

A Message from our Executive Director:

Welcome to the magnificent month of March! Recently, I've been thinking about intention. How much of your day do you spend with intention? Think about it for a minute. Did you possibly find yourself drifting off when reading a memo at work; miss part of a conversation without realizing it? Intentionality can be such a game changer in how we experience and shape our lives. I love the idea of connecting it back to the work we did with the vision boards earlier in the year—it's like a perfect checkpoint. Sometimes, when we're driving or cooking or doing any routine task, our minds can drift, and without even realizing it, we might not be present in those moments.

Intentionality doesn't mean constant hyper-focus, but it's about having a purpose behind our actions—whether it's to listen better, solve a problem, or simply enjoy the process of the moment. The challenge is in the consistency and awareness. Often, the things that could be improving our communication, our goals, or our general well-being don't require huge changes, just a bit more attention to the details of where we're directing our energy.

How do you feel about revisiting those vision boards or goals? Do you feel like there's been a shift in how you approach your intentions since creating them, or does it feel like it's time to refocus? In an upcoming peer support group in EPA, Pam will encourage us to review those "intentions." Possibly, you can independently do a review and share the results with us.

March is also a month to be celebrated because we have both World Down Syndrome Day and National Developmental Disability Awareness Month (NDDAM). Highlighting individuals and their achievements not only raises awareness but also fosters acceptance and inclusion. Celebrating National Developmental Disability Awareness Month and World Down Syndrome Day is a great way to showcase that everyone, regardless of ability, has limitless potential.

Finally, it's almost Spring. Winter of 2025 brought us an Eagles Superbowl win! Yet, freezing weather for most of the winter was challenging to say the least. The beginning of colorful blooms, longer days and abundant outdoor activities are just around the corner. I "intend" to embrace this new season with gratitude, joy and ... lighter clothing!

All the best to you and your families,

Dr. TaraColleen Macatee



The perfect depiction of best friends using their creative skills to honor World Down Syndrome Day which is March 21st!



We can't publish a March newsletter without casually mentioning that our beloved **Philadelphia Eagles are the 2025 Superbowl Champions!** Was this "casual" enough?



Now, that's what we call a sweet-treat Valentine's Day spread! Yum!



The SPOTLIGHT is on Brooke!

Brooke has been working on a story and is currently at 12 chapters and counting! You can sneak a peek at her artwork on social media, where she goes by VinTheNerd, signed VTN. The cat (Nightwhisper) seen attached is from the main story she is working on, and the fox (Pyro) is a sneak peek from an idea that she is still forming. Brooke is extremely talented and has a unique way of taking her thoughts/ideas and bringing them to life through her stories and characters.



A Valentines dance with karaoke, bingo, yummy food, and dancing of course!



That a lot of cards Patti! Wow!



Our first time at Mudroom Ceramics Studio was a true success!

The SPOTLIGHT is on Megan!

We thought you might enjoy some fun facts about Megan:

- Loves dogs and volunteers at an animal shelter!
- Favorite color is pink!
- Wears mismatched socks that are fun colors!
- Favorite activity is bowling at Leisure Lanes with all of her friends!
- Favorite restaurant is Hoss's where she always gets chicken fingers and fries!



Shamrock Lasagna

Ingredients:

- 36 Oreos finely crushed
- 1 stick unsalted butter melted
- 8 oz block of cream cheese softened at room temperature
- 1 cup powdered sugar
- 2 8 oz tubs frozen whipped topping, thawed at room temperature, divided
- 3 3.4 oz boxes of cheesecake instant pudding mix
- 3 cups cold milk
- 1 teaspoon mint extract
- Green gel food coloring not drops



Garnishing:

- Oreo crumbs
- Whipped topping
- Maraschino cherries
- Green sprinkles



Instructions:

1. Preheat the oven to 375 degrees.
2. In a large mixing bowl, mix together crushed Oreos and butter. Mix well using a fork until the mixture is like wet sand.
3. Pour Oreo mixture into the bottom of a 9x13 baking dish. Firmly press the crust into all corners and sides of the dish using the palm of your hand. Do this until the crust is flat, even and flush against the dish.
4. Bake the crust for 8-10 minutes. When done, set aside and allow to cool to room temperature.
5. When the crust is at room temperature, begin to prepare your layers. In a large mixing bowl, cream together the block of cream cheese, powdered sugar, and 1 tub of frozen whipped topping using an electric hand or stand mixer. Mix until smooth and fully blended.
6. Using a rubber spatula, add the cream cheese layer on top of the crust. Smooth and level as flat as possible.
7. In a separate mixing bowl, blend the pudding packages with the milk on low-medium speed until fully combined.
8. Add in the remaining tub of whipped topping and blend again until smooth.
9. Add the mint extract and about 2-3 inches of the gel food coloring. Blend until smooth and the shade of green desired.
10. Add the green pudding layer to the cake and smooth flat on top.
11. Place cake inside of the refrigerator for 4-6 hours or overnight. When done, garnish with Oreo crumbs. Cut carefully with a knife and garnish individual pieces with whipped topping, cherries and green sprinkles.

