



QUOTE OF THE MONTH

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day is by no means a waste of time."

John Lubbock

Pacesetters On The Road



VISITING THE CHATTANOOGA AQUARIUM



FUN AT THE CARNIVAL

Summer Everything Pasta Salad Recipe

Ingredients

16 ounces cooked tri-colored pasta
 2 cups fresh broccoli
 ½ lb. hard salami
 2 cups mozzarella cheese, shredded
 1 medium green pepper, chopped
 1 medium Vidalia onion, chopped
 1 cucumber, peeled, seeded & diced

Dressing

2 tablespoons poppy seeds
 8 tablespoons sugar or 8 tablespoons Splenda
 sugar substitute
 8 tablespoons apple cider vinegar
 2 teaspoons salt
 ½ teaspoon black pepper
 ¼ teaspoon garlic powder

Directions

Whisk together dressing ingredients - Set aside., Combine all other ingredients and toss to mix well - Add dressing - Toss to coat - Chill until ready to serve - At least 1 hour

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

WELCOME



Meet Andrew Romeyn, our new RSTS for Putnam County! When he's off the clock, Andrew enjoys staying active and working with his hands. His hobbies include going to the gym, hunting, kayaking, hiking, blacksmithing, and woodworking. He also has a passion for cooking and BBQ. Andrew describes himself as a straightforward person who values honesty, hard work, and integrity. We're excited to have him on the team and look forward to the experience and dedication he brings to Putnam County. Please join us in welcoming Andrew to his new role!

INCLUSION IN ACTION



Larry R, Greg W. and Karla K. recently participated in Inclusion in Action in Sparta, TN.

WELCOME NEW HIRES!Robert Cowan
Ariel RigginsMonica Smith
Carrie Brown

Debra Dailey

JULY SERVICE ANNIVERSARIES

<u>Name</u>	<u>Years</u>	<u>Name</u>	<u>Years</u>
Robin Gallaher	34	April Schroeder	4
Cathy Presley	25	Gail Thurman	2
Krisshina Huddleston	14	Rebecca White	1
Miranda Davis	14	Casey Busic	1

JULY BIRTHDAYSSupportedStaff

7/22 Jackie C.	7/7 Megan Heinzman	7/15 Marie Stampfl	7/27 Michaela Gibson
7/22 Tina W.	7/8 Misty Voiles	7/16 Randy Woolums	7/28 Lilly Brandon
7/29 Colin M.	7/11 Adam Asberry	7/18 Barbara Qualls	7/28 Abigail Painter
7/30 Michael P.	7/11 Sabrina Haney	7/22 Anthony Titsworth	7/29 Lucy Sizelove-Shanks
	7/12 Rocky Madewell	7/23 Shelby Sims	7/30 Alex Cordori
	7/14 Bessie Presley	7/25 Pedro Aquino	7/30 Rachel Whittaker
	7/15 Katy Webb		7/31 Cathy Pressley

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

THINGS TO DO IN JULY

Enjoy free concerts the 3rd Thursday of each month, May through August at Dogwood Park Performance Pavillion. The next free concert is July 16, 2026 @7:30pm.

Putnam County Fair - Thursday, July 30th - August 8th
 Free Admission

VBS 2026 - Illumination Light the World
 Boiling Springs Baptist Church - July 15-17 2026, 6pm -8:30pm
 6298 Burgess Falls Rd, Baxter, TN 38544


GOLF

TOURNAMENT

JOIN US!

SEPTEMBER 12TH

WHITE PLAINS GOLF COURSE

pacesetterstn.com or call 537-9100

Happenings at Pacesetters



Rebecca W, Amy P. and Amanda playing a game in the Park



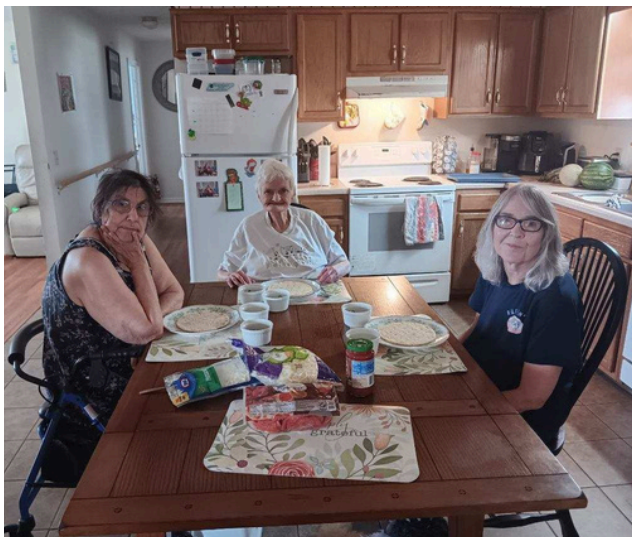
Happy Birthday Debbie K.



Spa Day for Dana N. with Aleah



Leonard getting his 1st massage at Genesis Career College



Greta G., Karen S., and Georgia W.
from White Co.



Hoyer lift training at Southmeade
Eddie L (HM), Tanner S, and Tammy M. (DSPs)

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



THERE'S NO PLACE LIKE HOME: Community Inclusion



We asked participants in our national housing decision-making study about how important being included in the community is to them. The study included 726 people with intellectual and/or developmental disabilities (I/DD) and family members. Here's what we found!

COMMUNITY IS VERY IMPORTANT TO PEOPLE

People with I/DD said being part of the community was very important to them. Having time in the community was one of the favorite things people with I/DD said about where they lived.

However, people did not always have *real* community inclusion in their current home:

- People described the community as a place they "went to" or "visited," not a place they belonged.
- Sometimes, people were not allowed to choose where they went in the community.
- Sometimes, people had to go everywhere as a group.

People with I/DD have the right to real community inclusion. Community is not just a place someone goes to, but "a place people have a stake in, a place people feel they belong."¹

HOW WE CAN HELP PEOPLE BE MORE INCLUDED IN THE COMMUNITY

- Increase funding to promote quality, community-based housing services.
- Work with community members to create more adequate, accessible, and integrated housing options for people with I/DD.
- Make it easier for people with I/DD to receive services and supports in their own homes, in family homes, and in shared living settings.
- Make community-based supports more available to people with higher support needs and people with both I/DD and mental health disabilities.
- Increase wages and training for direct support staff to help address turnover.
- Make sure services and supports are person-centered and directed by what that person wants.
- Empower people with I/DD to exercise their rights. Work with people with I/DD to stop any rights violations that are occurring.
- Recognize that people with I/DD are the experts about their own lives and that their choices must be treated with respect.

¹ Hingsburger, D. (2017). *Community as it is: Meeting the real challenge*. Paper presented at the CQL Conference: Blueprint for person-centered practices, Indianapolis.

This information is from There's No Place Like Home: A National Study of How People with Intellectual and/or Developmental Disabilities and Their Families Choose Where to Live. The technical report can be accessed at futureplanning.thearc.org/housing/.