

# THE CDC CORNER

## 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.*



### SOCIAL MEDIA SPOTLIGHT!

Check out our Facebook and Instagram to see our staff and their families having a fabulous time in the snowy weather this winter!



The CDC sure does love Central High School's Interact Club, Spanish Club, and National Honor Society! Thank you to these "Santa's Helpers" for donating and delivering children's gifts to our annual Early Intervention Christmas Party for Bedford County. Because of you, the children we serve were certain to receive a gift during the most wonderful time of the year!

## UPCOMING HOLIDAYS

- Feb. 2 World Cancer Day
- Feb. 15 Int'l. Angelman Day
- Feb. 29 Rare Disease Day
- Mar. 1 Int'l. Wheelchair Day
- Mar. 21 World Down Syndrome Day
- Mar. 26 Purple Day for Epilepsy
- April Parkinson's Awareness Month
- April Occupational Therapy Awareness Month
- Apr. 2 World Autism Awareness Day



# Local Happenings

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## Bedford County:

**Bell Buckle Daffodil Day** | 10am - 4pm on Saturday, March 16th  
at the Bell Buckle Banquet Hall, 27 Railroad Square, Bell Buckle, TN 37020

## Coffee County:

**Piping on the Green** | 8am on Saturday, April 6th  
at the South Jackson Performing Arts Center, 404 South Jackson Street, Tullahoma, TN 37388

## Davidson County:

**Nashville Cherry Blossom Festival** | 5pm - 7pm on Saturday, April 13th  
at 1 Public Square, Nashville, TN 37201

## Franklin County:

**Decherd Potato Festival** | 10am - 6pm on Saturday, April 6th  
at 200 East Main Street, Decherd, TN 37324

## Giles County:

**Annual Vicky Garland Memorial POW WOW** | 10am - 5pm on Saturday, April 27th & Sunday, April 28th  
at Giles County Ag Park, 2014 Elkton Pike, Pulaski, TN 38478

## Hickman County:

**Family Game Night** | 3:30pm - 5:30pm on the first Monday of each month  
at the Hickman County Public Library, 120 West Swan Street, Centerville, TN 37033

## Lawrence County:

**Holiday Acres Farm Paint Party - Valentine the Cow** | 6pm - 8pm on Saturday, February 10th  
at Holiday Acres Farm, 346 Campbellsville Pike, Ethridge, TN 38456

## Lewis County:

**Preschool Story Time** | 10am on Tuesdays  
at Lewis County Public Library, 15 Kyle Avenue, Hohenwald, TN 38462

## Lincoln County:

**Easter Eggstravaganza** | 5:30pm on Tuesday, April 16th  
at Don Davidson Ballfield, 1701 Wilson Parkway, Fayetteville, TN 37334

## Marshall County:

**Story Time** | 10am on Fridays  
at the Chapel Hill Branch of the Marshall County Memorial Library, 2202 Unionville Road, Chapel Hill, TN 37034

## Maury County:

**Columbia 50th Anniversary Mule Day Parade** | 11am - 12:30pm on Saturday, April 6th  
at Historic Downtown Columbia, West 7th and Garden Street, Columbia, TN 38401

## Moore County:

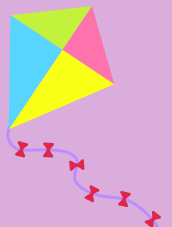
**Valentine's Day Daddy Daughter Dance** | 6pm - 8pm on Saturday, February 10th  
at Lynchburg Elementary School, 276 Mechanic Street North, Lynchburg, TN 37352

## Rutherford County:

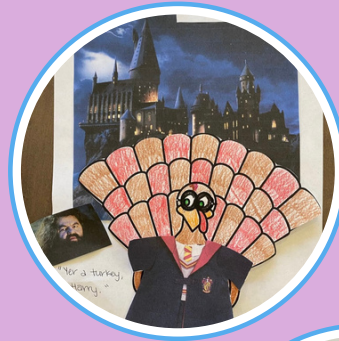
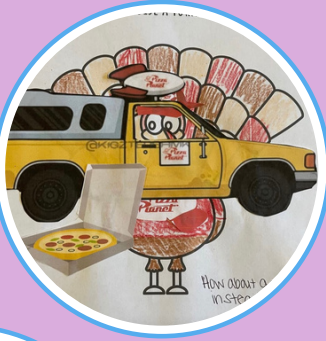
**Underwater Egg Hunt & Spring Festival** | 10am - 2pm on Saturday, March 30th  
at 521 Dr. Martin Luther King Jr. Boulevard, Murfreesboro, TN 37128

