

A Message from our Executive Director:

Summer is in full swing with pockets of beauty all around us. When I step outside in the morning, it's hard not to revel in the sights and sounds that monopolize the neighborhood. Birds chirping, crickets getting ready to retire for the night, a few bumblebees feasting on nectar from the colorful flowers, and yes, the sun; the beautiful sun. Even thunder storms bring a sense of peace and wonder when safe and sound at home. June brings on the gratitude for me, and I hope this message inspires you to find yours too.

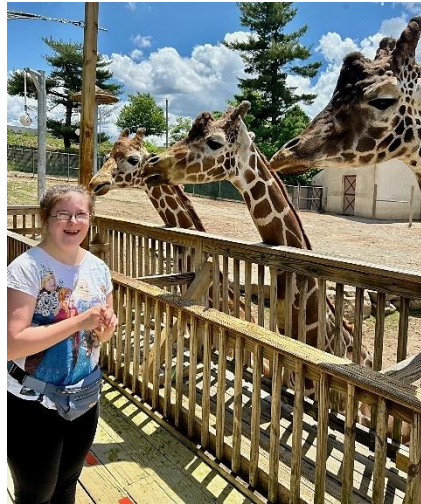
Dedication happens to be the vision this month. If one opens up their mind, it is possible to define dedication in a myriad of ways. For one, how about a new dedication just to find the gratitude each and every day. I know I say this often, but it warrants repeating. Each morning or evening, keep a journal and write down three specific things that bring your gratitude. I say specific because studies have shown that we are more apt to instinctively look for the gratitude when our lists are very specific. For example, instead of saying that you are grateful for your home, pick a favorite part of your home, or even a thing within the home that brings you joy. I promise that by implementing this method on a regular basis, you will begin to make internal, often unconscious, lists all day long. Give it a try and watch the magic happen.

Next, we can look at dedication in reference to our goals. They can encompass work life, family, education or be relationship based. What do you want to accomplish personally or professionally, and how can you dedicate yourself more fully to the outcome? Why not use the same journal you are using for gratitude, and put those goals on paper? Inspire yourself to take action, even it's the smallest of tasks. They will build on each other, eventually leading you closer and closer to your goals.

Finally, I would be remiss if I didn't mention the aspect of rededicating to you. Are you kind to yourself? Are you making healthy choices or surrounding yourself with people that feed your soul? The acts of dedication are endless. What a wonderful opportunity for growth!

With sunshine, summer rain and gratitude,

Dr. TaraColleen Macatee



A god time was had by all at the Elmwood Park Zoo!



Patti is getting acclimated to her new job location with Steve's Sewing! It's not easy to adapt to a big change. We are proud of Patti!



Arts and crafts with cement! What a fun activity with Tommy, Patti and Jennifer!



Banana Split Pudding Cups



Here is your shopping list:

- Chocolate and vanilla pudding (either prepared from a mix or purchased pudding cups)
- Whipped topping or whipped cream
- Ripe bananas
- Strawberries
- Crushed pineapple
- Sprinkles

And you will need a few simple items from your kitchen:

Clear plastic cups
Plastic knives
Plastic drinking straws

The first step is to mix up the pudding if you are using instant pudding mix. If you really want to simplify, you can buy pre-made pudding cups. Let your kids peel open the pudding cups (and maybe even lick the lids!).

Next, drain the crushed pineapple. Use a colander with small holes so the pineapple doesn't slip through the holes.

Then, hull and chop the strawberries and peel and slice the bananas.

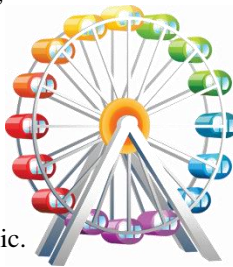
Once all of your prep is done, it's time to assemble the Banana Split Pudding Cups! Tip: use a cupcake pan to hold the plastic cups so they don't tip over when the pudding cups are being assembled.

Layer sliced bananas, chocolate pudding, strawberries, vanilla pudding, crushed pineapple, whipped topping and SPRINKLES!

