



Kaleidoscope
FAMILY SOLUTIONS INC.

Cooking Classes and Home Creations



From our home to yours ... lots of Zoom cooking classes, cooking on Facetime with our KFS providers and even new chefs now working on cooking goals in their homes with family members and independently. A few of our recent cooking classes featured French toast, pancakes, omelets, chocolate chip cookies and grilled cheese sandwiches.



A Message from our Executive Director:

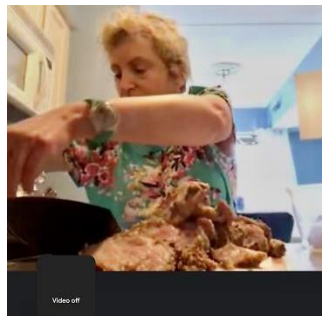
As we weave through this stressful time together, I am reminded of a quote from Walt Whitman, "Do I contradict myself? Very well, then I contradict myself. I am large, I contain multitudes." I love this quote as it reminds us that we are free to reinvent ourselves, and to embrace all of the characteristics that make us individual. We are each a tapestry, woven together from our personal path and experience; a patchwork of varied and unique characteristics. We strive to create relationships that are worthy of each person's story and their journey.

This can be true during happy times and difficult times. Even while we trudge this road of ambiguity, we can find a new way to appreciate our strengths and uniqueness. In addition, opportunities for growth always are there for us and can be found at the most unexpected times.

Our May Vision Statement encourages us to "Instill Positive Values." In this uncertain time, it is more important than ever to spread positivity as much as possible. To honor this vision, our team members are planning ways to take a new positive action each week. What can you do to instill positivity with your coworkers, family members, neighbors, friends, the individuals that you support? Send us your thoughts; and why not even share some photos of you being the positive force in your world. We will share them to empower others.

Have a wonderful and safe month of May.

Warmly,
Dr. TaraColleen Macatee



Take the Random Act of Kindness Challenge!

This incredible website offers multitudes of ways to be kind; and during this stressful and emotional time, we all could use some kindness. Spread the love!



<https://www.randomactsofkindness.org/>

10 Fun Games to Play on ZOOM!

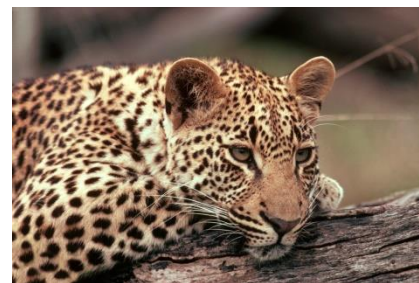
Use this link to find a great list of fun games to play with friends and family on Zoom or any other virtual platform.

<https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

Take a Virtual Tour!

What a fun way to spend some time online! Take a tour of the pyramids in Egypt or explore our beautiful national parks ... you can even ride rollercoasters at various theme parks. We want to extend a special thank you to ODP (Office of Developmental Programs) for providing this comprehensive list of tours.

<https://www.myodp.org/mod/book/view.php?id=25106&chapterid=117>



Don't miss these "everybody-friendly" Netflix documentaries!

No worries if you don't have Netflix. They are offering free 30 day trial memberships. Some of the topics include nature history, science, current events and health.



<https://www.homeschoolacademy.com/blog/44-netflix-documentaries-you-can-add-to-your-homeschool/>

Covid-19 Resource Page

AID in PA

Aid in PA is a wonderful resource for families and professionals who support individuals with autism or intellectual disabilities. As a joint effort between ASERT and HCQU, this website offers links to a wide array of viable updates by the CDC, PA counties, WHO and Governor Wolf, just to name a few; as well as videos and articles that highlight safety, policies and community information.

<https://aidinpa.org/back-into-the-community-who-to-listen-to-and-what-to-trust/>

Learn to Create a Budget with Cents and Sensibility

You can use this independently or virtually with your KFS DSP. There are eight chapters to keep you busy while expanding your knowledge and expertise about the often overwhelming task of budgeting. As we find ourselves with some extra time on our hands, why not have extra money – and the gift of organization, in our portfolio of usable skills? It's a win-win for all!

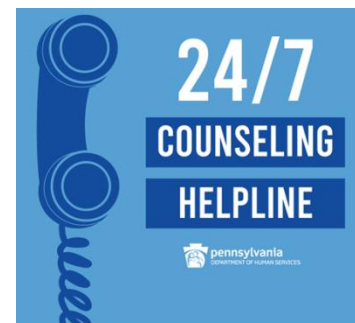
<http://www.studymoney.us/#/Home>



The Helpline

Created by the Department of Human Services DHS and the Center for Community Resources (CCR), the Statewide Support & Referral Helpline is staffed by skilled and compassionate staff that are available 24/7 to respond to those struggling with anxiety and other challenging emotions due to the COVID-19 emergency. Staff at the Helpline refer callers to community-based resources that can further help to meet individual needs.

