

New Horizons

Life Skills

Supporting
adults
with
*dis*ABILITIES

“New Name, Same Mission”

by Executive Director,
Aisha Mansaray

Welcome to our first ever newsletter! After almost four decades of serving individuals and supporting families as a nonprofit organization in Middle Tennessee, we have a lot of news to share with the community.

The biggest news of all is our name change and new logo. All of us here at New Horizons Life Skills work tirelessly day in and day out to ensure that individuals supported by us are given the life skills required to achieve some level of independence. We wanted our name to reflect the mission we work so hard to uphold, and it is for that reason that we collectively voted to change our name from New Horizons Corporation to New Horizons Life Skills. For those of us who have

been involved in the intellectual and developmental disabilities provider community most of our careers, and our staff who are just getting their start, our dedication to both our individuals and this field is strong. We have worked hard to provide the best care for the individuals we support and we are so excited to be going through a transformation as an agency by unveiling our new name and logo to the community. I cannot wait to see the great things we accomplish in the future, and I thank you for coming on this journey with us!

Inside this Issue:

New Horizons has a new name

Spotlight on Stephen Sells

Take a look into the programs and services we offer

Board Spotlight

Tools for giving and getting involved

It's a new
day for
New Horizons,
see why

What We Do:

We provide high quality services and care for adults with intellectual and developmental disabilities. We offer supported and family model living services, employment services, and community-based support/outings.

Counties Served by New Horizons:

Cheatham, Davidson,
Jackson, Maury,
Robertson, Rutherford,
Stewart, Sumner,
Williamson, Wilson

SIGN UP for our email
newsletter for the latest
New Horizons news!

Go to
newhorizonsls.org
and look near the footer
of the website

The History of New Horizons

New Horizons Life Skills was originally founded as New Horizons Corporation, a charitable, 501c3 nonprofit organization in 1971 by Wanda Burkett and a group of concerned family members. New Horizons was the first organization of its kind in Middle Tennessee and has since built upon its roots in the provider community to support over 100 individuals with disabilities across 10 Middle Tennessee counties. We have provided person-centered job readiness and employment opportunities, supported and family model living, and community-based

day programs for over 40 years. In 2019, we decided it was time to rejuvenate New Horizons' community image and change its name to New Horizons Life Skills as well as reimagine our logo to incorporate the many services and programs we offer to our supported individuals.

New Horizons recognizes that individuals living with disabilities face challenges that last a lifetime, and usually need professional support on some level. Our trained staff understands and accepts their challenges, ranging from intellectual impairment such as Down

syndrome, to physical disabilities that affect the ability to move such as cerebral palsy, to challenges with social skills, behaviors, and communication brought about by autism, and many more. Many individuals supported by New Horizons have been in our care for years (even decades) and rely on us to provide quality services and support every day. We ensure that adults with disabilities live as independently as possible in safe and comfortable environments that significantly improve functioning, self-care, and life satisfaction.



Sonja O. with her decorated pumpkin at our annual Halloween Bash



Director of CMRA, Rusty R. and Program Coordinator, Emma O. wearing pink in support of breast cancer



Larry G. at our annual Thanksgiving Dinner celebration

Our Mission:

To support adults with intellectual and developmental disabilities by advocating for their rights and dignity, providing person-centered services and programs, and ensuring their independence through meaningful work, living conditions, and access to the community.

How Are We Funded?

We receive most of our funding from the Tennessee Department of Intellectual and Developmental Disabilities (TN-DIDD) as the cost to care for disabled individuals is more than what most families can afford.

New Horizons also works closely with Managed Care Organizations (MCOs) such as Amerigroup, BlueCare, and United Healthcare Community Plan, and some families pay for our services directly.

However, reimbursement from government sources is often not enough to take care of all of the needs of individuals served. New Horizons covers these extra costs due to our strong commitment to ensuring individuals' well-being and sustainability. We are a charitable, nonprofit organization, which means we are not driven by profit but are motivated by our mission to serve, and our #1 priority is the well-being and quality of life of the people in our care.

Spotlight on Stephen Sells

Whatever quality gives performers like Michael Jackson or Elvis Presley the ability to electrify crowds and come alive on stage, Stephen Sells was given a double dose. Stephen's sister, Tammy Bruza, remembers how Stephen would play with his toy guitar for hours as a young child, as if he was performing in front of thousands. A quick look at the hundreds of CDs and various instruments in his room are proof that this passion never faded.

