

### 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



Karaoke and good friends make the best combination!!



Bowling and friends make for the best day!



Kareem created his own Christmas cards!



Manny and his Nativity!





# Kaleidoscope

FAMILY SOLUTIONS INC.

KaleidoSCOOP Monthly Newsletter

January 2023



## Mission Monday

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

**EPA:** Crystal Arnold has been supporting our individuals for many years now. Crystal goes above and beyond coordinating with families, internal staff and other co-workers to facilitate activities for our Individuals. Thank you, Crystal for the long drives this past month and for your creativity with everyone you support.

**LCPA:** Melissa Karlson has been with us as a DSP with us for almost 2 years now. She is exceptional at communication and making sure all aspects of her job are done in a timely manner. She is absolutely fabulous with the individuals and we extremely are lucky to have her!

**WPA:** Colleen Wilson has helped her individuals in a way that is so wonderful to see. She is caring, empathetic, and only wants what is best for her individuals. Colleen will adjust her own schedule to get her individuals to appointments, and important events. Colleen also really focuses on her individuals' goals, and works on them with 100% of her efforts. One of Colleen's individuals was extremely overweight, not able to walk to the end of his driveway, and would only move off of his bed to use the restroom. After 6 months of consistent, hard work, the individual is now able to walk up and down his road, go to the grocery store, and even came out to a bowling event with us! This individual has gained a ton of confidence, and independence, all due to Colleen's persistence.

**NEPA:** We want to congratulate Alicia Trinkle for becoming ACRE certified. She is now able to provide Supported Employment services to our individuals! Alicia has years of experience and is always coming up with creative ways to support her individuals. She provides consistent communication with her Coordinators and gives frequent updates on all of her cases. Thank you, Alicia!



Becca found a special surprise on a hike with her KFS team!



Sara did this science experiment for our Zoom Talent Show!



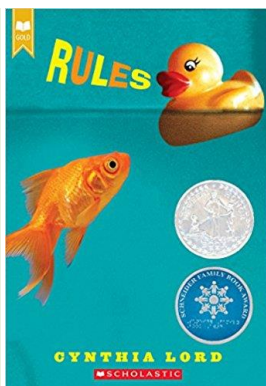
A special thank you to Miranda for leading us in a pizza-making cooking class!



Patti continues to build her confidence and is an inspiration to all of us!

## Great Reads!

“RULES” by Cynthia Lord is a heartwarming story about feeling different and finding acceptance. Depicting the challenges of maneuvering life with a brother who has autism, the main character learns that “normal” can take on many meanings.



## Great Reads!

“The Man Who Loved Clowns” by June Rae Wood shares the unforgettable story of a thirteen-year-old who learns love and acceptance through her deep love of an uncle with Down's Syndrome.

## The Man Who Loved Clowns



What makes Delvin's uncle special also makes him irreplaceable in her heart.

June Rae Wood



Holiday greetings from one end of the state to the other! So many celebrations and colorful experiences with family, friends and DSPs ... happiness at its finest!



### Praise for Kaleidoscope

"I went to visit Bob today and he and his family are thrilled with the services that are being provided. Keep up the good work! Thank you."

--Holly Trivarelli, Supports Coordinator,  
A Bridge to Independence

"Bobby and family are really enjoying services and group activities since joining KFS."

--A Grateful Mom

"Sophia enjoys working with Alyissa and is excited for their shifts."

--A Grateful Mom

"I visited with Mary yesterday and wanted to pass along again what a fantastic job Kaleidoscope staff are doing. Mary absolutely loves Eve and Joanna. Her Threshold staff said that they are on top of everything, communication is great and there are no issues at all. I noticed that she has a ton of healthy food items (they even got her some sugar free chocolate) that Kaleidoscope staff purchased on her behalf. Mary also loves the fact that she has gotten out to go to the movies, the mall, etc. Please convey my gratitude for the efforts of the staff – it is greatly appreciated!"

--Tracey Schaeffer, SAM







# Kaleidoscope

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## Slow Cooker Chicken Cacciatore

### Ingredients

- 6 bone in skin on chicken thighs
- 1 tablespoon olive oil
- salt and pepper to taste
- 8 ounces sliced mushrooms
- 1 1/2 teaspoons minced garlic
- 1/2 cup onion thinly sliced
- 1 green bell pepper cut into 1/2 inch pieces
- 1 red bell pepper cut into 1/2 inch pieces
- 1/2 teaspoon Italian seasoning
- 1 24 ounce jar marinara sauce
- 1/2 cup pitted kalamata olives
- 2 tablespoons chopped parsley



This month's  
cooking class!

### Instructions

Heat the olive oil in a large pan over medium high heat. Season the chicken on both sides with salt and pepper.  
Cook the chicken for 4-5 minutes per side, or until golden brown.  
Remove the chicken from the pan and place it in the slow cooker. Add the mushrooms to the pan and cook for 4-5 minutes or until tender.  
Add the garlic to the pan and cook for 30 seconds.  
Place the mushroom mixture, onion, bell peppers, Italian seasoning and marinara sauce in the slow cooker.  
Gently toss all the ingredients together.  
Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.  
Remove the cover and stir in the olives. Sprinkle the parsley over the top and serve.

[https://www.dinneratthezoo.com/wprm\\_print/15456](https://www.dinneratthezoo.com/wprm_print/15456)

## Congratulations Are in Order ...

- Chris was in a play titled "Once Upon a Wolf!" The show ran all weekend and was a true success!
- Ethan started a new full-time job with the Philadelphia School District!
- William did his first volunteer shift at Foxchase Farm!
- Sara finished completed career milestones. First, she successfully ended her internship at Tyler Arboretum. Next, she said goodbye to New Avenue Café where she volunteered for over two years. Sara is excited to see what comes next!
- Lori went out to dinner for the first time in three years!
- Stacianne shoveled ice on her step so it would be safe for her KFS provider to come! That's kindness!
- Stephane got promoted from curbside at Giant Eagle. She will now only be working the register and self-check-out!
- Maurice made his own New Year's Eve glasses!
- Nafis traveled to Saudi Arabia with his family!
- Heather babysat for her niece when visiting Boston!
- Dana and Sophie celebrated their six-year anniversary of working together!
- Heather started her own art/watercolor business. You should see her creations!
- Vanessa passed all courses at her first semester in college!

### Just a few Zoom pics!



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