



# Day Spring Sun Times

Volume 20, Issue 1

Spring 2016

## Day Spring Remembers Dr. Jack Ford



With hearts full of love and gratitude Day Spring joined the Ford family, friends, and many others throughout our community in mourning the passing of Day Spring founder, Dr. Jack Ford. We will deeply miss his loving presence, kind and compassionate spirit, brilliant and creative mind, and unending passion for that which is right and just. While Jack would be the first to credit the contributions of many who played a role in the founding of Day Spring, it would not have been possible without the unwavering gift of leadership which he and Gladys so generously bestowed on Day Spring since its inception.

In a moving eulogy, Jack's daughter Maureen shared glimpses into the Ford family's life. Not only do they share wonderful memories of holidays, vacations, and good times, but also they remember being shaped and inspired by their father's teaching and modeling of Christian values and social justice. As much as Jack was a philosopher/theologian, he was also a person who acted on his beliefs. Jack might just as easily have been seen participating in the Civil Rights movement, challenging students, hanging out with the monks at Gethsemane, "working the neighborhood" around Illinois Avenue to prepare it to welcome Day Spring, or taking his daughter Mary and her friends out for ice cream. As Maureen so fittingly described, Jack just had this remarkable "capacity for vision."

While we cannot help but feel grief, at the same time we rejoice in our good fortune to have known Jack Ford and shared in his hopes and dreams for Day Spring. Perhaps we best honor our founder and friend by honoring his vision of a Day Spring which "values the gifts of every community member." At the dedication of the Ford Community Center in 2014, Jack said, "Day Spring is a love story!" Jack knew that Day Spring would need to love and be loved by many, many people, each bringing his or her own gift to the mix. Together we continue the Day Spring love story, made strong and sustainable by each and every one of our gifts of time, talent, care, and contribution. Vision the Day Spring sun shining ever more brightly. Jack smiles down upon us.

*Sarah Trester*  
Day Spring Executive Director

“ I think all who were connected with the beginning of Day Spring could not have dreamed of the success we now enjoy. ”  
-Dr. Jack Ford

## Day Spring Remembers Dr. Jack Ford



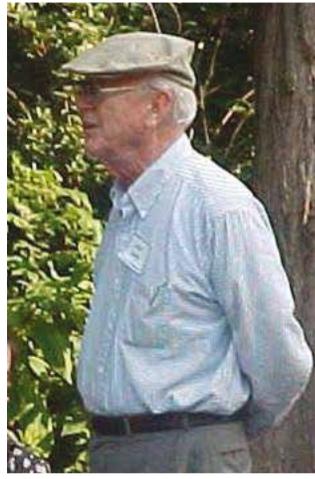
Ford family and friends, March 2014



Celebration Garden Statue unveiling Spring, 2005. Sr. Debbie Kern RSM, Richard Beatty, Dr. Ann Jirkovsky, Debbie Seger and Gladys Ford



Illinois Avenue Group Homes Groundbreaking April 7, 1994. Sr. Debbie Kern RSM, Verna VanNess, Bishop Charles Maloney, Joseph Gleissner and Ray Goodman



Gladys and Jack, March 2014

## Day Spring Opens a New Home



Emily Gipe, Emily Barrett, Sarah Trester and Julie Ferry

With excitement, Emily Barrett, Emily Gipe and Julie Ferry moved to our new Brookmoor Drive home in Middletown on January 8<sup>th</sup>. This is a three-person, staffed home in eastern Louisville.

All three ladies made big transitions from very different places to make this home happen...and it's worked out beautifully! Emily Barrett moved from Day Spring Woods into Brookmoor. Emily Gipe moved from her mother's home and Julie Ferry moved from her sister's home.

We'd like to thank these donors and those who spent many long hours and late nights helping to make the Brookmoor house into a beautiful cozy home: The Barrett's, The Gipe's and the Ferry's. Also, Frank Cusick, Buddy Beaven, Donnie Whitaker with Mason Cabinetry, Karen Morris Designs, Larry Klein with Willis Klein Commercial Services and Seneca Insurance.

Also a big thanks to these Day Spring staff members: Charlie Downs, David Reilly, Evelyn Peeler, Audrey Evans, Erin Ray and Brian Reigler for all of their hard work as well.

“ This has been such a monumental day in the life of my girl Emily. What a PERFECT fit for not only the girls but also the families. We are so beyond blessed. I cannot wait to see what lies ahead for her. Thank God for Day Spring and all of the many, many people who support her. ”

-Beth Barrett, Parent, Sibling and Board Member



## Cathy Harrod's Life After Retirement



Cathy Harrod, Linda Grubbs, Ellen Sheridan and Lisa Boswell in Indianapolis this past Fall.

