



Preferred community lifestyles for people with severe developmental disabilities

Nashville Office

801 2nd Ave. S

Nashville Tn. 37210

O: (615) 255-8890

F: (615) 255-8890

Murfreesboro Office

143 Veterans Parkway

Murfreesboro, Tn. 37128

O: (615) 904-6033

F: (615) 904-6603

Hello Families and Friends,

Attached you will find the current Tennessee Family Solutions Fall newsletter. We hope you enjoy reading about our events and the amazing people that we serve! This fall, we participated in a Community Outing to Go USA, a trip to Jackson, TN, where we explored the TN Safari Zoo. We enjoyed our 1st annual Walk and Roll day at the park and a Nature Scavenger Hunt put together by our very own Brittany Johnson & Kenny Hampton. Congrats to FTM4A for winning the Scavenger Hunt! October was an amazing month, we all enjoyed a fun trip to Gatlinburg, TN; spending time with one another and bonding was an awesome experience. To end the month of October, we had a Chili Cook-off as well as taking trip to Bottom View & Lucky Ladd Farms. The winner of the Chili Cook-off was FTM7. We have truly enjoyed the past couple of months that have been full of activities and brought us together as one big family!

Kenny Hampton,

Murfreesboro Administrative Assistant

Let's Break and Take a Selfie!!!

(TFS Hub Nurses)



Michele & Carmen

wanted to be Twins

Congratulations

To Amber & Chris Rosenbaum , Maurice Darby, Donte Bond, and Muhammad Sharif
on being selected to go and represent TFS during Teaching Family Association Conference in
Indianapolis , Indiana. Also, congratulations to the other nominees: Crystal Brown and Iva McKinney!



1st Annual Walk & Roll / Nature Scavenger Hunt

Congratulations to 4a for completing the hunt in 6 mins and 3 secs.

On this day, we got together and participated in a Scavenger Hunt!

What a great time we had!



Zippin' through the Zoo...



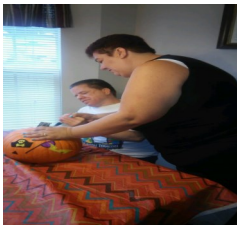


Bradley Participating in Learn's Flag Football Competition 2015

I ❤️
Football



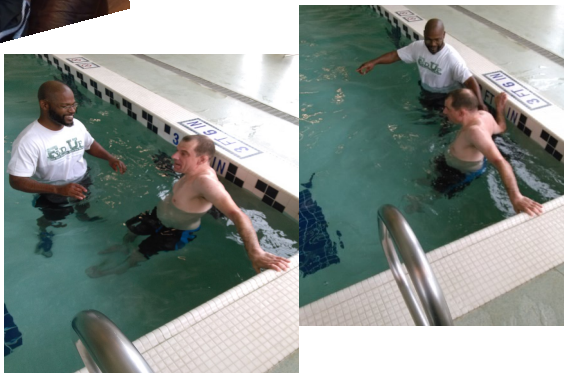
Our Shining Stars



Brian, John, & Austin enjoying carving Pumpkins with FT Shari.



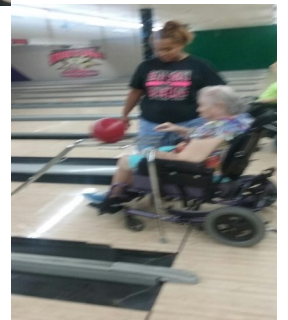
Scott Logan of ICF 3
hanging out around the
office



Scott H. getting into the pool, while FT
D. Bond praises him by calling him
"Super Hooper!" This was a momentous
occasion that took many trials to
accomplish!



