



“ Success is not final, failure is not fatal:
It is the courage to continue that
counts.”

- Sir Winston Churchill

Stay Healthy!

Staying healthy involves making conscious choices that positively impact both your physical and mental well-being. This includes adopting healthy habits such as eating a balanced diet, engaging in regular exercise, prioritizing sleep, managing stress effectively, and maintaining strong social connections.

Key aspects of staying healthy:

- **Nutrition:** Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods, sugary drinks, and excessive amounts of unhealthy fats.
- **Physical Activity:** Engage in regular physical activity, aiming for at least 150 minutes of moderate-intensity exercise per week, including activities like brisk walking, swimming, or cycling. Incorporate strength training and flexibility exercises as well.
- **Sleep:** Prioritize getting enough sleep, aiming for 7-9 hours per night. Establish a regular sleep schedule and create a relaxing bedtime routine.
- **Stress Management:** Find healthy ways to manage stress, such as practicing mindfulness, yoga, spending time in nature, or engaging in hobbies.
- **Social Connections:** Maintain strong social connections with family and friends. Social interaction and support are crucial for mental and emotional well-being.
- **Regular Health Checkups:** Schedule regular checkups with your doctor for preventative care and screenings. Early detection of health issues can lead to more effective treatment.
- **Limit Harmful Substances:** Avoid smoking, excessive alcohol consumption, and the use of illegal drugs.
- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Be Mindful of Your Weight:** Monitor your weight and make healthy choices to maintain a healthy weight.

DSP APPRECIATION SPIRIT WEEK!

SEPTEMBER 8TH – 12TH

Monday, September 8 – Tie Dye Day

(wear your groovy tie dyes)

Tuesday, September 9 – Sports Day

(wear your favorite sports jersey)

Wednesday, September 10 – Wacky Dress Day

(wear your craziest attire)

Thursday, September 11 – Red, White & Blue Day

(wear your patriotic Colors)

Friday, September 12 – Rock n' Roll Day

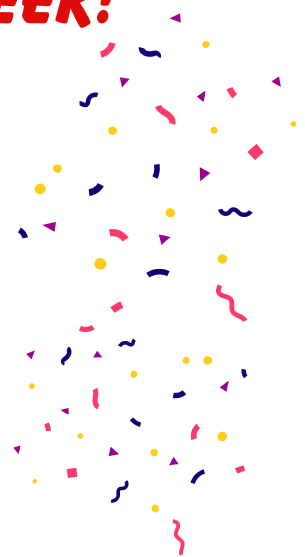
(wear your favorite decade rock wear)

In County Celebrations

Putnam County, Monday 9/8

White County, Tuesday 9/9

Macon County, Friday 9/12



Formal Fall Ball

Cookeville Community Center

October 21, 2025

5 pm to 8 pm

RSVP at 931.432.4045

Deadline is October 10th

Admission is \$10.00

CONGRATULATIONS



Felicia Webb

promoted to
Community Manager Putnam



Bill Thompson

promoted to
House Manager at Melrose #22

YOU'RE INVITED!


SNAKES & PELTS EDUCATION EVENT


Date: September 15th

Time: 2:00 PM – 4:00 PM

Location: Cookeville Community Center

A Tennessee State Park Naturalist is bringing:

 Live Non-Venomous Snakes

 Animal Pelts from the Pelt Program

Sensory Related Event

Learn how snakes and other wildlife are
essential to our ecosystem!

This is a hands-on learning opportunity
for all ages – don't miss it!

Free & Educational • Family Friendly • Fun for All!

WELCOME NEW HIRES!

Savanna Hargis
Megan Heinzman

Matthew Smallwood
Jill Kolbe

Adam Asberry
Kevin Barnes

SEPTEMBER SERVICE ANNIVERSARIES

<u>Name</u>	<u>Years</u>	<u>Name</u>	<u>Years</u>	<u>Name</u>	<u>Years</u>
Kim Goforth	28	Jennie Pelham	19	Victoria Depuy	1
Brenda Moore	27	Cyndie Whittaker	7	Xander Tussey	1
Carlos Mahaney	23	Hillary Alvarez	2	Rhonda Gilbert	1

HAPPY SEPTEMBER BIRTHDAYS

<u>Supported</u>		<u>Staff</u>			
<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>
Phillip M.	9/1	Shelia Winningham	9/1	Lauren Myers	9/7
Lee B.	9/5	Katherine Frasier	9/2	Rita Elkins	9/8
Patricia B.	9/8	Matthew Hylton	9/2	Dillon Myers	9/13
Laura B.	9/7	Danielle Gregory	9/3	Felicia Webb	9/17
Walter P.	9/10	James Thomas	9/5	Michael Shanks	9/23
Tony S.	9/11	Hillary Jenkins	9/6	Jim Beaty	9/25
Eddie	9/21	Tanner Scott	9/6	Krisshina Huddleston	9/25
Kathy V.	9/28	Monika Sircy Alvarez	9/6	Larry Rector	9/27
Wanda S.	9/29	Melissa Woodard	9/7	Vikki Reynolds	9/27
		Denise Herron	9/7	Jason Martin	9/28

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!

