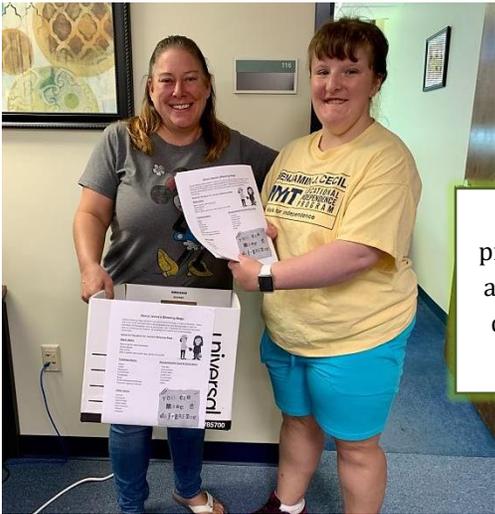


A Message from Dr. TaraColleen Macatee:

This might be one of my favorite times of the year. Festivity is in the air as we marvel in the fall foliage and prepare for witches, ghosts and goblins. The Kaleidoscope October Vision Statement is to “Open Doors in the Community.” How apropos that we will be going “door to door” trick or treating in just a few weeks. What I hope we remember is that doors can be opened in many ways. We have the unique ability to offer support through inclusivity, acts of kindness and acceptance. For example, one of our individuals just asked us to help with a charity called Jenna’s Blessing Bags to support the homeless. Not only will we support her, but we will create an opportunity for our entire internal and external team to get involved. Another topic that feels close to home in relation to opening doors is that of employment for individuals with unique abilities. In addition to assisting with formal waiver services, we ensure that Kaleidoscope peer support groups include job readiness topics that can enhance possibilities for those we serve. Possibly take a moment to think about how you can open doors in your personal community, whether it is in your neighborhood, with your employer or even your family unit. Happy fall! I am wishing you a colorful transition into new beginnings and open doors.



Rachel and her KFS provider, Gina, created a Jenna’s Blessing Bag donation box for our Bryn Mawr office.

**Our October Parent Education Support Group!**

**Tuesday, October 22<sup>nd</sup> 6:30-8:00pm**  
**Coping Skills within the Family**

**Bethel AME Church**  
**50 S. Merion Avenue, Bryn Mawr, PA 19010**  
*Enter and parking on side and back of church*

*Kaleidoscope is honored to welcome Kelly Nydegger, MA, LPC, Clinical Operations Director to discuss challenges in the home and how to utilize effective and strategic coping skills to manage everyday living with a special abilities adult child.*

Please feel free to bring your adult child (18 and over) for a free social skills peer support group.

RSVP and questions to  
[pfrebowitz@kfamilyolutions.org](mailto:pfrebowitz@kfamilyolutions.org)



**Peer Support Groups**

**Bryn Mawr**

**Every Tuesday 12:30-2:30 & 6:30-8:00pm**

- 10/1 Coping Skills: Face a Fear
- 10/1 Independent Living: Cooking Class Healthy Autumn Muffins
- 10/8 Social Skills: Fall Terra Cotta Pots
- 10/8 Social Skills: Interactive Group Games
- 10/15 Job Readiness: Career Interest Survey
- 10/15 Creativity: Painting with a Twist
- 10/22 Self Reflection: My Many Colored Feelings
- 10/22 Creativity: Decorations for Halloween
- 10/29 Social Skills: Pictionary
- 10/29 Job Readiness: Career Interest Survey

Location: Bethel AME Church: 50 S. Merion Ave., Bryn Mawr, PA

**Allentown 1:00-3:00pm**

Friday, 10/11 Our Vision & Mission – Sandwiches for the Homeless

Location: Allentown Office, 2200 Hamilton Street, Lower Level



**Please help us congratulate our KFS Providers of the Month!**

Kelli Burke is a newer provider and has done a phenomenal job adjusting to her cases! She has a passion for the work that she implements on a daily basis.

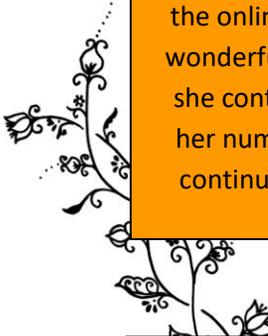


Sara Kennedy continuously exceeds expectations, especially with a recently injured individual where she creatively used social and independent living goals to insure he stayed connected. Sara goes out of her way to think outside the box!



