

Enjoy some photos of us out and about in our communities. We are “creating a colorful difference” together!

A Message from our Executive Director:

Red, orange, yellow and even purple! The colors of October never cease to inspire me. Beauty is everywhere and I have to stop at moments, take a breath and remind myself to appreciate this time. So often, life gets busy. It can deter us from being in the moment. Hopefully, we can all refocus this time of year – breathe in the scents and scenes around us.

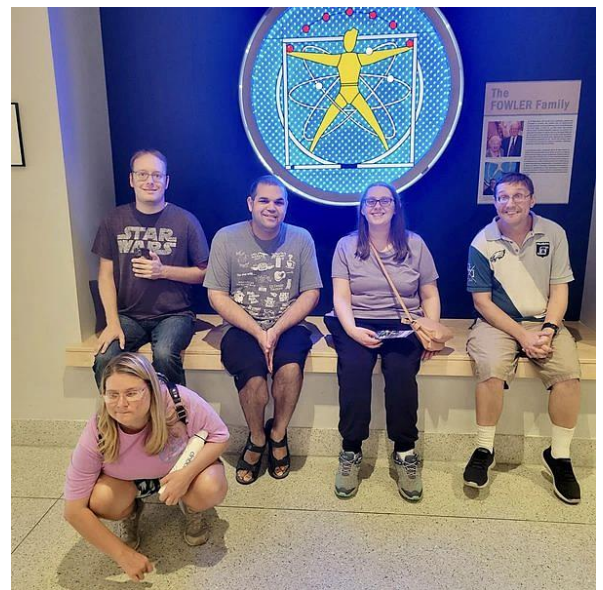
Our Kaleidoscope monthly vision inspires us to open doors in our community(s). One way to do this is to reconnect with stakeholders and/or community partners that we may have lost touch with. Additionally, we might take the opportunity to evaluate current relationships while looking for ways to grow them, make action plans, and execute them effectively. This is not always a simple task, but we are up to the challenge. Utilizing our resources can provide assistance. One example might be to make a list of, and consequently attend, networking functions in your area, especially if their cultures match yours. The outcome is always a positive one when we put emphasis on the development of community connections, as well as expand our ability to open our doors to those we can serve.

In this forum of communication with you, I often talk about happiness and the ability to foster more of it in our lives. A recent and ongoing Harvard University research study continues to prove that the number one thing to finding happiness is the quality and depth of your relationships. Using the metaphor of opening doors to enhance relationships can greatly move us closer to having this benefit our immediate lives. Furthermore, a similar and related study challenges us to look “outside of the box” to find a consistent sense of happiness. One trick is to look for the extraordinary in the ordinary. For example, when you do your daily gratitude list, look around you for the things you possibly take for granted. It’s easy to get complacent when everyday life gets monotonous. Because the aspect of shorter days in October might bring a sense of sadness or, for lack of a better term, darker moods, why not take a few moments to look at your ordinary routines and explore possibilities to make them extraordinary? Simply, add a smiley face to your morning pancakes. Or, instead of walking in your neighborhood, find a nearby park with waterfalls and watch the magic of nature. The list is endless.

This is a reminder to explore the sights and sounds of autumn. In addition, take some time to think about closed doors or areas in your life that can possibly be opened a bit more. It just might make your life – and others, a happier place.

Have a wonderful month of opening doors and extraordinary possibilities,

Dr. Tara Colleen Macatee





Bringing on the Fall Dance! An indoor and outdoor adventure!



Mission Monday

Mission Monday is our place to honor those providers from each region who exceeded expectations this month. Thank you!

LCPA: Kassidy Laczko has been with KFS for a few months now and she has been amazing! She is very reliable and is willing to help in any way possible. She has great communication with her coordinator and we always get positive feedback from the families about the work she is doing with the individuals she supports.

WPA: WPA would like to nominate Bruce Rader this month, Bruce has really stepped up to help us save a case that was in jeopardy. This case was very sensitive and coming off of an incident. Bruce accepted the case and has been a great DSP for our individual. Bruce was present for our activity in Erie and was great with all of our individuals. Bruce has also been with KFS for many years! Thank you for all you do, Bruce!

EPA: Kathryn Garrett has gone above this past month creating productive in-person shifts that expand the goals of our individuals. Kathryn's communication with everyone is exceptional and her effort while in group activities is also very appreciated. We can't forget to mention her contagious smile! Thanks Kathryn!

NEPA: JoAnna Nunez has worked with us at KFS for many years and continues to provide services that are above and beyond. Her work shows that she truly cares about the individuals she works with, and she shows up to work with compassion on a daily basis. She is hard-working and communicative, and is someone that we are lucky to have working with us. She has made such a positive difference in the lives of the individuals she works with, and she continues to do so.

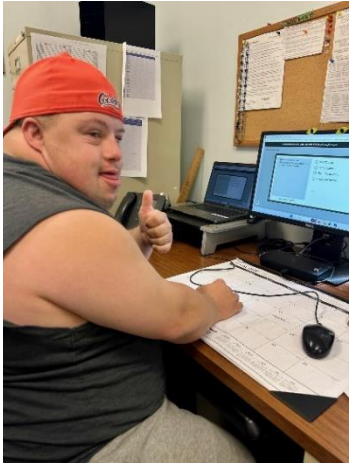
CPA: Donna Hayes always is going above and beyond for the individual she supports. She is a great communicator and makes sure the team is all on the same page with what is happening in the individual's life. Thank you for always being person centered.

