

## A Message from our President, Charles Cooper

"What will happen to me when my parents are no longer around?" This is a common question adults with mild developmental disabilities might ask as they begin to approach middle age and have been living with their parents who are entering their golden years. "I just want to make sure my son/daughter is OK after I'm gone." The parents of an adult with mild developmental disabilities have few choices today. Springboard Landings' mission is to offer a choice and a solution to these very real questions.

Our focus is on adults with mild developmental disabilities around thirty years of age or older whose parents are entering their golden years. These adults are contributing to society in their workplaces and by volunteering; however, when their parents are no longer around, their lives will change dramatically. Some of them will be "shipped off" to live with a sibling in another state who most likely will already have his/her own family. Some may move in with an aunt down the street who has an extra bed available but has a full-time career. Some may choose to try to make it on their own, but they risk the possibility of getting into trouble because of their vulnerability, and many of them will become lonely and isolated. This population has fallen through the cracks because they have "invisible wheelchairs" and show minimal to no apparent outward sign of a disability. Our plan is to construct apartment buildings with eight complete apartments in each which open to a common area to promote a community-centered atmosphere. Each apartment building will have a "house manager" whose role will be to coordinate community volunteer staff and to provide limited living assistance, advice, and help with decision-making. We intend to offer these adults their own lives and their own surrogate families in addition to their natural ones. With your help we can continue to move toward our goal and make this a reality. You can support us by your donations, by referrals, and by your prayers.

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



**J.T.**

"There is a reason I want to live there. It's because it would give me the opportunity to help other people if they need my help or if I need help, and second is I get to interact with other people. I really enjoy doing that."

*J. T. has worked for Publix for over ten years and loves his job. He is ready to live in a community-centered environment while enjoying his independence.*



**Valerie**

*Valerie has worked as a pre-school aide, stock clerk and an office assistant. She currently volunteers as a Mother's Helper. Weekends are busy with friends who enjoy movies, bowling, shopping, museums and art activities.*

"I love the idea of being independent, having a place to call home and making new friends."

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## Resource Corner: *Transitioning*

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

Transitions are a major part of our lives that can bring forth growth and change. We all experience transitioning during life that can be filled with lots of different emotions from excitement of something new to anxiety about how the change will affect one's life. Even though we all experience life transitions, not everyone experiences the same life transitions at the same point in life. For example, an individual with mild developmental disabilities might live at home with his/her parents well into adulthood, whereas an adult without developmental disabilities might live with parents until they start college. In these two different examples, each individual requires and has different needs to be successful when making life's transitions. It is important to help prepare one for their upcoming transition. Additionally, it is equally important to start talking about the transition in advance. I would suggest talking at least six months to one year or more depending on the needs and abilities of your child. Here are some questions that parents and individuals with disabilities can use to assist in the conversations about the transition to independent living. Additionally, these questions can also help prepare them for the transition.

- Can he/she independently take care of daily living activities such as bathing, dressing, and oral hygiene?
- Can he/she manage their daily medications?
- Can he/she independently do simple household chores such as making the bed, cleaning the bathroom, dusting, vacuum and laundry?
- Can he/she independently make simple meals using a microwave and possibly oven/stove?
- Does he/she know how to handle an emergency situation?
- What is his/her ability to problem-solve simple dilemmas such as something breaking or not working right?
- What is his/her understanding of the concept of money and budgeting?
- Is he/she able to use public transportation or other navigation tools such as maps to get around?
- What is his/her social network (i.e., does he/she have friends outside of family members) and will he/she be able to maintain it when living alone?
- Is he/she emotionally ready to make the transition?

## We need you...

I would like to take this opportunity to introduce myself. I am Dawn Morgan Bagby, the Vice-President/Treasurer of the Board for Springboard Landings. I am not the parent of a family member who is disabled, but I see the hope and desperation in the eyes and hearts of those parents to have care provided for their son or daughter when they are no longer here to fill their needs. I find it imperative to do what I can do to be a part of helping the mission of Springboard Landings come to fruition, and my hope is that you will too. They need our help.

There are a large number of adults with mild developmental disabilities who have been recognized as needing funding in the area of residential services, however, there have been no funding or resources allocated to this group. This needs assessment can be found in a document called *Fulfilling the Promise* released by the Disability Policy Alliance of Tennessee [www.fulfillthepromise.org/History.html](http://www.fulfillthepromise.org/History.html).

Adults with mild developmental challenges are productive members of society who deserve the opportunity to maintain an independent lifestyle with support as needed. A community-centered atmosphere creating a surrogate family would negate the feeling of isolation. Fortunately, Springboard Landings has taken on this mission and has a plan for building and implementing this concept. I strongly support this concept as described in the President's Message in this issue.

At this time we are pushing forward to acquire the funding and land needed to make this vision a reality. What we need from each of you is to share your connections within the Nashville community to assist in the acquisition of the needed resources to make the Springboard Landings' dream come true.

The holidays are upon us, as is the end of the tax year. Why not consider making a tax deductible gift to those on your gift list? We will be happy to present a gift card noting your donation in their honor.

We welcome the opportunity to speak before your groups and organizations. The Board will be pleased to meet with you and/or any appropriate persons in your company, church or organization, to work out a plan which benefits all of us. You can email us at [info@springboardlandings.org](mailto:info@springboardlandings.org) or give us a call at 615-719-9060.

I look forward to meeting you at our gathering, "Celebrate New Beginnings" on January 18, 2014.

Again, **We need you...**

## Social Media

We are blessed to have Andy McClung with A.M. Perspectives on our team. He is a web designer based out of Franklin, KY. and has taken a vested interest in our organization. He plans to reconstruct our website and Facebook page with the same enthusiasm as if it were his own.

Learn more about Springboard Landings on our website at

<http://www.springboardlandings.org>

and



Type in Springboard Landings on the SEARCH bar.

and/or

contact us at:

615-719-9060

P. O. Box 210471

Nashville, TN 37221



## Save the Date

## Celebrate New Beginnings

with

## Springboard Landings

**Saturday**

**January 18, 2014**

**2:00 p.m. to 4:00 p.m.**

**Section VI Clubhouse, River Plantation**

This informational gathering is to introduce our organization to you and update those who already know us.

*Refreshments will be served.*

Please go to our website to *register* and for directions:

[www.springboardlandings.org](http://www.springboardlandings.org)

or call

**615-719-9060**

## Progress for Springboard Landings

A lot has happened since our last Newsletter and we are pleased with our progress thus far. Andy McClung has been hired to reconstruct and maintain our website and FaceBook page in order for our information to be kept current with updates and new and interesting information. A generous donor offered to absorb the cost of a video which can be viewed soon on our website and will be used for promotional purposes. It was a pleasure working on this with Steve Casto Communications in Gallatin and his colleague from Connecticut, Bob Becker Communications. We would like to thank all those who participated in the interview portion and a special thank you to those who allowed us to video in their workplaces - Joyce Whitmer, Executive Director of the Epilepsy Foundation of Middle and West Tennessee, Don Cox, Manager of Kroger in Goodlettsville, Bill Vandiver and Charles Scarbro, owners of The Edge Salon in Brentwood.

The Board is extremely excited about the progress being made and know that with your help we can soon be breaking ground for our first facility.

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

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### 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.