

TENNESSEE FAMILY SOLUTIONS



LETTER FROM RALPH

Come May of 2015 TFS will have reached a milestone. It will be 14 years since the opening of our first home. No, it does not seem like yesterday. It has been a long road with a lot of hard work by a lot of good people. Some of those folks are family members who have attended parties that are held for the people we serve three times a year. Some of them attended our 10th Anniversary celebration about this time of year in 2011. All of those who have supported our efforts over the years are to be congratulated for what TFS has become with their support of our efforts.

Our odyssey began with federal lawsuits filed against the State operated Developmental Centers in Tennessee. The Parent/Guardian Association at Clover Bottom Developmental Center was perhaps the least likely place to find solutions to the problems created by these lawsuits. I became convinced early on in the process of Settlement discussions in 1996 that closure was the most likely outcome of the lawsuits. I also became convinced over the next two years that this process could provide families with an opportunity if we were brave enough to attempt our own solution. If the state of Tennessee was going to remove itself from providing services directly to the severely disabled, perhaps there was a chance for families to do it for them. This crazy notion at the time ultimately resulted in the creation of Tennessee Family Solutions.

Today, TFS operates 16 Intermediate Care beds in four different homes delivering services similar to those provided at Clover Bottom when it was in operation, but importantly, in a home like setting. TFS also operates an additional 13 skilled nursing beds in 7 different sites allowing medically fragile folks to be served with 24 hour a day nursing care, also in a home environment. We operate a medical clinic one day a week for our folks and a psychiatric clinic one day a month. We are operating 36 homes all together. Yes, we have come a long way but we believe we are only beginning to accomplish what we are capable of doing.

Here's wishing a Merry Christmas and Happy New Year to you and yours.

Ralph Kennedy

FALL/WINTER ISSUE, 2014

LETTER FROM RALPH & UPCOMING EVENTS	1
TEACHING FAMILY MOMENT & MEMORIALS	2
(WEIRD) & OTHER HOLIDAYS IN JANUARY	3
HOLIDAY TRADITIONS & NURSE OF THE YEAR AWARDS	4
ANNUAL TFA CONFERENCE	5
PHOTOS FROM EVENTS & OUTINGS	6
MURFREESBORO OUTING	7
THIS ISSUE'S RECIPES	8
WINTER WORD SEARCH & 3D PAPER CRAFT	9

UPCOMING EVENTS

As an agency we love spending time with those we serve. One of our favorite ways to do that is through our many outings and events. On December 13th we will hold our Annual Holiday Party at the Smyrna Towne Center. Join us for music, food, and Santa! We also take time

each month to go to many of the fun places around the Nashville & Murfreesboro area. We have gone bowling, visited Bottom View and Lucky Ladd Farms to pick pumpkins, Dave & Busters for some fun and games, and, more recently, the Opryland Hotel to look at Christmas Lights.

Keep an eye out for us as we get out and enjoy our community. We look forward to many more events with our wonderful folks!

Next big event: Watch for invitations to the Spring Party on Friday, April 10th at the Cedars of Lebanon State Park.



TEACHING FAMILY MOMENT

Teaching Family Model Element: Family Style Living

Family Style Living is when TFS staff take all the components of the Teaching Family Model and blend them together to create a home and family style atmosphere.

The Witnessed Moment:

This Teaching Family Model Moment involves a consultation visit to a home in Smyrna with Kelley and Jeremy. Kelley and Jeremy are FTCs for two great guys, JO and WM. When I go to visit the house, I'm always so impressed with JO opening the door to greet me! He always is such a gentleman and asks me how I am doing. JO and WM give a great tour of their home, as well. JO likes to show me his bedroom and all his favorite things that he has... he shows me pictures of his family, and any new videos he has gotten since I was last there. Then JO likes to show me the living room and kitchen area. It is such a masculine home, very clean and cozy too.

