

Message from our Executive Director:

Pumpkins, fruit pies, frolicking in the leaves, hot apple cider and, we can't forget the Thanksgiving table decorated in hues of browns, oranges and reds ready to host family and friends for a traditional holiday dinner. November brings a feeling of warmth deep inside, albeit the outside weather might be getting a bit chilly. I like to spend this time to focus on gratitude for everything good in my life. However, with good, comes change, even transitions which always present a challenge both physically and emotionally. The cold mornings are a startle with icy windshields. Yet, as always in November, the weather warms up quickly allowing us to pull off layers as the day goes on. As for emotionally, change is always hard. It's never easy to say goodbye to summer clothing as I reluctantly do the winter/summer switch. These small, but powerful changes can be especially hard for individuals with autism and developmental disabilities who tend to thrive on routine. As service providers, we try to make this transition as seamless as possible by offering a wide array of social connections throughout the week that can foster opportunities for conversations and comradery. Feedback from individuals throughout the years has helps us plan accordingly and with purpose to address the changing season. I wonder how you are holding up as fall moves into winter.

Our monthly Kaleidoscope Vision Statement is to promote personal growth. That can directly relate to how well you plan ahead, as well as take care of your self during this transition. It's possible that some meditation, and even a more rigorous exercise plan that encompasses indoor facilities might be part of the plan. In addition, since this the "thankful" season, how can you find the gratitude even when faced with trials and tribulations? At the office, we have a gratitude box where anyone can jot down a note and put it in. In many instances, just putting pen to paper can bring a feeling closer to the surface, and even create new realities.

Happy Thanksgiving to you and your families. Enjoy this special time of year that brings not only the possibility of positive change, but new opportunities for growth and development.

With thanks,
Dr. TaraColleen Macatee



Group photo from our day at the Rec Center! We have some wonderful and hilarious friends!



Sophie (pictured above) and Ally (pictured below) always enjoy adventures in their communities.



Even at the park, we were able to show our Philadelphia Phillies spirit! It was a great year for our favorite baseball team.



Speaking of spirit, look at all of the Kaleidoscope T-Shirts in action!

Halloween Fun!



Mission Monday is our space to thank providers who continue to go above and beyond when servicing KFS individuals. *Please help us salute our monthly winners!*

Western, PA: Justin Durant has been a DSP with Kaleidoscope for over 4 years. Even though Justin had to reduce his hours for a few months due to personal reasons, he still answered any calls coming in from his individuals, even if he wasn't on their case any longer. Justin is so easy to get along with, but also ensures that all goals are being worked on. Justin has gone out of his way on numerous occasions to help our individuals. Justin is back and carrying 40 hours per week, and all of his individuals are so happy! Thank you for all you do, Justin!

Northeastern, PA: Shawn Keller is the Lehigh Valley activity coordinator. He goes above and beyond to come up with new and exciting activities that our individuals can be a part of. He is creative and researches activities so ALL of our individuals can feel included. He is also extremely caring and compassionate. He has been with KFS for over 9 years!!!!

Central, PA: Lydia Keplinger consistently shows her job is not just a job for her when it comes to her individual! She has been with us for quite some time now. Lydia goes above and beyond to advocate for her individual consistently, even when it comes to her family. Due to some life changes, Lydia has shown that she will continue to be a consistent support for her in living out the KFS mission and vision.

Eastern, PA: Bakirah Johnson continues to provide extraordinary care to all of the individuals she supports. Bakirah will jump in to take a sub shift if she can or assist with starting new cases. Her communication with the families is amazing and we appreciate everything she does while caring for our individuals. Thanks, Bakirah!

Lancaster, PA: Melissa Karlson is a wonderful IC who has been with KFS for almost two years now. She is communicative, consistent, caring, and supportive with all of her individuals and their families. She is a role model DSP and we appreciate all of her hard work!

N Northeastern, PA: Aaron Ross has been working with three of our individuals and has been the standard of reliability and hard work. Aaron has gone above and beyond in providing exceptional standards of care while demonstrating an incredible respect towards them and their family members. Aaron is a proactive thinker and planner and has pushed his individuals to think outside of the box in coming up with ideas to explore.





