

THE CDC CORNER



ENABLING TECHNOLOGY SUCCESS STORY

Cooking in the Kitchen

Becky Earonhart recently received some amazing Enabling Technology equipment to help her cook safely and efficiently with her Induction Stovetop. This equipment was provided in her home with help from her ISC, Allison Ferrell, and the Department of Disability and Aging. Becky's goal was to be able to cook a meal independently and safely in her home without the fear of getting burned or badly hurt. In the month since Becky received her new equipment, she has met her goal by independently using her induction cooktop twice to cook meals like chili and scrambled eggs. Becky needed assistance the first time but has since been able to achieve the goal she set for herself! This is just one of the wonderful options that Enabling Technology offers. Enabling Technology uses devices and methods to support independence in homes, communities and workplaces, promoting self-sufficiency. The Enabling Technology Program is available to any persons already enrolled in 1915c waivers, Employment and Community CHOICES, and other long-term services and supports programs. Please ask your ISC or ISC agency for more information on Enabling Technology.

SOCIAL MEDIA SPOTLIGHT

Making A Splash

Check it out! Thank you to our friends at Tidal Wave Auto Spa for partnering with the Community Development Center. As part of their long-standing commitment to giving back, Tidal Wave donated 100% of wash proceeds made during the one-day philanthropy event to local charities and non-profit organizations. This year, the Shelbyville Tidal Wave chose the CDC as their charity. Thank you to everyone who came out and supported. the Community Development Center on Friday, September 19th!



HOLIDAYS

National Family Caregivers Month November

International Day of People with Disabilities December 3

Kawasaki Disease Awareness Day January 26



CONTACT US!



Children's Center for Autism (931) 684-2293

Early Intervention (931) 684-9203

Community & Employment Services (931) 684-4269

Family Support (931) 684-7673

Independent Support Coordination (931) 680-0094

Main Office (931) 684-8681



AROUND THE OFFICE

WELCOME TO THE TEAM!

Taylor Farris	Early Intervention	Aug. 4
Shayla McIntyre	Early Intervention	Aug. 12
Kensie Berry	Early Intervention	Aug. 13
Amy Lynn Young	Community & Employment Services	Aug. 18
Lindsey Ridge	Lincoln CCA	Sept. 26



UPCOMING EVENTS

You're invited to come have a holly jolly time at the **Annual Breakfast with Santa** on **Saturday, December 6th from 8am - 11am** at Lincoln County High School! Enjoy a yummy breakfast, holiday-themed games, delightful entertainment, and the chance to take a photo with Santa and Mrs. Claus! Tickets are \$5 and may be purchased upon arrival. All proceeds benefit the Lincoln County Child Development Center & Children's Center for Autism.

STAFF ANNIVERSARIES

Amanda Bratton	Independent Support Coordination	11 years
Jacey Jackson	Bedford CCA	1 year
Christy Jensen	Family Support	20 years
Kelli Lafont	Community & Employment Services	7 years
Kayla Leitzinger	Early Intervention	1 year
Sue Long	Early Intervention	17 years
Tyler Nicholson	Independent Support Coordination	1 year
Tabatha Norton	Administration	7 years
Teah Obeidalla	Marshall CCA	9 years
Tiffany Stephens	CCA	6 years
Tiffany Ward	Early Intervention	3 years

STAFF BIRTHDAYS

Heather Brown	Nov. 15	Lisa Fields	Dec. 29
Allison Ferrell	Nov. 20	Leslie Throneberry	Dec. 30
Kensie Berry	Nov. 22	Janeth Quevedo	Dec. 30
Teah Obeidalla	Nov. 30	Amanda McCall	Dec. 31
Tyler Nicholson	Dec. 7	Jorden Goodwin	Jan. 12
Lindsey Ridge	Dec. 9	Taylor Farris	Jan. 12
Tabitha Martinez	Dec. 11	Martha Baker	Jan. 17
Anita Teague	Dec. 14	Dani Dorey	Jan. 17
Cassidy Wiseman	Dec. 15	Catherine Emerson	Jan. 21
Christy Jensen	Dec. 16	Amiey Bisig	Jan. 25
Lexi Bailey	Dec. 16	Rachel Rudolf	Jan. 28
Amanda Bratton	Dec. 20	Tiffany Stephens	Jan. 30
Angel Jorden	Dec. 22		

