

# THE CDC CORNER

## NEWSLETTER

### OUR MISSION

*Providing supports and services to children, families and individuals with disabilities while addressing the health and well-being of all persons in the communities in which we serve*

### Inside This Issue:

- 50 Years Page 2
- Annual Inservice Page 3
- EI Page 4
- CCA Page 5
- ISC & FS Page 6
- ES & SEL Page 7
- Office Page 8
- Happenings

Pull out your calendars and get ready to celebrate! March 21st, 2023 is World Down Syndrome Day. Established in 2006, this special holiday is meant to highlight and promote awareness of Down Syndrome, a condition in which individuals have an extra, or third, copy of chromosome 21.



The Shelbyville Family and Community Education (FCE) Club stopped by this past fall to donate several hand-crafted fidget blankets for CCA and EI children. We are so grateful for their generosity!



50 years in the books! The successes of our agency were honored with several 50th Year Celebration ceremonies this past year. Thanks to the support of our board members, community, and staff, the Community Development Center will continue to flourish for years to come.

### Holidays:

- Jan. 17 World Braille Day
- Feb. 6-12 Feeding Tube Awareness Week
- Feb. 14 Congenital Heart Defect Awareness Day
- Feb. 28 Rare Disease Day
- Mar. 21 World Down Syndrome Day
- Mar. 26 Purple Day for Epilepsy



# 50 Years of Service

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50<sup>th</sup>

50<sup>th</sup>

Our 50th Anniversary marked a milestone in the history of the Community Development Center. The Bedford, Giles, Lincoln, and Marshall County locations celebrated this special event with a brief ceremony, followed by the commemorative planting of a tree sapling. Our board members, local public advocates, and friends were among those who joined the festivities. Our hope is that the Community Development Center, like these young trees, will continue to grow and prosper over many years to come, bringing light and life into the homes and lives of our Tennessee communities.

*Thank You!*



# Annual Inservice

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Our Annual Inservice took place on a crisp autumn day at Henry Horton State Park this past October. This annual gathering serves as a chance for our staff members who do not cross paths on a daily basis to mingle, connect with, and learn more about one another. Complete with outdoor games, a delicious lunch, and team-building exercises, our "Through the Decades" shindig was truly a "groovy" time! We as a staff are thrilled to experience yet another wonderful year of growth and progress in 2023.



# Early Intervention

DID YOU KNOW?

The principles of Early Intervention are: to support families in promoting their child's optimal development, facilitate the child's participation in family and community activities, and encourage the active participation of families in the intervention by imbedding strategies into family routines.



Coffee, Franklin, and Moore counties had a wonderful time celebrating the holiday season this past December. We would like to thank the Dusty Elam Foundation for their help in making this Christmas party as magical as the North Pole!



Jase came to the CDC when he was almost 3 months old. He has Spina Bifida, clubbed feet, and had surgery in utero at 25 weeks. He received teletherapy 2 times a month for 1 hour with Mom and Dad. Jase has moved from tolerating tummy time to running now, at age 3. He has focused on holding toys and changing the toy from one hand to the other to being able to throw a ball and color with crayons.

He has also received physical therapy, occupational therapy, and speech/feeding therapy, along with the developmental therapy that Early Intervention provided. At age 3, Jase only qualified for and is receiving speech therapy with the school system. The family has worked very hard to get Jase where he is today.

Liam entered the CDC at 14 months old and started therapy visits twice a month to help work on his speech. The family has transitioned to weekly visits to help with Liam's speech due to being unable to take him to an alternative speech therapist. Liam has gone from using only a few words to using two- and three-word phrases. He will let his parents know what he wants most of the time using words. He still sometimes has to be reminded to ask for something instead of pointing or reaching. We are so proud of how far Liam has come!



Liam was 3 months old when he entered the program, starting with developmental therapy virtual visits 2 times a month for an hour. He spent 71 days in the NICU and was born at 26 weeks weighing 2lbs 4 oz. We started working on Liam reaching for and holding a toy, then moved on to using both hands to hold the toy. Liam had to have help in all areas but started picking things up quickly. Liam is now able to climb up steps without help, run, and when he wants to, he can tell his older brother to stop. He is still working on using more words but is doing great in all other areas. His family will soon meet with the school system to see if he will qualify for services. All the progress that Liam has achieved is because the family has worked hard to get Liam to grow and meet his milestones.

Ezreal (EJ) came into the CDC when he was 20 months old. He comes from a bilingual family that speaks Spanish and English and was not yet talking. Mom and Dad were worried about how he was communicating with them and were not sure if he understood what they asked him to do. For example, instead of pointing or speaking, EJ would throw his cup at them for more drink. We worked on him putting the cup in their hand and also having him choose what he wants to drink or eat. EJ is still working on using words. They did get a little more understanding why he is not talking this year when he was diagnosed with autism. We are working on him using an item or picture to let his family know what he wants. EJ is receiving speech and occupational therapy. They are working to get behavioral therapy started. EJ will do some back and forth play with people in the family now and is making more sounds. He has even said "Mom" a few times!