Kaleidoscope bowling leagues across the state! Pictured from top to bottom: Allentown, Philadelphia, Bryn Mawr, Lancaster

Karen Henry for her commitment and dedication! She is attempting to learn the online note system and is doing a wonderful job at doing so. In addition, she continues to make her individual her number one priority ensuring he continues to receive the services he needs and loves.



Kim Frech has shown amazing support to her individual and is really excited about the growth that she sees recently! Kim does a great job at thinking outside of the box to come up with new and exciting things to do in the community!



- During October, we celebrate:
- 🍎 Breast Cancer Awareness Month
  - 🍏 National Apple Month
  - 🕒 National Clock Month
  - 🍰 National Dessert Month
  - 🍕 National Pizza Month
  - 🍿 National Popcorn Popping Month
  - 🦖 International Dinosaur Month
  - 🌍 Earth Science Week



**MELLOWCREME PUMPKIN COOKIES**

**INGREDIENTS**

- 1/2 cup butter softened
- 1 1/2 cup sugar, divided
- 1 egg
- 1/2 cup vegetable oil
- 1 teaspoon vanilla
- 1/4 teaspoon almond extract
- 2 1/2 cups all purpose flour
- 1/8 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tarter
- 1 bag of Brach's Mellowcreme Pumpkins



**INSTRUCTIONS**

Preheat oven to 350 degrees.  
 In a large mixing bowl, cream butter and 1 cup of the sugar with an electric mixer on medium speed. Add egg and oil. Mix well.  
 Add vanilla and almond extract and mix well.  
 In a separate bowl, combine flour, salt, baking soda and cream of tarter.  
 Slowly add dry ingredients into mixing bowl with wet ingredients and mix on low speed until just combined.  
 Form dough into one inch balls and roll in remaining sugar. Place on a Silpat lined or greased baking sheet.  
 Bake for 10-12 minutes.  
 Immediately press a candy pumpkin into each cookie when they come out of the oven.  
 Transfer cookies to a cooling rack.

<https://lovelylittlekitchen.com/mellowcreme-pumpkin-cookies/>



Philadelphia Eagles Love at Megan's Master Art Class!

Kaleidoscope's Got Talent!  
Another great talent show!



Brian and Bryan back at work after a long, but well-deserved summer break!



*Praise for Kaleidoscope*

*I hope you're having a great week! I wanted to share some exciting news about one of our newer individuals, Morgan. This week Morgan joined the Arc that recently opened up in Punxsutawney! She LOVES it and really enjoys going there and socializing with her peers. On top of that, her staff has reported that Morgan has not been using any negative self-statements lately (which is something that her team has been working on. Morgan told her KFS provider how much she likes being with her, and we are so glad that Morgan feels so comfortable around her!*

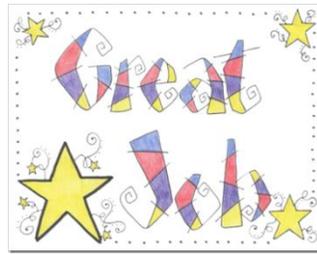
*--Emily Gates, Clinical Coordinator*

*Sara Kennedy did an amazing job helping Chris prepare for a wedding. Chris recently fractured his knee and Sara worked with him to master wheelchair dancing.*

*--Megan Concannon, Clinical Coordinator*



How beautiful are these Puzzle Piece Fall Wreaths made at our Chambersburg office!



Congratulations Adam on the wedding of your sister. You look so handsome!



Catherine was in the musical "Joseph and the Amazing Technicolor Dreamcoat!"

**Congratulations are in Order!**

- ♥ Christian got a new job McDonalds in Drexel Hill!
- ♥ Doug was approved by the waiver for Equestrian therapy!
- ♥ Ben for his new job as a housekeeper at a local hotel!
- ♥ June celebrated her 25th work anniversary at Wendy's!
- ♥ Congratulations to Richard on his new apartment!
- ♥ Morgan went to an antique mall for the first time!
- ♥ Holly recently obtained her Orange Belt!
- ♥ Bella took Septa by herself to and from work for the first time!
- ♥ Matthew tried something new last week and participated in his first Kaleidoscope activity!
- ♥ Vanessa got her first paycheck!
- ♥ Wayne is maintaining his personal bowling goal by scoring in the top 3! His volunteer position at the YMCA is going great!
- ♥ Robert started volunteering at Church Ministry 300!
- ♥ James went the whole peer support group without headphones!
- ♥ James was able to swim 88 laps to get ready for his Special Olympics competition!
- ♥ Robert got as triple strike at bowling!
- ♥ Dallas earned how to make tacos!



We love these pictures from our Pittsburgh planting party!



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