Along with his love of music, Stephen was born with Down syndrome, bringing unique challenges to his life. These challenges make it difficult for Stephen to live alone, so after school he moved in with Tammy and her husband. At home, Stephen was quickly becoming restless, so when Tammy heard of New Horizons' employment program, she helped him sign up right away. With his contagious smile and cheerful spirit, Stephen immediately became a beloved member of New Horizons.

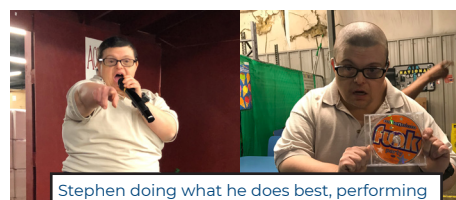


Stephen currently works at Air National Guard with a few other New Horizons individuals, doing janitorial work and various other tasks around the campus. Jamece Copeland, Stephen's direct supervisor, says that, though a jokester, he is a dedicated and hard working employee.



Stephen has also moved out of his sister's house and into a residential house he shares with roommates Michael and Chris. All three men are supported individuals at New Horizons with access to 24/7 care from our staff, including house manager Sherrie Anderson. Sherrie describes how most nights at the house are filled with dinner, movies, laughter, WWE, and of course—music.

When asked why he thought New Horizons was important, a smile spread across Stephen's face as he started describing his job, holiday parties, karaoke Fridays, and listing dozens of the friends he has made at New Horizons. Ultimately, Stephen finished by simply saying family.



Our goal at New Horizons is to ensure that men and women supported, like Stephen, are given the opportunities, or stage, to explore their interests and the community to support their dreams and celebrate their victories.

Do you know someone with an intellectual or developmental disability that needs help and could be interested in joining the New Horizons family?

Please reach out to us at 615.360.8595

Our Purpose

We focus on ABILITIES: with quality support, individuals with disabilities can lead fulfilling and productive lives. New Horizons Life Skills provides a wide variety of programs and services to ensure adults supported live as independently as possible in safe and comfortable environments. Using the latest proven best practices, our professional staff assists individuals with training and support, and almost all improve significantly in their functioning, level of independence, degree of self-care and life satisfaction.

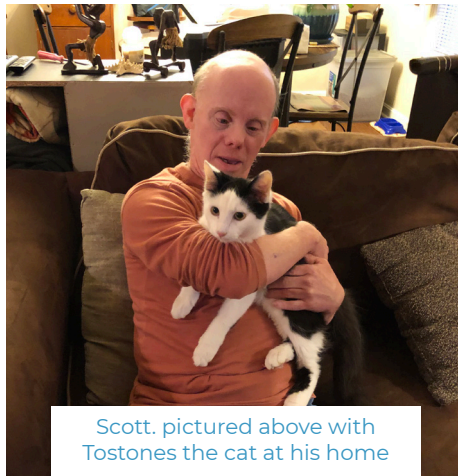
Residential Living Services

Supported Living

New Horizons works each day to provide adults with disabilities with the tools necessary to achieve independence with the right levels of support. Supported Living ensures individuals have the opportunity to live in the least restrictive environment possible. Individuals live in houses or apartments with roommates in local communities and neighborhoods and create a unique family atmosphere amongst their housemates and 24/7 staff. Staff is available around the clock to assist with daily living needs, shopping, etc. as well as to provide transportation to appointments, community activities, and any other outing.

Family Model Living

Family model living is similar to the foster care model, but for adults. Individuals supported are placed into homes based on the needs and personalities of both the individual and the potential family. We take pride in the relationships formed through family model living as we carefully place individuals and families together to foster growth and create positive, long-term relationships. Families incorporate individuals into their familial unit and give them numerous opportunities to participate in and learn new life skills such as household chores, family outings, increased independence, and fostering a cohesive family unit.



Scott, pictured above with Tostones the cat at his home



Brian S. at our Fall Festival

By the Numbers



14 Family-Based Homes



8 Residential Homes

How You Can Help

With your support, you can make a huge difference in the lives of those with disabilities, helping them live a life with dignity, realize their potential, and achieve independence. By supporting New Horizons Life Skills with a financial gift, you allow us to serve our individuals both physically and emotionally, help them find abilities, train them for jobs, and teach them basic life skills.

