

Team Talk



Corporate Newsletter

December 2016

www.generationsgaither.com



Generations Behavioral Health



Generations Health Association, Inc



Generations/Gaither's, Inc.



Gaither's, Inc.



Gaither Suites, LLC



Gaither Suites at West Park, LLC



Double G Farm and Real Estate Development



Generations Gaither's Group Levels of Care



ARTF – Adult Residential Treatment Facility

A Residential Treatment Facility (ARTF) is a licensed 24-hour Facility (although not licensed as a hospital), which offers mental health treatment. The types of treatment vary widely; the major categories are psychoanalytic, psycho educational, behavioral management, group therapies, medication management, and peer-cultural. Settings range from structured ones, resembling psychiatric hospitals, to those that are more like group homes or halfway houses.

ESH –Enhanced Supported Housing Facility

In addition to the description for SH services, members in ESH will require care exceeding support and intervention levels provided in standard Supported Housing. Behavioral health care needs may include mental health and/or substance abuse.

SH – Supported Housing

Supported Housing services refers to services rendered at facilities that are staffed twenty-four (24) hours per day, seven (7) days a week with associated mental health staff supports for individuals who require treatment services and supports in a highly structured setting. These mental health services are for persons with serious and/or persistent mental illnesses (SPMI) and are intended to prepare individuals for more independent living in the community while providing an environment that allows individuals to live in community settings. Given this goal, every effort should be made to place individuals in facilities near their families and other support systems and original areas of residence. Supported Housing services are mental health services and do not include the payment of room and board.

NURSING HOME

Skilled Nursing Home Facility providing twenty-four hour care with emphasis on mental and physical well being through a personalized approach to help each Resident maintain maximum potential independence. Services include: 24 Hour Nursing Care, Physician Visits, Mental Health Nurse Practitioner, Psychiatric Service Visits, Restorative Therapy, Wound Care Management, Social Services, Dietary Consults with Registered Dietitian, Scheduled Activities Daily, Beauty Shop and Transportation.

PERSONAL CARE HOMES

Personal Care Homes (PCH) are residences that provide shelter, meals, supervision and assistance with personal care tasks, typically for older people, or people with physical, behavioral health or cognitive disabilities who are unable to care for themselves, but do not need nursing home or special medical care. While available services vary and are based on individual needs of each resident, services include, but are not limited to, assistance with: administering medications, arranging for and managing health care, walking or getting out of bed, transportation to doctor and other appointments, participating in social/recreational activities, personal hygiene, shopping and care of possessions.

ASSISTED LIVING HOMES

Assisted Living is often viewed as the best of both worlds. Our Residents have as much independence as they want while living in their own private apartment within our community so that they have the support and services they need, while continuing to be as independent and active as possible. Assistance is provided, if needed, with basic ADL's, such as bathing, dressing, med reminders and more. Additional services include three meals daily, plus snacks, activities including social, cultural and spiritual programs, full service beauty /barber shop, weekly house-keeping, personal laundry, as well as scheduled transportation for shopping and various appointments, including medical and doctor appointments is provided.

Mental Health Centers

Outpatient services include psychiatric evaluations and medication management services which allows consumers who are severely mentally ill (adult) or severely emotionally disturbed (child) obtain an adequate supply of necessary medications. Additional services include: Individual Therapy, Group Therapy, Family Therapy, Psychiatric Services, Case Management Services and Education.

All Mental Health Centers' services are provided to Residents of Adult Residential Treatment Facilities, Enhanced Supported Housing Facilities and Supported Housing Facilities.



