



# Day Spring Sun Times

## Annual Report Edition

Volume 19, Issue 3

Winter 2015

### Camille Takes on a BIG Job at Big Lots



Camille Koepper

Camille Koepper has what she describes as “a big job for me”. She has worked for Big Lots for about 6 months and enjoys every aspect of it.

Sara Tinker, Camille’s job coach from Down Syndrome of Louisville says, “This is a great job for Camille because it combines shopping & retail (which she loves) with organizing and making things look neat. Camille is constantly learning because the store is often changing their products by the season and that challenge is good for her. She has also established some great relationships with her co-workers,” added Sara.

Camille says her favorite department at Big Lots is, “the Halloween aisle

because that is my favorite day, besides my birthday, of course,” Camille says with a huge smile. She also enjoys the hours because she mostly works during the day time.

“Camille is especially great at customer service. She really has a knack for talking to customers and helping them find those ‘hard to find’ items. Her great memory is what really helps her with this. And, of course, she is always so friendly and helpful to the customers,” added Sara.

As we all know it’s important to like your job and we hope Camille’s job continues to be a fun challenge & success. Congrats on finding such a perfect fit, Camille!

### We Made the News! Women’s Home Make-Over

You could just feel the excitement on August 11<sup>th</sup> at the Women’s Home! Everyone was up early and Angie Fenton was with us from WHAS Great Day Live as the Women’s Home Make-Over reveal took place. “It was a great experience and we are thankful,” said Mary Ann Lewis, Women’s Home resident.

On August 17<sup>th</sup> we were featured in the Courier-Journal Home Makeover section thanks to our friend, writer Allison Jones.

We would like to extend a big thanks to Mark and Summer Eliason with Jenkins Eliason Interiors, Mark Simpson with Simpson Builders and the Building Industry Association and the many donors who made this beautiful renovation possible.

Also, we received a generous grant from YUM! Brands Foundation for \$5,000 toward this make-over.

*Photos clockwise: New sitting room at the Women’s Home, Angie Fenton reporting for WHAS Great Day Live and our page in the Courier-Journal on August 17<sup>th</sup>.*





# Walking on Sunshine

By Sarah Trester, Executive Director



- “I want to live closer to my family.”
- “I would like to be able to walk to a shopping center.”
- “I want a place of my own.”
- “I wish I lived close to my job.”
- “I would like to live near my church.”
- “I would like to live near a swimming pool.”

These are just a few of the comments being heard around Day Spring these days as residents are expressing their desires for the future. A survey completed by residents and their families late last summer reveals that Day Spring residents dream of having all the good things in life that we all want. Like all of us, Day Spring residents are each unique and talented, with a great variety of interests, skills, and plans. The survey reveals that some individuals feel they are already living the “good life”, while others dream of a next step in their life’s journey to fulfillment.

We are so blessed to be living at this time of unprecedented opportunity for people with disabilities to lead the most inclusive and independent lives possible. Through person-centered planning, adults with intellectual disabilities gain confidence in expressing their thoughts and making their own choices about the lives they want to live. Suddenly, we realize that something new is happening...the world is full of new possibilities!

In the field of disabilities, every generation has brought compassion and innovation to the design of services, and each improvement built upon the improvements of all that had come before. The voice of the person with the disability is the improvement given by today’s generation. And what a fundamental improvement this is! Now we can learn from people with disabilities what they want and need in their lives, and how the service system can best support and empower them. What a great joy and privilege it is for everyone at Day Spring to have a role in empowering people to realize their hopes and dreams! Stay tuned and get ready to be amazed!

*Sarah*

## Community Access At Day Spring

It has now been a year since we first kicked-off our Community Access program & it has been very successful for our residents. “It’s great to see how this service has connected some of our residents with very influential people in the community,” says Erica Franklin Zachariah, our Community Access Coordinator.

Community Access is where staff assist individuals to participate in activities that promote individualized skill development, independent living and community integration. Activities provide our residents with opportunities to develop personal relationships with others in the local community and to learn, practice, and apply life skills that promote greater independence and community inclusion.

Some (not all) of the fun activities that these folks have been doing are: aerobic & spin classes at the YMCA, visiting the library, volunteering at Actor’s Theater and political campaign volunteering.

We are also providing these services to a few individuals who are not living at Day Spring. We will continue to keep you updated on exciting adventures for Day Spring!



