



QUOTE OF THE MONTH

"April is a reminder that life is beautiful, ever-renewing cycle."

E. E. Cummings

DEDICATED TO WANDA HIX:

Wanda started her nearly 30 year career at Pacesetter in 1994 as a Direct Support Professional and in 2004 accepted the position of Facilities Coordinator in the Business office at the Administrative Office in Algood where she has been the last 20 years. She was always engaging with staff and the people we support. She had a heart for the people we support and was always advocating and supporting them in some way, fashion or form. She had a big sense humor, and she made you smile when you were around her one way or another. She will be sorely missed. Rest in Peace Faithful Servant.

SAFETY TOPICS

Fragrance Wax and Oil Warmers



Recently a question was asked if wax warmer and oil warmers, permitted in our homes we support. Unfortunately, they are NOT permitted. Even if it's a heat resistant surface the State looks at it as a wax warmer and can be unsafe to use around persons supported who may end up touching the hot device/parts and scald their skin



Air Fryer

When used correctly Air Fryers are safe to use in our homes. As of now the State has not expressed any safety concerns.

Here are a few things to keep in mind:

- They do exhaust heat, so give them a little room so the air exhausted can cool or dissipate before reaching nearby items.
- Clean them after every use. The basket can be easily hand-washed in hot, soapy water.
- Don't overfill - One of the most common mistakes is to overfill an air fryer. Air fryers come with a deep basket, it's tempting to fill it to the brim, and assume this will save you time. However, overfilling can block the hot air from circulating around the food properly. This will result in foods being either undercooked or lack that perfect, even crisp. Instead, place your food in a single layer across the basket with space between each item for the air to flow around it.



THINGS TO DO

April 5-6

Upper Cumberland Quilt Festival

Location: 6 different venues

Time: 9a to 4p each day

More Information: Quilt-festival.com

April 13th

Spring Market & Food Truck Festival

Location: Putnam County Fairgrounds

Time: 10a to 5p

April 13th

Sensory-friendly Music Fair at School of Music TTU

Location: 1150 N. Dixie Ave Cookeville, TN 38501

Time: 1-3PM

More Information:

https://docs.google.com/forms/d/e/1FAIpQLSe8jUvjHEzlpB9t4hhvTsB4_QtP8YtPBWpE3YI7EQDKHTjKrA/viewform

April 14th

Firefly Festival at the Dogwood Park

Time; 10a to 7p

April 20th

Earth Day Celebration at Dogwood Park Cookeville

Time: 12- to 6p

Cost: Free

April 26

Spring Prom at Life Church hosted by Rising Above Ministries

Time: 6p to 9p

More Information:

<https://www.risingaboveministries.org/springprom>



Here is Cheri's granddaughter, Addy, serving up the winning point for the Pandas!

The Pandas are an ETHOS traveling team from Sumner County, Tn

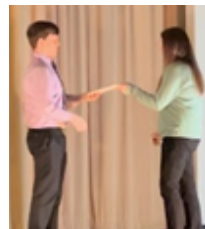
WHITE COUNTY HAD A SPECIAL VISITOR ON MARCH 22, 2024



Left: Bessie, White County Director, greeting the visitor.

Right: The Easter Bunny spending time with Greta. More photos will be posted on Pacesetters Facebook page.

Cheri Loftis from Macon County is a proud grandma! Here is her granddaughter, Bailey, being inducted to the Beta Club.



The National Beta recognizes high academic achievement, rewards and nurtures worthy character, fosters leadership skills, and encourages service to others. What an honor! Congratulations Bailey!

Ashely Cook, also from Macon, is a proud mom of her son Dalton and his team won 1st place in the Jr. Pro Basketball age group 9-12 in Lafayette, Tn. WOO HOO!!



WELCOME NEW HIRES!

