

Messenger



To provide adults with mild developmental disabilities an option for independent living in a residential community-centered atmosphere with a limited amount of support.

November 2015



A Message from our President, Charles Cooper

Summer has faded into Fall, and soon we'll be bracing ourselves for Winter. The team at Springboard Landings dedicated the summer to raising awareness about the SL mission and the adults with developmental disabilities who wish to live independently. We talked with many wise seniors at the First-Wednesday-of-the-Month breakfast at Kroger. We hosted open houses in the meeting rooms of several area libraries and participated in the very successful "Made in Nashville" festival, sponsored by our friends at the Epilepsy Foundation of Middle and West Tennessee. We talked with over 300 people and handed out all the literature we brought with us. It has been interesting hearing from so many about their grandson, cousin, sister or brother who needs what SL is offering. We've met one-on-one with individuals and parents who want to know more about SL and are eager to help bring it to fruition.

SL made an offer for land that we feel would be perfect for our buildings and residents. Once land is secured, we can start writing for grants and taking SL to the next level.

This Fall we hosted a brunch for folks who have contacted us recently to offer a platform for questions, suggestions and ideas. We accepted an invitation to disseminate information and talk to people about SL at the 4th Annual Nashville NF Walk for the Children's Tumor Foundation in Nashville's Centennial Park. What a great bunch of folks!

During the winter months our SL team will meet informally every other week to share ideas and make plans with interested individuals who have varying gifts and talents. We're excited about what's happening at Springboard Landings! Don't forget to like, share and comment on our Facebook page. This is a great way to help us spread the word. Our loyal donors are close to our hearts, but we need more of them to make this a reality. Please consider choosing Springboard Landings as your favorite charity.

If God is with us, it will be accomplished – St. Jeanne Jugan, Founder of The Little Sisters of the Poor

From Catherine Berry

As much as I hate to admit it, I would be lying if I said I was fully committed to any of the handful of things that fill up my days. And I bet that I'm not alone. The world isn't quite as small as it used to be, and we as a society are busier than ever. So sometimes it's easier to delete an email, throw out a letter, or screen a phone call than fit one more thing into our schedules and budgets. The reality is that with so much vying for our time, attention and money, supporting a deserving cause can be forgotten in the wake of the necessities in life.

The Board and staff at Springboard Landings are no different, which is why we spend so much of our precious time looking for and creating easy ways for you to fit SL into your life. The Big Payback campaign was such a success for us, especially as first-time participants, and we know that a year of fundraising practice will help us be even more successful this coming May. We partner with organizations like Kroger Community Rewards and Amazon Smile to thank you for giving generously to us, and give you a little time off, while continuing to build momentum. We, of course, will faithfully continue our work to build and market this unique organization, and hope that, where you can, you continue to support us with your good word of mouth, Facebook posts, time, donations, and shopping sprees with our fundraising partners. I make time for Springboard Landings because I am inspired by their passion and believe in their goal. If you believe in SL, drop us a line and let us help you find a project that fits your strengths and schedule. We can't wait to hear from you!

info@springboardlandings.org or (615) 719-9060



A Prospective Lander, Jeanne Buckman



It was summer 2008 and I had just received my diagnosis of Asperger's Syndrome, at the age of 30. I was returning home from Atlanta where the diagnosis had been made without a clue as to what to do next. I had crashed and burned out of a nursing job just prior to going to Atlanta for ten weeks for therapy and to find out what in the world was "wrong" with me. Now I had a name for it, Asperger's Syndrome. My whole world got turned upside down and I was sure I was somehow defective. What was I going to do? Was I ever going to be self confident again?

Upon arriving in Tennessee, we immediately hooked up with the Autism Society of Middle Tennessee, now known simply as Autism Tennessee. One of the parent reps at the time directed us to a lady named Dena. She became my first coach. Because she understood how the brain works differently in folks on the spectrum, she was able to help me obtain disability income. For that, one looks A LOT at what CAN'T be done.

Then Gina came into my life. She was my next coach. With Gina, it was all about the CANs. "What are you awesome at?" she would ask. Sometime during my work with Dena, Gina had been called into consult. Our family, Dena, Gina, and my sweetheart Jeff had all sat down to look at where I was, who my support system was, and where I wanted to be. Two years later, Gina was back in the picture, this time leading out in an employment group for ladies with disabilities. Much progress was made in how to present yourself in the best light to an employer. The question, "What are you awesome at?" was answered with a whole long list of things!

