

### Message from our Executive Director:

Happy New Year to you and your families. I am confident that 2024 will be one of our best years ever! How do I know that? Simple. Because for the last few years, we have all battled adversity in different ways; and I have personally watched magical things happen that have fostered greater strength, renewed hope and the happiest of times. Speaking of happiness, the recent book, "Build the Life You Want" by Arthur C. Brooks and Oprah Winfrey, is a hot topic of late. The book mainly focuses on becoming happier, not by avoiding uncomfortable feelings or always having positive outcomes, but by putting tools and actions into place while accepting the latter. The authors suggest a simple acronym called *ESP*, which stands for "Enjoyment, Satisfaction, Purpose." Of course, lots more details about achieving a happier life are filled in the pages, so you might want to consider reading or listening to the book for great strategies.

I would like to move from happiness to kindness which are very much related. In the book mentioned above, as well as in thousands of scientific studies, the act of kindness brings a greater sense of happiness. People who were challenged to do something for others compared to things for themselves, proved to be happier, hence proving that kindness is very powerful. Have you ever been in a grocery or coffee line to find that the person in front of you paid for your order? It only took them a second to do that, however; you most likely talked about it with a warm feeling the entire day. This year, a new neighbor brought our family a holiday gift. In return, this simple act empowered me to spread the kindness by giving small gifts to many neighbors. As many of you know, the month of January is Kaleidoscope's Vision of KINDNESS. It's a fabulous way to start the year. How can you encourage acts of kindness in your life and the lives of those around you? Start with simple things and watch them grow as time goes on. It becomes addictive, for lack of a better word. As we move into a new opportunity to flourish; dare I say, those notorious "New Year's resolutions," and as we remember that nothing is always perfect, let's explore acts of kindness to others and ourselves. I cannot wait to see what lies ahead.

With warmth, happiness and kindness,

Dr. TaraColleen Macatee

### Make this your best year ever! 2024 Rocks!

Make a gratitude list every day!  
Pay someone a compliment!  
Make your bed every morning!  
Try a new recipe every week!  
Connect with an old friend and make a plan to get together!  
Get some exercise in your daily plan at least four days a week!  
Come to a KFS activity to make new friends!  
Send in pictures of you at home and in the community so we know you are working on goals!  
Join us in person to make your 2024 Vision Board or make one at home and send us a picture of you with it! The EPA team will be making Vision Boards on Thursday, January 18<sup>th</sup> at the Marple Library 12noon.



Several years ago, we started weekly check-ins at our peer-support groups. Subsequently, we incorporated checking-in on Zoom during Covid. As we move to new horizons, we are happy to be able to continue this tradition at our Thursday art groups. Check-out Val and Robert in action!







### Mission Monday

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

**EPA:** Gena Laurenzi is always present and active at events, participating with everyone and helping with the details too. Her creativity is second to none; and she was especially instrumental when planning and creating to perform at the Philly Autism Speaks Walk. Families and individuals have a special relationship with Gena. Thank you, Gena, for your support of your individuals and all the individuals when you are around!

**LCPA:** Jennifer Binkley is amazing in her role as a DSP. She is punctual with all of her responsibilities and always in communication with us. She is always on top of anything she needs to complete. We appreciate all that she does!

**WPA:** Alyssa Montoya started working with Kaleidoscope in May of this year and has been absolutely wonderful from day one. Alyssa took on a case that was 12 hours per week, but is also in school and working on her degree. Even with an incredibly busy schedule, Alyssa took on more hours with her individual because she was finally moving into her own apartment! Alyssa helped her move in, and her individual is thriving. Alyssa is extremely reliable, has been consistent with her schedule and keeping her utilization up. We appreciate Alyssa and all of her hard work and dedication.

**NEPA:** From individuals to family members, Supports Coordinators to the KFS Team, we are all in agreement: Charlotte Snyder is excellent at what she does. Charlotte has been providing direct support services in the NEPA region for almost 2 years and we are so proud to have her as part of our team. Charlotte encourages individuals to make plans with peers, attend KFS social groups and activities of their choice, including the Franklin Institute, bowling, holiday parties and more. Charlotte does a great job communicating with NEPA Clinical Coordinators, is quick to fill-in on a moment's notice and continues to excel at fostering strong relationships with those in the community. Thank you, Charlotte for all of your hard work, dedication and enthusiasm!

**CPA:** Tamekiah Burton came back to KFS and hit the ground running with a difficult case and has exemplified the KFS way. She has gone above and beyond for her case that is a single mother. Tamekiah has guided her client with flying colors through parenting highs and lows along with working on her other goals. Tamekiah is communicative and advocates for her individual in whatever capacity she can. Tamekiah is the team player we can all learn from with a heart of gold.

**NEXT:** Julian Maldonado came on board with KFS just over a month ago. He has improved his progress note writing tremendously while not only being tolerant of his individual's behaviors, but supportive towards his residential staff that have reportedly had a difficult time. Julian has been able to provide feedback and advice on ways to intervene that have proven to be successful with his individual and their treatment team.

