



Supporting Adults  
with ~~dis~~ABILITIES  
since 1971



### Our Mission:

**New Horizons Life Skills** supports 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.

### Our Vision:

**New Horizons Life Skills** works to create a better quality of life and level of independence for adults living with disabilities by teaching valuable life skills through individualized employment, community-based outings, and living opportunities.

# New Horizons Through The Years

For the past 49 years, New Horizons Life Skills has been a beacon of light for so many adults living with intellectual and developmental disabilities. New Horizons represents so much more than just a provider agency, it represents

a family. As 2020 slowly comes to a close, all of us here at New Horizons are looking forward to 2021 and celebrating our 50th anniversary! Come along with us on this journey down memory lane on the next page.

### Contact Us:

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

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615.360.8595

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"NHLS' 50th anniversary means a legacy of family, prosperity, strength, and stability in helping people with disabilities show us what really matters in life, what it means to be a person, what it means to be loved, and what it means to be accepted simply for who we are."

- Carolyn Connors, Client Finance



## New Horizons Through the Years

by Lee Sherwood

Since our founding in 1971, New Horizons has put a premium on person-centered care. Our commitment to community, safety, and just plain fun is just as strong today as it was the day we opened our doors in the basement of a local church almost 50 years ago. We are so excited to be able to travel down memory lane and reflect on the legacy of New Horizons and all it has offered as we approach our 50th anniversary. Our karaoke Fridays, cookouts, and holiday parties have been staples of NHLS since our founding. New Horizons Life Skills would not be what it is today without the support of our amazing community. We want to thank each and every one of you for cheering us on and we can't wait to get to work on the next 50!



"When a small group of parents founded New Horizons in 1971, their aims were for their adult children to have a place to go every day and develop socially, learn self-care, and lead productive, useful, and meaningful lives. When we look back over the last 50 years, there have been many hundreds, maybe thousands, of people impacted positively by New Horizons, and we look forward to the next 50 years of serving the Nashville community." - Nancy Williams, Director of Finance



# Michael and Richard: The Dynamic Duo

by Andrew Austin

Across the world, life and work look very different this year. For Michael and Richard Miller, masks, social distancing, and increased safety measures are just the latest changes in their careers.



Michael and Richard begin each day at New Horizons around 6:30 am and have done so since they joined the NHLS employment program 35 years ago. Today, masks may cover their signature smiles, but both of the Miller twins have returned to work armed with the same positive attitudes and eagerness that have allowed them to adapt as policies, programs, and job roles have evolved over time.



The twins first walked through the NHLS doors in 1985, soon after graduating from high school. At the time, New Horizons was leading the disability community by employing hundreds of adults with disabilities through contracts with large companies like Wilson Sports and Second Har-



vest. Over the years, the Millers have both held multiple jobs ranging from working at the Tennessee Air Guard to TDOT.



Recently, NHLS has led the charge in Tennessee for employment opportunities fully integrated in the Middle Tennessee community. The Millers currently work at Tennessee Preparatory School, cleaning the building and preparing classrooms, as well as various jobs at our New Horizons campus. Like most twins, Michael and Richard are very similar. In addition to their love of movies and bowling, both are diligent and cheerful workers.



Their faces light up when you ask them about being back at work, and they will readily tell you how much their new boss and coworkers appreciate them. Michael and Richard have become excellent employees, mentors, and beloved members of our New Horizons family.



We believe in the transformational power of work and the dignity that comes with earning a paycheck. At New Horizons Life Skills we are determined to equip individuals with the skills necessary to thrive in the workforce through work-readiness training, job coaches, and employer recruitment.



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

Please reach out to us at  
615.360.8595

# A Guiding Light, Katina Shields

by Lee Sherwood

With over 30 years of professional experience in the disability field under her belt, Katina Shields has been a guiding light for New Horizons Life Skills, especially during COVID-19. Katina is not just a valuable asset to NHLS professionally, but she is a comforting figure within the office for both individuals and fellow staff members to go to for guidance and learning.



Katina's sister brought her into the field when she was just 18. And over the past 30 years she has worked her way through the ranks at three different provider agencies. From working as a Direct Support Professional, to running a Day Center, serving as a Program Coordinator, and now running IMC at NHLS, Katina has seen many of the changes made in the disability community.



When asked about her passion for working with adults living with intellectual and developmental disabilities, Katina replied, "It's hard to explain." Katina originally went to school to pursue a career in the medical field, but as soon as she entered the disability field

she knew it was where she belonged, and she has dedicated her life to this field ever since. She has a strong love for the individuals we support, and they love her right back. As the Incident Management Coordinator (IMC), Katina ensures that all individuals and staff are safe and supported. She also makes sure that all staff is properly trained to provide the highest quality services to individuals supported. During COVID-19 Katina has really stepped up to ensure that all individuals supported and staff remain healthy and happy. She has created specific and detailed guidelines to be followed in all homes supported by NHLS and in the office in which we work. Katina makes sure that we all are safe and at our best!



