

Greetings Families & Friends,

There has been a lot going on since the last edition of the newsletter came out. We've laughed, cried, danced, sung, and worked together. As you look through this newsletter, you will see how our staff teaches, loves, cares, and interacts with our persons supported. You will see appreciation shown, team building, folks dressing to impress, and so much more! We are honored to be able to share with you the different adventures we've been on since the last time, and hope that you truly enjoy them!

Yours Truly,

*Kenny Hampton*  
Administrative Assistant

# THE LIFELINE

## ➔ What's Cooking??

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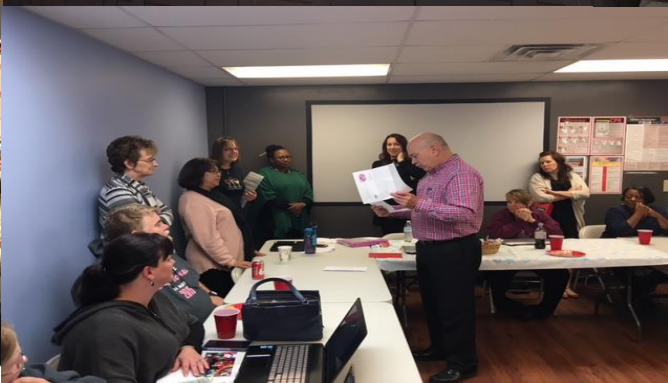
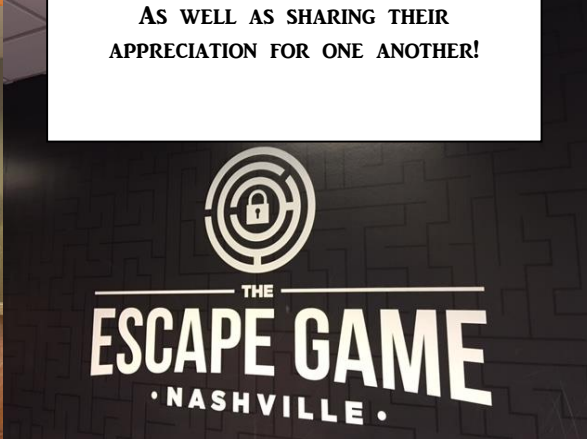
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**WWW.NASHVILLETFS.COM**





THE ADMINISTRATIVE TEAM  
WORKING TOGETHER TO ESCAPE,  
AS WELL AS SHARING THEIR  
APPRECIATION FOR ONE ANOTHER!











**Merry Christmas from TFS!**







Enjoying time at the Adventure Science Center,  
Nashville, TN





# What's Cooking???

## Biscuits & Gravy Casserole

- 1 (10 ounce) can refrigerated biscuit dough (such as Pillsbury Grands!®)
- 1 (1 pound) bulk pork sausage
- 1 1/2 cups shredded Cheddar cheese, divided
- 1/2 cup milk salt and ground black pepper to taste 1 1/2 cups cold water, or more as needed 1 (1.5 ounce) package pork gravy mix

### Cooking Instructions:

Prep: 10 m Cook: 35 m Ready In: 45 m

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Line the bottom of the prepared baking dish with biscuits.

Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Scatter sausage over biscuit layer and top with 1 cup Cheddar cheese.

Whisk eggs, milk, salt, and pepper together in a bowl and pour over cheese layer.

Mix water and gravy mix together in a saucepan; bring to a boil. Reduce heat and simmer until gravy is thickened, 1 to 2 minutes, adding more water for a thinner gravy. Pour gravy over egg layer. Sprinkle remaining 1/2 cup Cheddar cheese over casserole.

Bake in the preheated oven until egg is fluffy and cheese is bubbling, about 30 minutes.



## Banana Pudding

- 1 (5 ounce) package instant vanilla pudding mix
- 2 cups cold milk 1 (14 ounce) can sweetened condensed milk
- 1 tablespoon vanilla extract
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 (16 ounce) package vanilla wafers
- 14 bananas, sliced

### Instructions

In a large mixing bowl, beat pudding mix and milk 2 minutes. Blend in condensed milk until smooth. Stir in vanilla and fold in whipped topping. Layer wafers, bananas and pudding mixture in a glass serving bowl. Chill until serving.



More Pictures from the Discovery Center and Adventure Science Center

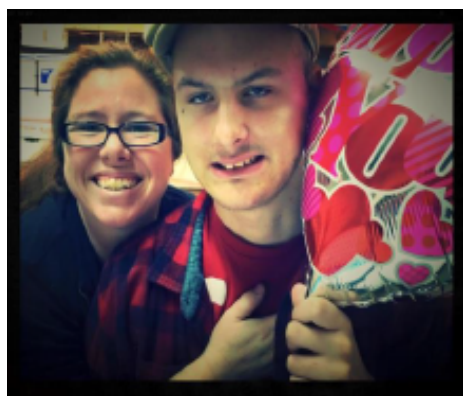
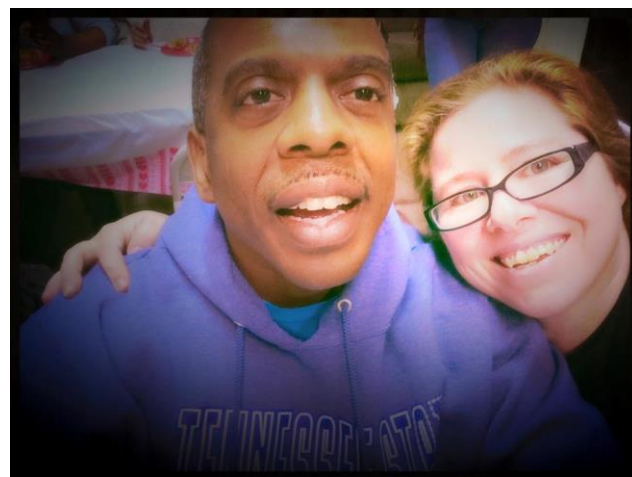






Bowling for a strike!