When UPS Logistics ended their need for jobs with Zoom Group, Cathy considered herself to be retired. But, it wasn't long until Zoom Group's new Life Works programs caught Cathy's attention and then she was back.

Cathy participates in Life Works where she is learning some new tech skills. She has set up a Facebook account on her new laptop computer and is learning how to navigate it all during her weekly classes.

Cathy is also participating in The Wilderness Road Club Senior Services with her new Day Spring Community Access worker Beverly Webb. Each day they do something different and it's always quite interesting. Some of their activities include painting, walking and getting exercise, pool therapy and Bunco.

Cathy underwent knee replacement surgery last summer and has been extremely dedicated to her physical therapy plan. Her goal has been to get back 100% use of her knee and she has worked hard at this. She and her roommate routinely get their nails done on their own using TARC public transportation. They are also big fans of Days of our Lives and never miss an episode.

"I'm thrilled that Cathy has stepped out of her shell and tried something new in her life. She was skeptical at first, but she's learned that she is liking new things and that is wonderful to see," said Erica Franklin Zachariah, Cathy's Day Spring point person.

## Jennifer's Continuous Commitment



Jennifer McClinton works for Brown-Forman Corporation as an IT Supervisor and joined the Day Spring Board of Directors in 2014.

Since day one, Jennifer has shown a strong passion toward supporting Day Spring and helps us to drive the mission. She has helped to spread the word by bringing friends to our fundraising events and our Tours - introducing Day Spring to friends unaware of who we are is extremely beneficial to us.

Her work leading the Development Committee has been remarkable as well. Jennifer led the Empower Breakfast planning committee and was a speaker at this event which raised more than \$80,000. Jennifer is also an inaugural member of the Empower Society.

"I find serving on the Day Spring Board to be rewarding on many levels. I am proud to represent Brown-Forman and to give back to the community with my time and talent. I enjoy getting to see my uncle Tim when I am at Day Spring for meetings, he somehow knows exactly when I will be there and that warms my heart," shared Jennifer.



Tim Baird and Jennifer McClinton at our 2015 Concrete Ball event

## 2015 - 2016 Day Spring Board of Directors

Ms. Lynne Fleming, Chair  
MSD

Ms. April DuVal, Vice-Chair  
Retired Council on Dev. Disabilities

Mr. Phillip Stuecker, Treasurer  
YUM! Brands

Mrs. Beth Barrett, Secretary  
Retired RN Baptist Hospital East

Mr. Michael Ackerson  
US Bank

Mr. Ted Buren  
Kroger

Mr. Steven Carter  
UPS Airlines

Dr. Jack Ford\*  
Retired Bellarmine University

Mr. Joseph Ford  
Humana

Mrs. Harriet Harrison  
Retired RN Rauch Inc

Ms. Linda K. Ison  
Retired Mercer

Ms. Barbara Kalkhof  
Retired City of Louisville

Mrs. Jennifer McClinton  
Brown-Forman Corporation

Mr. David Metzger  
State Farm Insurance

Mr. Michael Miller  
KESA

Mr. Jeff Seger  
Roller Die & Forming

Mrs. Kimberly J. Thieneman  
Mercy Sacred Heart Village

Mr. Richard Timmel\*  
Real Estate

Ms. Deborah Wade  
USI Insurance Services

Mr. Jerry Weber  
Retired Boys Haven

Mr. Joe Wheatley  
Assured Neace Lukens

Dr. Dean Wickel  
Floyd Memorial Hospital

Mr. Alan Willoughby  
UPS/Zoom Group

Ms. Sarah Trester,  
Executive Director

\*Emeritus

# Development Update

By Kelly Hutchinson, Development Director

Our first Empower Breakfast was held November 12, 2015 and attracted nearly 200 guests thanks to our volunteer Table Hosts. More than \$80,000 was raised to empower adults with intellectual disabilities to live fulfilling lives! We also saw the establishment of a new circle of supporters- **The Empower Society**- representing those who invest in the longer term sustainability of Day Spring by pledging a gift for at least 4 years.

Our emcee was Daniel Noltemeyer and he did a fantastic job! With moving messages from the opening remarks of Sarah Trester, Executive Director to the closing thank you remarks from Daniel stating that "everyone can have an impact on improving the lives of others."

University of Louisville Men's Baseball Coach Dan McDonnell shared how Todd Esser, a Day Spring resident, has become an inspiration for the team each year and that Todd is their #1 fan.

Allison Smith Jones shared the challenges and victories that a parent faces raising a child with a developmental disability. She concluded that "because of Day Spring I believe that Bailey will achieve independent living and one day have a key to his own front door."

Day Spring Board Member Jennifer McClinton presented a heartfelt invitation for support and announced an anonymous \$15,000 lead gift to match the generosity of those who would contribute. She concluded saying "it has been a real joy to witness the smiling faces and even some tears this morning that show me how much this community cares about the people we serve and that everyone can play a part in helping people with intellectual disabilities live fulfilling lives."

