



Preferred Community Lifestyles for People with Severe Developmental Disabilities

801 2nd Ave South
Nashville, TN 37210
615-255-8870

September 9, 2015

Hello families and friends:

Attached you will find the current Tennessee Family Solutions newsletter.

It's been a busy summer! In this newsletter you'll read about the TFS Carnival, TFS artists featured in Nashville's Tomato Fest, a birthday celebration and more!

We are excitedly planning our trips to Gatlinburg. As a fundraiser, we have custom-made t-shirts on sale for anyone who would like one. The design speaks volumes and are beautifully made. If you would like to order one please call the Nashville office (615-255-8870) or the Murfreesboro office (615-904-6033) to purchase.

Let us know if you have any feedback or would like a story, photo or other interesting items considered for the next issue. If so, please email: newsletter@nashvilletfs.org. If you would like to see our previous issues, visit our website www.nashvilletfs.com.

Enjoy!

A handwritten signature in black ink that reads 'Shelly Hall'.

Shelly Hall

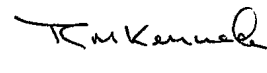
TENNESSEE FAMILY SOLUTIONS

LETTER FROM RALPH

Life at TFS is never without its challenges and sometimes in the day to day management of things we fail to stop and appreciate how far we have come and why we have been successful. Each year we have a thorough review by the State Department of Developmental Disabilities. When we refer to our Annual Review, this is what we are speaking about. We have a number of other opportunities to be put under the microscope by surveyors, but this one is the big one. This year for the first time we achieved "Exceptional Performance". We scored a 52 out of a possible 54! I know and would like to remind those of you either working at TFS or served by TFS that this was achieved by those who are doing the hard work in the homes and those admin staff who support them and hold them accountable. Kudos to the special people who have made this their life's work. I am so proud to be associated with them! TFS will also be a work in progress but it is gratifying whenever our keepers, viz, the State of Tennessee, recognizes the hard work being done by so many dedicated people.

October will soon be here and around that corner is our migration to Gatlinburg for nearly two weeks. Twice before we have rented a rather large cabin (I believe it sleeps 54) and accommodated all of the individuals we serve who wanted to make the trip. There is so much interest this time that I am told we may have to divide everyone into one of FOUR groups. It has always been a great time for our individuals and the staff who attend to them and there will likely be lots of stories generated by this trip as there have been others in the past. I am sure that there may be a need for more volunteers if any of you have an interest. You may contact Nicole Kelley to find out particulars. She is primary organizer of the trip and the Executive Director of our Rutherford County operations.

Here's hoping you have a wonderful fall,



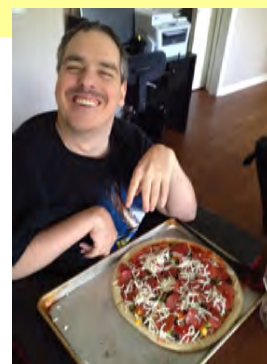
SUMMER ISSUE, 2015

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MEET CHEF MICHAEL

Hi, my name is Michael Robinson and I moved to TFS in July. I am adapting to the changes that have happened to me. I am enjoying helping with the cooking. I purchased a food chopper at Aldi. I use it to cut onions and peppers for pizzas, scrambled eggs, wraps, and Mexican food. It has two blades and all I have to do is push the lid with one hand. I want you to know that I am very independent and would love to have friends over for dinner.



TFS FUNDRAISER T-SHIRTS ON SALE!



If you would like to support the TFS trip to Gatlinburg, custom-made T-Shirts are still on sale! Please contact either office to purchase one.

TEACHING-FAMILY MODEL NEWS AND TIPS

TFS Welcomes a new Consultant!

Tennessee Family Solutions would like to welcome Quintin Perkins to the administrative team. Quintin has been a Direct Support Teacher (DST) for over 2 years. He has worked in several TFS homes. Quintin has now been promoted to Teaching-Family Consultant. Welcome to the Team!

TFM Tip: Teamwork makes the DREAMWORK!!



Quintin (left) with Kenny Hampton (right)

SCOTT'S BIRTHDAY CELEBRATION



In August, Scott celebrated his 54th birthday!!

He chose to celebrate by taking an extra-special shopping trip to Toys "R" Us! Scott picked out a bowling set and a huge Elmo doll. He also enjoyed opening gifts from his family and friends. Happy Birthday, Scott!



HOUSEMATES, FRIENDS, FAMILY

Greg and Johnny have lived together for 5 years now. They enjoy different activities and have varied tastes, yet they share a brotherly bond. Recently, Greg was preparing for a scheduled surgery. Johnny asked if he could attend. The surgery took more than a couple of hours. The longer he waited, the more anxious Johnny became and asked about Greg several times. His Family Teachers, Amber and Chris, offered several opportunities for Johnny to leave but he would simply respond, "I just need a drink" or "I'll run to the restroom." Once Greg was out of surgery and the doctor spoke with Johnny and his Family Teachers stating Greg's surgery was a success and he was fine, Johnny was okay to leave the hospital.