When Gina had to step out of the picture and close down the employment group, she handed me off to Dr. Stewart, who had been part of the employment group fairly often. Dr. Stewart knew me well at that point and he and I then embarked on the journey from there. My time with him has been invaluable! He is very understanding and informed about people who have my particular brain difference. He can explain anything to me and me to anybody else. He has been an unrelenting encourager and problem solver. In August of 2015, Dr. Stewart got the news that I had passed the certification exam for my skin and wound care specialty and started crying. So I have gone from someone who was sure she was defective to someone who knows she's just different and that's wonderful! I started out as someone who was totally unsure of herself and I'm now comfortable in my own skin. In 2008 I would have never dreamed that I'd return to nursing, let alone as a specialist! I'm now working with a job coach to find employment in home health.



Holiday Shopping Idea!

A contribution to Springboard Landings in honor of someone on your gift list would be one of the most appreciated and worthwhile gifts they receive. Send your donation to Springboard Landings and we will send an acknowledgement card to your loved one before Santa climbs down the chimney.



Visit us on the web: www.springboardlandings.org



Email us at info@springboardlandings.org. We look forward to hearing from you.

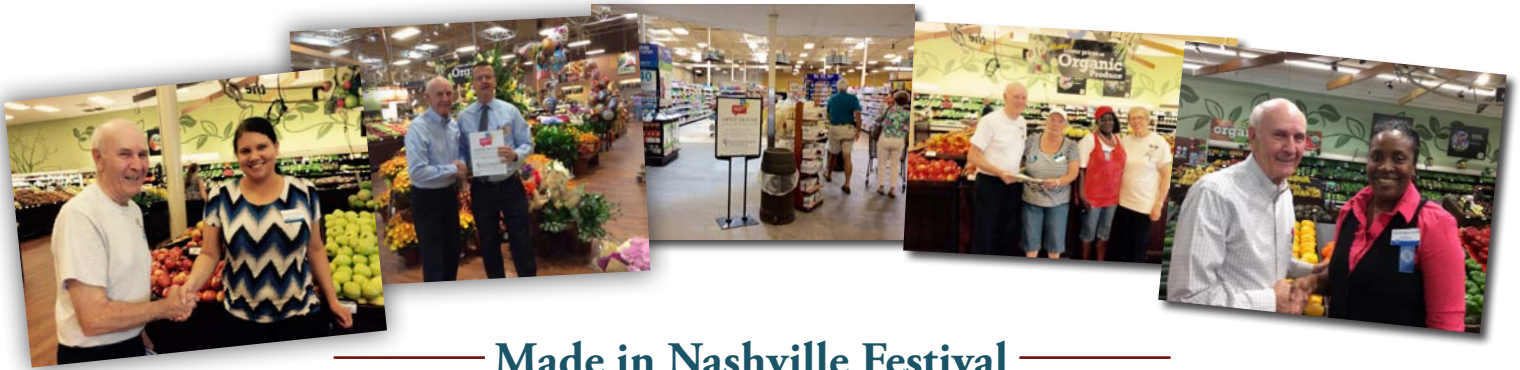


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Our Partners at Kroger



Made in Nashville Festival



Fall SL Brunch



Open House



Earn Rewards for Springboard Landings every time you shop at Kroger or Amazon Smile

Register your Kroger Plus Card online at www.krogercommunityrewards.com or call 866-221-4141 and select Springboard Landings (79950) as your charity of choice to receive rewards every time you shop. And, you can support Springboard Landings when you shop on Amazon. When you use AmazonSmile, 0.5% of the purchase price of your eligible Amazon purchases is automatically donated to Springboard Landings after you designate us as your charity. The more who sign up, the more we receive to support our mission of providing adults with developmental disabilities an option for independent living in a safe residential setting. Thank You!



ADMISSION CRITERIA FOR SPRINGBOARD LANDINGS INCLUDE:

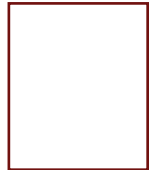
- A diagnosis of a developmental disability
- Capable of physical self-care and is ambulatory
- Ability to meet the financial obligations of Springboard Landings
- Functioning at a level that requires minimal day-to-day supervision
- Socially compatible with others and desires to be part of a community
- Has private medical insurance, Medicare/Medicaid

Call 615-719-9060 if you or someone you know fits the criteria above and is interested in residing at Springboard Landings. We will be happy to meet with you.



7028 Church St. East, Ste 104, Brentwood, TN 37027

**SPRINGBOARD
LANDINGS**
179 Belle Forest Circle
Suite 301
Nashville, TN 37221



Recently Moved?

If so, please contact us at 615-719-9060 or email us at info@springboardlandings.org so we can update your information and keep you informed.

Our vision is to implement and service a model that supports independent living for adults with developmental disabilities

Member of The Center for Nonprofit Management

Member of The Community Foundation of Middle Tennessee

Springboard Landings is a 501c3 non-profit organization. Donations are tax deductible.