



Kaleidoscope
FAMILY SOLUTIONS INC.

*A Message from Dr. TaraColleen Macatee,
Kaleidoscope Executive Director:*

Happy New Year! May this New Year be full of new and exciting opportunities with an emphasis on health, growth and new beginnings. 2020 will not go in the record books as the most positive of years; that may be an understatement for many of us. One word that comes to mind is perseverance, when defined can mean steadfastness in doing something despite difficulty or delay in achieving success. Many of the word's synonyms also greatly depict this unexpected year with powerful messages of patience, endurance, persistence, tenacity, determination, just to name a few. Based on the events of the year, I hope you can endorse yourself for integrating all of those qualities into your life. It would have been impossible not to embrace the deepest parts of our beings to get to this point. We are stronger than we know.

In spite of the challenges of 2020, the most incredible things have evolved within our Kaleidoscope community. Because of the pandemic, friendships and new relationships blossomed on virtual groups. People that would not have otherwise met are now steadfast friends, and are able to support each other from afar. We are confident that this method of communication will continue on a permanent basis. The world has forced us to expand and think outside of the box when it comes to providing one-on-one services. Our providers have continued to go above and beyond in person, as well as virtually with those we serve, both kids and adults alike. Their creativity to foster teamwork, independence and the ability to impart happiness, against the odds, has been incredible to witness. My heart is full of gratitude and, even awe, when I recall the successes of 2020.

Starting the year with "Kindness" as our monthly Vision Statement feels extra special this year. Being kind to others, ourselves, the community, the environment, your neighbors, and strangers – I could go on and on, shines a light inside that nothing can dim. Kindness is a win-win that will carry us through the end of the pandemic, and into, as I said in the beginning of my message, new beginnings.

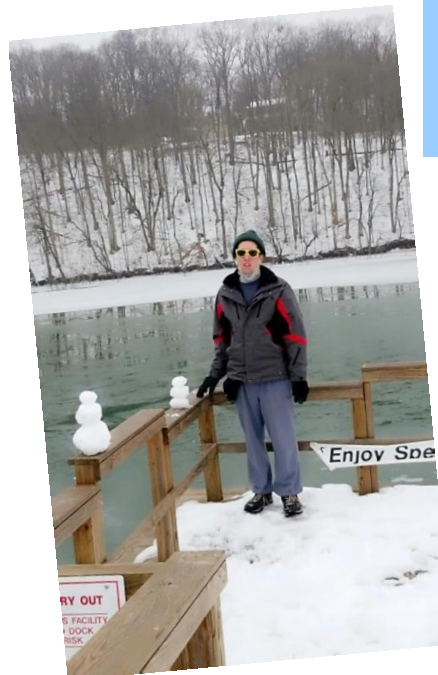


Sara was able to spend some of her day helping Scott the horse stay clean and exercised!



A January Poem by Bette

*All about New Year's:
New Year 2021
Encouragement,
Winter
Your New Year Goals will be ...
Exciting for the new fresh
Awesome stuff
Really like the New Year better
than 2020
Snow*



Fun winter days at the lake and building snowmen with Tommy ... this picture looks like a postcard!



Mission Monday

Mission Monday is our place to honor those providers from each region who exceeded expectations this month.

Thank you for all that you do!

Vinyetta Elzey has improved in communication with me and improved her notes to add more details, she is taking feedback and implementing the updates and is doing a great job supporting all of her individuals. She is creative and actively seeking opportunities for community engagement.

Sarah Webb is a new provider for our DDDS program and has been doing a great job with her client. She is taking initiative and really focused on her individual and the family loves her.

Carrie and her TSF Brittany are thankful for a ton this season!



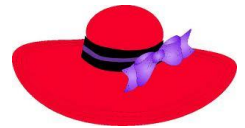
Happy January Birthdays

- John**
- Thomas**
- Beverly**
- Regina**

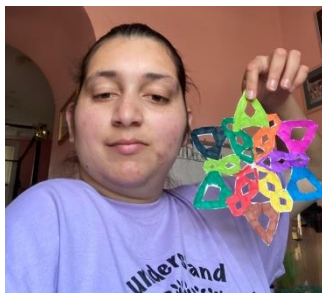


Fun Days to Celebrate this Month!

- 1/1 – New Year’s Day
- 1/5 – National Bird Day
- 1/6 – Bean Day
- 1/15 – Hat Day
- 1/18 – Martin Luther King Day
- 1/18 – World Snowman Day
- 1/19 – National Popcorn Day
- 1/20 – Penguin Awareness Day
- 1/28 – International Lego Day
- 1/29 – National Puzzle Day



Zoom-ing with friends!



Praise for Kaleidoscope

Sheila praised her Kaleidoscope provider, Jessica Dameus, and stated she is the best staff she's ever had.

A Kaleidoscope Sussex County Success Story!