Johnny listening to music- one of his favorite things to do!



Friends; Greg and Johnny- enjoying some porch time.



Greg: post-surgery recovery at home!



Greg, Johnny and their newest partner in crime, Triston!

SAY, "CHEESE!"



Wanna race?



4th of July eats!!



Family-Style dining!



A beautiful day to be outdoors!



Ready to grill!

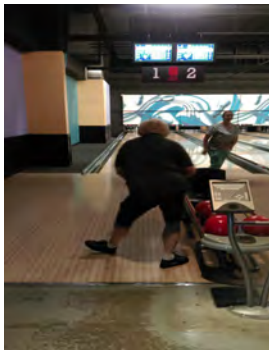


Fun at the arcade!

TFS RECEIVES "EXCEPTIONAL" RATING ON ANNUAL DIDD QA SURVEY!

TFS Administrative staff unwind with a bowl-off at Lanes, Trains and Automobiles in Murfreesboro

It's all about
the form!



All smiles!



Mary Cade & Ashley!



Showing off
the shoes!

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

TFS SUMMER CARNIVAL



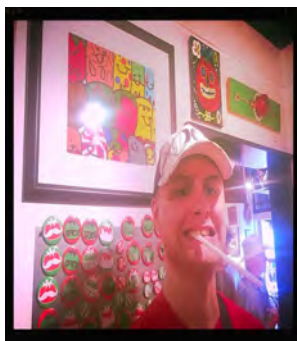
On June 12, 2015, Tennessee Family Solutions held a carnival at Barfield Park. The Administrative Team came up with a lot of wonderful booths that were displayed during the carnival. Persons supported enjoyed dunking the CEO, Ralph Kennedy! Each person had a wonderful time participating in games, winning prizes, and eating all of the carnival food that was prepared. Congratulations to Michele Callahan, who won the best booth! A special thank you to all staff who participated and worked hard to create a special outing for the people that are supported by TFS.

TFS' ARTISTS REPRESENTED AT NASHVILLE'S ANNUAL TOMATO ART FEST



In August 2004, Nashville celebrated the 1st annual Tomato Art Fest. It has since grown to nearly 40,000 participants and includes a 5K, contests, competitions, a parade of floats and more!

Proud family and friends of the artists!



Triston with his artwork on display! "Flying Tomatoes" and "Tots in Disguise"



Chris Rosenbaum's "Tom Ato" piece sold!

EASY CHEESY BREAKFAST CASSEROLE!

Ingredients:

- 1 package ground sausage
- 1 package of cream cheese
- 2 cans Crescent rolls



- Brown sausage in a skillet, drain grease and place back in skillet on low.
- Add cream cheese (softened at room temperature) and blend well with sausage.
- Butter a 9x13 casserole dish.
- Roll out 1 can Crescent roll dough in dish.
- Add sausage & cream cheese mixture on top of dough-lined dish.
- Roll out the 2nd can of Crescent rolls on top of meat mixture.
- Cover with aluminum foil.
- Bake in a preheated oven at 350 degrees for 20 minutes.
- Remove foil and turn off oven. Leave casserole in until top is golden brown.

Enjoy!



BUFFALO CHICKEN

- Place chicken in crockpot.
- Pour 3/4 of the bottle over chicken.
- Sprinkle seasoning over top of the chicken.
- Cook on high for 4 hours or Low for 6 hours.
- Shred with a fork and let set for 30-60 minutes before serving.



Ingredients:

- 4-6 boneless chicken breasts
- 1 bottle buffalo sauce
- 1 packet ranch seasoning



*Do you have a recipe that you would like to share?
Email newsletter@nashvillefs.org*



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| | | | |
|---|---|---|---|
| Ralph Kennedy, CEO | Tracy Kennedy, Admin Assistant | Mandy Parton, ADON | Quintin Perkins, TFM Consultant |
| Nicole Kelley, Executive Director, Murfreesboro | Jackie Scarlett, Service Coordinator | Sarah Harrison, Hub Nurse | Emma David, Associate Director |
| Shelly Hall, Executive Director, Nashville | Marcie Carlile, IMC/QA | Kim Pittman, Hub Nurse | Angelo Verge, Staffing Coordinator |
| Naomi Suddarth, HR Director | Rita Tate, QA Auditor | Mary Cade, Hub Nurse | Brittany Johnson, Staffing Coordinator |
| Michele Callahan, Murfreesboro Office Manager | Latonya Kirk-Cheairs, QIDP | Debbie Powell, Recruiter | Chris Kelley, Property Manager/IT |
| Kay Collier, Admin Assistant | Carmen Trimble, Clinic Coordinator | Ashley Estes, Director of TFM Implementation | John Engelman, Maintenance |
| Kenny Hampton, Admin Assistant | Ben Neal, DON | Chandy Michon, TFM Consultant | |
| | Kelsey McCormick, Hub Nurse | | |

