



The Voice of the CDC

Winter 2013'



ISC of CDC

Independent Support
Coordination
of
Community
Development Center

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The Shelbyville ISC Advisory Board

The Shelbyville office ISC Advisory Board held its annual meeting on October 18th at the Shelbyville Recreation Center. The topic for this year was, "Ways to Manage Stress." Members were invited to come in their favorite "1960's Groove Theme" attire and the meeting kicked off with a 60's themed Bingo game. The speakers for the meeting were representatives from Elite Behavior Analysis, Amy Petty and Charles Shyblosky. Ms. Petty facilitated a group discussion on the causes of stress in our everyday lives and ways to deal with stressful episodes when they happen. A question and answer session followed, then members, assisted by ISCs and DSP staff, put together their own "stress balls" made with balloons and rice. The afternoon wrapped up with a lunch of homemade chili, broccoli cheese soup and chicken noodle soup ending with dessert - a perfect lunch for a crisp fall day. After lunch, a 60's theme dance contest got everyone moving with prizes awarded for the best dancers.

Shelbyville ISC Supervisor, Amy Todd



Milly Dismukes' dancing skills!



2013 Advisory Board Meeting



Barbara Berry loves to dance and get her picture taken!



Randy Ray won a pair of gloves in Bingo!



Amy Perry & Charles Shyblosky from Elite Behavior Analysis.



Deborah Heath & ISC, Kristin Quinn.



"Family Is Forever"...

Otis & John Lindsay

Columbia ISC's Renee Reed & Cienetta Perry



It was a lifestyle change when brothers Otis and John Lindsay moved away from their family home to homes of their own. At their new addresses, both men established their own relationships, community memberships and daily routines. Although they are supported by different provider agencies, the importance of their family bond is never overlooked, supporters at Friendship Home Services and Impact Center make sure Otis and John get together. A recent get together included some brotherly competition at Galaxy Lanes in Columbia. Mrs. Lindsay, their mother, was surprised when she saw just how good a bowler John is! Scorekeeping aside, being part of the Lindsay family is a perfect game.



Otis and John ready to bowl!!!



Otis Lindsay (on right).



Patty Baker...all smiles!



Justine Weaver...lady in red.

PROM...

On Saturday, November 9th the Down Syndrome Association of Middle Tennessee held a prom with support from the Pujols Family Foundation. The prom was held at the Opryland Hotel in Nashville. Justine Weaver and Patty Baker, both of whom are supported by Skills Development Services in Tullahoma, attended the event. Justine and Patty were both very excited to have the opportunity to attend the prom. Leading up to the prom, Justine explained to everyone that she would be wearing a "long red carpet" and having her picture taken. Patty and Justine were escorted down the red carpet by volunteers and joined other prom attendees for the music and food. Both ladies had a wonderful time as shown by their glowing smiles.

Shelbyville ISC, Heather Sullivan

Getting to Know: *Frankie Ray*



Favorite past time: Writing Songs.



Favorite TV show: Country Music Videos

Favorite food: Mexican or Chinese



Things I like to do: Record songs & sing them.

Birthday: February 8th



Favorite Outing: Helping with Meals on Wheels. Going shopping & out to eat and spending time with parents.



Quote from Shelbyville ISC, Sheri Lowe: “Frankie is a very friendly, outgoing man who never meets a stranger. Frankie is a talented singer and song writer and I enjoy listening to his new songs during our visits.”

Family Support Program Funding in Jeopardy Once Again

For the last several years recipients of Family Support services, their families, and other supporters of the Program have had to fight for full state funding to continue. It looks as if fiscal year 2014-2015 will be no exception. As state departments prepared budgets for the new fiscal year, Family Support funding was again removed to accommodate the 5% across the board cut requested by Governor Haslam. The Family Support Program is asking for everyone's help. Please contact your local legislators, sharing with them the value and necessity of this Program, which serves more than 4,753 individuals across Tennessee with intellectual or developmental disabilities. (There are 3,652 individuals waiting for FS services.)

To find contact information for your local legislators go to www.capitol.tn.gov

Christy Jenson, Coordinator, Family Support Program

(Pictured L to R) The Frye Family of Franklin County.

Grandad, Thomas Wicklander, grandson, Kevin and mom Carol Frye.





Pictured Top Row L to R: Stephanie Kinkle, Barbara Parks, Don Bingham
 Bottom Row L to R: Ricky Bingham, Ray Kelley & Chris Courtemanche (elf behind Santa Claus); Gene Kilburn
 Pictured Bottom Right Below: John Wood



Pictured on Left: Columbia ISC, Rhonda Green
 "Winner of the Columbia ISC office decoration contest"

From all of us at the ISC of CDC
 Happy Holidays!!!





At Peace...At Rest...Bless Them All

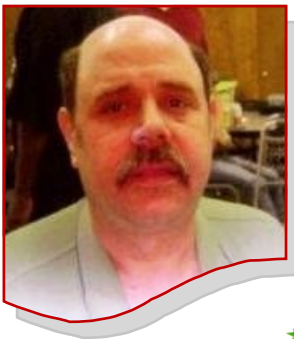
Mary Jane Matthews passed away on Friday September 13, 2013. To know Mary was to love her. She had a wonderful sense of humor and loved to laugh. She was a long time member of the Carmack Boulevard Church of Christ and worked at Taco Bell for 14 years. Mary's favorite place to be was in the mountains of East Tennessee and she vacationed there whenever she could. She was always appreciative of the people in her life and never took anything or anyone for granted. Mary would be quick to thank you for whatever you did for her. She will be greatly missed by all those whose lives she touched.

Columbia ISC, Taffe Cunningham



Johnnie Mack Brown was a sweet man with a gentle spirit. He was a very friendly person and usually had a smile for everyone he saw, especially his friends and family. If he met you once, he considered you a friend. His smile and positive attitude were contagious. He could very easily brighten anyone's day. Johnnie was born January 14, 1957 in South Bend, Indiana, but lived most of his adult life in Winchester, TN. He passed away on Thursday, November 14, 2013 at Alive Hospice in Nashville. He will be truly missed.

Shelbyville ISC, Rachel Chisum



Jeff Young lost his battle with Non-Hodgins Lymphoma cancer on December 12, 2013. He fought very courageously throughout the ordeal. Jeff was a great sports fan who enjoyed following Lincoln County High School football as well as the New England Patriots. His favorite music artists were KISS, Michael Jackson, and Elvis. Jeff was able to visit Graceland just a few weeks ago. He was a great friend to many and will surely be missed.

Shelbyville ISC, Glenda Griffin



CDC CLOSED FOR HOLIDAYS:

Wednesday, December 25th

Thursday, December 26th

Friday, December 27th

Wednesday, January 1, 2014



MERRY CHRISTMAS