

Winter Snowball Dance!

Message from our Executive Director:

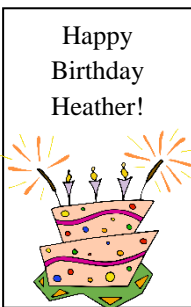
Cold weather can not deter us from this wonderful month of hearts and love. Yes, I will acknowledge that it's been a challenge for us to "weather" the storm so to say. Yet, we are strong and resilient. Just a few weeks ago, many of our KFS social groups created their traditional vision boards; and not one of them had a adverse comment about weather! They were chock-full of gratitude, accomplishments and future goals both short and long term. I am always in awe of the positivity we exude as a collective group. The best news is that Spring is right around the corner. "At night, especially, it is beautiful to believe in the light," Plato.

Acting as a role model is the Kaleidoscope Vision for February. Reflecting on last month's vision of kindness, it makes sense to follow with the act of inspiring and motivating others. Keeping kindness as the key, we have the ability to make lasting impressions on friends, family members, co-workers and even those we meet in our communities. One of the great leaders, albeit fictional, is Ted Lasso of Apple TV. He inspired his soccer team, as well as everyone around him to look at the world and their lives in a better way. I hope you enjoy, and possibly incorporate the 13 Leadership Lessons attached on this newsletter (page 2). Why not take a few minutes to look at your own ability to model authentic behavior and actions that can make a lasting difference? In addition, ponder the people around you that aspire you to be better, and possibly incorporate some of their traits.

Circling back to achieving the goals on your vision boards, or anything that you strive to achieve, I would like to give a shout-out to one of my favorite podcasters, authors and life coaches, Mel Robins. She suggests that a saying a simple 5-4-3-2-1 when feeling stuck can immediately move you into action. Try it the next time you don't want to empty the dishwasher, send a hard email or have that much-needed conversation that feels impossible.

Happy Valentines Day, Presidents Day and whatever else you plan to celebrate this month. And, yes, it's almost Spring!

Warmly,
Dr. TaraColleen Macatee



13 Leadership Lessons from Ted Lasso 🍷

1. Be sincere.
2. Stay teachable
3. See good in others
4. Happiness is a choice
5. Winning is an attitude
6. Have confidence in yourself
7. Optimists take more chances,
8. Everyone differs from everyone else
9. Courage is the willingness to attempt
10. Vulnerability is a strength, not a weakness
11. Doing the right thing is never the wrong thing
12. Be curious, not judgmental
13. Be a goldfish - Don't allow one bad deed define who you are. In less than ten seconds, forget about it like a goldfish.



Cheers from the
Philadelphia
Auto Show!
So many
adventures to see!



Days to Celebrate in February!

- National Dark Chocolate Day – February 1
- Groundhog Day – February 2
- National Pizza Day – February 9
- Valentine's Day – February 14
- Random Acts of Kindness Day – February 17
- Presidents' Day – February 17
- National Sticky Bun Day – February 21
- National Dog Biscuit Day – February 23
- National Peanut Butter Day – February 24
- International Polar Bear Day – February 27



Mission Monday

Each month the Kaleidoscope team recognizes providers who give exceptional service! Thank you!

NEPA: Tracy Brockington went above and beyond this with one of her cases who wound up in the hospital for several days. He has little family involvement, but she made herself available to ensure his comfort and safety during his stay and we are very grateful for her compassion and flexibility!

LCPA: Aidan Kennedy is new to KFS and has done an outstanding job. Aidan has already formed very strong relationships with his individuals and families. Thank you for all you do!

WPA: WPA would like to nominate Tammy Moore for DSP of the Month. Tammy Moore has been through an awful lot physically, having multiple surgeries, yet still returning to work after healing. Tammy has recently stepped up and in to help a fellow DSP who had to have her own surgery. Tammy is currently covering this DSP's caseload until the DSP is able to return to her duties after recovering from her rotator cuff surgery. Tammy has also been very communicative about Therap and making sure she is doing everything correctly.

EPA: Kate Garrett works with many Kaleidoscope individuals throughout the Greater Philadelphia area. Her individuals and their families rave about her dedication, kindness and creativity. She goes the extra mile in everything she does including working on goals, communicating with staff and the families, coming up with new and innovative things to implement in the community, and overall commitment to her role as a DSP. We are lucky to have Kate on our team!