Generations/Gaither's Group Administrative/Support Staff



Corporate Staff

Kathy Campbell, President / CFO
Pat Gaither, Administrative V.P.
David W. Gaither, V.P. Employee Benefits
Wayne Greer, Executive Vice President
Jim Campbell, Vice President of Operations
James Jones, Director of Risk Management
James Ramsey, V.P. of Resource Development and Communications
Misty Pettit, Executive Vice President of Treatment Housing
Donna Mahan, Controller
Tara Dishman, Accounts Payable
Jennifer Measles, Auditor/HR Asst.
Sheila Burgess, Director of Billing
Nina Weston, Billing Analyzer
Kim Taylor, Billing
Lisa Sullivan, Director of Human Resources
Brandi Lawson, Marketing Director
Jamie Lyle, Housing Coordinator
Tyra Quintana, Housing Coordinator
Debra Jolly, Housing Coordinator
Bridgette Goines, Payroll
Rebecca Barnes, Communications Specialist
Mendy Stotts, Clinical Auditor
Lacey Davis, Acct. Asst.
Tracy Holland, I.T. Specialist

Generations of McAlinnville

Adam Wanamaker, Case Manager / Executive Director
Elizabeth Hoch, Office Manager
Regina Qualls, Activity Director
Terry Dodson, LPN

The Woodlee Trail

Adam Wanamaker, Executive Director
Amy Phillips, Office Manager
Stacie Sellers, Activity Director
Terry Dodson, LPN

Wilma House

Melissa Brown, Executive Director
Rhiannon Myers, Office Manager
Christopher Rippy, Case Manager
Aaron Knight, LPN
Gloria Cole, Activity Director
Charques Blevins, House Manager

Kristopher Wayne House/Robert Coy House

Gen Savage, Executive Director
Keisha Rutledge, Office Manager
Steven Koller, Case Manager
Samantha Kirk, LPN
Rosa Russell, Activity Director

Generations Estates

The Campbell Lodge

Melissa Brown, Executive Director
Rhiannon Myers, Office Manager
Debbie Hodge, Activity Director
Brittany Halfacre, Case Manager
Stephanie Audas, LPN

The Wood House

Melissa Brown, Executive Director
Brittany Halfacre, Case Manager
Rhiannon Myers, Office Manager
Debbie Hodge, Activity Director
Kathy Shields, House Manager

Generations of Morrison

Delta Jones, Executive Director
Misty Glover, Office Manager
Judy Bishop, House Manager
Sheila Womack, House Manager
Kayla Maynard, Office Manager. Asst.
Miranda Simmons, Case Manager

Generations of Woodbury

Natina Alexander, Executive Director
Jackee Spakes, Office Manager
Samantha Kirk, LPN
LaDella Austin, Case Manager
Star Seiber, Activity Director
Kelsie Willis, House Manager

The Skylar House

Jessica Thacker, Executive Director
Cristy Milner, Office Manager
Jessica Kinnard, LPN
Robert Campbell, Case Manager
Sarah Presley, Activity Director



Generations/Gaither's Group Administrative/Support Staff



Generations Center of Spencer

Buffy Gaither, Vice President-Regional Administrator
 David W. Gaither, V.P. Employee Benefits
 Marilyn Burger, Asst. Administrator
 Katherine McClendon, Nurse Practitioner
 Tresea Cripps, Office Manager
 Tracy Farris, Central Supply
 Deborah Manus, Dietary Manager
 Cathy Corvin, Receptionist
 Johnny Walling, Maintenance Supervisor
 Tammy Fox, Quality Assurance
 Christopher Rippy, Case Manager
 Sandra Collins, Activity Director
 Rachel Clark, Activities Asst.
 Eve Wright, Social Services Director
 Christine Howard, RN, Director of Nursing
 Bobbi Anderson, Human Resources

Generations of Middlesboro

Buffy Gaither, Vice President-Regional Administrator
 David W. Gaither, V.P. Employee Benefits
 Maegan Lamont, Executive Director
 April Wilson, Office Manager
 Elizabeth Taulbee, Activity Director

Gaither Suites at West Park, LLC

Pat Gaither, Administrative V.P.
 Buffy Gaither, Vice President-Regional Administrator
 David W. Gaither, V.P. Employee Benefits
 Jennifer Gish, Executive Director
 Sandra Barnes-Puckett, DRC
 Linda Walker, Receptionist / Tour Coordinator
 Diana Gage, Activity Director

Maintenance and Construction

Billy Wood, V.P. Maintenance	Patrick Ryan, Maint. Supr, West TN
Shane Pettit	George Els, West TN
Lester Willis	George Odineal, West TN
Danny Bowdoin	Jerry Cooper, West TN
Johnny Cantrell	Caleb Terrett, West TN
Jason Bracknell	Ronnie Orr, West TN
	William Tackitt, West TN
	Rodney Eustice, East TN



