

*To provide adults with mild developmental disabilities, who want to live independently, an option for private residential living in a community-centered atmosphere with a limited amount of support.*

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## A Message from our President, Charles Cooper

I hope your new year has gotten off to a good start despite the challenges we've experienced with our winter weather. We at Springboard Landings started our new year with a very well-attended "Celebrate New Beginnings" informational presentation. Those present agreed to be our "ambassadors" to their circles of friends and acquaintances in their neighborhoods and workplaces. We have continued to give presentations to groups, and our ambassadors are multiplying in the community and giving us meaningful referrals.

Thanks to you, our supporters and generous donors, and our hardworking Board, we have a solid foundation and are ready for the next step – land. We are dedicating this year to spreading the word about Springboard Landings so that businesses and professionals who have empathy for the population we will serve will be aware of the mission of Springboard Landings and will want to partner with us. It's also extremely important that individuals and families who may benefit from Springboard Landings know that we could be an option for them and can get in touch with us.

We need more opportunities to spread the word about Springboard Landings so please email us at [info@springboardlandings.org](mailto:info@springboardlandings.org) to set up a presentation with your church group, business organization or social club. Please see our website [www.springboardlandings.org](http://www.springboardlandings.org) and view the video to understand more fully the population we will serve and our plans for the future.

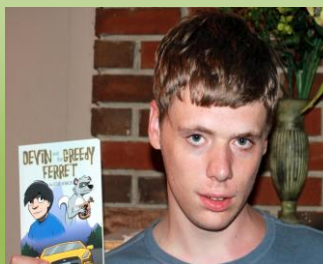
## Why I am looking forward to Springboard Landings...



**Jeanne**

*"Springboard Landings will give me an option to where I won't need to live with my parents. Independence is a good thing."*

Jeanne is an R.N. and is studying to specialize in wound care.



**Leo**

Leo works at Harris Teeter and has written and published a book, *Devin and the Greedy Ferret*. He loves cars and hopes to participate in a demolition derby some day.

*"I'm somewhat anxious to live independently. I really like the fact that Springboard Landings' residents will get to cooperate in making their own rules for their building."*

## Resource Corner: *Fostering Independence*

by Kathryn Guillot, Ph.D., CCC-SLP

A natural part of growing up and becoming an adult is learning how and becoming more independent in navigating life. We all go through natural stages of becoming progressively more independent from learning basic self-care skills (e.g., dressing and bathing) in early childhood, to learning how to drive in the teen years, to managing a budget and living independently in adulthood. One has a sense of accomplishment when they achieve a skill that makes them more independent, which leads to them feeling proud of what they can do on their own. Many individuals with mild developmental disabilities typically require not only more assistance and time to achieve the skills necessary to be more independent but long-term support to maintain independency. However, many of these individuals have the potential to acquire many independent living skills with some support from their family and caregivers.

The most important thing to consider when providing support to a young adult with developmental disabilities is to first identify all the strengths of that individual such as being able to read, write, follow directions, problem solve and basic math skills. By identifying the strengths of your young adult you are able to develop an individualized program that is built on skills they already have, which is more likely to be successful in the long run. It is equally important to have the young adult be an active participant in identifying and developing what supports they might need to be more independent. I found that visual cues (e.g., calendars, planners, lists, directions, schedules, pictures, etc) are a wonderful way to provide constant and permanent support to an individual within their living and work environment.

Let me provide you with a personal example. I was working with a young lady who wanted to learn how to do her own laundry without the assistance of her parents. I identified one of her strengths as being able to read and write. Knowing that visual cues are a successful tool, I decided that written direction on "How to do Laundry" would work. Together we developed the step-by-step written directions of how to do the laundry. She was able to place the directions next to the washing machine and dryer when doing her own laundry, which she became independent in doing.

An important thing to remember when developing a support tool for an individual is that it needs to be functional and easy to follow and use!

### You too can help Springboard Landings

#### *What will happen when my parents are no longer around?*

Get in touch with us if you have a family member or know of someone who is interested in residing at Springboard Landings. Our criteria includes:

- A primary diagnosis of a developmental disability
- Capability of physical self-care and is ambulatory
- Desire to be part of a community
- Ability to meet the financial obligations of Springboard Landings
- Private medical insurance, Medicare/Medicaid

We are developing a list of potential future residents and will be happy to sit down and talk with all interested parties. Contact us at 615-719-9060 or [info@springboardlandings.org](mailto:info@springboardlandings.org) to make an appointment.

### Social Media

Many changes are coming your way on our social media sites. Keep checking our website and facebook for what is going on with Springboard Landings.

Learn more about Springboard Landings on our website at  
<http://www.springboardlandings.org>



Type in Springboard Landings on the SEARCH bar.

and/or  
contact us at:  
615-719-9060  
P. O. Box 210471  
Nashville. TN 37221

Contact us if you or your company would like to partner with us to offer independence to many capable adults.

Your prayers and donations will help us achieve our goals. Make checks payable to Springboard Landings and mail to P.O. Box 210471, Nashville, TN 37221; or use Pay Pal on our website, [www.springlandings.org](http://www.springlandings.org)



Dr. Kathryn Guillot shares information at the "Road to Success" mini-conference sponsored by Ventures.



Charlie Cooper and guest at the Conference in Franklin, Tennessee.



Charlie Cooper works the booth at the Conference.



Presentation for the Bellevue Exchange Club



Volunteer, Marian Fordyce, shares the message of Springboard Landings' goals for 2014 and beyond.



Valerie and Susan welcome guests to our video debut.



Metro Council Member Sheri Weiner and State Representative Bo Mitchell address the crowd at The Bellevue Momentum meeting whose theme is "Together is Better". Sheri Weiner invited Dawn Bagby to share the vision of Springboard Landings with the group.



Charlie Cooper welcomes attendees to the New Beginnings 2014 presentation.

**Contact us with names of groups or organizations with whom we can share the mission of Springboard Landings - 615-719-9060.**

**Our success depends on spreading our vision of offering independent living with a limited amount of support to adults with mild developmental disabilities.**

## Progress for Springboard Landings

We are pleased to inform you that we have acquired office space in Bellevue at 179 Belle Forest Circle, Suite 301, Nashville, TN 37221. We will move in sometime in May 2014. At this time our office will not be staffed full time; however, we'll be glad to schedule a meeting with you in our office at any time by calling 615-719-9060.

It is our pleasure to introduce to you our coordinator, Hanna Gritsak, who will be working with us part time. Hanna has earned her B.S. in International Business, her M.A. in Marketing, and is in the final steps of completing her Doctorate in Business. Hanna will work with the Board of Directors in various ways to achieve the goals of Springboard Landings.

The Board of Directors is optimistic with the progress being made and know that with your help we will break ground for our first two apartment buildings.

Board of Directors - Charlie Cooper, Dawn Morgan Bagby, Mitch Van Wyk and Dr. Kathryn Guillot

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Nashville, TN 37221  
615-425-2168  
Brian Krebs, Principal Broker

### What's Next...

If you can help us in any of the following areas or know someone who can, contact us at [info@springboardlandings.org](mailto:info@springboardlandings.org) or 615-719-9060.



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P. O. Box 210471  
Nashville, TN 37221

Recently moved?  
Rather receive information  
through email?

If so, please contact us at  
615-719-9060 so that we can  
update your information.

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

**Springboard Landings is a 501c3 non-profit organization.**

**Donations are tax deductible.**