## Williamson County:

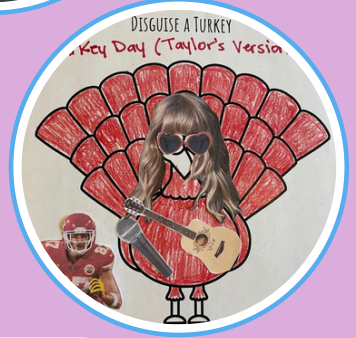
**Kite Festival** | 1pm - 4pm on Sunday, March 3rd  
at Franklin Recreation Center Soccer Fields, 1120 Hillsboro Road, Franklin, Tennessee 37064



# Around the Office



With the cold weather settling in, we decided to make things around the CDC fun and festive! Check out what our staff has been up to with our staff-wide "Disguise A Turkey" contest, our fall-themed door decorating contest, and our holiday-themed door decorating contest!



Congratulations to our fall door decorating contest winner, Ms. Leslie!



# Early Intervention

Bedford County Child Development Center held its annual Christmas Party for families. The staff and volunteers worked hard to ensure the event was a huge success. A special thanks to the SCHS National Honor Society, Spanish Club, and Interact Club members, Girl Scout Troop 2166, Food Lion, Domino's Pizza, and of course Santa Clause, who arrived with presents for all the children!



The Dusty Elam Foundation sponsored a Christmas Party for CDC families in Coffee, Franklin and Moore Counties. A delicious dinner and gifts from Santa were the highlights of the evening.



Breakfast with Santa fundraiser supporting the Lincoln County Child Development Center and Children's Center for Autism was held December 2nd. The generous support of the community made this year's event a huge success!



Merry Christmas



# The Children's Center for Autism



## IEPs and 504s

Individualized Education Plan (IEP) season is coming up! Did you know that if your child has a diagnosis that impacts their ability to learn they can be evaluated for additional supports within the school system? All children that are eligible have the right to a Free Appropriate Public Education (FAPE) and can receive additional supports such as speech therapy, occupational therapy, guidance counseling, resource pull out services, and other supports. For more information we recommend the TN-STEP team for supports. You can find information at [tnstep.info](http://tnstep.info)!

### CCA Opens Lincoln County Location!

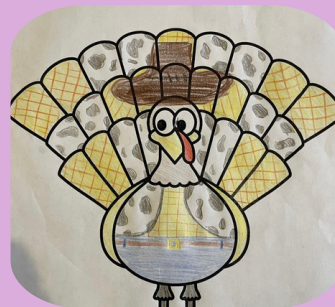
We are so excited to announce the opening of our Fayetteville location! If you are interested in joining our team, have a family interested in services, or you are interested in services please reach out at 931-684-2293 or [cca@cdctn.org](mailto:cca@cdctn.org).

REMEMINDER

April 2nd is Autism Awareness and Acceptance Day! Don't forget to wear blue!



CCA friends had so much fun at our annual Holiday Party and decorating our Turkeys!

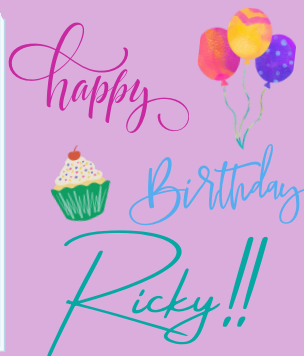
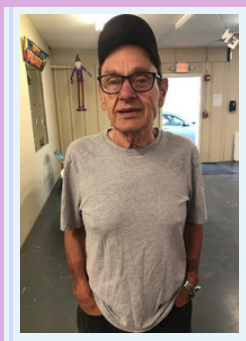


### Looking to help support the CCA program?

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/TN Strong Families



On December 7th, 2023, the ISC program staff gathered for their annual holiday luncheon at The Avenue in Murfreesboro, TN where they attended a studio painting session at *Painting with a Twist*.