PACESETTERS GOLF TOURNAMENT

WHITE PLAINS GOLF COURSE

DATE: SEPTEMBER 20TH

\$30,000 PRIZE!

Teams & Sponsorships Available!

Visit the [Website](#)
for more Details!



WE ARE HIRING!

Direct Support Professional

New Hourly Rate \$16.25

Sign On Bonus \$500

Referral Bonus \$250

Learn More:

pacesetterstn.com/careers

HAPPENINGS AT PACESETTERS



Ruth H. fishing at
Carter Park



Robert C. visiting the
Stone River Battlefield



Staff member Rita
danced with Garry.



Mark L. and Ricky W. at
the Macon County Fair



Jackie C. enjoying
a day out bowling



Chelsie learning to bowl



Greg T. at the county
fair rodeo



Donald L. singing Karaoke
at the county fair



Greg T. with the cast of Hairspray at
the Cumberland County Playhouse



White County
First Aid Training Class



Staff members Bessie Presley
& Lynn Adcock



Supported individuals Greg T.,
Karen, Vickie R., & Walter P.

“Let’s Talk About” Generating Positive Change for People Supported**You & I**

by Kathie Snow from the www.diabiltynatural.com E-newsletter

Other YOU & I comparisons are out there; this is another that can hopefully generate positive change. Not all scenarios apply to all people, but they represent the lives of too many adults with intellectual and developmental disabilities.

You’re frustrated, sad, scared, or angry. *I’m told I have inappropriate behavior.*

You’re addicted to coffee, chocolate, tasting, reality TV, and more. *I’m told I have obsessions and others use these as rewards or punishments in my behavior plan.*

You eat what you want, when you want. *I am told what and when I can eat.*

You protect your personal space and property. *I have no right to personal space and property.*

You speak up and defend yourself. *I’m described as non-compliant.*

You protect your private information. *I have no privacy; it seems everyone knows everything about me.*

You left your parent’s home and went off on your own whether you were ready or not. *I’m not allowed to move on until I meet “readiness” standards for “daily living skills” and more. (Why didn’t my family help me learn things when I was younger?)*

You live where you chose with people you love. *I’m “placed” wherever there is an “open slot” with people I don’t know.*

You network to find a new job. *I’m told I first need pre-vocational training; then, maybe someone will try to find a job for me. (Why didn’t public school prepare me for a job? And now, why can’t others help me to learn to get a job on my own?)*

You get help from your co-workers in your new job. *I’m told I need a Job Coach.*

You fall in love and have intimate relationships. *I am presumed to be asexual; no one seems to care if I’m lonely and have no real relationships.*

You have fun at the mall shopping for holiday gifts for your family and friends. *I’m taken on an outing to the mall. I have no money to spend on gifts and no one to give them to.*

You’re surrounded by family and friends. *I’m surrounded by people who are paid to be in my life.*

You’re known by your abilities and interests. *I’m supposed to live by my diagnosis and problems.*

You live by your hopes and dreams. *I’m supposed to live by the goals others write for me.*

You live a life of responsibility, inclusion, and freedom. *I’m held in a state of helplessness, isolation, and dependency.*

You work to improve your standard of living throughout your lifetime. *I’ll most likely live below the poverty line for the rest of my life unless significant changes occur.*

You’re included because you’re alive. *I’m supposed to earn the right to be included.*

You’re presumed competent. I’m presumed to be incompetent.

PEOPLE WITH DISABILITIES ARE UNIQUE INDIVIDUALS WITH DIFFERENT PERSONALITIES, BELIEFS, EXPECTATIONS, AND EXPERIENCES. DO NOT ASSUME THAT ALL PERSONS WITH DISABILITIES HAVE THE SAME NEEDS, WANTS, OR DESIRES.

Pacesetters, Inc. mission is to empower and support people with disabilities and their families to lead enriched and fulfilled lives. As an agency, we are committed to the use of positive approaches and person-centered methods in order to promote growth, development, and to gain the highest level of independence possible for people supported.