

Genderplex, n.: The predicament of a person in a restaurant who is unable to determine his or her designated restroom (e.g., turtles and tortoises).

Hozone, n.: The place where one sock in every laundry load disappears to.

Idiot Box, n.: The part of the envelope that tells a person where to place the stamp when they can't quite figure it out for themselves.

Napjerk, n.: The sudden convulsion of the body just as one is about to doze off.

Pupkus, n.: The wet residue left on a window after a dog presses its nose to it.

Snacktrek, n.: The peculiar habit, when searching for a snack, of constantly returning to the refrigerator in hopes that something new will have materialized.

SPECIAL EVENTS & OUTINGS



New Ride!



Rock City



The Great Outdoors



Not Irish. . .



Slip Slidin'

Our folks here at TFS have a variety of interests. Here is a sample of some recent outings, birthdays, new toys, and vacations.



An Unsavory Bunch



Big Smile!



60th Birthday



Whheeeeee!



Cool Dude

DIRECT SUPPORT PROFILE

Joan Ashford is a DSP who has been working at TFS since the summer of 2004. Prior to working at TFS, Joan worked at the Emerson Electric Company in the Engineering department doing Computer Aided Drafting and sales. When she first began working here, she had no experience with any individuals intellectual or developmental disabilities. Having no background in this field, she relied heavily on the help of the other staff in the homes where she began working; especially the Family Teachers and Family Teaching Couples. The FTs and FTCs were right there helping Joan learn about how to engage with the clients and feels that because of this direct training, she was able to get the experience she needed in the beginning in order to be so successful as a DSP for so long. Granted, Joan does admit that this is hard but rewarding work and it can take some time for a new staff to feel comfortable with the job.

Joan realizes that, just like any of us, clients can grow and change as well. She has been able to recognize that when they feel secure about their day and in their abilities, they will be more receptive to new things and teaching opportunities that are presented to them, especially, when they are with people that they feel comfortable with and can rely on. Many of our individuals can feel nervous or anxious about new experiences like going to a new doctor or meeting new people. Joan always asks herself, "How are they feeling right now?" and observes them to determine what they perhaps cannot express in words. She says to "get their attention" and take the time to help them, even with small things, when they may be feeling this way. They need a certain comfort level, as we all do, and the clients rely on the staff to feel secure and, therefore, encouraged as well.

Joan most loves when she sees that a client feels like they belong. They may have been ignored in the past or otherwise not treated well. Spend time with them; set up the interaction; guide them. Then you will see them do some amazing things. Joan's advice to new DSPs is to work with your team and ask questions regarding their experience. Also, be there with the client to get them to a comfortable place, learn what is best for them. It can definitely be a good experience for everyone involved. Make sure they have a good day and a great life!

SPRING PARTY PICTURES



Please email any photos of outings, activities or special events to cklein@nashvillefts.org to be considered for the next newsletter. The sooner, the better. Thanks!

BROCCOLI SALAD

Salad:

2-3 c. coarsely chopped raw broccoli tops (about 4-5 broccoli florets)

½ c. to 1 c. dried cranberries

½ c. chopped red onion

½ c. chopped pecans

1-2 T. bacon bits

Mix together in medium-sized bowl



Dressing:

1 c. mayo

¼ c. wine vinegar

¼ c. sugar

Add to salad and mix lightly, then chill till ready to serve.

This is a great warm-weather recipe to cook outs and picnics.

Thank you Tracy!

GRILLED PINEAPPLE SLICES

Mix the melted butter with honey and salt until well combined.

2 Brush liberally over both sides of the pineapple slices.

3 Place the slices on a large baking sheet; cover with plastic wrap and refrigerate for about 2 hours or up to 24 hours.

4 Lightly oil the grill grate.

5 Set the grill to high heat.

6 grill the pineapple slices about 2-3 minutes per side or until grill marks appear on the slices and the they are heated through.