The toll-free, round-the-clock support line is officially operational. The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.

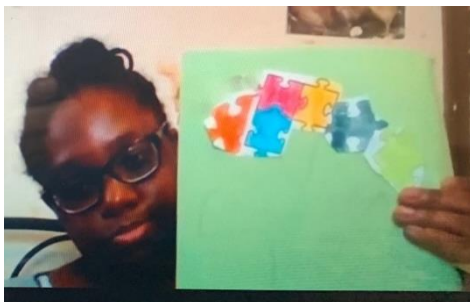




Celebrating Autism Awareness and Acceptance Month with puzzle piece trees!



Our first Zoom Talent Show was a true success!



PRAISE FOR KALEIDOSCOPE:

"I think you are doing a fabulous job. I am surprised that my daughter is attentive for over an hour. She looks forward to these meetings every day. I am just so glad that you have these activities. This is a very trying time for everyone, especially people with special needs. Thank you very much."

--Val Chambers, A Happy Mom

"I truly mean it! It's brought so much more to him than I ever imagined. Please know the effort is well appreciated!"

--Aiden's Mom

"I am so happy to have these Zoom groups. I am not working and it's been the happy part of my life."

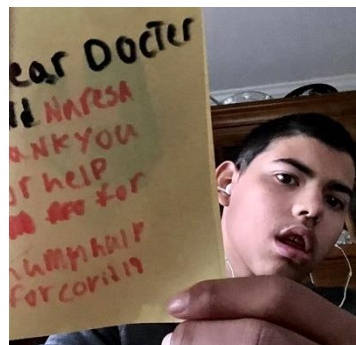
--Nicole

"Being on these groups has meant everything to me during this time. I feel closer to everyone at Kaleidoscope more than ever."

--Jenna



Making cards for medical workers and essential workers made us smile!



Banana Split Pops

INGREDIENTS

- 4 bananas
- 8 popsicle sticks
- 1 1/4 c. chocolate chips
- 1 tbsp. coconut oil or same amount of butter
- 1/2 c. rainbow sprinkles
- Whipped cream, for serving
- 8 maraschino cherries



DIRECTIONS

1. Line a large baking sheet with parchment paper and set aside.
2. Cut the ends off of each banana to level the sides, then cut in half. Insert a Popsicle stick into each banana piece and place on prepared baking sheet. Freeze for 2 hours.
3. In a medium microwave-safe bowl, combine chocolate chips and coconut oil and microwave in 30-second intervals, stirring in between, until completely melted. Pour sprinkles into another small bowl.
4. Dip the top of each frozen banana in chocolate, then roll the melted chocolate tip around in sprinkles. Return to baking sheet and freeze until the chocolate is firm, about 15 minutes.
5. Top each pop with whipped cream and garnish with a maraschino cherry.

<https://www.delish.com/cooking/recipe-ideas/recipes/a51813/banana-split-pops-recipe/>

Before we played "Would You Rather" on our Zoom group, everyone shared one word of what makes them happy. We created a word cloud! The bigger the word, the more it was said.
#stayingconnected



ART CLASSES!



Congratulations are in Order!

- ◆ Adam has been safely shopping for food and supplies for his adorable bunnies (see photo)!
- ◆ Devon helped paint the patio and the wood on his family gardening boxes!
- ◆ Edward does the laundry for his parents so they don't have to go down the basement steps!
- ◆ Brian is graduating this month with his Bachelor's Degree from Arcadia University!
- ◆ Nicole has been helping her mom clean the house and more!
- ◆ Jill came up with 22 ways to help others when we created a "Fill the Bucket List" in our Zoom peer support group!
- ◆ Weronika has a goal to spread friendship around the world!
- ◆ Devon wants to help others by becoming a musical chorus!
- ◆ Patti is learning to use the stove independently!
- ◆ Jill has been making sure she is exercising each day by doing power walks and yoga!
- ◆ Stephanie received the "all go" from her doctor to return to work at Sheetz.
- ◆ James is helping his family with all aspects of construction and decorations at home!

Art group was full of connections and memories. We shared about our past by telling stories and showing photos and then created a memory book. This was a heartwarming group for all of us!



Cristian made an Italian dinner!



That's Adam at the pet store!



Bryan and Josh hiked beautiful Glen Onoko State Park!



Kaleidoscope Family Solutions
Home Office
950 East Haverford Road
Suite 100A
Bryn Mawr, PA 19010
P: 877-384-1729 F: 610-527-8672
www.kfamilysolutions.org
www.facebook.com/kfscare
www.linkedin.com/company/kaleidoscope-family-solutions-inc
www.instagram.com/kfscare