At this time JO will offer me something to drink. WM is a gentleman also, he typically greets me with the most awesome smile and he has the sign in log on the tray that is on his wheelchair. Kelley rolls his wheelchair up to me so that WM can give it to me. He is great about reminding me to sign it in this way, or I would forget. Then WM will either show me his

bedroom or the patio outside. It really is a wonderful tour and a great way to get to know these guys. There is always something new to see and the guys are so proud of their home... How could I possibly deny them the opportunity to show it off? I remember getting my first place. I wanted everyone to see it... I was so proud of it! That is the gift Jeremy and Kelley give the guys that they serve by teaching them to really show off their home.

Dawn Ashley, TFM Consultant

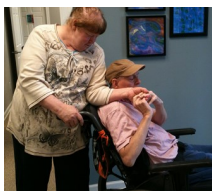
How TFS Staff encourages family style living:

- ☐ Making the home relaxed, comfortable, and friendly
- ☐ Having attractive decorations in a home that is clean and organized
- ☐ Interacting with each other in a positive way
- ☐ Eating meals together
- ☐ Planned fun activities
- ☐ Greeting and other social skills being taught

MEMORIALS

This year we lost a couple of very special people at TFS: Carl and Jimmy.

Carl was a sweet soul who enjoyed being with others and in the community. He came to us at TFS in 2003 and made friends everywhere he went. His memorial was held at Cannonsburgh Village in Murfreesboro where many staff attended. Each staff wrote a note to Carl and attached it to the string on red, white and blue balloons. The balloons were released in the hopes that Carl would collect and read them and know he would be missed.



Jimmy arrived at TFS in 2005 and was a good natured gentleman who thoroughly enjoyed buying and wearing various hats - literally. He enjoyed shopping and buying different styles and donned one on a daily basis. At his service there were baskets of his hats available for the attendees to wear in his honor. Jimmy was a joy and will be missed terribly.



We here at TFS feel a closeness to those we serve. It is never easy to let go of someone so dear. But we do so knowing that we have given them the best life they can possibly have. Although we have been of service to them it is truly our reward to do so. They teach us unconditional love, joy, laughter, patience, humility and thankfulness, among many other virtues. Bless you both for your gift to us. . .

(WEIRD) & OTHER HOLIDAYS IN JANUARY



January 1st - New Year's Day This first one isn't so weird. . . We all look forward to the New Year and beginning the year with a fresh start. To many Americans, dropping the ball at Times Square in New York City signals the start of the new year in this country. The ball was first dropped in 1908. Happy New Year!!

New Years Trivia: Did you know that a raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top? Try it. . .

January 10th - Peculiar People Day is in honor of uniquely different people. Un-ordinary, extraordinary, unusual, strange, odd, uncommon, intriguing, different, abnormal, and quirky.... These are all things that we think of to describe the word "peculiar." Most of these characteristics can be viewed as good, although some are not so good. Today is a day to look for the good in your peculiar acquaintances (or yourself).

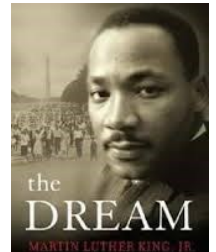
January 18th - Winnie the Pooh Day is an opportunity to enjoy your favorite bear and all of his friends. This day was created to celebrate the birth of A.A .Milne in 1882. He was an author of children's story books, and created Winnie the Pooh and his friends. Winnie's pals include Christopher Robin, Tigger, Eeyore, Piglet, and Roo. Have some fun today. Celebrate Winnie the Pooh Day by reading some storybooks about the adventures of Winnie and his friends. Revisit your childhood. . .

Did you Know? In his works, he was known as A.A. Milne. The initials stand for Allan Alexander.

January 19th (The third Monday in January) - **Martin Luther King, Jr. Birthday**

Born on January 15, 1929, Martin Luther King Jr. grew to become one of the greatest Social Activists the world has ever known. At 35, he became the youngest person to win the Nobel Peace prize. He was assassinated on April 4, 1968 while making a speech from the balcony of his hotel room in Memphis, Tennessee.

Fact: His birthday became a National Holiday by an act of Congress in 1983. Many consider this a day to serve your community.



January 21st - Squirrel Appreciation Day is an opportunity to enjoy and appreciate your tree climbing, nut gathering neighborhood squirrels. When you think about it, mid winter is the best time to appreciate squirrels. In the winter they provide a little entertainment.

