



Dear Family and Friends,

We are extremely excited to present our long-awaited newsletter! We have undergone many changes these past few months, but we have also gained some wonderful new faces. In this newsletter we will be sharing our seasonal parties, company-wide outings , and other fun activities.

If you have pictures that you feel would benefit the newsletters, please email us at [hailey.hall@nashvilletfs.org](mailto:hailey.hall@nashvilletfs.org) or [deionna.kelly@nashvilletfs.org](mailto:deionna.kelly@nashvilletfs.org) .

Thanks and we hope you enjoy!

Hailey Hall

Deionna Kelly

Administrative Assistants



# Letter From Ralph

*November 2016*

*October was an eventful month at TFS. Many described the Fall Party at Cedars of Lebanon State Park as the best yet. In addition there have been trips to local Pumpkin Patches. This month there will be a trip to the Aquarium in Chattanooga courtesy of a grant supplying free admittance for 40 of our folks. The annual conference of the International Teaching-Family Association was held in Philadelphia, PA this year. TFS had seven staff in attendance. Muhammad Sharif was recognized as our Practitioner of the Year and recognized at the Association Awards Dinner.*

*Our plans for combining our Murfreesboro and Nashville Offices moves slowly forward. I am in the process of finalizing paperwork for a construction loan. We hope to break ground soon on the lot we have purchased in Smyrna, TN. We are excited about having all of our operations under one roof again. Coordinating operations between two sites has been challenging.*

*If you have not received your notice yet of the upcoming TFS Christmas Party please contact either the Murfreesboro Office at 615-904-6033 or the Nashville Office at 615-255-8870. Once again the party will be held at the Smyrna Town Centre. The party is scheduled for Friday, December 16th from 3 PM to 6 PM.*

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

*Ralph*

## **FT of the year**

*We would like to congratulate Muhammad Sharif for being an outstanding asset to our team. Throughout the years he has proven his dedication to the gentleman he supports and to the mission of our agency. We are very proud of everything you have accomplished Muhammad! You are an inspiration to us all. Keep up the good work!*



*We would like to recognize our staff that have been with TFS and dedicated their time for 10 years this year!*

*Teklit Debrezion - DST*

*Vincent Parker - DST*

*Gail Smith - FT*

*Berhane Woldentensae – DST*

*Thank you so much for all that you have done for this company*



# Flashback to Spring!



The admin staff had  
a blast!

Bradley, Ta'Nesha  
& her little one are  
all smiles!



Louise and  
Quintin  
are just  
hanging  
out.



Donna  
getting  
kisses from  
Shari!





# Fall Party



*Everyone say  
hello to Stephanie,  
Krista, Yvonne,  
and Souadou!*



*Here we have  
The Sanderson  
sisters  
& FTM 5h*



*And here's the  
VIP, Joanna  
rolling into the  
party with all  
that bling!*



*Margaret flew in on her  
broomstick to say hi!*

*All of the admin that  
participated in dressing  
up.*





# The Admin Staff likes to have fun too with some team building





# Slow Cooker Jambalaya



## Ingredients

- 1 package andouille sausage*
- ½ pound uncooked shrimp (peeled and de-veined)*
- 1 large boneless skinless chicken breasts, pounded to even thickness*
- 3 bell peppers (one each of green, red, and yellow or orange), diced*
- 1 white or yellow onion, diced*
- 2-3 jalapeños (see note), seeds and stems removed*
- 1½ cups uncooked white rice*
- 2 cups low sodium chicken broth*
- 1 30-ounce can crushed tomatoes*
- 1 tablespoon minced garlic*
- 3 tablespoons store-bought or homemade cajun seasoning*
- ½ teaspoon each salt and pepper, or to taste*
- cilantro or parsley, for topping (optional)*

## Instructions

*Slice sausage into sections (about ¼ inch thick slices). Remove tails from shrimp if they are still on. Chop chicken into 1-inch pieces.*

*Add sausage, chicken, bell peppers, jalapeños, chicken broth, tomatoes, minced garlic, cajun seasoning, and salt and pepper to greased slow cooker and stir to combine. Cover and cook for 3-4 hours on low. Stir in rice and cook another 1-2 hours until rice is fully cooked and tender*

*About 20 minutes before serving, uncover slow cooker, stir in shrimp, re-cover and cook for another 15-20 minutes. Stir contents of slow cooker, sprinkle with chopped cilantro or parsley if desired, and serve hot.*

# Smores Campfire Shake

## Ingredients

*22 Kraft Jet Puffed Marshmallows*

*5 Honey Maid Graham Cracker Squares*

*2 Hershey's Milk Chocolate Bars*

*10 cups scoops vanilla ice cream*

*2 tablespoons milk*

*Additional Hershey's Milk Chocolate Bars and Honey Maid Graham Cracker Squares for garnish*



## INSTRUCTIONS

1. Place the marshmallows on a foil lined baking sheet, and place under the broiler. Broil until toasted. Watch them closely, as this happens quickly, about 1-2 minutes. Once toasted, set the baking sheet aside.
2. Place 5 graham cracker squares in a plastic bag and crush until finely ground. Pour the crumbs onto a small plate.
3. Break up 2 chocolate bars, and place in a bowl. Microwave for 30 seconds, stir, then microwave for about 30 seconds more, until melted. Dip the top of your glasses into the melted chocolate, then into the crushed graham cracker crumbs. Set aside.
4. Place ice cream and milk in a blender, top with 18 toasted marshmallows. Blend until smooth. If you have to add more milk, you can do so. The residual heat from the toasted marshmallows will help the ice cream to soften.
5. Pour into glasses, drizzle with some of the remaining melted chocolate, top with remaining toasted marshmallows, and garnish with remaining graham cracker crumbs. If desired, you can also garnish with whole pieces of chocolate bars and graham crackers.



# Autumn Sudoku

Every row, column and mini-grid must contain the letters A C O R N S.  
Don't guess - use logic



S					O
		O	N		
	S	A	O	R	
	O	R	S	N	
		N	C		
R					N



TENNESSEE FAMILY SOLUTIONS		
Ralph Kennedy, CEO	Shelly Hall, Executive Director	Naomi Suddarth, HR Director
Michele Callahan, Murfreesboro Office Manager	Tracy Kennedy, Admin Assistant	Kay Collier, Nashville Office Manager
Jackie Scarlett, Service Coordinator	Kim Snipes, IMC/QA	Andrew Howard, QIDP
Deionna Kelly, Admin Assistant	Sarah Harrison, Hub Nurse	Ashley Estes, Director of TFM Implementation
Chandy Michon, TFM Consultant	Quintin Perkins, TFM Consultant	Sonya Burnett, Staffing Coordinator
Brittany Johnson, Director of Programs	Ty Peters, Maintenance	Cindi Brooks, Director of Nursing
Hailey Hall, Admin Assistant	Frieda Watson, Medical Coordinator	Zak McKinney, Medical Coordinator
Latoya Wright, Staffing Coordinator	Rita Tate, QA Auditor	Virginia Kennedy, Admin Assistant