STAFF SPOTLIGHT

Independent Support
Coordination
Administrative Assistant

Amanda Bratton



- 1. How did you get started in this career field? What drew you to your current role?** *I was a CNA at a nursing facility for about 8 years in Franklin, TN working the midnight shift but wanted to be closer to home as my daughter was starting school. I still wanted to stay in the field of helping and caring for others so when I found this opportunity it was everything and more that I wanted. I was so lucky to have found such a wonderful and caring agency to work for!!*
- 2. What is your favorite hobby, activity, or creative outlet?** *I would say being a MOM!! I love to spend time with my family doing activities outside! I really enjoy working in my yard whether it be gardening, mowing, planting flowers or just sitting on my deck enjoying the beautiful Tennessee weather!!*
- 3. What inspires you in your daily work?** *I am inspired daily by my children who show me that I am doing a good job and that I need to continue that for them!! I am also inspired by my co-workers who do so much for our individuals and their families. Their jobs are not easy and I respect them for all of their effort and hard work!!*
- 4. What is your favorite food or dish?** *I love rice or anything that is Asian inspired. You can make any dish with rice whether it be fresh, savory or even sweet!! Although my go to sweet treat will always be Ice-cream!!!*
- 5. What makes you proud to work for the Community Development Center?** *I am proud to work for the CDC because we provide opportunities and support for our individuals who in some cases do not always get those same opportunities and that is a wonderful feeling knowing that you have helped make someone's life great!! I am also very proud of the relationships that I have with my co-workers. I have made lifelong friends because of the CDC!!!*

IN THE COMMUNITY

Running With a Purpose

CDC staff member Sara Musgrove, and a few of her friends from her local gym, ran in the Autism Tennessee 5K on Saturday, September 20th in Nashville, TN.

"The ladies and young man all supported my team in honor of my twins. I was able to reach my fundraising goal and we had such a great time!"

We are so proud of you, Sara!

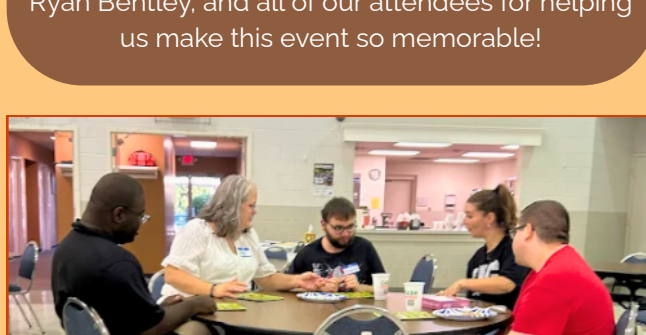
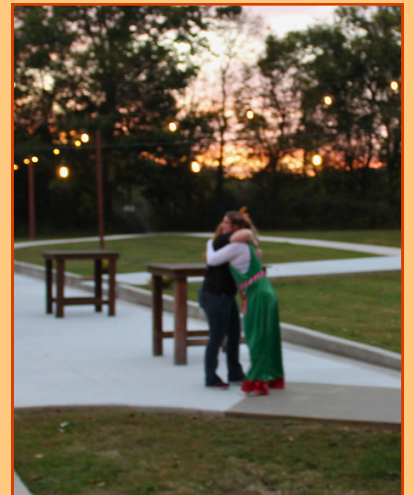


Building Bridges



We had an amazing time this fall at our Building Bridges events! Throughout the month of September we enjoyed some friendly competition as we played several rounds of Bingo. We also learned valuable information shared by The Center for Decision-Making Supports. Thank you to our presenters who joined us and shared such important information on future planning!

On October 17th we celebrated one year of Building Bridges with a Halloween Dance! We are incredibly grateful to The Community Foundation of Middle Tennessee for the opportunity to bring Building Bridges to life. Thank you to Grace Valley Farm, DJs Crystal and Ryan Bentley, and all of our attendees for helping us make this event so memorable!



EARLY INTERVENTION

With transitioning back into the school year, gearing up for the holiday season, and focusing on fundraisers galore, fall has been a busy time for our Early Intervention program!

During this quarter, our Early Interventionists performed two screening sessions at daycare centers in our service area, assessing 50 children in total.



Calendars will be on sale starting in the month of November! Support the Giles County Child Development Center program by purchasing a 2026 calendar. Call (931) 684 - 8681 to order.

