



## Dress-It-Up Sweetheart Dance!

### Message from our Executive Director:

How can one not smile during the month of hearts and love? And that's not all; we still have warm fires, hot chocolate and maybe even snowmen to build. February is also Black History Month, President's Day and Groundhog Day, just to name a few. I often check out the Today Show website to get a chuckle since they list any and every obscure holiday. Just on February 3<sup>rd</sup>, we have Feed the Birds Day, National Carrot Cake Day, National Golden Retriever Day, and National Ice Cream for Breakfast Day.

At Kaleidoscope we focus on our vision statement to "Act as a Role Model." This gives us the opportunity to observe our actions in terms of relationships with others, as well as how we interact in social situations, at the workplace and within our communities. As service providers, it is imperative that we constantly be cognizant of actions that the individuals we work with can model, while ensuring we are portraying a positive experience. Dr Brendan Hyde of Deakin University summed up the art of being a role model into five basic soft skills: self-awareness, integrity, morality, humility and self-confidence. Furthermore, he goes on to say that listening, negotiating and communicating could be the three most important aspects in the workplace. If you put them all together, it's a pretty solid roadmap for success. Finally on this topic, try to be aware of how others respond to you during time with them. It could be a good indication of where improvement opportunities are available. On the other hand, pat yourself on the back when you notice successful interactions and outcomes.

Enjoy, what we hope, will be the last month of freezing temperatures. We have so many fun, yet goal-oriented events planned throughout the state. We hope to see you at some or many of them.

Warmly,  
Dr. TaraColleen Macatee

Can you join us for our first **DRESS-UP** dance of the year? Bring out your suit and tie; and your favorite dress to dance the night away at our EPA Valentine's Day Dance at RTCA in Wayne. This will be an Italian themed menu. Please let Pam know whether you are bringing a main dish, side, appetizer, drink or dessert.

Please RSVP [pfrebowitz@kfamilysolutions.org](mailto:pfrebowitz@kfamilysolutions.org) or reach out to your Clinical Coordinator.



And ... we have not one, but two winners at Parx Casino! Congratulations John and Mare!

What a fun time for Patti in the snow! And look at those Valentine colors!



You just have to smile when you see Michael in action at Creative Works!



Sometimes laughter is your best friend!





### Mission Monday

*Each month the Kaleidoscope team recognizes providers who give exceptional service! Congratulations!*

**WPA:** WPA would like to nominate Lakisha Weeks. Lakisha has been a DSP with KFS since 2015. Lakisha is an extremely caring, dedicated, loyal and reliable provider. She never misses a shift, and if it is an emergency, she communicates it right away to ensure coverage. Lakisha's heart is huge and she would do anything for her individuals.

**Lancaster:** Dru Meluskey is one of our newer DSPs working in our area. She has been incredible with communication across the board. She is also amazing with her individual. We appreciate all of her hard work and professionalism. Thank you, Dru!

**EPA:** Kira O'Brien has been working with KFS for 3 years. She has been working with numerous individuals and making a positive impact across the board. Kira has gone above and beyond this past month driving longer distances so her Individual could meet others in the community at our group activities. Kira pitches in and encourages socialization with everyone. Thanks for your efforts all these years Kira!

**CPA:** Anamaria Meeker has been working 20 hours a week with one of our more challenging individuals. Before Ana began working the case, the individual did not go out to socialize or do anything in the community. She was asked to leave her previous apartment due to the lack of cleanliness. Since Ana has been working with her, the house has been tidy and clean, the individual is going to the senior center and playing games with friends. She goes out to eat, and has friends over to her apartment. Ana has only called off one time since working with us; and it was due to weather. She made up the hours the next day. Her paperwork is always completed on time, and we never have to ask her for it. She has been a true blessing to the individual and an asset to our company.

**NEPA:** Cassie Irvine is new to KFS and has already hit the ground running. Cassie has received an abundance of praise from the individuals and families that she works with; and we are so proud to have her as part of the NEPA team. Cassie is a great communicator, keeps in contact with her Clinical Coordinators and provides insightful observations and effective solutions. NEPA admires her energy, kind heart and enthusiasm. Thank you, Cassie!