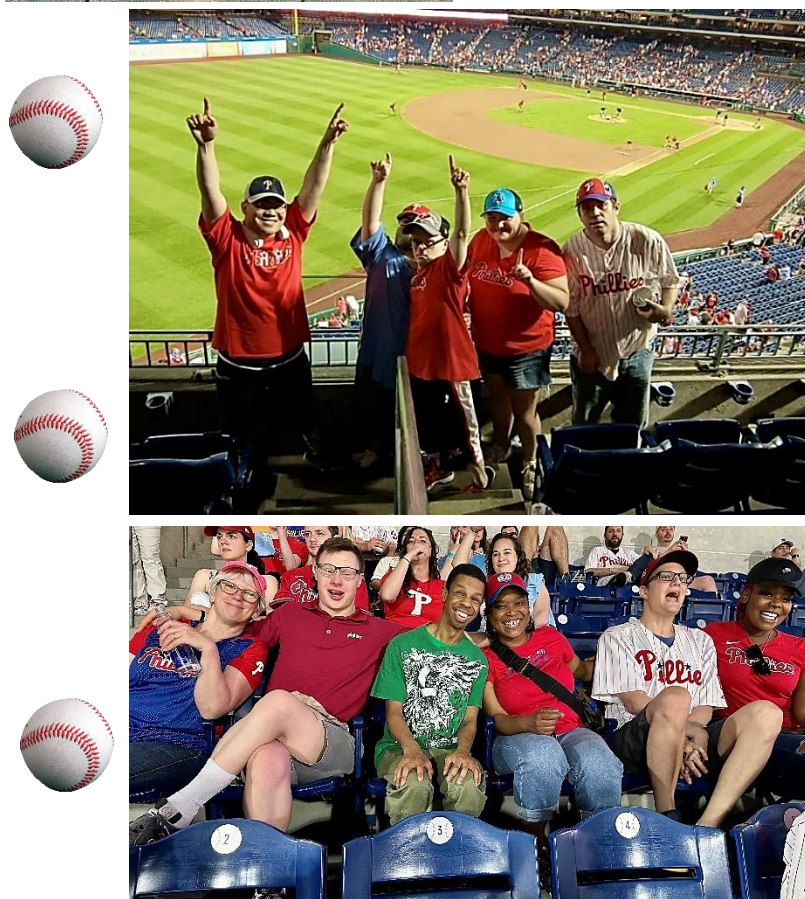
https://thecraftingchicks.com/banana-split-pudding-cups/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes

All About Summer ... a Poem by Bette

School is out for summer; going to vacation for beach time, relax,
summer camp, enjoy spend time with families;
Father's Day is always a 3rd Sunday of June;
picnics, fun summer days like going to
amusement parks for season pass, taking
walks when it's not hot outside, 4th of July,
swimming outdoor fun, concerts fun, going
to annual end of summer Great Allentown
Fair and end of summer fun at Labor Day picnic.



What a great night at the
Phillies game with a win.
They are on a streak for
sure. We had 86 KFS
people attend! Wow!





Lots of outdoor fun around here!



Mission Monday is our space to thank providers who have given exceptional service to our individuals this month! We are grateful for you always.

WPA: Amber Frankel is a new DSP who started with KFS in March. Amber is the DSP we all hope for! Her notes are wonderful, professional and detailed. She is also extremely reliable and has not missed a shift. She did not want her individual to miss out on our WPA event, so she took the day off of her full-time job to ensure he got there. Amber also worked diligently to find a new volunteer opportunity for her individual to participate in. She has done a wonderful job and we thank her for all that she does!

NEPA: NEPA would like to nominate Jonathan Klein. We are so happy to have DSP, Jonathan Klein as part of our team! Jonathan joined KFS a few months ago and has already started applying his years of personal experience. Jonathan helped his individual transition from a college campus setting to living in his own space at his parent's house. We admire Jonathan's dedication, creative ideas, activities, enthusiasm and professionalism. Thank you, Jonathan!