Generations Mental Health Centers



Generations Mental Health Center Morrison

Dr. Sabitha Hudek, Medical Director
Joseph Stotts, Vice President of Clinical Services
Angela Redwine, Executive Director, Therapist
Judy Johnson, LPC-MHSP, Therapist
Daniel Simpkins, Therapist
Cliff Gambrell, LMSW, Therapist
Margie Wood, LPN, Director of Nursing
Dakka Partin, RN
Krista Fleming, Office Manager / Medical Records
Pansy Perrigan, Receptionist / Medical Records
Diane Sanders, Receptionist / Medical Records
Peggy Rayas, Transportation Coordinator
Kristy Jones, Transportation Coordinator
Dave Davis, Child and Adolescent Case Manager
Holly Olsen, Case Manager
Christopher Rippy, Out Patient Case Manager
Jordan LaMasters, Nurse Practitioner
Katherine McLendon, Nurse Practitioner
Karyn Harris, Nurse Practitioner

Generations Mental Health Center of Cookeville

Dr. Sabitha Hudek, M.D. Medical Director
Joseph Stotts, Vice President of Clinical Services
Judy Johnson, LPC-MHSP, Executive Director/Therapist
Kaythi Soe, Nurse Practitioner
Doris Kendall, Therapist
Paige Seymour, Case Manager
Michael Egly, Case Manager
Kimberly Ledbetter, LPN
Barbara Oakley, Office Manager
Katie Braswell, Receptionist/Medical Records

Generations Mental Health Center of Martin

Dr. Hudek, Medical Director
Dr. Swamy, Medical Director for Children
Joseph Stotts, Vice President of Clinical Services
Kim Terrett, Regional V.P.
Julie Floyd, Nurse Practitioner
Bar-Bra Glisson, Nurse Practitioner
Nancy Forrester, Medical Records
Stacy Turbyville, Medical Records
Diana Fulcher, Therapist
Jami Ivey, Quality Assurance/Therapist
Michelle Black, Clinic RN
Valarie Fisher, Community Based Case Manager
Christy Prince, Receptionist
Candace Foster, Case Manager
Terika Taylor, Case Manager
Dominic Holt, Case Manager

Generations Mental Health Center of Dayton

Erin Yeagan, Nurse Practitioner
Jennifer Woodruff, Therapist
Tabitha Sanders, Case Manager
Melinda Lindkvist, Executive Director/Office Manager
Anita Henderson, RN

Generations Mental Health Center of McKenzie

Dr. Hudek, Medical Director
Dr. Swamy, Medical Director for Children
Joseph Stotts, Vice President of Clinical Services
Kim Terrett, Regional V.P. West TN.
Trina Ryan, Nurse Practitioner
Jami Ivey, Therapist
Kyle Chappel, Therapist
Laura Tabada, Clinic RN-C
Cassie Allen, Receptionist/Medical Records
Leah Lancaster, Case Manager



Gaither's Inc.
Administrative/Support Staff



Corporate Staff - East - West

David G. Gaither, Founder / President / CEO
Kim Terrett, Regional V.P. West TN
Suzie Mitchell, Auditor, West TN
Cheri Spaulding, Accountant
Mary Cothorn, Accountant Asst.
Sheila Burgess, Director of Billing
Nina Weston, Billing Analyzer
Lisa Sullivan, Director of Human Resources
Brandi Lawson, Marketing Director
Jamie Lyle, Housing Coordinator
Tyra Quintana, Housing Coordinator
Debra Jolly, Housing Coordinator
Bridgette Goines, Payroll
Mendy Stotts, Clinical Auditor
E. J. Mann, I.T. Specialist

Logan Lodge

Cindy Elder, Executive Director / LPN
Amanda Wilmath, Office Manager
Brandon Keller, Case Manager
Ron Bennett, Activity Director