When I started meeting with the family, the client's presenting concerns were frequent, if not daily, anxious/angry outbursts. The outbursts consisted of sometimes becoming physically aggressive towards mom. Mom stated that he does not get physical with anyone else, but he had been destructive at school, which resulted in home-bound school. At the time of the intake, mom did not have many pre-emptive strategies to use when the client become anxious and aggressive because "he can go from "0 to 100 in half a second and there is no warning." The main barrier to treatment was the client's low engagement with treatment that was exacerbated by the need to switch to telehealth because of Covid-19. Though this barrier made treatment tricky, mom's dedication, motivation, and willingness to make changes made progress towards goals, not only easier, but in many ways possible.

As discharge is nearing, and I reflect the family's progress; it fills me with hope to see how far they have both come in their wellness journeys. The client is now able to respectfully and calmly state that he does not want to talk, as well as, say how he is feeling in the moment, rather than becoming angry and dysregulated. He is also considerably more engaged during in-person sessions. Mom has also commented on the progress in his behaviors. She reported that though he has "hiccups" with his behaviors, they are not at the level of severity they were when treatment began. She also is more confident in her own ability to help calm him down and address the situation. The family is stepping down to office based services, a school counselor, a psychiatrist, and hopefully Courageous Hearts Equine Therapy to continue making progress towards their goals.

Easy Orange Chicken

Ingredients

- 6 boneless chicken thighs or 3 whole chicken breasts
- 1/4 cup flour
- 1 tbsp. corn starch
- 1 tsp. black pepper
- 1 tsp. onion powder
- 1/2 tsp. ginger powder
- 1/2 tsp. salt
- 1 tsp. paprika
- Vegetable oil for frying



Orange Chicken Sauce

- 3/4 cup fresh orange juice
- 1 1/2 tbsp. corn starch
- 2 tbsp. vegetable oil
- 3 tbsp. low sodium soy sauce
- 1 1/2 tbsp. rice vinegar
- 2 tbsp. brown sugar
- 1/2 tsp. grated ginger
- 1/2 tsp. minced garlic
- 1 tsp. fresh ground black pepper

Instructions

1. Dice the chicken into 1/2 inch pieces and place in a bowl. Add in the flour, corn starch, salt, black pepper, onion powder, paprika, and ginger powder to coat the chicken.
2. In a deep drying pan, bring the oil to medium-high heat. Fry the chicken until golden brown. Takes about 2-3 minutes.
3. Meanwhile, whisk all the sauce ingredients and a bowl. Transfer to a hot skillet or frying pan and cook on low-heat, simmering until the sauce thickens up.
4. Transfer the fried chicken to the sauce and mix to coat well. Let the sauce and chicken simmer together for 1-2 minutes and then remove from heat.
5. Serve with homemade Lo Mein Noodles or White rice. Garnish with toasted sesame seeds and chopped green onions. (optional)

<https://www.cookinwithmima.com/easy-orange-chicken-recipe/>



Leah smashing pumpkins for a fun activity with her TSF Brittany!

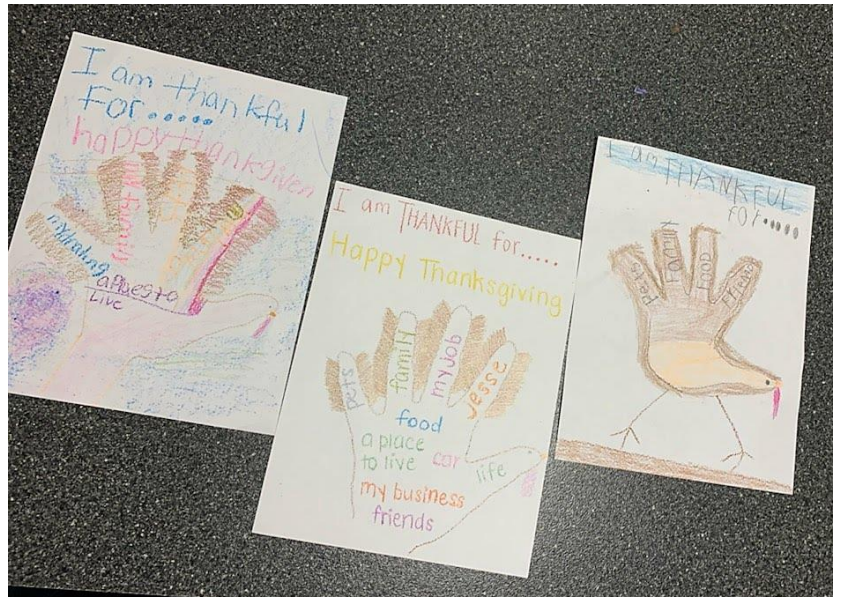


Congratulations are in Order!

- Joseph got a new job at Wegman's!
- Cassandra obtained her learner's permit!
- Nicole was given added job responsibilities at her day program. She is now cleaning the bathrooms. People have complimented her on how nice the bathrooms look.
- Prince was named Employee of the Month three months in a row!
- Jackie has been using her fit bit and lost four pounds!
- Ellis got his driver's license!
- Steven moved into his own place!



What client Leah and TSF Brittany are thankful for this season!



Caryl is ready for the Christmas holiday season!

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