*Sharron Brown and Ted Buren with several characters from Shakespeare in Central Park*



*Becky Wortham and Gail Rooney at their water aerobics class at YMCA*



*Debbie Seger volunteers at Animal House Adoption Center weekly with Sharron Brown*

## We are Seeking (8) More Table Hosts and Need your Help!

Exciting plans are coming together for the first Empower Breakfast! This new event will inspire everyone who attends as they hear stories from special guests how Day Spring empowers people with disabilities to live fulfilling lives. Have you RSVP'd for your seat to attend the Empower Breakfast? Can you serve as a Table Host and Invite (7) people to join you for Breakfast on Nov 12th and learn more about Day Spring, a cause that is close to your heart?



Join Day Spring for our

## EMPOWER BREAKFAST

Thursday, November 12<sup>th</sup>

8 AM - 9 AM

*Registration Starts 7:30 AM*

The Olmsted

3701 Frankfort Avenue

Empower people with disabilities to live fulfilling lives! Please join us...

There is no cost to attend the Empower Breakfast. For more information about hosting a Table or to reserve your seat, please contact Kelly Hutchinson at (502) 883-6705 or [kelly.hutchinson@dayspringky.org](mailto:kelly.hutchinson@dayspringky.org).

## Foundation Gives Accessibility Support



A recent anonymous grant of \$2000 allowed the funding for Day Spring to install a handicap accessible back door at the Audubon Ridge home.

Bruce Spear has lived at the Audubon Ridge home for over a year and he now has the ability to come and go as he wants. This door allows him to independently get in and out of his home without the assistance of his roommates or Day Spring staff and that is very important to Bruce. "This door is great," says Bruce.

In this photo he is coming home from his job at the YMCA and entering his home - on his own!

## 2015 - 2015 Day Spring Board of Directors

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Dr. Dean Wickel  
Floyd Memorial Hospital

Mr. Alan Willoughby  
UPS/Zoom Group

Ms. Sarah Trester,  
Executive Director

\*Emeritus

# Billy Garrett: Our Great Outdoorsman

Billy Garrett moved into the Men's Home last spring and brought with him something unique and special - a love for working outdoors.

Billy moved in last May and one of his first projects was to clear out brush and ivy on the trees in the Men's Home front yard. He also planted several beautiful hydrangea bushes in the front flower beds. Billy is always on the hunt for firewood and can be found chopping sticks for the fire pit. As with any home, there is always on-going grounds work needs and it's safe to say that Billy has got it covered!

One thing that most people probably don't know is that Billy graduated with a certificate in Landscaping & Groundskeeping from Carl Perkins Vocational School in Owensboro, KY several years ago. This has helped him to get jobs in the past and learn more about his hobby of working outdoors.

This past fall, Billy started a new interesting project using his skills. He and Will Lee (Men's Home Direct Support Professional) had the great idea of making walking sticks specifically for the 12 residents and staff who were planning a trip to Red River Gorge. It had come to their attention that this was a need and they generously stepped up to the challenge. Will donated many of his personal supplies that he had on hand, so it was also a low-cost project.

After many hours cutting, sanding and staining these sticks and making them all very individualized they have turned out amazing! "Each stick has it's own 'look' with jewels and gems on them. Billy's stick has a special eyeball bead at the top of it," says Will. Some also have weaved special string onto the top for handles and they all have a Day Spring key chain on them.

We all have benefitted from Billy's talents and it's so nice!



Billy Garrett planting hydrangea bushes last May



Billy Garrett staining walking sticks with House Manager, Will Lee

## Join us for a Lunch & Tour



Joe Steinbock with his sister Rose Anne Hawes at our October 1 Lunch & Tour

Thursday, December 3<sup>rd</sup> is our next Lunch & Tour and we want to thank each and every one of you for your support of this new endeavor this past year. With your help, over 100 guests visited Day Spring in 2015 and learned about how we are empowering adults with disabilities.

Our Lunch & Tour dates are always the first Thursday of each month. For 2016 they are as follows:

January 7	July 7
February 4	August 4
March 3	September 1
April 7	October 6
May 12	December 1
June 2	

As always, we serve a light lunch, share what we do at Day Spring and give a short tour. We will only take up one hour of your time and all are welcome to attend. Let us know if you or someone you know who would like to visit us! Contact Mary Ellen Howard at (502) 883-6706 or [maryellen.howard@dayspringky.org](mailto:maryellen.howard@dayspringky.org).

## Encore Louisville



Day Spring was selected in a grant process to participate in the Encore Louisville program of Leadership Louisville. This was a unique and valuable opportunity where we were provided a team of local leaders in our community that provided intellectual capital over a 12-16 week period advising us on critical issues and strategic planning.