Magnolia of Donore

Shannon Lankford, Executive Director
Rodney Lee, Office Manager
Melissa Turner, LPN
Tana Bowers, LPN
Meghan White, Case Manager
Janet Hunt, Executive Director Asst.
Stephany Atkins, Activity Director
Kayla Wallace, House Manager
Maranda Shaw, House Manager
Angela Huffman, House Manager



Corporate Office
406 N. Spring St.
McMinnville, TN 37110



Administrative Building
402 N. Spring St.
McMinnville, TN 37110



Housing Office
104 Walling St.
McMinnville, TN 37110

Human Resources

The Paper Trail

- by: Lisa Sullivan, Director of Human Resources



Training is the Best Defense

Managers are often running ragged trying to meet the demands of their organization and trying to do the right thing. However, one wrong decision can land a manager and the organization front and center of a big lawsuit that is costly and time consuming. While no one, for the most part, means to do the wrong thing, it often unfolds due to lack of knowledge and training on the manager's part. It is a necessity that managers continually train and educate their staff on policies and procedures as well as educating themselves by reviewing those same policies and procedures. Even more, keeping in tune with state and federal employment laws such as FMLA, Americans with Disabilities Act, Title VI laws, etc. is imperative for managers. Every manager should be knowledgeable of these laws if they are to be a successful manager.

The person assuming the management role, alone, affects the bottom line in many ways simply from their day to day decisions. This can vary from the way they schedule employees, to making wrongful firing decisions. Both can be very costly, negatively affecting the bottom line! Hence, it is imperative for managers to make time to educate and train the employees they supervise as well as themselves! It's the key to their success!

Team Member Profile



Doris Kendall

Therapist

Generations of Cookeville Mental Health Center

Hello, everyone! I have been with the team at Generations Mental Health Center in Cookeville as a therapist for over 2 years now. I also provide therapeutic services to our residents living at Skylar House. I graduated from Tennessee Technological University with a Masters in Counseling and Psychology in 2014 and will be finishing up my EDS next month. My passion is working with people to provide guidance, and support as they develop self-awareness empowering them to utilize their strength as they work toward living a happy and fulfilling life.

As for a little self-disclosure, I have three wonderful children and four beautiful grandchildren for which I am truly grateful. My personal hobby and cause is animal rescue. I walk, feed, and provide a home for some of those waiting for adoption, and promote spay, and neutering at public events.

Well, in closing, I would just like to thank the Gaither Family, all the members of my team and organization for allowing me to be part of such a fantastic group of people, doing such great things.



The Clinical Corner

V.P. of Clinical Services, Joseph Stotts, LCSW

The Power of Independence

We all work with clients every day that have challenging difficulties they face in their life. Many clients come from difficult situations they have experienced in their life. Many have experienced trauma, abuse, and emotional neglect over the years. Many have simply made some bad decisions like we all have. It is wonderful they have us to empower them to achieve their goals and dreams. However, never forget that the best tool you can provide them with is the power to achieve! Instead of always giving them the answer; just try leading them in the right direction and they may surprise you by finding their way! Below is a list that contains how feeling empowered in your life can change you forever!

1. You believe in you! By believing in yourself you finally realize that you have the ability to do anything if you want. You have had this ability all along. You just have to make the choice to believe in you!
2. "I can't" becomes extinct. You will never imagine how positive you will feel in your life when you stop using this phrase. Remember, it serves no purpose but to shoot down your hopes of accomplishment even before you try.
3. Don't always plan, just go do! Ever feel like you spend a ton of time in life just planning how you are going to do something? Usually it is a good thing, in that we just want to be prepared, however, sometimes it is a big sign of low self-esteem. Try believing in yourself and go do it!
4. I can make my own choices! Obviously, having others around us that help us make decisions is always good. However, try making some decision on your own and see how it goes! You may find that you are great at weighing out pros and cons to different situations!
5. "Wow, I am a leader after all?" Many people go through life never knowing they are a leader because either they never have the opportunity to be one, or they always run from the opportunity. You could be a leader, but you are never going to know unless you try!
6. Even if I fail, I can still make it. Along the way you may make a few errors, however, that does not mean you cannot still achieve your goals if you keep trying. Many times, we learn more from our mistakes than our accomplishments.
7. "Not only do I believe in myself, I believe in you!" You may already know this but a positive attitude is contagious! If you walk around interacting with others all the time believing in yourself and your ability to lead and make good decisions in life, you will find it rubs off on others. Moreover, if you believe and lead the way, you will be followed!

