

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

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A Message from our President, Charles Cooper

This summer my family and I attended my annual family reunion in Kentucky and reveled in reconnecting with sisters, brothers, cousins, nieces, nephews, and all the little ones that go along with them. Once again it was amazing to see how all the youngsters had grown and changed, and how the older echelon was dealing with life's challenges. As much as I enjoyed our reunion, I was glad to be heading home to "our little spot in the world". I couldn't help but think about our future Springboard "Landers". They may be living with a family member now, or living alone, but all of us yearn for our own "little spot in the world" where we fit in, where we are accepted just the way we are and feel at home. This is what Springboard Landings will offer its residents.

If you or someone you know fits the criteria and is interested in becoming a potential Springboard "Lander", please fill out the form in this issue and mail it in. Or you can go online to our website www.springboardlandings.org, complete the form there and submit it. Thus we begin our list of potential future "Landers". They will receive updates and information as we proceed toward making Springboard Landings a reality. Enjoy this beautiful Autumn season!

Welcome to our new Board of Directors' Member

We are very pleased to announce that **Richard Chambers** is our newest Board member. Richard earned his BS from the University of Dayton and his MA from MTSU. He recently retired from Father Ryan High School after a 45-year career where he taught Advanced Placement U.S. History and Advanced Placement Psychology. He continues to serve as an educational consultant for the College Board. Richard will be a great asset to our Board because of his exceptional understanding of and rapport with young and older adults, as well as his knowledge, compassion and dedication. We look forward to working with Richard in the years to come. Welcome Richard!



We Can Help With Your Holiday Shopping

Send your donation to Springboard Landings with the number of acknowledgement cards you need to send to those on your gift list. We will send the requested number of cards to you in plenty of time for holiday giving.

A donation to Springboard Landings in honor of persons on your gift list would be one of the most worthwhile and appreciated gifts they receive.

Shopping done!!

SL's success depends on spreading the vision

Springboard Landings is needed, as Susan and Bruce state (see back page). The needs of adults with mild developmental disabilities (approximately 39,000 in Tennessee alone) are not going away. We must offer these adults an opportunity to live out their lives with dignity, without isolation and loneliness, and with some control over their lives. These adults may not be in a crisis situation now but we need to make sure they don't reach that point.

Please see the vision of Springboard Landings at www.springboardlandings.org. If you would like to help spread our vision or work with us to bring it to fruition, please contact us at 615-719-9060.

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

Disability - From the Inside

by Bruce Bentley

I've read the articles written by MD's, PhD's, RN's, and other professionals who write great texts about Disability and people with Disabilities. So what can I add to their research, concerns and overwhelming education? Writing as one with years of familiarity with the Disabled Community, I feel that I have special insights into the experiences of people with Disabling conditions. I feel that few of the authors whose writings I have read on the subject have these insights. I can speak about what it's like from **inside** the medical treatments and care. I have never attended Med/Grad School, but I have attended Vanderbilt University Hospital for about a year as (each) an In/Out-**Patient**. I have seldom ever read anything written by people who have had the experience of actually being the one going through the treatment.

In September 1985, I had a car wreck resulting in Closed Head Injuries that resulted in Traumatic Brain Injuries (TBI). The most serious continuing effects are frequent short-term memory lapses and Visual Agnosia. [I don't recognize familiar people or objects when I see them.]

I encourage survivors' caregivers to know that, when we get angry, we're usually not angry with you; it's that (even after decades of Disability), being Disabled is SO !!!! FRUSTRATING from the survivor's point of view! Is it frustrating for YOU? It eats at us most all the time.

Nevertheless, there is hope: When I was injured, I was beginning my studies in college. When I was released from hospitalization in 1988, I began job-training, and started a 17-year career with the State of Tennessee, full time, at a clerical level. In 2013, I graduated from TSU with a Bachelor of Business Administration degree in Accounting. Not fast or easy? No, but what's the alternative? I'm not terribly old, now, but waiting until I am wasn't a workable answer. I'm Disabled? Yes, but I don't expect to count on the charity of others for my living. When charity is not available, what do I eat? I'm securing my future now while I'm young (age 49). Disabled folks have to be smarter and find ways to compensate that "Able" people don't, in order to get the same things that the Able have, and accommodate our respective Disabilities at the same time. Challenging! But it's what we have to do. [Note: By "Able", I mean the "Non-Dis-Able". The "Able" are those who have not been diagnosed as being Dis-abled.]