ICF 2 Having Fun at the
bowling alley



Deconstructed Mexican Style Corn

Chipotle Salt:

5 tablespoons chipotle powder

3 tablespoons kosher salt

Corn:

6 ears corn

1/2 red onion, minced

1 tablespoon vegetable oil

3/4 cup crumbled cotija cheese

3/4 cup mayonnaise

2 tablespoons roughly chopped fresh cilantro

Zest of 2 limes

ADD CHECKED ITEMS TO GROCERY LIST

Total Time: 30 min

Prep: 10 min

Cook: 20 min

Yield: 6 servings; 1/2 cup chipotle salt

Level: Easy



Directions

For the chipotle salt: Combine the chipotle powder and salt and store in an airtight contain-

For the corn: Heat a grill or grill pan over high heat until hot, and then add the corn and char all sides, turning occasionally, until blackened in parts, 12 to 15 minutes. When cool enough to handle, cut the kernels off the cobs.

Heat the oil in a saucepan over medium heat and saute the onions until translucent, about 5 minutes. Add the charred corn kernels and cook until warmed. Stir in 1/2 cup of the cheese, the mayonnaise, cilantro and lime zest. Season with 1/4 to 1/2 teaspoon of the chipotle salt.

Spicy Pumpkin Soup with Avocado

1 cup diced yellow onion

3 tablespoons olive oil, divided

1 1/2 teaspoons kosher salt, divided

2 garlic cloves, chopped

1 tablespoon ground cumin

1 (29-oz.) can pumpkin

6-6 1/2 cups reduced-sodium chicken broth

1 canned chipotle pepper in adobo sauce

1 tablespoon adobo sauce from can

1 medium avocado, peeled and diced

1/2 cup whole buttermilk

2 tablespoons fresh lime juice

2 tablespoons extra virgin olive oil

8 ounces smoked sausage, sliced

1 cup black beans, drained and rinsed

1/2 teaspoon smoked paprika



Sprinkle with the remaining 1/4 cup cotija cheese and more chipotle salt.

1. Place onions, 2 Tbsp. olive oil, and 1 tsp. salt in a Dutch oven over medium heat; cover and cook 5 to 6 minutes or until translucent. Stir in garlic and cumin; cook 2 minutes. Whisk in pumpkin and 6 cups broth; add chipotle pepper and 1 Tbsp. adobo sauce. Increase heat to medium-high, and simmer, stirring occasionally, 12 minutes.

2. Process soup, in batches, in a food processor or blender 1 minute. Add up to 1/2 cup broth, 2 Tbsp. at a time, to reach desired consistency.

3. Process avocado, next 3 ingredients, and remaining 1/2 tsp. salt in a blender until smooth. Add up to 1/4 cup water, 1 Tbsp. at a time, to reach desired consistency.

4. Cook smoked sausage in remaining 1 Tbsp. olive oil in a large skillet over medium heat, stirring occasionally, 3 minutes. Stir in black beans and paprika, and cook 1 minute. Ladle soup into serving bowls; top with sausage mixture and avocado cream.



Group 1 Snapping it up in Gatlinburg

Gatlinburg

Our Beautiful Cabin



I don't know what you guys were complaining about... this isn't cold!!

Joanna Gardner Enjoying a Burger



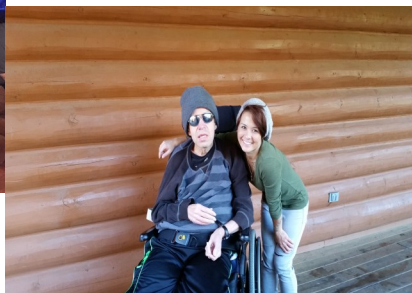
Nikki, Taylor, Rosemary, & Spencer Photo Bombed By Michele



Silly Brittany, that chair is to big for you lol



FTs Quincey & Crystal Chatting it up



Some of Admin enjoying the sun on their day off in Gatlinburg

Jessie B. & FT Sara D.



Mr. Ladd Himself



Does Brandon want to swim?