What a spectacular day for golf! Thirty-eight teams joined the Community Development Center over two exciting rounds of golf at River Bend Country Club in Shelbyville, TN on September 15th in honor of the 34th Annual Pencil Country Golf Classic. During the tournament, Michael Mathews was recognized and presented with the Jim Grider/Gayle Carter, Bo Melson Sportsmanship Award.



Thanks to our 2025 sponsors for helping make this truly spectacular event possible! Our heartfelt gratitude and appreciation goes out to the players, donors, and volunteers who contributed to the benefit of the Bedford County Child Development Center and Children's Center for Autism. We appreciate your dedication and generosity!



THE CHILDREN'S CENTER FOR AUTISM

The holidays are just around the corner! It is a time filled with excitement, connection, and the joy of giving. For families of individuals with autism, finding the right gift can make the season even more meaningful. This curated Christmas list is designed to help families choose thoughtful, sensory-friendly gifts that support comfort, engagement, and growth at every age. Whether you're shopping for a toddler discovering textures, a child learning to self-regulate, or a teen seeking independence, these items encourage both joy and calm during the busy holiday season.

AGES 1 - 3

1. **Textured Sensory Balls** – Easy to grasp, squishy, and great for tactile play.
2. **Cause-and-Effect Toys** – Buttons, lights, and sounds to support communication and joint attention (e.g., Baby Einstein Musical Toy).
3. **Weighted Plush Animal** – Calming pressure and soothing for naps or transitions.
4. **Water Mat or Sensory Bin Set** – Encourages fine motor play without mess.
5. **Soft Play Tunnel or Tent** – Safe, cozy hideaway for sensory breaks.



AGES 4 - 7

1. **Kinetic Sand Kit** – Calming, mess-contained sensory activity.
2. **Squishmallow or Weighted Lap Pad** – Comfort and regulation support.
3. **Balance Bard or Rocker** – Builds core strength and provides vestibular input.
4. **Light Table and Magnatiles** – Creativity with a sensory twist.

AGES 13 - 17

1. **Weighted Blanket** – Deep pressure for relaxation and improved sleep.
2. **Noise-Reducing Earbuds or Headphones** – For school, travel, or focus.
3. **Calming Essential Oil Diffuser** – Encourages relaxation and sensory comfort.
4. **Soft Hoodie or Sensory-Friendly Clothing** – Seamless, tag-free comfort wear.
5. **Art Journal Set or Digital Drawing Tablet** – Outlet for creativity and self-expression.



AGES 8 - 12

1. **LEGO Classic Sets** – Promotes focus, creativity, and fine motor skills.
2. **Sensory Fidget Box** – Variety of textures for self-regulation.
3. **Light Projector or Bubble Lamp** – Visual calm-down aid for bedtime or breaks.
4. **STEM Kits** – Builds problem-solving and curiosity through hands-on learning.



ADULTS

1. **Smart Light Panels or Sensory Room Lamp** – Soothing color control for mood regulation.
2. **Fidget Jewelry or Desk Tools** – Subtle sensory regulation in work or social settings.
3. **Deep Pressure Shoulder Wrap** – Portable calming tool for anxiety or overload.
4. **Hobby Subscription Box (Art, Snacks, Puzzles)** – Encourages interest and joy.
5. **Noise-Reducing Earplugs or Weighted Throw Blanket** – Everyday comfort and calm.



INDEPENDENT SUPPORT COORDINATION/ TN STRONG FAMILIES



National Dog Day Participation



Michael Adams participated in National Dog Day at his Facility Based program at Journeys in August! Michael surprised them all by engaging with the pooches that day and was able to get some "pets" in for the 3 dogs that were brought in for the day. When Michael's parents were alive and he was living at home he would sit on the porch with his family and pet their family dog. A pet companion via Enabling Technology may be in Michael's future!

ISC: Jennifer Rutka



FAMILY SUPPORT

Check out some of the amazing things that have been purchased this past year with Family Support funds! Family Support funds are able to purchase a variety of items to benefit the lives of individuals with disabilities and their families.



A weighted vest reminds me of my favorite mermaid! Weighted vests offer pressure to help clam nerves, reduce anxiety, and provide comfort. It can also be a source of self-regulation, allowing children to manage their sensory needs!



Enjoying pureed, homemade mac n' cheese, with my new silicone pouch!



Multiple doctor appointments, hospital stays, and therapy visits can be overwhelming for parents. Family Support help ease the stress a little with travel reimbursement.