Say cheese!



We hope all had a Happy Valentine's Day!



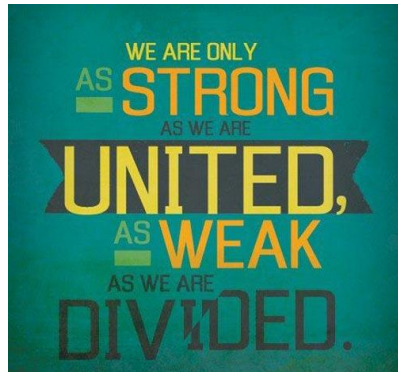
Fun Day at the movies!







# TFS Is Hiring!!!



Direct Support Professionals starting at \$9.50

LPNs starting at \$18

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***Remember each Full or Part Time referral that stays employed for 90 days earns a \$50 referral fee for current TFS Staff***

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*We Appreciate our Team!*



# Our Wonderful Administrative Team



**Angelo Verge, Staffing Coord. (N'ville)**

**Ashley Estes, TFM Director**

**Brittany Johnson, Staffing Coord (M'boro)**

**Chandra Michon, TFM Consultant**

**Chris Kelley, Maintenance/IT**

**Emma David, Assoc. Director**

**Hailey Hall, Admin Asst.**

**Jackie Scarlett, Service Coordinator**

**John Engelman, Maintenance**

**Kay Collier, Nashville Office Manager**

**Shelly Hall, Executive Director**

**Tracy Kennedy, Admin Asst**

**Quintin Perkins, TFM Consultant**

**Virginia Kennedy, Admin Asst**



**Kenny Hampton, Admin Asst**

**Latonya Kirk-Cheairs, QIDP**

**Mandy Parton, LPN, Hub Nurse**

**Mary Cade, LPN, Hub Nurse**

**Marcie Carlile, IMC/QA**

**Michele Callahan, M'boro Office Manager**

**Naomi Suddarth, HR Director**

**Ralph Kennedy, CEO**

**Rita Tate, QA Auditor**

**Sarah Harrison, LPN, Hub Nurse**



Tennessee Family Solutions is participating in The Big Payback of 2016!  
This is a 24-hour giving event for Middle Tennesseans to support their favorite non-profit organizations! You can help by contributing to the TFS campaign on May 3, 2016 at [www.TheBigPayback.org](http://www.TheBigPayback.org)



### Remembering Donna

TFS lost a dear family member this year. Donna was a sweetheart of a woman. She loved to give kisses, hugs and welcome people with an energetic, "Hi!"

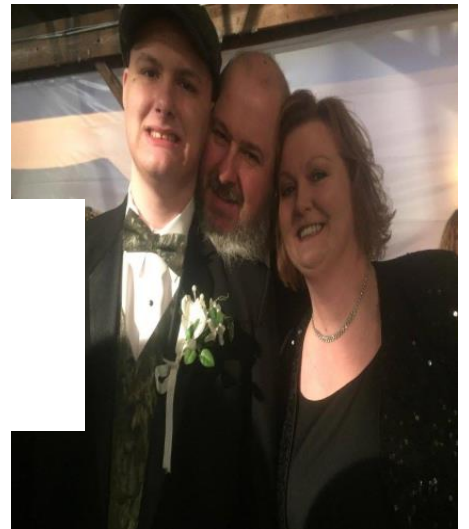
She touched many lives and many of us are grateful for having known this special soul.







Several persons TFS supports attended the Night to Shine prom; sponsored by the Tim Tebow Foundation and hosted by Friendship Community Church! Complete with tuxedos, prom dresses, limo rides, red carpet, crowns, tiaras, shoe shines, karoake and much, much more! It was a night they will never forget! For more information, visit: <https://www.timtebowfoundation.org/index.php/stand-with-night-to-shine/>





# A letter from our CEO:



Life at TFS is much like the weather in Tennessee, constantly changing. I have been working on a couple projects in order to improve our operations at TFS and to better meet the healthcare needs of the folks we serve. We have maintained two offices for a number of years now; one in Nashville and the other one in Murfreesboro. In order to reduce our operational costs I am working to combine the two offices into one office located in the Smyrna, TN, area. The plan is to build an office structure that is customized to meet the needs of the agency. This first project is intended to reduce overall administrative costs and bring the staff in both offices together as one team. The second project is a plan to improve the operation of both the Medical and Psychiatric Clinics at TFS. Candace Whitley, the Physician's Assistant who worked in the past under the supervision of our Medical Director, is returning to us. In addition to the Psychiatric Clinic operated by the Guidance Center in our office each month, Dr. John Jackson, a psychiatrist who has chosen to limit his practice to our population, began coming to our Murfreesboro Office last month to conduct a psych clinic for some of our more challenging individuals.

The changes occurring with the state service structure are affecting all agencies contracted with the Department of Intellectual Developmental Disabilities. I believe that TFS is well positioned to weather these changes and continue to have confidence that we are and will continue to successfully implement the Mission of the agency. Like the Tennessee weather, the changes in our industry will continue to come. They will challenge us but we are confident we can handle them.

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

*Ralph*



**We appreciate you for  
Your hard work &  
Dedication**



**Congrats**

**Betty, Maurice, Brittany, Chris,  
and Amber, Shelly, Chris K,  
Tracy, Fraizer, Michele**