Your generosity also allows us

to advocate for their rights, help the community to better understand people with disabilities, and champion their ability to live an independent and abundant life.

Specific gifts can fund certain programs, services, or items that are addressing unmet needs, and in some cases will allow us to expand the care we provide to address an identified need. Please see our Wish List on page 7.

Contact us at 615.360.8595 to learn more about how to become a family-based provider

Help Grow Our Great Staff

New Horizons is always looking for people with big hearts and an interest in working as a team to serve adults with disabilities.

If you know someone who would be a great addition to our team, please share the lead.

Please contact humanresources@newhorizonsls.org with your referral, to fill out an application, or to learn more.

Spotlight on Employment

Gerald at United Records

Sales, cash flow, profit margin—companies are judged by numbers. When it comes to numbers, United Records has been a Nashville staple since 1949, has created thousands of jobs, and is the largest manufacturer of vinyl records in North America. These staggering statistics show the strength and dedication of United Records, but we would offer an even more compelling example of the company's commitment to this community.

For the past two years, United Records has partnered with New Horizons to employ individuals with disabilities. Gerald Orr is one of the new employees at United Records, and will proudly show you his paycheck and wears his United Record T-shirt to prove it.

Gerald's day starts around 10 am and consists of different tasks, including assembling

vinyl sleeves with information sheets. Angela Shaw, Gerald's direct supervisor, describes how he will dance with co-workers during breaks, always makes sure that everyone has a smile on their face, and has become the "ladies man" of the office. In addition to being a warm, friendly presence, Ms. Shaw says Gerald is also one of her most diligent and respectful employees.

ing individuals with disabilities, so to alleviate any actual or perceived barriers, New Horizons provides transportation, training, and job coaches to assist individuals as they secure and maintain competitive employment.

In the midst of their success, we want to thank United Records for investing in men and women with disabilities and helping lead the way for Middle Tennessee.

Companies often have understandable hesitation when hir-



Gerald, pictured above, with his United Records coworkers



Our Executive Director, Development/Outreach, and Employment staff accepting an award from DIDD



Latonia working at Berry Global

Employment Partners



Air National Guard



Kroger



Allen Printing



Southern Lawn Care



Berry Global



United Records



Crown Packaging

Are you an employer that wants to connect and make a positive change in your work environment by pursuing employment opportunities with New Horizons?

Contact our Workforce Development Coordinator
Jordan Wallace at
jordanwallace@newhorizonsls.org

Day Services

New Horizons Life Skills provides person-centered day services that ensure individuals are out in the community and/or seeking employment opportunities. Our Day Services program consists of Supported Employment and Community-Based outings. All daily activities are tailored to the unique educational, social, and emotional needs of each individual supported.

Supported Employment enables adults with disabilities to have paying jobs in competitive community work environments. Our Employment Department works both with Vocational Rehabilitation (VR)

and TN-DIDD. We provide work-readiness training such as resume building, filling out applications, and interview practice. Our employment staff then works closely with each individual to find employment opportunities that are both of interest to them, and utilize their skills and abilities to ensure they will be successful. Once they have been placed in a job, they have a job coach that works hands-on to provide any additional training or support to ensure success. As they are able to perform tasks independently, the job coach phases out and employers are left satisfied with a hard-working, devoted employee.

Community-Based Day enables our individuals to get out in the local community and participate in a variety of person-centered activities. New Horizons works hard to provide individuals with a wide array of opportunities such as visiting local parks and natural areas, reading and checking out books at local libraries, going to movies, volunteering at local organizations, and job readiness training. It is our goal at New Horizons for our individuals to achieve some level of independence, and community integration and inclusion plays a major role in that. This is why we focus on getting out into the community each day.



New Horizons staff wearing pink in support of breast cancer awareness month



Are you an organization in the Middle Tennessee community that could use New Horizons volunteers?