Ingredients:

1 large fresh pineapple
(peeled and sliced into 1-inch slices)

1 -2 teaspoon honey

1/2 cup melted butter

1 pinch salt
(use a very small pinch salt)

1 -2 drop Tabasco sauce

If you have a recipe that you would like to share, please send it to cklein@nashvilletfs.org



PUZZLES

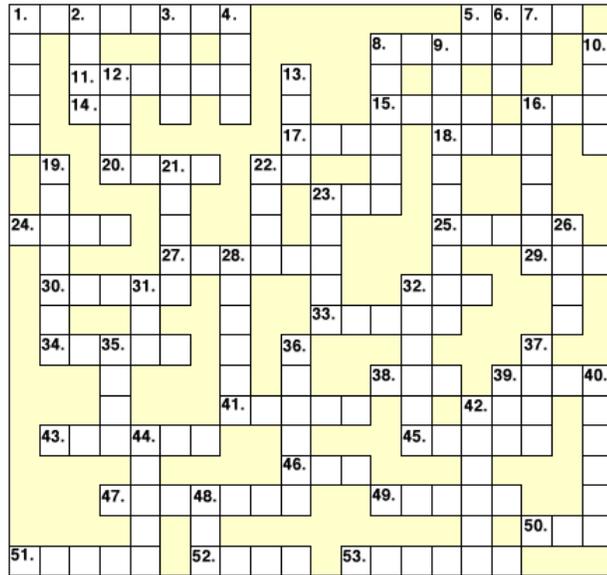
No matter what age you are, puzzles are very good for your brain. Putting a puzzle together calls upon many cognitive skills, providing you with a great brain work out.

Good Luck!!

SUDOKU

9						2		
8			2	9				
2		5	8					9
	7			8	9			6
			6		2			
6			7	1				5
	5				3	7		4
				4	8			5
		6						3

JUMBO CROSSWORD



- Down:**
1. Part of a flower
 2. What you scratch
 3. ___ n' roll
 4. Opposite of future
 5. Hot ___ cold
 6. Fox's home
 7. Take ___ or leave ___
 8. Easter ___
 9. Easter treats
 10. Jesus was buried in this
 12. Speed competition
 13. Spring month
 16. Hare
 19. Appears after the rain
 21. You play these
 22. Look for
 23. Spring month
 26. Easter flower
 28. A season
 31. Shake head
 32. Easter colour
 35. Tidy
 36. Goodies
 37. Beginning of leaves
 39. Boy's name
 40. Reach destination
 42. Easter hat
 44. ___ and field
 48. Baby goat

- Across:**
1. One bit of water falling from the clouds
 5. Garfield's dog friend
 8. Confidential
 11. Early spring flower
 14. Laughing sound
 15. 12:00 p.m.
 16. Outer edge
 17. Be in want
 18. Coca ___
 20. Easter bunny hides these
 22. Opposite of she
 23. Spring month
 24. Discover
 25. Spring month
 27. Spring holiday
 29. ___ top
 30. Jelly ___
 32. Opposite of no
 33. Easter bunny does this with eggs
 34. Breezy
 38. Ginger ___
 39. Musical instrument
 41. Spring colour
 42. Resting place
 43. Baby cat
 45. Forests
 46. Bath ___
 47. Easter or picnic ___
 49. Hides eggs
 50. Colouring agent
 51. Baby chicken
 52. Water bird
 53. Passes out momentarily

CRAFT

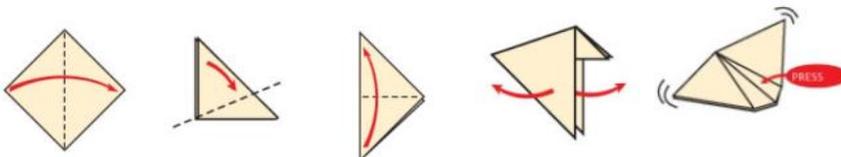
Origami, Japan's traditional craft of paper-folding, has been used since the 10th century to sculpt animals and wrap gifts. Animals, birds, fish and insects are favorite origami subjects. After folding the butterfly featured here, you can make it flutter by pressing on its back with the tip of your finger.

How to make it

1. This colorful creature is created not by metamorphosis but by folding the origami paper in half to form a triangle.
2. Fold the triangle in half again.
3. Unfold the second triangle, then fold each side so that it crosses the center crease at a right angle.
4. (Continuation of above directions.)
5. Unfold. Glue on the strips for antennae and curl them using the edge of a scissor. Glue on the googly eyes and decorate with markers.

What You Will Need -

- 6 x 6-inch sheet of origami paper
- Glue
- 1 x 4-inch strips of origami paper or curling ribbon
- Scissors
- 2 googly eyes
- Markers



If you make this craft, please send a photo to cklein@nashvilletfs.org. Have Fun!!



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