**NEXT:** Sierra Wishnefsky has been extremely hard working and reliable since working with Kaleidoscope over the last several months. While being a full-time student athlete, she has still been able to find time to work with her individual who absolutely adores her and is always asking for her. During her winter break, Sierra was able to pick up nearly full-time hours when needed. Upon starting her Spring semester with an internship, she has still been able to adjust her time so that she can continue working with her individual one day a week. Thank you, Sierra for all of your hard work and dedication.



Bowling Crew at Sproul Lanes!







One of our all-time favorite trips of the year is seeing the holiday lights at Longwood gardens. Hot chocolate definitely warmed us up!



Another freezing night at Elmwood Park Zoo ... cheers to hot chocolate!



Gathering together for meals and games is a true joy. Look for us out and about all over the Lancaster area!



### Praise for Kaleidoscope

"I'm reaching out to you to express my appreciation for the work done by Colleen. She is an absolute pleasure to work with. Her commitment to her clients is commendable. I have reached out to her, with questions, on several occasions and she has always provided a timely response. I truly appreciate her. She is an asset to your organization."

--Toni McCall, referring to Colleen Arroyo, KFS Clinical Coordinator

"We are so happy with Bobby's services. He loves his time with Jordy, Mitchell and Angelica. I have never seen him more emotionally stable, happy, and excited for things. He is always telling me about his schedule, and what he is going out to do. If there is more time that he can use to spend with KFS, we would be so happy to do that. It's been such a wonderful change for him."

--Bobby's Mom



How many peanut butter and jelly sandwiches can you make to help the homeless and our veterans? Lots and lots!







## VALENTINES MARSHMALLOW POPS

### Ingredients

- 25 Large Marshmallows
- 1/2 cup White Chocolate chips, wafers or bark
- 1/2 cup Milk Chocolate or Dark Chocolate, for coating
- 25 Candy Pop Sticks
- Valentines Sprinkles

### Instructions

1. Place a candy stick in the center of each marshmallow so that they stand up by themselves.
2. Melt the chocolate in a microwave safe dish (I like to use a glass Pyrex measuring cup) and then microwave for about 45 seconds. Stir the chocolate gently and then return to the microwave for about 30 seconds. Stir again.
3. Repeat until all chocolate is warm and sooth.
4. Dip each marshmallow in chocolate, then top with sprinkles, turning marshmallows to cover all sides. Set on wax paper.
5. Repeat until all marshmallows are covered with chocolate and sprinkles. Wrap individually in baggies for gift giving or store in an airtight container.



<https://butterwithasideofbread.com/valentines-marshmallow-pops/>

### Congratulations Are in Order ...

- Sophie read a 330-page book and finished it in one day!
- Jackie spent many Sundays reading with the children at her church!
- Maddie is a new aunt to a baby girl!
- Vince has been eating at home more to save money for a special trip out of the country!
- Lori won second place in a Special Olympics bowling tournament!
- Clair stepped up to the plate when her mom had a hand injury by helping with cooking!
- Mikey is up to 23 Golden Stars for his job at Home Depot!
- Prince qualified for the 2024 Special Olympics Indoor Winter Games!
- Liana has been helping mom and dad grocery shop!
- Chris has been reading to preschoolers as part of the Kiwanis Club!
- Clair volunteered at a Special Olympics bowling tournament!
- Christian made it to his job during the snow storm! He was treated to pizza for his responsibility.
- Maurine started the new year out right by working on math goals (see below photo)!
- Zach stepped out of his comfort zone to explore a community center for the arts (see below photo)!



Great job Stephanie!  
You love to be creative!



Home Office  
950 East Haverford Road  
Suite 100A  
Bryn Mawr, PA 19010  
P: 877-384-1729 F: 610-527-8672

[www.kfamilyolutions.org](http://www.kfamilyolutions.org)  
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