Please reach out to us at 615.360.8595

Don't forget to check out our new website, www.newhorizonsls.org

New Horizons' Janitorial and Lawn Services

New Horizons, in conjunction with Community Rehabilitation Agencies of TN (CMRA), provides janitorial and lawn services for over 80 locations in Middle Tennessee. CMRA contracts with agencies such as New Horizons Life Skills to provide these services for state offices such as Tennessee Department of Human Services (DHS), Probation, Tennessee Department of Children's Services (DCS), Environment and Conservation, as well as some state parks. We currently employ around 100 people who fulfill these contracts and 70% or more of them have a disability, making us one of the largest employers of disabled people in our area. Our CMRA contract program is administered by Rusty Roberts, Director of CMRA Contracts, who has 14 years of experience in this area and our Supervisor of CMRA Contracts is John Steiger.

In addition to employing adults with disabilities, CMRA is also a major employer of veterans. In 2018, we were awarded the "2018 Gold Hire Vets Medallion Program Demonstration Award" from the Department of Labor in recognition of the verified efforts New Horizons Life Skills has taken to recruit, employ and retain veterans in our CMRA program.

Board Spotlight: Bill Manley

As a member of several non-profit boards, service to one's community has always been an important part of my life. I firmly believe we all are called to do whatever we can to improve the lives of those around us, so I was excited when given the opportunity to join the board of directors at New Horizons in 2002.

Since its founding, New Horizons has constantly grown and evolved to better provide quality care, challenge expectations, and remove barriers for individuals with disabilities. It is humbling to remember all of the lives changed and friendships formed in just the 17 years I have been a member of the board. Serving in this role has been incredibly rewarding, but New Horizons is also deeply personal.

My daughter, Amy, was born on January 16, 1977 and diagnosed with Down syndrome. Like

many parents facing these unexpected challenges, we were scared and in shock. We knew Amy needed her parents though, so we got to work planning for her education, care, and life with disabilities.



Bill is pictured above with his daughter Amy at New Horizons

When we first heard about New Horizons, we were simply thrilled to find a place where Amy could go to work, make friends, and not feel isolated at home. We had no idea all of the ways that this organization would be a saving grace. As Amy has aged and developed additional health issues, the New Horizons staff and community has met these new challenges in ways for which we will forever be grateful.

Most importantly, New Horizons has helped give Amy a sense of purpose. In fact, when we pick her up for dinner on Friday nights, the first thing she asks is if she can go back to work on Monday. I think that says it all.

Amy has a family that loves and is able to provide proper care at home, but many individuals with disabilities do not have the same support system. I am thankful and humbled for the impact New Horizons has had on my family, and I look forward to serving alongside my fellow board members, staff, and supporters throughout the community as we strive to remove barriers and honor the dignity of individuals with disabilities.



Wish List

What Your Gift Can Do

\$25 provides two months worth of hygiene products

\$35 provides a scholarship for one day of Day Services for individuals who cannot afford it

\$50 covers the cost of admission to a movie, the zoo, and Frist Art Museum for community-based outings

\$100 allows staff to purchase Christmas gifts for individuals who cannot afford them

\$250 covers one month's utility and house maintenance costs

\$500 provides a scholarship for an individual to attend summer camp for adults with disabilities who cannot afford it

Are you a parent or family member of someone with a disability, or would like to learn more about serving on our Board of Directors?

Please contact us at 615.360.8595 and ask for Outreach or Development staff.

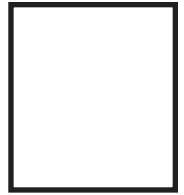
How to Make a Gift

- Make a secure gift online at newhorizonsls.org
- Mail your gift to: New Horizons Life Skills, 5221 Harding Place, Nashville, TN 37217
- Call us at 615.360.8595 and ask for Development

For more information about supporting New Horizons, contact our Manager of Development, Lee Sherwood at 615.360.8595 ext.112 or development@newhorizonsls.org



New Horizons Corporation
5221 Harding Place
Nashville, TN 37217-2901



**2019-2020
Board Members**

Russ Willis, President
Mary Bryson, Secretary
Ed Holman, Treasurer
April Harrington
Maylene Jones
Bill Manley
Dean Otto
Nick Passomato
Jason Rochelle

Interested in making a difference at New Horizons Life Skills and want to join our Board of Directors?

Contact at 615.360.8595 and ask for the Outreach Department

New Horizons has a new name

Check it out in our first newsletter

Connect with New Horizons Life Skills on Social Media

 @NewHorizonsTN
 @NewHorizons_TN
 @NewHorizons_TN

Contact Us

5221 Harding Place
Nashville, TN 37217

Main Phone: 615.360.8595

www.newhorizonsls.org