Poem for Thanksgiving

-Thankful for family, DSP, friends, pets, food and drinks,
-Have good Thanksgiving food like pumpkin,
-Always on a 4th Thursday of November,
-November be kind to others,
-Sounds yummy in their tummies with cranberry sauce and turkey,
-Giving Grace - I love pumpkin spice season and holiday season of every year,
-Very good food - I love spending with family on Thanksgiving,
-Now after Thanksgiving go shopping for Christmas,
-Give thanks.
--Submitted by Bette in Lehigh Valley



Congratulations are in Order!

- On the opening night of Special Olympics Berks County Bowling practice, Prince got a turkey strike (3 strikes on a row) with a total score of 142!
- Mikey reached 11 stars at his job for Home Depot! On the bottom of the receipt, there's a survey the customers mention employee's names. When this happens the staff members whose name is mentioned gets a star ☆.
- Lori was in a Special Olympics bocce tournament and won a 3rd place medal 🏆!
- Christian did a quiz at work and answered all but the bonus question right!
- Jack performed with his band, "For Those About to Rock," in Beaver County!
- Vanessa got a new job at The Dollar Tree!
- Sara has been eating healthy and exercising more! Way to go!
- Ian practiced for a golf tournament at Top Golf!
- Dominique made sweet meatballs and hot dogs!
- Maurine is a part of a group called "Convoy for Hope." She helps with homeless people. That's impressive!
- Liaba went to England to visit her grandparents and family!
- Val is learning how to use the machines at the laundromat!
- Jack did a book signing at a Fall Fest in Greenberg!
- Aidan just completed his weight lifting training!
- Mike got 2nd place Clinton County golf tournament!
- Amy did a 5K walk for HOPE (see photo on this page)!



Breakfast Mondays are always a highlight of the week!



Shout-out to Nico who called Bingo for us at our NEPA event!



Mike is a natural when it comes to working with and riding horses!



Patti Sr. and Patti Jr. hosted an amazing art class to honor our amazing Phillies!



Seiple Farm Adventure with pumpkins, apple cider, hayride and yummy food!

Amy at her 5K Hope Walk!



Edible Apple Turkey Craft

This is what you need for each turkey...

1 medium apple
toothpicks
spice drops
(they're smaller than regular ones)
lg. marshmallow
eyes - raisins, edible markers
or store purchased 'eyes'



Place 3 spice drops on a toothpick, leaving room at the bottom to poke it into the apple. Make as many 'feathers' as you'd like.

Add 2 toothpick legs (it helps steady the bird=) and add a spice drop to each for feet.

Push half a toothpick into the apple where you want to put the 'head'; push marshmallow into pick. Add eyes and 'waddle'. May use candy corn for a beak.

Use your imagination. These are fun and will produce lots of giggles.

<https://thebetterbaker.blogspot.com/2017/11/edible-apple-turkey-craft-kid-friendly.html>

Library time! We learned so much together as friends, how to speak Spanish, use ASL sign language and play games all at the same time!

Praise for Kaleidoscope

"I just want to thank you for all you do for all the individuals at Kaleidoscope. CJ loves all the activities you have. He was super happy and proud to be a Halloween costume winner at the Halloween party."

--Janai, CJ's mom

"For the past few years, Heather has been encouraged to create Vision Boards to set her goals as she participated in arts classes held by Kaleidoscope Family Solutions. By incorporating words, photos and pictures, Heather highlighted her interests, dreams and aspirations."

--Highlighted for Down Syndrome Awareness Month by Heather's mom



A huge group at Longwood Gardens to see their amazing fall lightshow!



Aidan sporting his many powerlifting medals from Special Olympics at Desales University!



Bowling at Wynnewood Lanes is always a blast with lots of laughs!

Home Office
950 East Haverford Road
Suite 100A
Bryn Mawr, PA 19010
P: 877-384-1729 F: 610-527-8672
www.kfamilyolutions.org
www.facebook.com/kfscares
www.linkedin.com/company/kaleidoscope-family-solutions-inc-
www.twitter.com/kfscares
www.instagram.com/kfscares