Joshua Bowden	Heather Myers
Loren Carter,	Teffanie Nodine
Amonit Cumby	Calista Treiber
Susan Gales	Kellie Young
Michaela Gibson	
Leslie Hoffman	
Thomas Loyd	

HAPPY BIRTHDAY!

Supported Individuals

4/1 Richard Grebel
 4/7 Amy
 4/7 Anna Henry
 4/8 Richard Whittemore
 4/22 Brookelyn
 4/23 Barron Garrett
 4/28 Damien "Adam" Bullard

Staff

4/3 Chasady Eells
 Jamie Kirkman
 4/5 Courtney Thomas
 4/6 Sharman Farris
 4/10 Lauren Polston
 4/16 Britney Maxwell
 4/18 Cindy Mabery
 4/21 Ann Braswell &
 April Schroeder
 4/23 Susan Gales,
 Thomas Loyd
 Teffanie Nodine
 4/24 Kelli Ealey-Autrey
 4/25 Selena Gonzalez
 Georgette Sullivan
 Claudia Woodard
 4/30 Rachael Roberts

SERVICE ANNIVERSARIES

<u>1 year</u>	<u>6 years</u>
Kristin Diaz	Billy Smallwood
Gayla Green	<u>9 years</u>
Victoria Hays	Jonathan Dickerson
Annabelle King	Steven Smith
Peggy Montijo	<u>13 years</u>
Andrea Netherton	Hillary Jenkins
Samantha Tyler	Tammy Walls
<u>2 years</u>	<u>18 years</u>
Patricia Johnson	Ann Braswell
<u>3 years</u>	<u>19 years</u>
Chris Dean	Richard Sharpe
<u>5 years</u>	<u>28 years</u>
Katie Shirley	Bill Toye
Anthony Titsworth	
Matricia Wingo,	

Oops! Don't see your name or see you name and don't want it seen? 😞

Change this by contacting HR/Barbara Jennes!

JOB OPENINGS

- Direct Support Professional

Visit our website for more information



Let's Talk About: CQL—The Council on Quality and Leadership Personal Outcome Measures—Factor Expectations (What We Look For)

FACTOR 3: MY RELATIONSHIPS!

Indicator 16: PEOPLE PERFORM DIFFERENT SOCIAL ROLES

The roles we fill in life (child, parent, sister, nephew, spouse, worker, volunteer, congregation member, etc.) express what is important to us. They define the expectations we have for ourselves and that others have for us.

Most of us play a number of different roles depending on the time, place, and circumstances. For instance, during the day our primary roles might be as student, worker, or manager. At home, our roles change to parent, spouse, or friend. At other times, we have additional roles, such as team athlete or coach, PTA volunteer, theatergoer, or choir member. The opportunity to play all of these roles enriches our lives and the lives of others.

Society assigns various levels of status to particular roles. Some roles are valued and some are not (e.g. criminals). Most of us would not choose to play less-valued roles. People play valued social roles to increase their status. Playing a variety of roles helps people express their unique qualities. Common roles can be neighbor, volunteer, family member, and friend/confidant. Roles related to religious activity or spiritual beliefs are very important to some people. These roles, like many others, offer people an opportunity to contribute and give something back to a larger community.

Social roles are active, rather than passive. Not only do people recognize the roles they play, but others do as well. One way to define a social role is to ask "Would the person be missed in the role if he or she was not there?" When we fill a particular role, we take on the responsibilities and actions that go with it.

People give back to the community. They participate in activities that best fit their interests and skills or allow them to learn and fill new social roles. People have roles in their places of worship by singing in the choir, serving on a committee or working in the office. Other people may work on a committee to revise service standards because they want to advocate for a particular change or learn more about the workings of the government.

People receiving services may need supports to give back to their communities. People who have never participated on a committee may ask for support to understand how committees work, or to read the agenda and other documents. People may also need support to understand their options for community involvement, or to match their interests and skills with opportunities. Organizations assist people to overcome barriers by providing access to opportunities, information, technology, and skill development.