Origin: Christy Hargrove from Asheville, North Carolina started Squirrel Appreciation Day on January 21, 2001. Christy is a wildlife rehabilitator in North Carolina, and is affiliated with the Western North Carolina Nature Center (it just goes to show you, anyone can start their own holiday).

January 23rd - The American Pie Council created **National Pie Day** simply to celebrate the pie. It is a special day that is set aside to bake and cook all of your favorite pies. On this day, you are also encouraged to bake a few new pie recipes. And most importantly, it's a day to consume pies! The American Pie Council sponsors the National Pie Championships.



Some of the best pie makers in the world enter their pies. Perhaps you will enter and win the "American Pie Council's Best Pie in America" award. Good Luck!

Origin: National Pie Day was created by the American Pie Council. The American Pie Celebration began in 1986 to commemorate Crisco's 75th anniversary of "serving foods to families everywhere."

For more information visit www.holidayinsights.com.

Do you have a favorite holiday? Share them at cklein@nashvillefs.org

HOLIDAY TRADITIONS

It's that time of year when we are all gearing up for the holidays. This means spending time with family and friends and reconnecting with each other. Many people have holiday traditions that they engage in each year to make the time more special and fun. Here are a few from our administrative staff:

Spending time wrapping gifts before Christmas while singing Christmas carols.

Exchanging White Elephant gifts. The gifts are silly and are given in fun. Some gifts come from the thrift store or are "re-gifted." One gift received was used kitchen canisters with leftover sugar still in it.

Watching Christmas movies at home like "A Christmas Story" or go the a movie in the theater.

Going to Children's Mass with the kids at the Catholic Church. This can sometimes lead to chaos and the knocking over of candles and other holiday decorations.

Getting new PJs on Christmas Eve to be worn on Christmas Day while opening gifts.

Reading the story of Christmas from the Bible.

Decorating a Ginger Bread house.

Reading the Night Before Christmas page by page. Each family member reads a page and then passes it to the next person.

At the end they all say, "***And to all a good night!***"



The Administrative staff at TFS want to wish you the Happiest of Holidays and hope that you enjoy your family's holiday traditions for many years to come!

NURSE OF THE YEAR AWARDS



On December, 9th, 2014 the March of Dimes hosted its annual nurse of the year awards. The Nurse of the Year Awards recognizes Middle Tennessee nurses who demonstrate excellence in various aspects of the nursing profession. This includes nurses who demonstrate their excellence through their *administration* of health care services, through their provision of *clinical* care, comfort, and support to patients in various healthcare settings, their *education* of future nursing professionals, and their advancement of nursing knowledge through *research* efforts or through *entrepreneurial* or *consultation* efforts that advance the discipline of nursing. There is also a separate category that recognizes an outstanding *Student Nurse*. Tennessee Family Solutions (TFS) was honored to have two nurses who were nominated.

Mandy Parton, Assistant Director of Nursing, was nominated for her role as an administrative nurse. Mandy was nominated for her dedication, passion and commitment towards a population that is often overlooked. Mandy demonstrates Administrative excellence through all of her work such as the wonderful trainings she conducts for fellow nursing staff as well as for Family Teachers and Administrative staff. Mandy's leadership within TFS has helped to facilitate a nursing department that has strived to develop excellent practice and ongoing protection from harm for all of the individuals at TFS.

Sarah Harrison, Murfreesboro Hub Nurse was nominated for her role in Behavioral Health. Sarah was described as having a warm and friendly personality. Sarah was also nominated for her passion and commitment to TFS as well as to the people she supports. Sarah demonstrates excellence in Behavioral Health through a kind word, gentle touch or friendly banter that transpires between Sarah and the people she supports. Through many hours of work and dedication Sarah has makes a positive difference in the lives of everyone she interacts with.

Tennessee Family Solutions would like to extend a heartfelt congratulations to both Mandy and Sarah who made it into the finals for their award category. The people at TFS are proud to have these two wonderful nurses dedicated to the population they support and as employees at TFS. Congratulations on a job well done!