CPA: CPA has chosen to nominate Tamekiah Burton as IC of the month. Tamekiah is the epitome of not giving up when difficult cards are dealt. She is one of the most compassionate DSPs we have and makes sure her individual's needs are met daily. Tamekiah speaks positive affirmations with her individuals on the daily basis while also guiding towards achieving their goals. In this field, even in the darkest moments, Tamekiah is a beam of light to those she works with. She is and lives the KFS way!

EPA: Christine Figueroa has gone above and beyond since joining KFS! She has excellent communication with families, individuals and internal staff. She is able to work with multiple individuals while giving each one personal time and attention. We also appreciate her enthusiasm at the KFS groups where she consistently joins in to support everyone on the KFS team. We appreciate your effort, Christine.

Lancaster: Since day one Abiola Omotoso has been nothing but welcoming and respectful to everyone she encounters. It is obvious that she has a passion for working in this field and cares about every case. She is attentive, reliable, and always putting the needs of the individual first. Thank you for all you do!

Fun Days to Celebrate in June!

- 1st: National Game Show Day
- 2nd: National Frozen Yogurt Day
- 4th: Hug Your Cat Day
- 8th: Best Friends Day
- 13th: Pigeon Appreciation Day
- 14th: Flag Day
- 15th: Smile Power Day
- 16th: Father's Day
- 19th: Juneteenth
- 20th: Finally, Summer Day / Summer Solstice
- 23rd: National Pink Day
- 26th: Summer Olympics Begin!



IC of the Month, Christine Figueroa in action! Heartwarming!

Thank you

CONGRATULATIONS ARE IN ORDER!

- ✿ Christian has two major milestones. He got two holes in one in a row in mini golf and solved Wordle in two tries!
- ✿ Allie went to her high school alma mater to discuss the services that are available to classmates once they graduate. She was able to share about her own experiences.
- ✿ Heather graduated from the PECO Energy Force Ambassador Program! She took regional rail into the city and attended many events where she educated people about energy efficiency.
- ✿ Maurine helped mom plant flowers and vegetables in their summer garden!
- ✿ Lauren is selling her paintings at her church flea market!
- ✿ Carolann signed up to work at her school's ESY program! She will be a great addition to the summer staff.
- ✿ India has been helping her aunt around the house with a wide array of chores! She made \$50!
- ✿ Aidan beat his best personal bowling score!
- ✿ Sophie made a journal for the first time! She is planning to teach the rest of the group how to make one!
- ✿ Liana and her boyfriend, Joey have been together for 20 years!
- ✿ Sara got a new job at Spring Haven Country Club!
- ✿ Maurine is learning how to swim this summer! It's on her bucket list!
- ✿ Sophie tried a new dish when "dining under the stars!"
- ✿ Ian's team, The Philly Dream Team, took home the Gold Medal in the 4x100 relay at the Montco Special Olympics!



Bowlero in Reading, PA has become one of our favorite hang-outs!



Ben LIVE from the Kentucky Derby!

Our WPA team got creative and made fidgets! Look at that setup with even Borax!



Praise for Kaleidoscope

House staff at Elwyn gave praise for Bakirah Johnson saying how nice and wonderful she is. The house staff continued to say that she met other staff from KFS too, and we seem to hire the nicest people. Exact words, "I love that for our shared individuals."

--Elwyn Staff

"Alex is AWESOME. I just wanted to let you know that! He works so well with CJ and it shows. He has a great heart. CJ keeps talking about how Alex is the best. He is always on time, respectful, responsible and his work ethic is awesome!"

--A Happy Mom

Jodi Keefer, NEPA Clinical Coordinator, received this message from our individual, Bette, "I really like my services so much, I just wanted to let you know. Also, my DSP Deb is so nice."

**Speaking of Bette, check-out her poem on Page 3 of this newsletter. Bette is a regular contributor. You may remember she submitted last month's yummy recipe.*



Mike represented his Special Olympics team at Catra Horse Farm with his furry friend Prescott!

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