“I was invited to Skills Development Services to celebrate some birthdays they had going on. Ricky's birthday was on 12-22 and he was among the birthday men and women celebrated. He celebrated a little early with all of his friends and staff around. Everyone who knows Ricky knows how positive and outgoing he is. Ricky is a pure joy to be around and will bring a smile to anyone's face.”

~ Cassidy, Independent Support Coordinator

After their painting session they enjoyed a well deserved lunch at *BJ's Brewhouse* and exchanged Secret Santa gifts along with lots of laughter and a wonderful time enjoying one another's company. The ISC staff would like to send a special “thank you” to Heather Brown (ISC Program Manager) and Sheri Vaughn (ISC Supervisor) for putting this together for their staff and allowing them to start the holiday season off with great memories of such an enjoyable event with their co-workers!

## Family Support



Below freezing temperatures make it hard to think about the sun, the ocean, and planning a family vacation to the beach, but when those in our disability community begin making plans and are thinking about renting a beach wheelchair to make mobility easier for a family member or friend, we want them to reach out to the CDC. About seven years ago, the Family Support Program (and the local chapter of the Wild Turkey Federation) helped Mandy Jean and her mom Carol purchase a beach wheelchair for Mandy to use on quick trips to the beach. From their first trip with Mandy's new chair, Carol has shared their blessing... in her 2017 text she sent this picture and a story of sharing Mandy's chair with a husband and wife on the last day of their vacation. The husband had tried to rent a chair for his wife who was a paraplegic with no success. Carol learned he had been carrying his wife to the beach on his back. That last vacation day, Carol and Mandy shared Mandy's chair and this stranger's wife enjoyed some time in the water and then he was able to roll his wife to their car for the trip home. Carol commented it made her feel good to help them. Just a few weeks ago Carol lost her Mandy, and even with her heart broken, Carol continues to want to help and share her blessings. Just one of the pieces of equipment Carol contacted the Family Support Program about hoping to share with others is Mandy's beach wheelchair. In recognition of Carol's big heart and our love for Mandy, we've decided to hang on to the beach chair and make it available on loan to families to use on their vacations. Carol loves the idea, and so do we. This will allow us to share our blessing... having Mandy Jean as a part of our life.



We will be posting on our social media accounts and reaching out to the disability community soon on how families can contact the CDC about using Mandy's chair for their vacation.

# Employment Services



The Employment Services program has been growing! Over the past few months, the Pre-Employment Transition Services program has expanded into more schools and counties, now serving 15 schools across 8 counties. The program expects to add a couple of middle schools in Bedford county in the upcoming months as well. In November, the Employment Services program brought on a new Employment Specialist to serve Lawrence, Hickman, Maury, and Giles counties. The ES program accepted their first MAPs (Medicaid Alternative Pathways to Independence) referrals and will begin providing MAPs services in the upcoming months.

## **SUCCESS STORY!**

The Employment Services team began working with Charlie in September of 2022. Charlie has Cerebral Palsy and did not have much employment experience. Charlie had recently graduated with a Masters in Cyber Security, but was having trouble finding employment in his field locally. The Employment Services team worked to reach out to state agencies to find a Cyber Security position for Charlie that would be willing to provide him with training and accessibility. Through collaboration with the Employment Services team, Charlie's family, Vocational Rehabilitation, and local law makers, Charlie was able to receive a Cyber Security Analyst position with the Tennessee State Treasury office. The Treasury department created a specific role that would utilize Charlie's experience and was able to provide Assistive Technology to help him be successful in his employment. Charlie will complete 90 days of employment in January and be successfully discharged from the program.



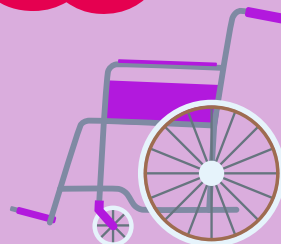
# Senior Equipment Loan

The wheelchair is one of the most commonly used assistive devices to promote mobility and enhance quality of life for people who have difficulties in walking



In the 34 developed countries, an estimated 10,000,000 people (i.e. 1% of the population) require a wheelchair

Many people in the world need a wheelchair, but don't have one



The world population is 7,091,500,000, so approximately 131,800,000 people (or 1.85% of the global population) require a wheelchair



In addition to providing mobility, an appropriate wheelchair benefits the physical health and quality of life of the users by helping in reducing common problems such as pressure sores, progression of deformities and improve respiration and digestion.