Nicole Kelley, Executive Director, Murfreesboro

ANNUAL TFA CONFERENCE

2014 Teaching Family Association Conference



On October 5-7th the TFA held its annual conference in Charlotte, North Carolina. Tennessee Family Solutions was represented very well during the conference. Practitioners Frazier Lemon, Don and Shontele Locket and Angelo Verge had the opportunity to attend the 2014 conference. The conference was filled with a lot of learning opportunities, networking and making new friends. Ashley Estes, Dawn Ashley, Ralph Kennedy, Marcie Carlile, and Nicole Kelley were the administrative staff that attended the conference. TFS presented during the conference on a variety of topics.

Dawn and Ashley presented on "Creating Teaching Opportunities for Individuals with Special Needs." The presentation focused on exploring creative teachable moments utilizing concepts of the Teaching Family Model. Dawn and Ashley shared a variety of tools and activities with Practitioners that allows people supported to be engaged and eager to learn.

Marcie and Nicole presented the TFS T.A.K.E. it to Heart program which is a motivational system utilized at TFS for Administrative staff and Practitioners. "T.A.K.E. it to Heart" (Teamwork, Attitude, Kindness, Encouragement) is a self-monitoring management system designed by staff at Tennessee Family Solutions to provide professionals with a positive approach to motivate self and others to engage in Teaching Family Model elements which aid in professional growth.

Frazier Lemon was recognized by the Teaching Family Association for TFS' Practitioner of the Year. TFS is very proud of Frazier and all that he has accomplished with the persons that he supports at TFS. Frazier was grateful for the award and gave many thanks to the Direct Support Professionals that work in his home as well as the TFS Administrative staff that support him. Great work Frazier!



Dawn and Nicole also worked in tangent with Andy and Myra Altom from Methodist Children from Home to present "Love is all you need . . . or so we have been told." The presentation explored marriage data derived from agencies within the Teaching Family Model in comparison to national marriage statistics. The presentation also focused on how to maintain healthy marriages with testimony from former Family Teaching Couples.

During the conference TFS received recognition and was awarded for their first Triennial Certification. In September of 2014, TFS was reviewed by the TFA for its first Triennial. Michele Boguslofski from Utah Youth Villages and Cathy Enright from Teaching Family Homes of Upper Michigan were the reviewers. TFS had 7 perfect scores and is proud of the accomplishments they have made over the last three years.



(From l to r) Don, Frazier, Shontele, Ashley, Nicole, Dawn, Marcie, Ralph, and Angelo.

TFS had a wonderful time at the conference learning new things to bring back to the agency, creating memories and getting to know each other as well as making new friends. It's highly suggested that if you get the opportunity to attend a TFA conference you will thoroughly enjoy it!

Nicole Kelley, Executive Director, Murfreesboro

EVENTS & OUTINGS



The train at Bottom View Farm



*Jake at Thanksgiving (aka
"What's everyone else having
for dinner?")*



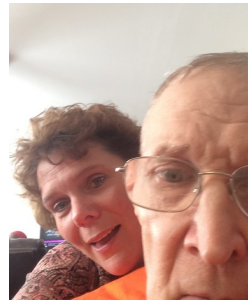
John at the bowling alley



*Jaime with Tigger and
Winnie the Pooh*



Krista chillin'



Charles' selfie



*Spencer & his sister on his
birthday*



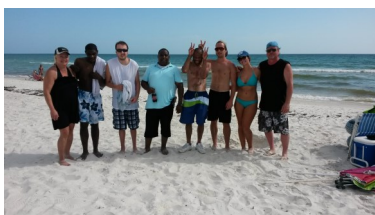
Johnny & Greg with Santa



Marla just swingin'