Save the date and plan now to join us for the **2016 Empower Breakfast on Wednesday, November 9<sup>th</sup>** at The Olmsted. For more information or to let us know you can volunteer as a Table Captain, contact Kelly Hutchinson at (502) 883-6705 or [kelly.hutchinson@dayspringky.org](mailto:kelly.hutchinson@dayspringky.org).

# Empower Breakfast



Charlene Coakley  
Pat Durham  
April DuVal  
Lynne Fleming  
Glenn Gilbert  
Tiffany Cole Hall  
Patricia Hawkins

Mary Ellen & Pat Howard  
Kelly & Paul Hutchinson  
Brett Landow & Jan Abbott  
Pat & Leta Mattingly  
Jennifer McClinton  
Julie Muennich  
Ann Mulcahy  
Cynthia Reichert  
Gail Rooney  
Simpson Builders, Inc.  
Sarah Trester  
Claudia Vondran  
Jerry & Julia Weber  
Robert Wood



Event emcee Daniel Noltemeyer, Councilman Pat Mulvihill and Sarah Trester at our Empower Breakfast this past Fall.



Camille Koepper, Daniel Noltemeyer, Coach Dan McDonnell (Men's U of L Baseball Coach) and Tim Baird

## Tours and Lunches

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

April 7	August 4
May 12	September 1
June 2	October 6
July 7	December 1

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).

## How to make a Gift in Your Will

If you have remembered Day Spring in your will, please let us know. We want to say "Thank you" and recognize you in the Legacy Circle. If you have questions, call Kelly Hutchinson at (502) 883-6705. Simply tell your attorney you want to leave a gift to "Day Spring Foundation, 3430 Day Spring Court, Louisville, KY 40213"

You can designate a specific dollar amount, or you can provide a percent of your estate to go to the Foundation. Every gift counts and you don't have to be a millionaire to make a gift in your will that will make a difference in Day Spring for decades to come!



The crowd applauds as our speakers share their stories at the Empower Breakfast last Fall. Front are: Brian Jones and Lori English

# Tristan Pierce - Celebrating 7 Years of Employment

While working full-time for American Printing House for the Blind, Tristan has been a very committed Direct Support Professional for Day Spring. Tristan's work shifts have always been at the Woods apartments and she is well-known for getting the residents out and about in Louisville. Some of their ventures have included walking the Big 4 Bridge, Bernheim Forest, Huber's Orchard, Bardstown Road Aglow Festival and Zoom Group's Art Studio. "My favorite thing Tristan has taken us to is the Reggae Festival at the Water Tower," said Cindy Cusick.

Tristan is also known for her World Health Day leadership at Day Spring. World Health Day is one of Tristan's passions and she introduced us to this cause several years ago. One evening in April, Tristan leads a fun exercise and educational activity with the Day Spring residents following a theme. This year's event takes place on April 7<sup>th</sup> and the focus is Diabetes. We can't wait to see that Tristan has in store for us!



“ I enjoy going on outdoor adventures with the residents. Some of our adventures over the last seven years include a hike to Tioga Falls, a picnic in Bernheim Forest, and the downtown Louisville Water Features Walk. I have danced with residents at numerous Reggae Festivals and one year Emily Barrett and I walked in the St. Patrick's Day Parade in the Highlands. ”

Top: Tristan Pierce, Richard King and Jack Gollar at the Big 4 Bridge



Bottom: Alan Willoughby and Tristan Pierce at the Water Tower for the Reggae Fest

## We Are Growing!

**Job openings are available:  
Full & Part-Time Community Access &  
Direct Support Professionals**

Contact: Lilia Rodriguez  
lilia.rodriguez@dayspringky.org or (502) 636-5990

We are looking for people who are committed to providing the highest quality services and support to our participants, and who can be flexible and focused in a changing work environment.

## 16<sup>th</sup> Annual Concrete Ball Celebrates the Roaring 20's



**Thank You to Our Sponsors  
(as of March 5<sup>th</sup>):**

### Gold



### Bronze



### Beverage



The 2016 Day Spring Concrete Ball - The Speakeasy Gala will be held Saturday, April 9, 2016 and raise funds that provide housing and daily living support to empower and enable the Day Spring residents.

Not in the concrete industry? That is OK - Concrete Ball is the name...the event is rock solid fun for everyone and delivers an experience you won't forget!

The evening includes dinner, auctions, gaming, music and dancing. Please join us to make the night a success! Contact Mary Ellen Howard at (502) 883-6706 or maryellen.howard@dayspringky.org for more information.