Encore Louisville serves leaders who are over age 50 who are retired, approaching retirement or transitioning in their careers. We are grateful to have been part of this group while we are making transitions here at Day Spring. Ken Middleton and Marty Bell plan to continue to volunteer with us.



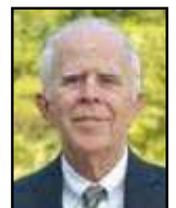
Salvador Alvarez



Marty Bell



Beth Dlutowski



Ken Middleton

# Alan Naslund - Celebrating 7 Years of Employment

Alan Naslund's celebration of seven years with Day Spring came September 5<sup>th</sup>. This means a lot to Day Spring since Alan has been a consistent Direct Support Professional (DSP) at the Baxter Avenue apartments during his entire tenure with us. His work schedule consists of mainly overnights and weekends which is when the residents are at home the most. "He's funny and I'm glad he works here. He's here a lot when I am home. Alan is a fun guy and he calls me Ms. Giggles," says Baxter Avenue resident, Ellen Sheridan.

We are grateful that Alan has kept his commitment to Day Spring through the years. He came to our organization as a University of Louisville English professor in need of a part-time job. Alan is a writer, sculptor, dog lover and one thing most people don't know about Alan is that he has his PhD in Philosophy, English Language and Literature. Yes, he is Dr. Alan Naslund! Alan published the book "Silk Weather" in 1999, directed drama & taught creative writing at Bellarmine University, and writes & edits poetry for Louisville Review and edited business research documents for the MBA program at Sullivan University.

In fact, Alan has been tutoring another Day Spring DSP to help her improve her English skills, Sauda Umutesi. "Alan is a really insightful and unique person with a poetic way of putting things," says co-worker Christine Brazzell. We are grateful for everything that Alan brings to his job at Day Spring.



## Development Update

By: Kelly Hutchinson, Development Director

I love quotes and affirmations. Often they are short little messages that cause me to look at something in a new or different way.

My most recent find that I have been using is this...

***"As we look ahead into the next century, Leaders will be those who empower others."***

Bill Gates

Isn't the thought of more people aspiring to the work of empowering others great news?!

Whether you come and take a Free Tour at lunch, invite others to visit or host a team of volunteers for a project, people always say they love what we do, that Day Spring is a special place and that they had no idea how much need there was for people with disabilities in our community.

**Family Appeal Update:** Thank you to everyone who has responded in the Day Spring Family Appeal. Your support and giving is at the heart of Day Spring and makes such a meaningful difference. When we reach out into the greater community at-large to raise funds for Day Spring, it is the remarkable giving of our families that inspires others to support our mission and want to join with us and make their own charitable gifts to empower adults with disabilities to live fulfilling lives. At Day Spring, every day every donor and every dollar makes a difference.

**Grants Update:** Day Spring recently was awarded a grant of \$25,000 from The Gheens Foundation. This grant will provide ongoing support of Day Spring and capital for our expansion needs. Day Spring earned a Federal grant award in the amount of \$40,000 to purchase an ADA compliant wheelchair accessible expansion vehicle that will enhance mobility for individuals with disabilities and seniors we serve. Thank you to the Knights of Columbus Assumption Council for a generous donation of over \$1700 from candy sales.



**Kroger Community Rewards** make a big difference for Day Spring. When you shop and swipe your card at the Check-Out, you can earn funds that help Day Spring! Did you know that you must enroll every year? It is that time of year, and it is EASY! Here are 2 easy fast ways for you to enroll or re-enroll for Kroger Rewards.

**Online:** Visit [www.kroger.com/communityrewards](http://www.kroger.com/communityrewards) - Sign In or Sign Up - Click "My Account" and then Scroll List to Select Day Spring and SAVE.

**Phone:** 1-800-KROGERS, Option 3

There are so many different ways you can make a difference at Day Spring where you are sure to leave inspired. Whether partnering with us for a special event, hosting a benefit on our behalf, or doing a group volunteer project, we welcome your support. If you would like to share an idea or have a company that you would like to get involved and make a difference with Day Spring, please contact me at (502) 883-6705 or [kelly.hutchinson@dayspringky.org](mailto:kelly.hutchinson@dayspringky.org)

# OUR MISSION

Day Spring empowers adults with intellectual disabilities to live fulfilling lives by offering support in a residential setting. We share a way of life that values the gifts of every community member.