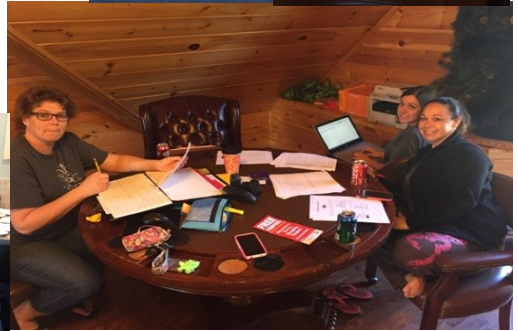
Gatlinburg



Bradley & Mario hanging out with their staff Krystal & Adrianna



Some of Admin outside waiting for the homes to arrive



Working Hard or Barely working? Lol
I'll take Working Hard for 500 Alex



Fraizer, Quintin, Sadie (Shelly's Daughter) outside cooking it up for us in Gatlinburg



Carmen doing what she does best,
being the affectionate nurturer



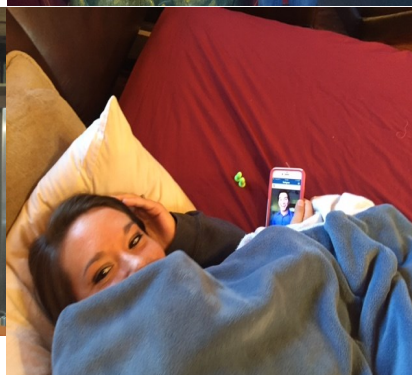
Hanging out around the grill enjoying the fresh air



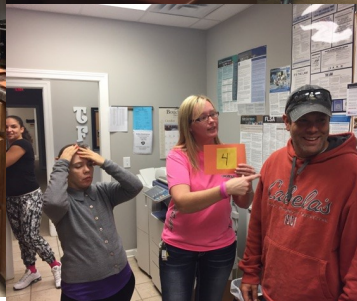
Kay & Penny throwing down in the kitchen



Mr. Verge In the Kitchen



Pumpkin Patch & Chili Cook off



A Letter from our Amazing CEO

October was an eventful month at TFS. The trip to Gatlinburg is a credit to the dedication of our Home and Administrative staff who made the trip a truly special event for everyone we serve who made the trip. I would like to recognize our friends at 1st Tennessee Bank and our Mom/Board Member, Carmen Trimble, for the funds they provided to make this special trip possible. There will be plenty of pictures and lots of happy faces. Later in the month there were trips to the farm where our folks get the chance to see the animals and perhaps pick a pumpkin.

I do not know if I have mentioned in previous newsletter columns or not, the two clinics that TFS operates. For a number of years now we have maintained a Psychiatric Clinic with the Guidance Center in Murfreesboro. The Center provides a Psychiatric Nurse Practitioner once a month who sees a number of our folks who require monthly visits. Operating a clinic enables our folks to be seen without the lengthy wait usually associated with a visit elsewhere. We can have nurses and other staff available as needed to interface with the NP. We also have built out three exam rooms in our Murfreesboro Office and have a medical clinic one day a week. We have seen a great benefit in providing these services internally.

Thank you for your support of our ongoing efforts to serve our special people.

Ralph





“Tell me and I forget. Teach me and I remember.



Involve me and I learn.”



- Benjamin Franklin

Our Wonderful Administration Team

Murfreesboro Office

Nicole Kelley, Executive Director

Michele Callahan, Office Manager

Kenneth Hampton, Administrative Assistant

Quintin Perkins, TFM Consultant

Emma David, Associate Program Director

Brittany Johnson, Staffing Coordinator

Marcie Carlie, IMC/QA

Latonya Kirk-Cheairs, QIDP

Carmen Trimble, Clinic Coordinator

Mandy Parton, Assistant Director of Nursing

Ben Neal, Director of Nursing

Sarah Harrison, Hub Nurse

Kim Pittman, Hub Nurse

Kelsey McCormick, Hub Nurse

Chris Kelley, Property Manager/IT

Nashville Office

Shelly Hall, Executive Director

Naomi Suddarth, Human Resources Director

Kay Collier, Office Manager

Angelo Verge, Staffing Coordinator

Rita Tate, QA Auditor

Tracy Kennedy, Administrative Assistant

Ashley Estes, Director of TFM Implementation

Chandy Michon, TFM Consultant

John Engleman, Maintenance

Mary Cade, Hub Nurse

Virginia Kennedy, Administrative Assistant

Jackie Scarlett, Service Coordinator

Ralph Kennedy, CEO

Www.nashvilletfs.com