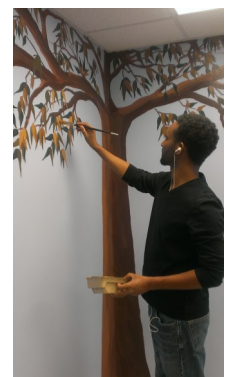
Bradley at Lucky Ladd Farms



*Clarence, Cody and John
in Florida*



Jerry at Mini Golf



*Teklit painting the TFS
Family Tree*

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

MURFREESBORO OUTING

Murfreesboro Chili Cook-off and Lucky Ladd Farm

On Wednesday, October 22nd the Murfreesboro Administrative Team held a chili cook-off at the Murfreesboro Office. The Murfreesboro and Smyrna homes came and participated either by having a pot of chili to put in the contest or eating up all of the delicious chili. Tracy and Ralph Kennedy were the judges. The judges couldn't make a choice between two pots of chili so two winners prevailed. Property Manager, Chris Kelley was declared a winner as well as FTM-5a; Shelly Stone (Family Teacher), Victoria Olds (DSP), and persons supported Joanna and Wendy. Joanna and Wendy received a certificate and a \$50.00 gift card to utilize for their home. Chris received a certificate and was a gracious winner.



The Murfreesboro Administrative Staff appreciates everyone who participated in the chili cook-off including, Carmen Trimble, FTM-6, Med Res 1/1a, and FTM-5. After everyone had a bite to eat, the large group headed to Lucky Ladd's Farm. At Lucky Ladd's Farm fun was had by all! The group walked through a large petting zoo where Carmen Trimble was kissed by a pretty feisty lama. Joanna Gardner enjoyed petting all of the animals and was smiling from ear to ear. The group then played in the fall themed play ground that included a lot of slides. Maurice Grimes and Brittany Johnson in particular had a lot of fun sliding down the slides. Candice Searcy and Bradley Hickerson raced around a track to see who would win with bicycle carts. The day finished off with a 25 minute hay ride through the woods in which everyone enjoyed. The Murfreesboro Administrative staff had a wonderful time hanging out with the persons supported and the Family Teachers.

Nicole Kelley, Executive Director, Murfreesboro



MOM'S CHILI

Ingredients:

1 lb of ground turkey
1 package breakfast
sausage
Green pepper
Onion
2 15oz cans of diced,
stewed tomatoes
2 15oz cans dark red
kidney beans (low sodium)
1 6oz can of tomato paste

- Brown ground turkey and breakfast sausage in a large pot or skillet (season as desired)
- Sautee green pepper and onion in a separate skillet
- Combine both ingredients in a large pot
- Add 2 cans of diced, stewed tomatoes and can of tomato paste (Let simmer for about 2 minutes)
- Add 2 cans of dark red kidney or other beans
- Season with cayenne pepper and red pepper flakes (Simmer until heated through)



Thanks Mom!

TRACY'S PUMPKIN SQUARES

- Preheat oven to 350 degrees and generously grease a 9 x 13 baking dish.
- Mix all dry ingredients in large bowl (I use a pastry cutter to blend it all together) and add melted butter, mixing till well-blended and forms coarse crumbs.
- Divide in half (about 2 and 1/4 c.) and reserve one half for topping.
- To other half of mixture, add 1 c. canned pumpkin and 1 t. vanilla and blend well.
- Pour into baking dish and top with reserved crumb topping.
- Bake for 35-40 minutes.



Great with a cup of coffee!

Thanks Tracy!

Ingredients:

2 cup self-rising flour
2 cup uncooked oatmeal
1 1/2 cup brown sugar
2 tsp cinnamon
1 tsp ginger
1/4 tsp nutmeg
1/4 tsp ground cloves
2 sticks butter, melted
1 cup canned pumpkin
1 tsp vanilla



Do you have a recipe that you would like to share?

Email cklein@nashvilletfs.org

WINTER WORD SEARCH

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N
L E Y C E K R A I M N D D R A Z Z I L B
A S C A W V K A I O E C I K C A L B R D
B W A R D R O T E S N O W S H O V E L C
W E R F A I T L C W A F I R E P L A C E
O A N P I E L I G E R N H E A D B A N D
N T I S N C P O L S Y E S E T A K S S W
S S V S N M E T H K E A D N D F R N E M
T H A M Y O S F S C K T N N O L O H A R
Y I L L R A W E I O C W O E U W O G S W
E R O S C O R S W S O I I B B G M C O I
S T E W A I T S H L H V T O O S N A N N
N K O P T M O S P O G I A S T G O O N D
D N I W P L T W T O E R N C O E G U L C
S E O I S I O S N W D S R G A R E A P H
E N L T N N L G I F R E E Z E T F L N I
S R I S S G G S M R O N B O O D I K S L
T C F I R E W O O D H A I L S T O O B L
E H S S T N A P I K S C H P A C T I N K

