



**Message from our Executive Director:**

Happy New Year! As we embark into 2023 together, I want to let you know how grateful I am to have such amazing and dedicated connections to all of you near and far. It has been an honor to grow with you throughout the years as, as an agency and personally. Together we get stronger and better at supporting those with unique abilities to have a more successful, joyful and independent experience. Whether you are an individual receiving services, a family member, staff, provider or stakeholder, I appreciate you.

I have to admit that January is one of my favorite Kaleidoscope Visions. If you've been with us for a while, you may already be able to guess that this is our month to focus on kindness. What can be better than being kind to others and ourselves? Yes, take that in for a moment. Not only is it important to be kind to others, but we deserve kindness from within as well. Furthermore, we are worth accepting kindness from others. Just yesterday, the person in front of me in line at Starbucks, paid for my coffee. It was such a nice surprise when the barista let me know! Of course, I, then, offered kindness to the person behind me, and I bet the chain continued for a long time. Another way to measure kindness when turning outward and within is to evaluate the dialog we use. As so eloquently said by Morgan Freeman, "How do we change the world? One act of random kindness at a time." It's just true that kindness makes us feel better as contributors to our world. I would be remiss if I didn't also share this quote by Thomas Jefferson, I believe that every human mind feels pleasure in doing good to another."

If I can step back to self-kindness, I would like to challenge you, beginning January 1, to journal every day as a gift to yourself. List what you loved about the day, what you are grateful for, who brought you joy, who you were able to reciprocate with, and more. I promise you that it will enhance your life in ways you never thought imaginable.

With warmth and kindness this winter month,  
TaraColleen Macatee

**A Poem by Bette – and it even mentions kindness!**

New Year Resolution 2023:

- Working on new goals
- I'm ready for moving on
- Positive vibes only
- Staying fit
- Exercise every day
- Being nice and kind
- Always a good help if you need anything



We had a wonderful time at our holiday party!



Thank you, William, for playing Santa!



Thank you, David & Odd Fellows, for the delicious catering!



Eliana & William!



**Mission Monday**

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

**MFP:**

**Kama Hamel.** Kama has shown tremendous initiative this month! She has started 3 Transitional Assistance cases, started 4 new referrals, and signed up to be our state CPR instructor. Thank you so much for your dedication, Kama!

**Laura Kasica.** Laura has provided outstanding effort, care, and dedication to one of our newest consumers. It is a challenging case and Laura is handling it with grace and compassion.

**CBHI:**

**Sarah Berkoff.** Sarah worked incredibly hard to help prepare for our audit this month. Thank you for your support, Sarah!!

**Toni Resendes.** Toni has been with us only about 5 months and we already cannot imagine our team without her. She has a wonderful client-centered work ethic and we are so grateful to have her!!



Our 3 finalists for the Worcester Cheermeister Door Decorating Competition! Congratulations to Loriauna who took home the prize & thank you to all who participated!

**Congratulations Are in Order ...**

- Marianne won 1<sup>st</sup> place in the L. Ron Hubbard Writers of the Future Contest!
- Alyssa welcomed a new baby boy!
- Cherline welcomed a new baby girl!
- Ada has returned home!



**Welcome to the KFSMA Team:**  
**Kimberly & Johnny!**



Stay tuned for our Spring Event invitation! We hope to be able to see everyone!  
Have an idea for a group outing? Call Kaci!  
774-331-8227

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