CPA: Donna Hayes has gone above and beyond for her individual. He was recently admitted to the hospital and has checked in on him every day, helped with attending the doctor appointments and making sure he understands what is going on. She has brought him what he needs to the hospital and has been a great support to him! Thank you, Donna, for all that you do!

NEXT: Giselle Adorno has been a consistent and stable presence with SS over the past month while providing exceptional care and outstanding summaries on her progress notes. Giselle is a great example of professionalism and hard work. Thank you Giselle for your dedication to the company and your individual.

The Spotlight is on Christian!

It makes us so happy to highlight Christian this month. He brings kindness and a positive attitude to everything he does. Quite simply, Christian lights up any room!

Christian lives in Delaware County and splits his time within the homes of mom and dad. He values family, friends, his job at Home Depot, and his relationships with Kaleidoscope staff and providers. Christian enjoys bowling, visiting museums, eating out, and has even been dabbling at cooking. Additionally, Christian watches game shows, explores YouTube and takes walks to stay fit. He is extremely dedicated to the Philadelphia Eagles and hopes they win the Superbowl this month.

Christian works with a behavioral specialist. Together they have made significant steps towards achieving goals; and we would like to share some of them with you. For one, Christian was recently able to stop himself from sending an unhealthy email. The ability to do this shows great restraint. Christian has also been able to go with the flow more. Where many things beyond his control used to be greatly upsetting, he is now able to tolerate the feelings, share them, and act accordingly in a constructive manner. We are super proud of him!

Christian has been with the Home Depot for three years. His leaders value him, as do the customers who have the opportunity to interact with him. He aces the monthly Infocus Quiz which shows how well he knows his job and the expectations.

Keep up the good work Christian! We are excited to spend the next year with you!



Christian was unable to make a cookie jar at the cooking group, so he took the initiative to make one at home!



From bowling, Hershey Chocolate World to making shirts at the library, this group can bring it!



Praise for Kaleidoscope

"It was so good to see you last night at the Zoom seminar! Thank you so much for finding such great experts to help us navigate on our journey with our dear ones!"

--Viera Matej, Parent

At a recent ISP meeting, Bobby couldn't say enough about his services with Kaleidoscope. He loves his new friends, the staff and providers, and just everyone he meets that's affiliated with the agency!

--Kayla Thorpe, Clinical Coordinator

Chocolate-Covered Strawberries

Ingredients:

- Fresh strawberries
- 1 cup chocolate chips (dark, milk, or white)
- Optional: Sprinkles, crushed nuts



Instructions:

- Wash and dry the strawberries thoroughly.
- Melt chocolate in a microwave-safe bowl in 30-second increments, stirring until smooth.
- Dip each strawberry into the melted chocolate, letting the excess drip off.
- Place on a parchment-lined tray and decorate with sprinkles or nuts. Let harden in the fridge for 30 minutes.

<https://peasandpoppies.com/valentines-day-desserts/>

Congratulations Are in Order ...

- ♥ Dana got a plaque and an award for 15 years of service at Sodexo!
- ♥ Mikey celebrated eight years at Home Depot!
- ♥ Aidan tried a new food: chicken with rice!
- ♥ Sophie helped her family shovel the snow – twice!
- ♥ Patti helped make Weighted Blankets for Los Angeles fire victims!
- ♥ Stephanie completed an oversize puzzle! It took up a whole section of the living room.
- ♥ Lori competed in a bowling tournament and came in 5th place!
- ♥ Vince and CJ both bowled “turkeys” while playing on the same team!
- ♥ Clair is doing the Polar Bear Plunge for Special Olympics!
- ♥ India went to Zumba for the first time! Her fitness journey is beginning and we are so proud!
- ♥ Eddie and Danny have created a workout routine and meet to work out together.
- ♥ Deb has been volunteering consistently at Art of Recycle and they love her!
- ♥ Ralph has been out in the community, meeting new people.!
- ♥ Caitlin won 2nd place in Special Olympics bowling!
- ♥ Kevin has been assisting friends by organizing group bowling activities!
- ♥ Toren has joined numerous activities in his community!
- ♥ Dani learned how to knit and made her very own hat!
- ♥ Heather is going to teach art at Inspiration Studio!

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Photos:
Right facing 1: Ben worked on his cooking goals!
Right facing 2: CJ got a Turkey!
Below: Amy made a penguin with popsicle sticks!



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