

Hello
June

QUOTE OF THE MONTH

“The only limit to our realization of tomorrow will be our doubts of today”

~Franklin D. Roosevelt~

Community Participation

Community Participation, which typically includes groups of 3 or fewer, includes persons supported going out into the integrated community to create connections and be a part of the larger community.

Isabella/s Surprise Trip to Hawaii

Isabella went to Oregon to see her sister Christiana and was surprised with a birthday trip to Hawaii



Enabling Technology Home

The Enabling Technology Home is an initiative by the Tennessee Department of Intellectual and Developmental Disabilities (DIDD). Pictured are Georgia W., Mark P., Sharon P., and Staff Leslie M.





Bean & Corn Salad

Shopping List

- 1 Can Black Beans (drained)
- 1 Can Corn (drained)
- Salsa
- Optional: Shredded Cheese

Instructions

- Open and Drain Cans.
- Pour into Bowl.
- Add Salsa.
- Mix Together.

Let's Get COOKING

Benefits

- Very Inexpensive
- High Fiber and Protein
- No Cooking Needed

*DSP's please send us photos of meals shared together and/or healthy recipes tried in the home.



Congratulations on your retirement Kathy Bumbalough!

Thank you for the 25 years of dedication to Pacesetter and the people you have supported over the years. Kathy started her journey with Pacesetter in 2001. Since then, she has been a role model employee for those to follow. Her dedication to the people supported has been nothing but pure love. We hope you enjoy your future with lots of time to spend on your hobbies, friends and family as much as we've enjoyed having you.

-Ron Eschelbacher Putnam County Director

*Kathy pictured with Executive Director Larry Rector

Things To Do In June

Putnam County

June 6 - Peach Festival. Putnam County Fairgrounds. Local Artisans, Makers, & Food Trucks.

June 12 - After Dark Movies in the Park. Dogwood Park, each Friday night at 8pm.

June 20 - Watermelon Crawl Festival. 1 E Depot St., Monterey. Free watermelon slices.

June 20 - The Good Old Days Festival - Old Putnam County Fairgrounds. Demolition Derby, Vehicle Showcase & Live Entertainment. 2pm to 9pm.

White County

June 27 - Lake Day BBQ. Edgar Evins State Park. Enjoy the Lake with Good Food and Fun.

Macon County

June 06 - Folk Medicine Festival - Downtown Red Boiling Springs. Celebrate Appalachian Heritage, Craft Demonstrations, Local Food Vendors.

June 13 - Gallatin Cheesecake Festival. Gallatin Civic Center. 10:00am to 4:00pm

June 18-June 20 - Macon County Hillbilly Days. Key park, Lafayette. Itty Bitty Hillbilly Pageant, Cake Walk, Disc Golf, Cornhole Tournaments, & Fish fry.

WELCOME NEW HIRES!

Nicole "Nikki" L.
Carroll L.
Brandy C.

Alisha D.
Elizabeth G.
Suzan M.

Ashley O.
Selina H.
Nicole J.

Michelle P.
Zachary B.

JUNE SERVICE ANNIVERSARIES

<u>Name</u>	<u>Years</u>	<u>Name</u>	<u>Years</u>	<u>Name</u>	<u>Years</u>
Lynn Adcock	31	Marilyn Harris	8	Hattie Chastain	3
Ashley Cook	21	Stephanie Turner	8	Chelsie Miller	3
Sandra Lancaster	14	Barbara Qualls	6	Nicholas Qualls	2
Teresa Davis	13	Qualls Cothron	6	Isabel Koceja	2
Kariann Willis	12	Jamie Martin	5	Ashley Ray	1
Kim Walton	12	Alex Condori	3	Melina Jackson	1
Lesa Smith	9	Claudia Woodard	3	Kristi Haslam	1

JUNE BIRTHDAYS

Supported

6/1 Stacy M.
6/4 Jonathan U.
6/6 Zachery T.
6/8 Scott G.
6/10 Debra K.
6/12 James T.
6/22 Donald L.
6/23 Amanda W.

Staff

6/8 Holly B.	6/13 Heather B.	6/25 Hillary A.
6/9 Savanna H.	6/14 Kristi H.	6/25 Clay B.
6/10 Jerry C.	6/15 Karen B.	6/27 Sherry B.
6/12 Michelle P.	6/17 Carla T.	
6/12 Amanda G.	6/25 Barbara J.	

Oops! Don't see your name or see your name and don't want it seen? 😞
Change this by contacting HR/Isabel Koceja at isabel.koceja@pacesetterstn.com!

WE'RE HIRING

We currently have full-time positions available in both Putnam County and White/Dekalb/Warren Teams.

- Starting pay: \$16.25 per hour
- \$500 sign-on bonus (\$250 after 90 days, \$250 after 6 mo.)
- Full-time

Visit pacesetterstn.com for more information!



TOURNAMENT

JOIN US!

SEPTEMBER 12TH

WHITE PLAINS GOLF COURSE

pacesetterstn.com or call 537-9100

Happenings at Pacesetters



Betty H. and Chrissy S. visited the Granville Wildwood Marina!



Staff April, Janet C., staff Brianna, Laura, and Courtney at the Nashville Zoo



Jaden enjoying a cupcake



Charles M. working in his garden



Greg T. likes to Cook



Stephanie M. at Lost Creek State Natural Park



Wanda J. enjoying the day



Laura, Janet, and Courtney enjoying the Dill Pickle Festival



Just chillin at the house today and picnicking on the deck Courtney M., Janet C., and Laura B.

[Click here to see photo details at pacesetterstn.com/happenings-june-2026](https://pacesetterstn.com/happenings-june-2026)

Let's Focus on: Dignity and Respect

The concept of dignity and respect is certainly about choice, decision-making, and dignity of risk, along with the niceties of “thank you” and “you’re welcome”. However, it goes beyond these things alone. It involves what we believe about people, how we talk about people, how we talk to people, and how we interact with a person. How a person is perceived and treated by others influences how that person behaves.

Defining Dignity and Respect

Respect can be defined as “showing regard or consideration for” and dignity can be defined as “worthiness.” Most people do not act in a way that is blatantly disrespectful to others or make them feel undignified. However, there are so many subtle behaviors and actions that people engage in that can be viewed as disrespectful. Here are a few examples that CQL has published following interviews with people with disabilities: having “house” rules, being told not to “steal” food out of own refrigerator, someone else opening mail, using a different tone or pitch when speaking to someone with a disability, and speaking for someone unnecessarily.

In order to provide dignity to someone, there must also be respect present. Respect begins with understanding that each person is unique with different priorities, goals, interests, opinions, different backgrounds and proceeding to value these differences. It is imperative that respect is provided throughout all aspects of a person’s life. Examples of showing respect could be through the tone of voice used to speak to a person, listening to a person’s preference of what to eat for dinner, how someone would like to furnish and decorate their home, or listening and responding when the person has a request or idea for their life. Do we listen when a person communicates to us, and do we act appropriately on it? When respect is provided, the person will experience a feeling of being valued, accepted and capable. Offering meaningful and challenging opportunities and activities to people is also a fundamental part of respect. By providing these opportunities, a person is able to build their self-confidence and learn through life experience, thereby becoming more independent.

We respect people by honoring their choices and encourage people to make daily decisions about their life.

Practice Exercise

Think to yourself for a minute how you define respect. What is that definition? What does respect mean to you and look like in your life? What behavior and actions do you expect people to show as a sign of respect?