

April 2017

## A Message from our President, Charles Cooper

Happy Spring to all! We at Springboard Landings have a spring in our steps as good things continue to unfold. In the last issue of *The Messenger* I told you about the generosity of an anonymous donor who gave SL a beautiful 60-acre parcel of land. SL's Board made the decision to sell the property since it is located in an industrial area and not ideal for our future Landers' homes. It is on the market now and we're optimistic that it will sell quickly since the location is desirable for many types of businesses - on Broad Street close to the 840 interchange in Murfreesboro. This sale will open opportunities for us to move forward quickly to purchase a site to start construction on our buildings and embrace our first Landers.

We are truly blessed by all our donors as we move toward our goal of building apartment buildings and providing limited assistance to adults with mild developmental disabilities so they can live independently. Your support is needed for several events coming up as you will

see in Tina's article below. As our future Landers work and play in their communities, they're looking forward to their independence and the camaraderie of like-minded individuals in a welcoming place to call home at the end of the day. Together with God's help we can make this happen. They're counting on us!

*...with God all things are possible. Matthew 19:26*

## A Message from our Development Director, Tina Jones

What an exciting time for Springboard Landings with so much happening!!! First, the Big Payback is coming up on May 3rd. We are counting on our supporters to help make this a great day of giving back. The Big Payback is a 24 hour online giving event supporting over 750 non-profit organizations in the 40 counties served by the Community Foundation of Middle Tennessee. This is our third year participating and we are counting on it being the most successful year yet. Our goal is to raise at least \$20,000 with 10 of those donations being at least \$1,000 each. Please consider assisting us to reach this goal on May 3rd when you can make a secure donation online using your credit or debit card at [thebigpayback.org/springboardlandings](http://thebigpayback.org/springboardlandings) or visit [springboardlandings.org](http://springboardlandings.org) and use THE BIG PAYBACK donate box. We will also gladly accept checks if you're more comfortable doing it that way. Make your check out to The Community Foundation of Middle Tennessee and list Springboard Landings in the Memo section. Thank you for your support again this year.

Springboard Landings has also applied for a grant opportunity through USA Today called "A Community Thrives." If you are subscribed to receive our emails, you should be aware of this already. If we are successful in winning this grant, a first place will result in \$100,000 for furthering our mission. Second and third places will result in \$50,000. Now, how can you help?? Voting for our video began on April 12th and can be voted on every day, once per day through May 12th. So please visit [act.usatoday.com](http://act.usatoday.com) everyday through May 12th and vote for our video titled "Independent Living Option through Springboard Landings." The top ten vote getters in each category will move on to be voted on by a panel of judges where the top three will receive the prizes mentioned above. Please go every day & vote —EVERY vote counts!!!



Don't forget to support Springboard Landings on May 3rd during the BIG PAYBACK!!!

We appreciate your support - minimum donation is \$10 but there is no maximum donation!!



## A Prospective Lander, Kirsten McWilliam

Hi, my name is Kirsten McWilliam. I am 37 years old and I was born with CHARGE syndrome. I have been working at Vanderbilt Children's Hospital in Environmental Services for over 10 years now. My job is to keep the hospital clean. That's important! I mostly rely on city buses and shuttle buses to get to and from work because I don't drive. I live with my parents just outside of Bellevue. My mother drives me to the bus stop in Bellevue every morning at 5:30 AM because I have to start work early. I lived by myself in an apartment for a little while but it was very lonely and I moved back to live with my parents.

At home I love to play with my Scottish Terrier dog. His name is Piper. I also have a big aquarium that I take care of by myself. I love to watch my crawfish and tropical fish interact with each other. I also love to play video games with my PS4 for a couple hours or so! My favorite game is Skyrim.

I am looking forward to possibly living at Springboard Landings and meeting people who are like me and who will perhaps be my friends and accept me for who I am and not judge me by the way I look.



## From Kathryn Blankenship, PhD., CCC-SLP

The goal of most parents is that their child, regardless of developmental capacity, live a happy, productive and independent life. Research has found that adults with developmental disabilities who live in supportive community accommodations are more likely to see their friends weekly and participate in five or more community-based activities compared to adults with developmental disabilities who live with their families (Emerson, Malam, Spencer & Davies, 2005). There are many things that parents/caregivers can do to prepare and foster an adult with a developmental disability to become more independent and possibly live independently. First, a parent needs to recognize the strengths of their child such as their ability to read, write, follow directions, express their needs and wants clearly, etc. Next, there are activities that a parent can work on within the home that would assist the adult with developmental disabilities to take responsibilities of everyday household chores such as washing their own clothes (i.e. learning how to use the washing machine and dryer), cleaning their bathroom, taking their medication, arranging doctor appointments, and preparing simple meals (i.e., being able to follow a simple recipe). Finally, work on skills outside the home that are necessary for living independently such as managing money/budget, working in the community, using public transportation, and going grocery shopping. Allowing an adult with a developmental disability to experience the same or similar activities as an adult without a disability is critical to helping them prepare to be independent, so helping them foster social relationships, self-advocacy skills, and being involved in recreational activities is paramount.