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES
HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL
SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

3D CHRISTMAS TREE CRAFT

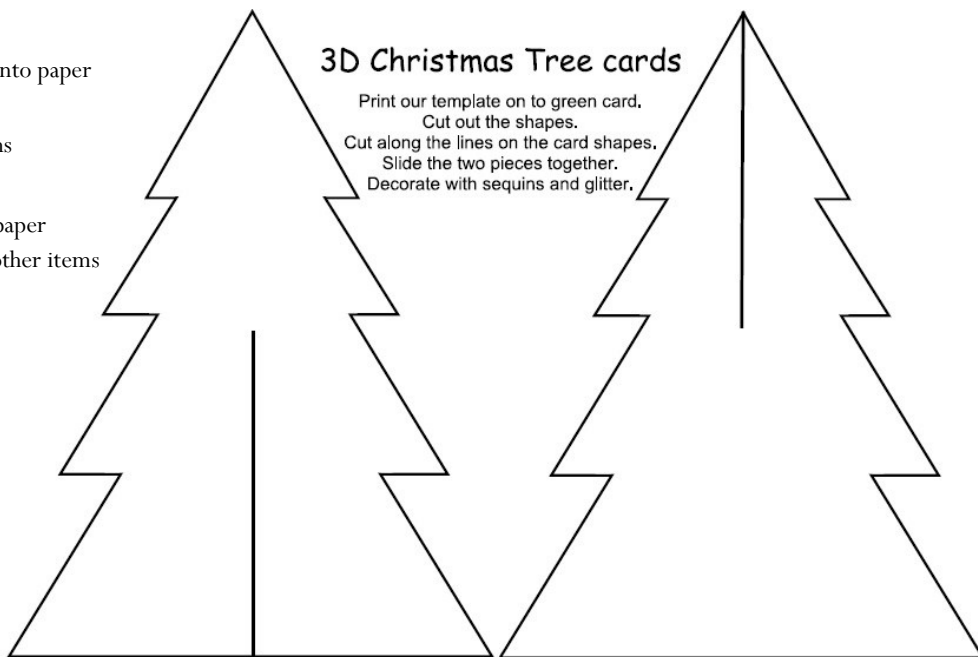
You will need:

- ☐ Printer card (or print or draw onto paper and use as templates).
- ☐ Pens, coloring pencils or crayons
- ☐ Glue
- ☐ Bits and pieces of construction paper ornaments, sequins or glitter and other items to stick on the tree



3D Christmas Tree cards

Print our template on to green card.
Cut out the shapes.
Cut along the lines on the card shapes.
Slide the two pieces together.
Decorate with sequins and glitter.



Courtesy of ActivityVillage.co.uk

TENNESSEE FAMILY SOLUTIONS, INC.



Preferred Community Lifestyles for People with Severe Developmental Disabilities

801 2nd Avenue South
Nashville, Tennessee 37210

Ralph Kennedy, CEO	Tracy Kennedy, Admin Assistant	Debora Colwell, Hub Nurse	Emma David, Program Director
Nicole Kelley, Executive Director, Murfreesboro	Kay Collier, Admin Assistant	Jenny Clanton, Hub Nurse	Larry Hickey, Program Director
Shelly Hall, Executive Director, Nashville	Cathy Klein, Director of Services	Debbie Powell, Recruiter	Tere'sa Turnage, Program Director
Naomi Suddarth, HR Director	Marcie Carlile, QIDP	Ashley Estes, Director of TFM Implementation	Chris Kelley, Maintenance/IT
Susan Sawyer, Office Manager	Mandy Parton, ADON	Dawn Ashley, TFM Consultant	John Engelman, Maintenance
Michele Callahan, Murfreesboro Office Manager	Sarah Harrison, Hub Nurse	Chandy Michon, IMC/ TFM Consultant	
Carmen Trimble, Clinic Coordinator			