Katina's favorite buzzword to describe her passion for this field and New Horizons Life Skills is family. Katina explained that "the people we support are like our family" and she ensures that all staff understand the level of care that needs to be implemented day in and day out. Having worked at three different agencies, Katina has seen all different aspects of the disability provider field and pointed out that New Horizons Life Skills consistently goes above and beyond to make sure all individuals and staff are



valued and supported. Katina has a knack for teaching and making anyone who comes in contact with her feel safe and respected. She has even seen individuals from her previous agencies join the NHLS family. Her training mantra is this: "the same way you need to treat our individuals is like the way you would interact with your own family."

As we enter into our 50th year, Katina said she was most looking forward to "putting our individuals first, no matter what changes may happen." She continued to say that when our individuals are happy, we are happy, and that is what drives each of us to do the work that we do each day.

As an incredibly humble woman, Katina finished our conversation with this thought, "there is no sugar coating what I do, it just is what I do." She is effortless in her passion for providing support and encouragement to anyone who crosses her path. While always having the best interests of our individuals and NHLS in mind, it is due to team members like Katina that we are able to do the amazing things that we do.

"50th anniversary they say, is known as the golden anniversary. It is a milestone to be celebrated! So for NHLS' 50th anniversary we shall celebrate prosperity, strength, stability, teamwork, and a fulfillment of life-long dreams!" - Katina Shields



Charlotte has taken this down time to focus on arts and crafts, and has even learned some new skills! She has also been working hard at word searches and playing iSpy with books and her surroundings. Charlotte has also been out and about exploring her local lake and feeding the ducks while there!

Cassie like many of us has taken a while to adjust to COVID-19 and its restrictions. But she has been active working out in her garden, volunteering with her church, playing games, and coloring. Cassie has also been able to visit her mom more and help to take care of their animals on their farm.



## New Horizons Happenings

While we haven't been able to all be together at New Horizons, our individuals have stayed busy doing the things they love at home!

Our Program Coordinators have been hard at work collaborating with our DSPs to ensure all of our individuals are staying happy and healthy during our stay at home orders!

We can't wait to all be able to come together once again and celebrate with a cookout and of course, karaoke.

Bryan, like many of us, had a birthday party that looked a little bit different this summer. But he made the most of his outside birthday celebration with his roommate, Scott, and provider Lisa, not to mention good food and lots of games.



James has been staying out of the heat by staying inside and playing a variety of games (and even learning new ones)! He has been helpful around the house, especially with his family's dog. The only thing he loves more than wanting to go out and shop is playing video games. James knows he needs to stay inside to be safe and healthy, but he can't wait to get back to New Horizons!



Amy is always the one to find sunshine in a rainstorm. She has been busy enjoying the hot summer weather by going swimming, coloring, and watching lots of movies! Amy is a happy woman, especially when she gets her hands on a new coloring book and pens!



# Check out our weekly podcast!

visit [www.newhorizonsls.org/podcast](http://www.newhorizonsls.org/podcast) to listen to all of our episodes!

The Trailblazer Podcast was created so the disability community (self-advocates, supporters and service providers) could have a platform for sharing their stories and perspectives directly with the listener, stirring conversations and prompting action. Officially launched in April 2020, one of the primary goals of the podcast is building bridges between organizations and individuals working in the disability community. We have been humbled by the support from other organizations and new partners across Tennessee and encouraged by the courage of people with all ability levels to join us as guests. Give us a listen on our website or wherever you get your podcasts by searching New Horizons Trailblazers!

**SIGN UP** for our monthly e-newsletter for the latest New Horizons news!

Go to [newhorizonsls.org](http://newhorizonsls.org) and look near the footer of the website.

"NHLS means that special needs adults have a place to learn, grow, and gain self confidence! I have seen this in my own son, Austin, over the last 6 years. He used to be so quiet, and now he sings karaoke and works in our warehouse. We have seen him gain confidence and social skills he never had before.

- Kelly Hall, Day Center Supervisor and Parent

# 2020 Big Payback

Thank you all for your kindness and support during this year's Big Payback! This 24-hour giving event put on by The Community Foundation of Middle Tennessee is a great way to show support for the nonprofits working hard in the Middle Tennessee community!

This year New Horizons Life Skills was able to go beyond our fund-



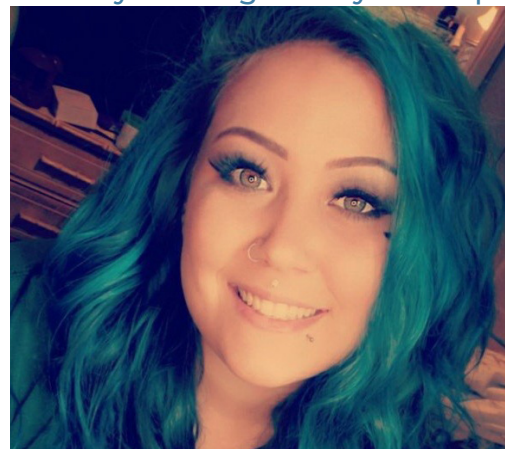
raising goal and bring in over \$2,000 to continue to provide the highest quality services for the individuals that we support!