The mission of Springboard Landings is to provide supportive community living for adults with mild developmental disabilities so they can live in an independent setting with limited supervision. This will give them an opportunity to live with adults who have similar disabilities thus leading to acceptance and a happy, productive and fulfilling life.



Calling all friends, neighbors and people of good will! Mark your calendars to go online to [act.usatoday.com](http://act.usatoday.com) and vote once a day through May 12th for our video titled "Independent Living Options through Springboard Landings". By doing this SL will have a chance to earn \$100,000 toward the fruition of Springboard Landings. THANK YOU!!!



<https://facebook.com/springboardlandings>    <https://twitter.com/Springbdlanding>



### Spotlighting our Newest Board Member

PJ McWilliam earned a Ph.D. in Clinical Psychology from the University of North Carolina at Greensboro(UNCG). Although now retired, Dr. McWilliam’s work career was in the area of early childhood special education. This included direct service to young children (birth to age 8) with disabilities and their families, research, in-service training of professionals, university-based preservice education, and faculty training. She served as Assistant Director of the Family, Infant, and Preschool Program in Morganton, NC, was a researcher at Frank Porter Graham Child Development Institute at the University of North Carolina in Chapel Hill, NC and a faculty member in the Department of Special Education at Vanderbilt University. Dr. McWilliam is the parent of a 37-year old daughter with developmental disabilities.



### Eat Wings Raise Funds event with Buffalo Wild Wings - March 23rd

Springboard Landings was the beneficiary of an Eat Wings Raise Funds event sponsored by Buffalo Wild Wings. Ten percent of each person’s ticket who came out and supported Springboard Landings that day was donated back to the organization. While we weren’t able to be there to greet everyone who came out that day and supported us, we do appreciate your participation in the event.



Left: Taylor, Board President - Charlie Cooper and Nicole  
Right: Potential Future Lander - Valerie Van Wyk and father, Mitch

Just as Spring breathes new life into the world around us, our supporters breathe new life into Springboard Landings.

Thank you to all our loyal supporters!!



### WE WANT YOU AT STEPS FOR SPRINGBOARD LANDINGS!!!!!!

All details aren’t yet available but this fall we will be holding our First Annual Steps for Springboard Landings fundraiser walk and we are so excited!!! We want to give all our supporters as much advance notice as possible in hopes that you will participate in the walk, volunteer to help with the event and of course, spread the word. After all, word of mouth, is the best advertisement of all. Tell all your friends!!

As details surrounding the event emerge, we will be sending out emails, making Facebook posts and possibly another mailing because we want to make this an annual event & a huge success!! In the meantime, if you know that you would like to get involved, don’t hesitate to reach out to us. You can call (615)719-9060 or email our Development Director, Tina Jones at [tina@springboardlandings.org](mailto:tina@springboardlandings.org) .





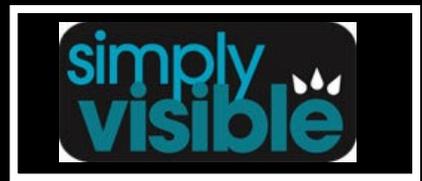
## SAVE THE DATE - THE BIG PAYBACK - MAY 3, 2017

We want to thank all of our supporters who have participated in the BIG PAYBACK over the last two years and ask that you and even more supporters get involved this year. With all of our recent developments, this event is even more important in bringing Springboard Landings to fruition.

Remember you can visit [thebigpayback.org/springboardlandings](http://thebigpayback.org/springboardlandings) to donate; you can go to our website [www.springboardlandings.org](http://www.springboardlandings.org) and use the Big Payback donate box. If you choose to send a check please remember a few details: 1) make the check out to the Community Foundation of Middle Tennessee, 2) In the memo section of the check, please write for Springboard Landings and 3) be certain to deliver your checks to us before May 3rd. If possible, make your contributions online between 9:00 am and 12:00 pm. During that time we will deliver the checks to be posted in order to increase our chances to win a prize. Last year we received a \$2,500 prize by doing it this way!!!

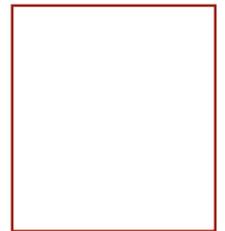


Synergy Real Estate Group Inc.  
179 Belle Forest Cr., Ste. 302  
Nashville, TN 37221  
615-425-2168



### Recently Moved?

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



Title FirstName LastName

Address1

City, State ZipCode

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**Suite 301**

**Nashville, TN 37221**

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

*Springboard Landings is a member of the Center for Nonprofit Management and The Community Foundation of Middle Tennessee.*

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

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