https://myincrediblerecipes.com/wprm_print/shamrock-lasagna



Mission Monday is our space to thank providers who have given exceptional service to our individuals this month! We appreciate your dedication and commitment.

WPA: WPA would like to nominate Jayda Matthews for DSP of the month. Jayda worked with WPA in the past, and was exceptional in her role. Jayda left us for a bit to take on a more hands on role, caregiving with her own family. She has returned and already taken on 3 cases, one being a new case. Jayda has been communicative, and dependable. We have already received two positive reviews from her families. Thank you, Jayda!

NEPA: NEPA would like to nominate Debbie Williamson. Debbie has been with KFS for over 6 years! Debbie is the life of the party and is always active and engaged at our KFS activities. Over the years, Debbie has provided consistent, high-quality support and has helped her individuals to become more independent and to believe in themselves. We appreciate Debbie's dedication and high energy. From all of us in NEPA, thank you!

CPA: Grace Raquel went above and beyond to complete a meet and greet last minute and is always willing to be flexible! She recently took an individual bowling because he has always wanted to go. It really meant a lot. That's just one example of her compassion and dedication. Thank you for all you do for your individuals.

EPA: Denver Harr is described by his Kaleidoscope team as "fantastic!" The families and individuals value working with him as they are with someone caring, compassionate and dedicated. Denver is committed to achieving goals, fosters teamwork and social skills, and is exceptionally responsible. We are all in agreement that Denver warrants the DSP of the Month award!

LCPA: Kathy Kephart is our Provider of the Month! Kathy's professionalism and kind soul shows in her work. Kathy will take on as many hours as she can while maintaining full-time employment which is also in the same field. Thank you for all you do! We appreciate your dedication and enthusiasm.



CONGRATULATIONS ARE IN ORDER!

What I love About Spring, by Bette

- Spring flowers
- Praise with sunsets at 7pm
- Harsh winter goes away until December
- Warmth is in the air
- No more icy weather
- Green grass and garden ready



- Weronika celebrated her eight-year anniversary with Acme Markets!
- On a snow day off from work, Nafis studied conflict management, workplace bullying, awareness and prevention. That's what we call maximizing ones' time!
- Rebecca in Erie was crowned Prom Queen at her Snowball Dance! Just WOW!
- Ben is taking photos for a guest speaker that is presenting at his high-school alma mater, Vanguard!
- This is a big one! Nico is moving into his own apartment! Stay tuned for more details and some photos.
- Dominique kept fit during the cold spell by walking at the Plymouth Meeting Mall!
- And ... Maurine and Val have been mall walking at various locations to get their steps in!
- Christian is up to a full hour of cardio at the gym. He currently does 30 minutes on the treadmill, 15 on the bike and 15 on the elliptical!
- Allie's job transitioned to touchscreen so she had to learn a whole new method of working. She rocked it! Look for more details and photos in April!
- Sophie and Dana are reading the classic book, Pride and Prejudice as part of a local book club!
- Caleb has a chance to compete in a Winter Games tournament in York PA at the end of the month! He also recently adopted 2 new kittens.
- Doug is revoking his sister's power of attorney and has been advocating for his independence for a very long time! With the help of KFS he has been in the process of renewing his housing on his own and managing his finances independently! Doug's photo with our fabulous Natalie is below. He is pictured right.
- Clair had her first Special Olympics Fall Fest planning meeting! This will be her second year on the committee.

Just a few photos from the Circle of Friends Dance in Pittsburgh! We know the lighting isn't ideal, but we just had to represent.



Praise for Kaleidoscope

Lydia is a delight! She is compassionate and kind. Whenever there is a schedule change for Bob, she lets me know which is appreciated. Her communication is exceptional. Most importantly, Bob loves working with her.

--Louise, Bob's Cousin



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