NEXT: Suzanne Marsico has displayed effective communication with us and the individuals. Suzanne is passionate when it comes to helping individuals achieve and maintain progress. She continues to ask questions and remain thoughtful and consistent.

The creativity is second to none at our afternoon art groups!

A Special Congratulations ...

Adam completed his training in order to volunteer at UPMC Western Behavioral Health of the Alleghenies Adult Center for Exceptional Learning (ACEL).



Individual Highlight!

Ian participated in The Unified Fore Joy ProAm, along with the Executive Advisory Committee, which is the world's first and largest Unified Golf Tournament. He won silver medals, marking a milestone in PA Special Olympics history.



Here are some special days that we love in October!

- 10/1 – International Coffee Day
- 10/3 – Look at the Leaves Day
- 10/4 – National Taco Day
- 10/4 - World Smile Day
- 10/14 – Columbus Day (2024)
- 10/16 – National Boss's Day
- 10/17 – Wear Something Gaudy Day
- 10/21 – Back to the Future Day
- 10/26 – National Pumpkin Day
- 10/30 – National Candy Corn Day
- 10/31 – Halloween



Praise for Kaleidoscope

“So happy for him to have new experiences with the KFS team; Kaleidoscope has been terrific for Kaseem.”

--Joanne Ravina, Guardian

“To all of my Kaleidoscope friends and family ... This is for you! Thank you for being you because if you all weren't in my life, I don't know what I would do without you guys!” --Carolann

I just spoke with Kyle's mom and she stated that Kaleidoscope is “in it” for the individuals and makes sure that they get what is best for them. She feels that we are going the extra mile to make sure Kyle gets what he needs in order to build independence; and is also happy that we are working with him to get a volunteer opportunity!

--Carla D'Angelo, KFS Clinical Coordinator

Mom really appreciates Karin's efforts and work with her son and the activities that he is doing. Also, she appreciates the extra activities Karin and other DSP's have done with small groups.

-Trish Treskot, Program Director, EPA

Congratulations are in Order!

- Mikey received the Home Depot *Milestone* Award for his exemplary work (see photo)!
- Lori celebrated 25 years of employment at the Pittsburgh Children's Museum!
- Liana is very conscious of her weight and how she looks. She exercises 4 or 5 times a week and doesn't eat snacks!
- Ben got a job at his alum school, Vanguard, as Special Assistant to the Executive Director!
- Ariel went to look at an apartment ... the start of planning to live on her own!
- Larry is going back to work at the workshop!
- Joey is volunteering his time at a local fair!
- Prince has been using the Lyft App to get back and forth to the laundromat – road to impendence!
- Congratulations to Winnie, Clair, Aubrie, Aidan, Eric, Ian and Weronika for their participation at the Special Olympics Fall Classic in Hershey, PA! *Weronika also received the Award of Excellence for Great Sportsmanship (see picture)!
- James has been helping his mom prepare for the week in her school classroom!
- Sophie won a prize for her nephew at the KOP Fair!
- Allie celebrated a one-year anniversary at The Lima Estate! The residents love her!
- Ben ran a 5k and got a medal (see picture)!
- Maddie started a new job as a pre-school aid!
- Jill and Jackie participated at the Buckingham Friends Peace Fair!
- Barbara started a new job on the janitorial staff at a local factory!
- Colin got a job at Prospect Park School. He will be cleaning the tables, filling the milk, sweeping and more!

HALLOWEEN SPIDER WEB MINI PEACH COBBLERS

Ingredients

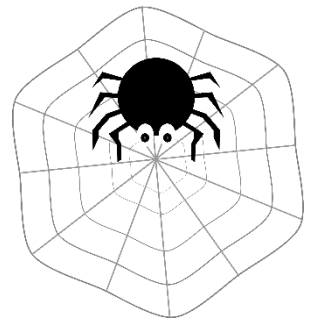
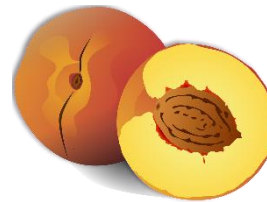
- 2 peaches - sliced thinly
- 1 teaspoon cinnamon
- 2-3 tablespoons white sugar
- 2-3 tsp corn starch
- 1 tablespoon butter
- 1/4 cup cream
- white candy melts + squirt bottle.
- 1 pie crust (I was lazy and used refrigerated pie crust)



Instructions

- Preheat oven to 425 degrees.
- Wash peaches and slice small and thin.
- Mix up peaches, cinnamon, sugar, and corn starch.
- Grease each ramekin.
- Spoon peach mixture into each ramekin and fill to the top.
- Add little bits of butter all around each ramekin.
- Unroll pie crust and cut out spider shapes.
- Lay each spider shape crust on parchment paper and using a knife, follow along the spider web edges inside as you get further and further to the center of the crust.
- Carefully pick up the crust and lay it on top of the ramekin.
- Take the cream and brush it over the tops.
- Bake for 25 minutes, until golden brown.
- Allow to cool completely before adding spider web.
- Melt the candies in the bottle.
- Create a spider web on top of each crust.

Submitted by Bette from Allentown



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