Start the New Year off by believing in you!



Generations Mental Health Center of Morrison



Angela Redwine, Ph.D., LPC-MHSP
Exec. Dir.

Christmas Greetings **Some General Information Concerning Christmas**

Hello, again, from the Morrison Mental Health Center. The past few months have been really busy from Halloween when we dressed in 80s style clothing, to the wonderful Thanksgiving meal that we had. Now we are approaching another holiday season where the emphasis should be placed on giving, rather than receiving. For some, Christmas is a time to join in religious activities, while for others; it is a time for family activities. However one chooses to celebrate the upcoming holiday, one thing remain constant, it should be a time of joy and cheer. Those of us who work daily in the mental health field should take time and consider that it is most likely many of our clients will not spend Christmas with family members, thus you may be the only person who has the opportunity to bring joy into his or her life.

Christmas Day is celebrated as a major festival and public holiday in countries around the world, including many whose populations are mostly non-Christian. In some non-Christian areas, periods of former colonial rule introduced the celebration (e.g. Hong Kong); in others, Christian minorities or foreign cultural influences have led populations to observe the holiday. Countries such as Japan, where Christmas is popular despite there being only a small number of Christians, have adopted many of the secular aspects of Christmas, such as gift-giving, decorations, and Christmas trees.

Countries in which Christmas is not a formal public holiday include Afghanistan, Algeria, Azerbaijan, Bahrain, Bhutan, Cambodia, China (excepting Hong Kong and Macao), Comoros, Iran, Israel, Japan, Kuwait, Laos, Libya, Maldives, Mauritania, Mongolia, Morocco, North Korea, Oman, Pakistan, Qatar, Sahrawi Arab Democratic Republic, Saudi Arabia, Somalia, Tajikistan, Thailand, Tunisia, Turkey, Turkmenistan, United Arab Emirates, Uzbekistan, Vietnam, and Yemen. Christmas celebrations around the world can vary markedly in form, reflecting differing cultural and national traditions.

Among countries with a strong Christian tradition, a variety of Christmas celebrations have developed that incorporate regional and local cultures. For Christians, participating in a religious service plays an important part in the recognition of the season. Christmas, along with Easter, is the period of highest annual church attendance. In Catholic countries, people hold religious processions or parades in the days preceding Christmas. In other countries, secular processions or parades featuring Santa Claus and other seasonal figures are often held. Family reunions and the exchange of gifts are a widespread feature of the season. Gift-giving takes place on Christmas Day in most countries. Others practice gift-giving on December 6, Saint Nicholas Day, and January 6, Epiphany.

However one chooses to celebrate, or not to celebrate the holiday---Remember we should always respect and be good to those with whom we are in contact on a daily basis. My desire it that everybody should have a wonderful and restful time with those you love. Merry Christmas from Dr. Angela Redwine and her family.



Generations Mental Health Center of Cookeville



Executive Director
Judy Johnson, LPC-MHSP

Fetal Alcohol Spectrum Disorders (FASD)

FASD are a group of conditions that can affect a child physically, emotionally, mentally, and behaviorally, and are caused by mothers drinking alcohol during pregnancy. Most children have a mixture of problems, and these problems range in level of severity. There are three types of FASDs, and these types are determined by symptoms. The following are a breakdown of these three types:

Fetal Alcohol Syndrome (FAS): This type represents the most severe end of the spectrum. Symptoms may include abnormal facial features, growth problems, central nervous system problems, learning (Intellectual Developmental Disorders) memory problems, attention deficits, communication, and vision or hearing problems.

Alcohol-Related Neurodevelopmental Disorder (ARND): This group includes intellectual disabilities and problems with behavior and the ability to learn. These children frequently do poorly in school and may have problems with memory, attention, judgment, and poor impulse control.