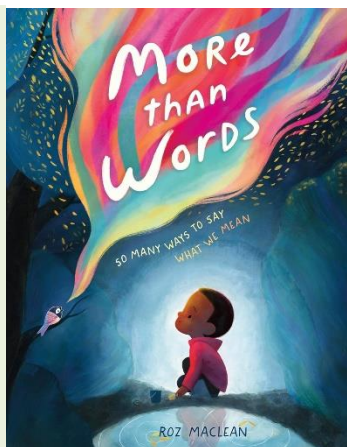


Happy New Year from us! A special thank you to the Greater Philadelphia Autism Society for hosting our New Year's Eve art party. Look at those hats and party shakers! What a blast!

### Great Reads!

"More than Words" by Roz Maclean

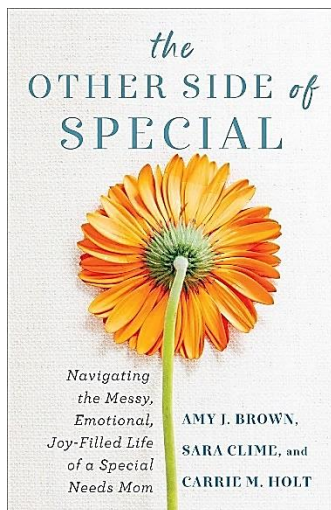
Wonderful illustrations compliment the many unique tools available to communicate in a world where words are most common. This is a short, heartwarming book with a lot to share.



### Great Reads!

"The Other Side of Special" by Amy L. Brown, Sara Clime and Carrie M. Holt

Three parents of children with physical, mental and emotional needs teamed-up to share their journeys of parenthood to share resources and stories of successes. This book received 5 stars on Goodreads.







Lots of fun and information to learn at the America on Wheels Museum!



Cooking goals in action!

### New Year's Resolution from Bette

- Be kind
- Be helpful
- Be cheerful
- Be respectful
- Work on your new goals for Kaleidoscope and help other people take care of their families



We collected snacks and made Blessings Bags for those in need!



A surprise visit from Santa was all the rage at our holiday party!

A highlight of 2023 was finding a new partner in the Marple Library!



### Praise for Kaleidoscope

"I always love your great pictures. Thank you so much for taking Michael to the dance party. You are all good friends; and we appreciate all that you have done this year, especially for the guidance of Kaleidoscope."

--Michael's Grandmother

"Deneen is really wonderful. She's been with us for years and knows our son really well."

--A Happy Mom

"We agree things are going well. Keelie seems to have a natural ability in interacting with and reading Peter, which helps as she continues getting to know him and us. He appears to enjoy going out and about with her!"

--Special Instructor, Step by Step Pediatric Therapy

Bowling smiles all around! Our weekly bowling group fosters friendship, skill building and teamwork.







## Kaleidoscope

FAMILY SOLUTIONS INC.

### Easy Mozzarella Cheese Snowman Snack Recipe

Ingredients (makes 12):

- ½ cucumber
- 250g mozzarella cheese pearls
- 2 slices carrot
- Handful black sesame seeds
- Cocktail Sticks

#### Instructions

Arrange the snowmen with cocktail sticks according to the picture and enjoy!



www.eatsamazing.co.uk

### Congratulations Are in Order ...

- Jack delivered an assortment of Christmas cookies to his neighbors!
- Vince is saving money by eating at home more!
- Val's new personal goal is to try a new restaurant once a month!
- When asked about the best gift from the holiday, Robert responded, "Having my grandparents over for Christmas dinner was the highlight."
- Winnie got a silver medal at her bowling tournament! "I'm pretty proud of myself as I bowled a 114, 151 and a 107 which are two games over my average!"
- Christian passed his customer service exam with Ken's crew for Home Depot!
- James finished his swim season which was a great success!
- Chris spends time reading to preschoolers as part of the Kiwanis Club. "I love to read to children and be entertaining. It is tons of fun."
- Jack was a musician in a live show at Steam Works!
- Christian celebrated his 2 year anniversary at Home Depot!
- Nafis was extra helpful with all of the late-falling leaves around his house!
- Kyle helped organize the freezer at his church!
- Sara volunteered at the Tyler Arboretum by pulling out the winter weeds!
- Jacob found a mega millions ticket at a SEPTA stop, scanned it and won \$4!
- Clair starting volunteering at Providence Animal Shelter!
- Leana is getting healthier through cleaner eating and exercise!

We love our weekly breakfasts in Lancaster. It gives us the time to catch-up and stay in touch.

Christmas connections all across PA with lights, food and merriment!



Main Office

950 East Haverford Road  
Suite 100A  
Bryn Mawr, PA 19010



P: 877-384-1729 F: 610-527-8672

www.kfamilysolutions.org  
www.facebook.com/kfscare  
www.linkedin.com/company/kaleidoscope-family-solutions-inc-  
www.twitter.com/kfscare  
www.instagram.com/kfscare