On the bright side, as boot-camp toughens prospective soldiers, and other times of deep tribulation toughen people and make them better than they were before their difficulties, being a survivor of a Disabling Condition forces a person to learn things that some Able people never develop the strength to handle. It's a thing that no one likes, but the Disabled learn to deal with it. I know people who never have to deal with real problems, so never learn to deal with adversity, so they crumble with the least headwinds. I've been working on my recovery for most of my life.

I make no claim to be "average"; I don't think that I know anyone who is. I was regarded as being gifted before I incurred my injuries and my injuries have done much to toughen me. Not everyone can follow my road map to have my same results, but neither am I a prodigy: I'm a person who has had good results (with enough failures and tragedies, along the way) and I'd love to see everyone do as well or better with their own experiences. I still experience short-term memory lapses and Visual Agnosia. I'm not a professional counselor: I'm an Accountant with TBI's who can only help based on my own experiences. I'm still frustrated, but I have had some recent successes and I think that I have set myself up for some more. My future looks to be getting better.

BRAINSTORMING

Our first Brainstorming meeting was held and proved to be a huge success. We are now having these sessions the first Thursday of each month at our office. They are proving to be very helpful.

We are inviting 4 to 6 people from varied backgrounds to sit at a round table and throw out their ideas when a topic is presented.

We thank those who helped to get this going by participating in our first session in August, Janet Smart, Mark Anderson, Shep Bentley, Vicki Chambers, Joy and Gene Nabi who all so graciously worked with the Board to make this a success. A special thank you to Connie Aull for formatting and facilitating our inaugural brainstorming session.



Welcome to Connie Aull

Connie comes to us from Aiken, S.C. where she was founder and director of Merritt Homes. She was chairperson of the S.C. Independent Living Council and her *Living Skills Manual* was published by the State's Youth Advocacy Program. She is the author of "*Letting Go of Jason*". We are grateful that Connie has graciously offered to use her talents and expertise to help bring Springboard Landings to fruition.



Charlie Cooper addresses the Nashville Residential Group of Urban Housing Solutions.



Learn more about Springboard Landings on our website at www.springboardlandings.org





ADMISSIONS INFORMATION AND FORM

Springboard Landings will serve adults with developmental disabilities who have cognitive abilities above the intellectual disability criteria, who desire to live independently. The ideal resident may be living with aging parents or caregiver, or may be living alone and desires community. He/she wants to make the transition to Springboard Landings before a crisis occurs and is forced to make a life-changing decision. We will answer the question: *What will happen to me when my parents are no longer around?*

Admission Criteria Include but are not limited to:

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

If you or your family member meets the above criteria and are interested in becoming a potential Springboard Lander, please fill out the form below and send it to Springboard Landings, 179 Belle Forest Circle, Suite 301, Nashville, TN 37221; or complete the form online www.springboard.landings.org and submit. (*This does not commit you in any way nor does it guarantee a residential space.*) We will stay in touch with you as we progress, and admissions procedures and fee structure have been finalized.

Email us at info@springboardlandings.org or call 615-719-9060 with questions or concerns.

Prospective Resident Name _____

Current Address _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Email Address _____

Parent/Guardian Name(s) _____

Address _____

Home Phone _____ Cell Phone _____

Email Address _____

...then suddenly the Spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.

From a documentary on the life of Mother Teresa

Why I am looking forward to Springboard Landings...



Bruce

Living in a community of people who are more like I am appeals to me, as do the support and companionship I anticipate at the Landings.

Bruce is exploring opportunities to use his Accounting skills for a new job, with the help of Vocational Rehabilitation Services. He is an active member of the YMCA.



Susan

As my parents go deeper into their senior years I like knowing I'll be living in a place I can call my home when they're not here, especially with people who have a lot in common and will become my extended family.

Susan volunteers at the Epilepsy Foundation of Middle and West Tennessee and works part time for the Edge Salon in Brentwood.

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**WE need YOU
and
WE need LAND**

We are at a crucial point in Springboard Landings' development. We have to acquire land on which to build our first two buildings and we need your help in leading us to someone who will donate this land. We desperately need your assistance. Please help us. We look forward to hearing from you soon. *SL Board*



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Recently moved?

If so, please contact us at
[615-719-9060](tel:615-719-9060) or email us at
info@springboardlandings.org
so 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.

Member of The Center for Nonprofit Management

Member of The Community Foundation of Middle Tennessee