### Table

Mr. Michael Ackerson	Passport Health Plan
Advance Ready Mix	Terex Mixer Trucks
Austin Powder Co.	Underwriters Safety
Gaunce Management	& Claims
Irving Materials, Inc.	

# 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** Founders Jack and Gladys Ford. Jack passed away on February 20 (see cover story) "Jack and Gladys are the very heart of Day Spring, which has been our Sara's home for the past 18 years. I am so grateful to the Ford family and their vision for adults with intellectual disabilities," said Harriet Harrison.



**2** Becky Wortham was recognized for 40 years as an employee at Custom Quality Services.



**3** John Henry Graff, Lance Stemler, Joe Wheatley, Andrew Cotton, Kevin Barger with Camille Koepper and Mary Ann Lewis. This group is from Assured Neace Lukens Insurance Company & they visited us for a Lunch & Tour on January 7<sup>th</sup>.



**4** David Harrod, Finley Messick and Beth Barrett at our 2013 Concrete Ball. Make plans to attend this year - purchase your tickets today at [www.DaySpringKy.org](http://www.DaySpringKy.org).

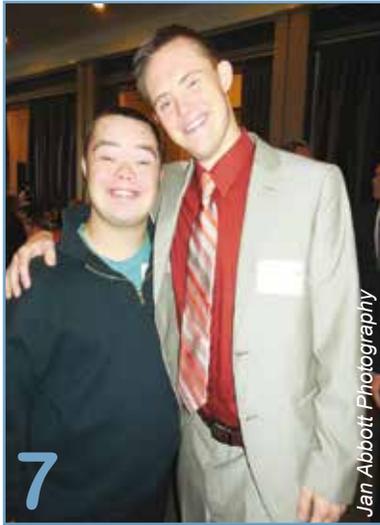


**5** Friends from Seneca Insurance Company donated kitchen items for our new homes.

**6** Emily Gipe and Julie Ferry who are new residents living at our Brookmoor home with Emily Barrett.



# 2015 Fall at Day Spring



**7** Bailey Jones and Daniel Noltemeyer at our Empower Breakfast in November.



**8** Audrey Evans and Emily Barrett are all smiles the day the Brookmoor home opened on January 8<sup>th</sup>.



**9** Kye Young, Brian Reigler, Ted Redman, Kaley Dempster, Marie Wisheart & Kelly Hutchinson at our February Lunch & Tour. Front: Mary Ann Lewis and Mark Cates.



**10** Fritz and Todd Esser heading out to the University of Louisville Men's Baseball Banquet in January.



**11** Ellen Sheridan, Jimmy Baltengerger and Lilia Rodriguez learn about healthy eating at our Nutrition Classes led by our Health & Wellness Coordinator, Cynthia Changaris.



**12** Mary Ann Lewis (center) with Patty and Linda from The ARC of KY "Advocates in Action" at the state capital on February 2<sup>nd</sup>. "Please make sure they don't have to go to an institution," Mary Ann was quoted as saying on the Courier-Journal's cover article *Families: Don't Cut Human Services* by Deborah Yetter on February 18<sup>th</sup>.

# Patricia Is Our “Biggest Loser”!



We all go through phases in our life when we recognize that some changes need to take place. This is no different for Day Spring residents.

Patricia Merrick lives at Day Spring Homes and decided about 2 years ago that it was time to get healthy. With the assistance of the staff that work with her, Patricia has taken on this positive initiative in managing her food portions and making healthier food choices.

Her secret? Smaller food portions. Staff would make suggestions and give her food ideas in the beginning, but now she needs fewer prompts and can make healthier choices on her own. She has lost over 20 lbs in the past 2 years.

Patricia also started attending Down Syndrome of Louisville

around the same time she adopted these new habits. Down Syndrome of Louisville has really contributed their assistance to Patricia during this time as well. She has abandoned her sedentary routine and begun moving around more, practicing Yoga, riding the exercise bike and bowling.

Patricia has more energy now and enjoys getting out on the weekends. She likes to shop and recently was excited to get new clothes and snow boots. “I eat vegetables, meat, rice and I feel better and I am so happy now,” says Patricia. “I don’t eat junk food or sweets.”

“She helps all of us at the house stay motivated on eating healthy portions. Patricia is doing such a great job and we are all so proud of her,” says staff member Sarah Santos.



Top: Patricia Merrick with her old jeans

Bottom: Patricia Merrick, Cindy Cusick and Sarah Santos out exercising

## Save the Date

- 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
- Friday, July 15, 9:00-4:00 pm**  
Day Spring Yard Sale Prep Day  
Item Drop-Off and Set-Up
- Saturday, July 16, 8:00-1:00 pm**  
Yard Sale at St. Gabriel’s  
School Gym

See inside for more upcoming Lunch & Tour dates

### 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](mailto:maryellen.howard@dayspringky.org).

Follow Day Spring Foundation



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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.