## SHOWER GRAB BAR

Grab bars reduce fall risk during bathing transfers and improve bathing accessibility for adults of all ages and abilities.



While bathrooms are essential in daily life, environmental features of the bathroom pose the greatest fall risk when compared to other rooms in the home



Grab bars in the bathtub and shower reduce injury and fatality risk through multiple avenues: reduction of fall hazard during bathing transfers, even in younger adults; improved bathing independence and accessibility; and reduction of occupational injury risk for caregivers in addition to the direct user.



# Welcome to the Team!

Allison Crouch	Bedford CCA	October 24
Michelle Armstrong	Employment Services	November 6
Brooke Slayton	Lincoln CCA	December 4
Hailey Good	Bedford CCA	December 18

## Staff Spotlight

Learn all about Lead Registered Behavior Technician, Lindsay Rose!

- 1. What is your favorite dessert?**  
*Anything chocolate!*
- 2. What is your favorite part about working at the CDC?**  
*I love getting to work one-on-one with the kids and watching them each progress in their own way. It is super rewarding to see how much they learn every day.*

**3. Describe your dream vacation!**  
*My dream vacation would be somewhere warm. I would love to stay in an overwater bungalow, relax, and listen to the ocean.*

**4. What advice would you give to someone who wants to enter your job position?**  
*My advice would be to always ask questions and don't be afraid to ask for help or clarification if something doesn't make sense.*

**5. What three words would your friends/family use to describe you?**  
*Loving, Reliable, Kind*

**6. If you could choose anyone as a mentor, who would you choose and why?**  
*It's a hard choice between B.F. Skinner and Ivar Lovaas. Both contributed to the field of ABA and it would be neat to have either of them as my mentor.*



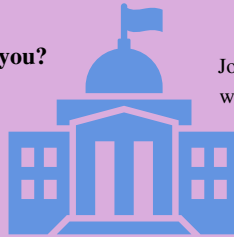
Monica Robinson	February 8
Gretchen Biggerstaff	February 18
Daryl Graham	February 24
Cindy Hatchett	March 18
Sue Long	April 4
Hannah Turner	April 24

## Read All About It!

### DISABILITY DAY ON THE HILL: *"Nothing About Us, Without Us"*

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

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!



### 26TH ANNUAL HELPING HANDS GOLF TOURNAMENT

The 26th Annual Helping Hands Golf Tournament will take place on **Thursday, May 9th** at Saddle Creek Golf Club. Proceeds will benefit both the Early Intervention program and the Children's Center for Autism in Marshall County. Contact Catherine Emerson at [catherine.emerson@cdctn.org](mailto:catherine.emerson@cdctn.org) by **Monday, April 15th** to find out how to register as a sponsor, sign up for a team, and/or make a donation!



## Contact Us

**Children's Center for Autism:** (931) 684-2293  
**Early Intervention:** (931) 684-9203  
**Employment Services:** (931) 684-4269  
**Family Support:** (931) 684-7673  
**Independent Support Coordination:** (931) 680-0094  
**Main Office:** (931) 684-8681

HAPPY Anniversary DAY

<b>FEBRUARY</b>		
Rachel Rudolf	CCA	8 years
Cassidy Thurman	ISC	2 years
<b>MARCH</b>		
Martha Baker	ISC	5 years
Sara Thorpe	ISC	2 years
Katherine Roland-Crick	CCA	2 years
Lindsay Rose	CCA	3 years
Haley Anthony	CCA	2 years
Teresa Winnette	EI	27 years
<b>APRIL</b>		
Daryl Graham	Administration	2 years
Amanda McCall	Administration	18 years
Sheri Vaughn	ISC	14 years
Gretchen Biggerstaff	EI	1 year
Sara Musgrove	Administration	1 year
Britney McConnell	EI	12 years
Heather Brown	ISC	17 years



Community Rewards Program



<http://www.cdctn.org>



<https://www.instagram.com/communitydevelopmentcenter/>



<http://givingmatters.civcore.org>



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



Community Development Center Foundation