We are already looking forward to May 2021 and continuing on this journey with everyone in the New Horizons Life Skills community! Make sure to sign up for our e-newsletters to stay up to date.

## On the Front Lines: DSP Lauren Moulton

Our Direct Support Professionals, or DSPs, provide hands on care and support each day. Over the last six months, DSPs have felt a burden due to COVID-19 and ensuring the health and safety of individuals supported each day. We are so lucky to have DSPs like Lauren Moulton on our team! Lauren has been more than up to the added challenges of the pandemic and has made sure the individuals she supports enjoy each day to the fullest.

Lauren has worked at New Horizons for the past four years, most recently serving Nancy Thomp-



and Camille Culley. After learning about New Horizons from a fellow DSP, Lauren was immediately attracted to a job that was person-centered. Lauren had also witnessed firsthand the profound impact that direct support staff could have while watching nursing home staff take care of her great grandmother through her final years.

Lauren loves to cook, a hobby which Nancy and Camille get to benefit from, go to concerts, and any excuse to call and keep up with all of her friends and family. While concerts are suspended, Lauren, Nancy and Camille have had to improvise. Lauren's favorite type of music is metal, and she tells some hilarious stories of Nancy and Camille head-banging and dancing with her during some mid afternoon rock outs. While the job description is consistent, every day looks different for Lauren, Nancy, and Camille. Like everyone, Nancy and Camille

have some days that are better than others. Lauren said on bad days it is important to do everything you can to help, but when there is nothing she can do to fix the problem then it is important for her to simply listen and be present. Her faithful service and presence has been a tremendous blessing in the lives of Nancy and Camille, and, even in the midst of a global pandemic, Lauren says she feels truly blessed to enjoy going into work every day.

With her go-getter attitude, great sense of humor, and a big heart for the women she serves, Lauren is a prime example of the type of DSPs we are fortunate to have on our team at New Horizons that sets us apart from others.

When asked what has most surprised her about her job at New Horizons these last 4 years, Lauren echoed a familiar sentiment saying more than anything "it is crazy how quickly your household begins to feel less like a job and more like a family".

## Support the New Horizons FUNd

The majority of our individuals rely on supplemental income (social security) to support themselves... but often it isn't enough for basic needs. The New Horizons FUNd is a special new fund set aside to provide individuals supported with the financial opportunities to pursue their passions and interests without worrying about paying out of pocket. Especially right now, during COVID-19, when our individuals must stay home to protect their health and safety, providing them with entertainment, special meals, and other life enhancing experiences can change their mood and improve their day!

### FUNd Wishlist

- \$10 - Order a meal in
- \$15 - Amazon giftcard to purchase movies
- \$25 - Purchase a board game for individual
- \$35 - Birthday celebration supplies (cake, balloons, etc.)
- \$50 - Provide a sports item (jersey, t-shirt, etc.)
- \$75 - Nashville Zoo membership
- \$150 - Food and entertainment at annual holiday party
- \$250 - Cost for 10 individuals to go on a tour of Cheekwood Gardens
- \$400 - Tuition for Camp Linden summer camp
- \$500 - Weekend trip for group of individuals to Smoky Mountains

"To me, the New Horizons 50th anniversary means doing right by those we serve. To continue to provide services so they can live their best life."

- Kristina Tate, Program Coordinator

## 2021-2021 Board of Directors

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

## How to Make a Gift

Make a secure gift online at [www.newhorizonsls.org](http://www.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 the Development Department

For more information about supporting New Horizons Life Skills, contact our Manager of Development, Lee Sherwood, at 615.360.8595 or [development@newhorizonsls.org](mailto:development@newhorizonsls.org)



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@newhorizons\_tn



## Board Spotlight: Maylene Jones by Andrew Austin

Maylene Jones first learned about New Horizons when we were first meeting in a church basement in the early 1970s. At the time, our mission was simply to provide a community for individuals living with disabilities. Just as the num-

ber of individuals served has grown, so have our programs and goals for their lives.

Maylene's family quickly decided that her brother, Don Oakes, would benefit from the community and programs provided, followed by her other brother, Randy Oakes, just a couple of years later. With both of her brothers being supported by New Horizons, Maylene soon became a steadfast volunteer which led to Maylene being asked to serve on the Board of Directors. She fondly describes the many changes to our agency and the programs that have evolved due to both state regulations and a progressing world. Even in the midst of an ever changing world, Maylene notes how New Horizons has never wavered from being a people first organization determined to provide a rich, community filled life for every individual who walks through our doors.

While COVID-19 has made it difficult to visit friends and family, Maylene has been able to virtually stay in touch with her friends and family and has had more time to garden. Fortunately, our Board of Directors has been able to meet virtually and make sure we remain forward focused and person centered. While her brother Randy is still an active member of New Horizons Life Skills, Don passed away in 2009 after years of health challenges. Families like the Oakes and board members like Maylene are what set New Horizons Life Skills apart. The legacy of Don, Randy, and every other individual who has stepped through the doors reinforces a rich community spanning generations and a promise to always challenge and expand expectations for every individual living with a disability.

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