# The Children's Center for Autism

## CCA Skill of the Quarter:

## CONSEQUENCES

In the ABA world, consequences are not a “bad” thing! Reinforcement simply means something that increases behavior. Punishment simply means decreasing behavior. These are often confused when thinking about “discipline” and “rewards”. When you are working on a behavior you want your child to increase you want to make sure you are adding a consequence that will reinforce the behavior. This could be a piece of candy, praise, or even taking away something they don’t like. To decrease a behavior you want to punish it by adding a consequence that decreases the behavior based on the function of the behavior. This could mean removing eye contact if the behavior is for attention, or prompting through a demand you have placed if the behavior is for escape.

DID YOU KNOW?

The Children's Center for Autism (CCA) is an intensive behavioral therapy program providing both individual and group therapy for children ages 18 months to 12 years old who have been diagnosed with an Autism Spectrum Disorder (ASD). CCA is located in Lewisburg, TN in the Child Development Center, and Shelbyville, TN in the Child Development Center.



The CCA staff members had a ton of fun at the annual inservice event! One day per year, the agency sets aside a time to work on training, support, and fellowship!



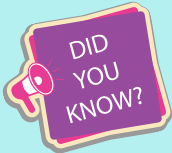
Looking to help support the CCA program? Here is a list of possible donation items that CCA uses on a daily basis to help support our kids:

Laminating Paper - Velcro - Multi Colored Construction Paper - Glue - Washable Paint - Sensory Bin items like: dry rice, dry beans, dry pasta, playdoh, cornstarch, bubble wrap, sand, colorful fish rocks, etc.



# Independent Support Coordination/ECF Services

The ISC program coordinates services for individuals, primarily adults, with intellectual and developmental disabilities who are enrolled in the Medicaid Waiver. Individuals supported by the ISC of CDC include those living in seventeen counties throughout South Central Middle Tennessee.



## Dignity of Work in the Spotlight:

In the February 2023 issue of the local magazine *Good News Tullahoma*, several individuals supported in the ISC program were spotlighted. *Good News Tullahoma* is a monthly publication that highlights the good happening in the local community. The magazine spoke to Skills Development Services about the ways in which individuals supported have jobs in the community, discussing just how meaningful this is. Jason and Scott, who work at a grocery store and a restaurant respectively, were the stars of the article. Eddie Medley, the Employment Specialist with Skills Development Services, discussed success stories of community employment and was very complimentary to the city of Tullahoma for always being willing to hire those with disabilities. If you are ever in Tullahoma, you can go to the Sun Drop Shoppe where you will likely see Scott's smiling face.



~Jason & Eddie~

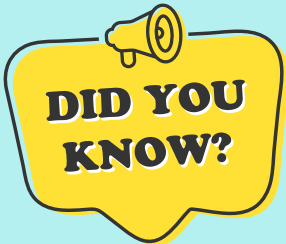
Picture courtesy of *Good News Tullahoma*



~Scott~

Picture courtesy of *Good News Tullahoma*

## Family Support



It is the mission of the Community Development Center to provide flexible support services and empowerment to families with members who have severe disabilities in Bedford, Marshall, Lincoln, Coffee, Franklin and Moore counties.

Anyone with a severe or developmental disability which is attributable to a mental and/or physical impairment, which is likely to continue indefinitely, and results in substantial limitations in at least three major life functions, is eligible for Family Support services.



## Family Support Program Fortunate to begin Fiscal Year with Budget Increase

It has been a multitude of years since the Family Support Program has received a budget increase from the State of Tennessee, but fiscal year 2023 brought the welcome news from Governor Bill Lee. In years past, agencies were asking state legislators to keep Family Support in the budget, but finally Family Support funding was moved to a recurring item, and this year at the request of DIDD Commissioner Brad Turner and Deputy Commissioner Andy Kidd, the need for an increase was recognized. Statewide the increase amounted to \$1.03 million for fiscal years 2023 and 2024. For the Community Development Center Family Support Program, this increase meant we were able to begin the fiscal year in July with \$22,238 more to support the families in five of the six counties we serve. (Smaller counties across the state were not included in the division of the additional funding by DIDD.) This increase also meant the CDC has an additional \$3,924 to apply to the administrative costs of running the Family Support Program. All in all this increase in funding means the program is able to serve a minimum of 18 additional families in fiscal years 2023 and 2024. This came at a perfect time as the program has seen a decrease and cut in other grant funding from local programs such as United Way.



# Employment Services

The Employment Services program helps adults who are living with disabilities and other barriers to work find the services and support they need to be successful. We provide evaluation, training, job placement and support services to exceed the expectations of both job seekers and employers. Our program provides support with all aspects of job readiness including workplace expectations, training and skill development, resume development, interview techniques, job search, and on the job training. Employment Coordinator & Specialist are available to assist in ensuring a successful employment.

DID YOU KNOW?