**1** David King, Andy Hook, Jerry King, Larry King and Dave Goldner at the Day Spring 4<sup>th</sup> Annual Golf Classic on October 5<sup>th</sup>



**2** Cindy Cusick and Jack Gollar looking off of the Cincinnati walking bridge in July.

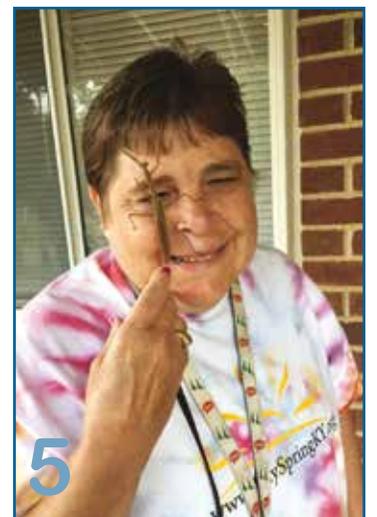
**3** The entire August Lunch and Tour group at the Women's Home. Left to right are: Patrick Magill, Sarah Trester, Ann Shallcross, Jane Seger, Debbie Ballard, Derrick Smith, Debbie Metzger, Margaret Crabb, Bob Crabb and Kelly Hutchinson.



**4** Susan Medley's family the Young's worked to beautify the landscape around the Women's Home and the Celebration Garden August 20<sup>th</sup>. Left to right are: Daniel, Eli, Pam and Robert Young.



**5** Debbie Seger finds a Praying Mantis outside at the Baxter Avenue apartments.



# 2015 Fall at Day Spring



6 Patricia Merrick, Cindy Cusick & Sarah Santos (clockwise) at the August 17<sup>th</sup> Louisville Bats baseball game. Thank you Louis Bayens for the tickets!

7 Marty Bell, Steven Carter, Sarah Trester, Representative John Yarmuth, Patrick Magill and April Duval



8 Women's Home Make-Over day! Top left to right: Mary Ann Lewis, Mary Ford, Kelly Hutchinson, Summer Elaison, Angie Fenton, Mark Elaison, Camille Koepper, Mark Simpson, Bailey Jones, Sarah Trester & Allison Jones. Bottom left to right: Jackie DeToma, Kim Ernst, Susan Medley & Courtney Snyder.

9 Jonathan Stuecker (Board Treasurer, Phillip Stuecker's, son) led a group of volunteers to build this fire pit for Day Spring toward his Boy Scout Eagle badge in September.



10 Several residents volunteered at the Gaslight Festival's 5K Run benefitting Kosair Charities.

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Save the Date  
April 9, 2016



## Save the Date

**Thursday, November 12, 7:30 am**  
Day Spring Empower Breakfast  
at The Olmsted

**Tuesday, November 17, 6:00 pm**  
Day Spring Jingle & Mingle  
Potluck Event at Holy Family

**Thursday, December 3, 12noon -1**  
Lunch & Tour at FCC

**Saturday, April 9, 2016, 6:00 pm**  
16<sup>th</sup> Annual Concrete Ball

**Wednesday, May 18, 6:00 pm**  
Annual Dinner at The Olmsted

See inside for more upcoming  
Lunch & Tour dates



In Memory of Butch Seger

## 4<sup>th</sup> Annual Golf Classic Thank You!



### Sunshine Sponsors



### Beverage Cart Sponsors



### Sheeran Howard King Family Fund



Dr. Dean Wickel

Thank you to everyone who supported the 4<sup>th</sup> Annual Day Spring Golf Classic on October 5<sup>th</sup>. The event raised over \$60,000 to benefit Day Spring!

We would like to extend a big thank you to event chair Dick Barrett for all of his hard work. Also a special thank you to our Golf Classic planning committee members Jon Brugman, Bob Eberle, David Harrod, Bob Jones, Jerry King, Don Perkey, Brenda Schell, Jeff Seger, Alan Willoughby and all of our generous sponsors.

Mark your calendar for the 5<sup>th</sup> Annual Golf Classic:  
**Monday, October 3, 2016** at Lake Forest Golf Course

## Meat Men BBQ Sauce Makes Great Gifts!



The famous "Meat Men" duo David Harrod and Dick Barrett sell Bar-B-Que Sauce for only \$5.00 per bottle. All proceeds benefit Day Spring! Contact Mary Ellen at (502) 883-6706 or e-mail at maryellen.howard@dayspringky.org.

### Follow Day Spring Foundation



Day Spring empowers adults with intellectual disabilities to live fulfilling lives by offering support in a residential setting. We share a way of life that values the gifts of every community member.

Recently moved?  
Did you receive duplicate  
copies of this newsletter in the mail?  
If so, please contact us at 502-636-5990  
so that we can update your information.



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