A huggable, weighted unicorn, whose heavy hugs can help ease pain and sleep issues. It also smells of lavender to help calm anxious nerves.



iPads as a communication device, but also a tool to showcase my creativity!



A talking tape measure to assist the visually impaired in their line of work and with everyday projects around the home.



Strollers for our older children!

COMMUNITY & EMPLOYMENT SERVICES

With the new school starting, the CES team is back in the schools providing Pre-Employment Transition Services to students across 6 counties. The CES program will be adding Cornersville High School and Forrest High School in October, bringing the number of schools served to thirteen this year.

SUCCESS STORY

The Community and Employment Services program continues to grow! The CES team added two new Community and Employment Specialists over the months of July and August. Jorden Goodwin and Amy Young have joined the CES program and will be providing services across the West region of Giles, Lawrence, Maury, and Hickman counties.

The CES team has been working with E since the beginning of 2024 and she is currently on her second year of MAPs. In her two years, E has made exceptional progress towards independence. She has been able to get her driver's license, pay down debt and develop financial management skills, and move into her own apartment. She was able to obtain a full-time job and has been successfully employed for over 8 months. She is focusing on getting her GED and is on track to complete her GED within the next few months. E is a great self-advocate and has been invited to speak at the Enabling Tech Summit in November.

The CES program continues to see growth in the MAPs program, with five new referrals added over the last 3 months. September marks two years since the Community Development Center entered the MAPs program. Over the last two years, the CES team has provided MAPs services to 40 individuals and have helped those participants complete 44 milestones.

SENIOR EQUIPMENT LOAN

In need of adult diapers? We've got you covered!

We have the following brands in stock:

BRAND

SIZE

Cardinal Health Underpads

23" x 36"

Depend Protection Plus

35" - 43" (Large)

FitRight Ultra Briefs

20" - 33" (Small)

Prevail Air Overnight Briefs

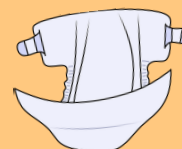
45" - 62" (Size 2)

Prevail NU-FIT Daily Briefs

32" - 44" (Medium)

Tranquility ATN Briefs

24" - 32" (Small) and 45" - 58" (Large)



LOCAL EVENTS

Bedford County:

Holiday Nights of Lights

6 - 9pm on Friday, December 5th, Saturday, December 6th, and Sunday, December 7th
at Bedford County Fairgrounds, Shelbyville, TN 37160

Coffee County:

69th Tullahoma Christmas Parade

7 - 8pm on Friday, December 5th
at 135 W Lincoln Street, Tullahoma, TN 37388

Davidson County:

Holidays in the Vue Parade

10am on Saturday, December 6th
at 655 Colice Jeanne Road, Nashville, TN 37221

Franklin County:

Cowan Christmas Parade & Market

Market: 5pm - 8pm on Friday, December 5th and 10am - 4pm on Saturday, December 6th

Parade: 1pm on Saturday, December 6th

at 104 Monterey Street, Cowan, TN 37318

Giles County:

Pulaski Christmas Parade

5 - 6:30pm on Saturday, December 13th
at 110 North 2nd Street, Pulaski, TN 38478

Hickman County:

Centerville Christmas Parade

6 - 7:30pm on Saturday, December 6th
at Centerville Public Square, Centerville, TN 37033

Lawrence County:

70th Annual Christmas Parade

5pm on Saturday, December 6th
at Downtown Lawrenceburg, Lawrenceburg, TN 38464

Lewis County:

70th Annual Christmas Parade

7pm on Thursday, December 4th
at North Park Avenue, Hohenwald, TN 38462

Lincoln County:

Breakfast with Santa

8 - 11am on Saturday, December 6th
at 1233 Huntsville Highway, Fayetteville, TN 37334

Marshall County:

Christmas Bazaar

8am - 2pm on Saturday, November 22nd
at 661 West Ellington Parkway, Lewisburg, TN 37091

Maury County:

Annual Christmas Parade

6pm on Saturday, December 6th
at Downtown Columbia, TN 38401

Moore County:

Christmas in Lynchburg Christmas Parade

Saturday December 6th
at Lynchburg, TN 37352

Rutherford County:

Murfreesboro Christmas Parade

2 - 4pm on Sunday, December 14th
at East Main Street, Murfreesboro, TN 37130

Williamson County:

Leiper's Fork Christmas Parade

2pm on Saturday, December 13th
at Leiper's Fork Village, Old Hillsboro Road, Franklin, TN 37064