Employment Services is growing! Since the start of the 2022-2023 school year, the Employment Services Pre-Employment Transition Services (Pre-ETS) program has grown to cover eleven schools in six counties. With an increase in funding, the Pre-ETS program is looking to continue expanding to serve more students at the schools currently served, as well as possibly expanding to new counties. With the services provided through Vocational Rehabilitation during the current fiscal year, the Employment Services team has placed five individuals in jobs. Of those placed, three individuals received jobs making \$12 per hour or more.

Alex is a young man with Autism who was referred to our program through Vocational Rehabilitation (VR). Alex had been a VR customer since 2018, but had not been receiving any services for over two years due to Covid-19 and lack of available providers. Alex had not previously worked, but had been wanting to work for some time. The Community Development Center began working with Alex in June 2022. The ES program assisted Alex with job readiness by creating a resume for him and helping him practice job interviewing skills. Alex expressed interest in working at Food City. The Employment Services Coordinator met with the Human Resources manager of Food City to discuss finding a position in their store for Alex. The ESC helped get Alex an interview and went with him to the interview as Alex needed additional support with interview skills. Food City hired Alex as a Courtesy Clerk in October 2022. He has been working there successfully for almost three months! Alex reports that he loves his work at Food City and his manager says he has been doing a great job learning how to bag groceries and assist customers. Alex lives with his Grandmother who is very excited with the progress Alex has made and is happy to see Alex take the first steps towards independence.

# Senior Equipment Loan

The Community Development Center's Senior Equipment Loan program is a free program for Seniors in need of durable medical equipment. The program was initially funded through a special grant from the Community Foundation of Middle Tennessee. This program is available to all seniors residing in South Central Middle Tennessee.

DID YOU KNOW?

## Offered Equipment:

- |                                |  |
|--------------------------------|--|
| Collapsible Wheelchair         | Shower Grab Bar                        |
| 3 Position Lift Chair          | Toilet Seat Elevator                   |
| Rollator                       | Bedside Rail                           |
| Accessible Ramp                | Bath Chair                             |
| Bath Bench                     | Over-the-Bed Table                     |
| Toilet Seat with Aluminum Legs | Hoyer Manual Hydraulic Lift with Sling |

**\*Delivery & Assembly (if applicable) are not included**

# Welcome to the Team!

|                   |                                  |         |
|-------------------|----------------------------------|---------|
| Amanda Keller     | Early Intervention               | Oct. 3  |
| Kathryn Colburn   | Independent Support Coordination | Oct. 10 |
| Lisa Fields       | Early Intervention               | Oct. 17 |
| Catherine Emerson | Administration                   | Oct. 21 |
| Chastity Crowe    | Early Intervention               | Oct. 24 |
| Tiffany Ward      | Early Intervention               | Dec. 2  |
| Meghan Messick    | Employment Services              | Dec. 19 |



|                   |         |
|-------------------|---------|
| Shinar Hurd-Smith | Jan. 9  |
| Brook Hasting     | Jan. 11 |
| Martha Baker      | Jan. 17 |
| Dani Dorey        | Jan. 17 |
| Catherine Emerson | Jan. 21 |
| Jennifer Williams | Jan. 22 |
| Rachel Rudolf     | Jan. 28 |
| Tiffany Stephens  | Jan. 30 |
| Monica Robinson   | Feb. 8  |
| Daryl Graham      | Feb. 24 |
| Meredith Cooper   | Mar. 6  |
| Koley Borah       | Mar. 14 |
| Cindy Hatchett    | Mar. 18 |
| Sue Long          | Mar. 30 |

## Read All About It!

### Universal Changing Tables

Promoting community inclusion by offering a safe, private, and hygienic toileting option to all Tennesseans

The Department of Intellectual and Developmental Disabilities (DIDD) is excited to announce a new \$1 million grant program for Tennessee businesses and municipal governments to assist with the cost of installing universal, adult-size changing tables.

Interested in installing a table or applying for a grant?

Use the link below to find out more:

<https://www.tn.gov/didd/for-consumers/adult-size-changing-tables.html>

### Disability Day on the Hill

Join us on Wednesday, March 8th from 9am-2pm! This in-person event will take place at the Cordell Hull Building in downtown Nashville. Use the link below to find out more: <https://www.tndisability.org/disability-advocacy-day>

P.S. If you plan on attending, please send photos of the event to [catherine.emerson@cdctn.org](mailto:catherine.emerson@cdctn.org). Thank you!



|                        |                |          |
|------------------------|----------------|----------|
| January                |                |          |
| Tabatha Norton         | Administration | 4 years  |
| Teah Obeidalla         | CCA            | 6 years  |
| February               |                |          |
| Rachel Rudolf          | CCA            | 7 years  |
| March                  |                |          |
| Haley Anthony          | CCA            | 1 year   |
| Martha Baker           | ISC            | 4 years  |
| Katherine Roland-Crick | CCA            | 1 year   |
| Lindsay Rose           | CCA            | 2 years  |
| Sara Thorpe            | ISC            | 1 year   |
| Teresa Winnette        | EI             | 26 years |



<http://www.cdctn.org>



<http://givingmatters.civicore.org>



<https://smile.amazon.com/>



Community Rewards Program



<https://www.facebook.com/CommunityDevelopmentCenter>