Alcohol Related Birth Defect (ARBD): Problems seen with this disorder include problems with the heart, kidneys, and bones, or with hearing. These individuals may have a mix of these problems.

It is important to discuss FASD, as many young women have no idea of the effects of alcohol on the fetus. It is unknown as to the amount of alcohol consumed that will affect the fetus, or exactly when the fetus is affected. I always educate the young women that I work with about FASD, and my suggestion to them is that if they are not on birth control and are sexually active, do not drink alcohol in any amount. It is believed that the fetus is most affected during the first trimester, and this is when many women are not even aware that they are pregnant. Not drinking alcohol during pregnancy is the one way that we can prevent intellectual disabilities and birth defects.



Generations Mental Health Center of Martin



Kim Terrett

Hello! My name is Nicki Barnes and I'm the newest therapist at the Mental Health Center in Martin. Prior to joining Generations as an employee, the office had to put up with me as an intern – I enjoyed my time here so much that I decided to join the team!

Having been a nurse for many years, I decided to go back to school in 2010 to obtain my BSW while working with the Weakley County Prevention Coalition. In 2016, I completed my MSW and am looking forward to advancing my skills with the individuals in our community.





Generations Mental Health Center of McKenzie



Kyle Chappel

Learning Nonverbal Cues to Strengthen the Therapeutic Relationship

Being sensitive to a client's nonverbal shifts in facial expression, posture, voice tone, and other areas is certainly important in establishing and maintaining the therapeutic relationship, which much research shows is essential for successful therapy. However, noticing nonverbal shifts isn't enough; it's important to know what those nonverbal shifts are related to and what they mean. To do this, you need to be active in eliciting responses, both verbally and nonverbally.

For instance, if clients verbally assent to what you're saying while nonverbally disagreeing, it's important to pick this up immediately, so that you can address the incongruence. If you want to detect the nonverbal signs of agreement, disagreement, and ambivalence, you can say, "I'd like to ask you to do something that may seem a bit strange, but it can be useful to us in working together. I want you to think of something that you fully agree with; it doesn't matter what it is, and don't tell me what it is, just nod when you've thought of something." Then notice any nonverbal shifts. The client's attention will be focused on the task, while yours is on the response to it.

Some clients will immediately think of something, and respond quickly, often before they nod. Others may take a little longer as they go through a brief search process before deciding on something and nodding. You want to notice what's different compared to their state before you gave them the instruction, and the speed of their response is useful information. If you want to be more covert, you can say, "So your name is Fred Freed, is that right?" and notice his response. If you don't notice anything, you can ask about something else that you're pretty sure he'll agree with, until you do detect the nonverbal response.

Then you can say, "Thanks, now think of something that you completely disagree with. Again it doesn't matter what it is, and don't tell me what it is, just nod when you've thought of something." The contrast between the response to this and the previous instruction will highlight what was different in the responses. Many responses to negative states can be categorized as sympathetic ones: tension, stillness, moving backward slightly, whiter skin color, faster breathing and heart rate. But many other shifts will be individual to a particular client. One client showed a slightly open mouth in agreement, but a closed one in disagreement; another looked up for agreement and down for disagreement.

You can do many other things to increase your sensitivity, all of which involve shifting your attention. Many therapists need to pay more attention to the nonverbal expressive music of the clients' voices, rather than the content of what they're saying. If a therapist looks aside while clients are talking, it can be easier to notice tonal and tempo shifts. But if a

therapist looks down while they're talking, and then looks up only as they finish, most of the nonverbal responses have already occurred, and are thus impossible to notice.

It's easier to detect your clients' subtle nonverbal changes in position and movement with your peripheral vision than with central vision. This is why soft defocusing and becoming more aware of peripheral vision is taught in all the Asian martial arts. If you're seated opposite your client, as most therapists are taught, most of the client's body will not be in your peripheral field of vision. If you sit next to your client at a 45-degree angle, so that you're facing in more or less the same direction—as Fritz Perls and Virginia Satir did—most of your client's body will be in your peripheral vision, automatically increasing your sensitivity.

There are many other advantages to sitting next to clients, often involving your nonverbal signals and their impact on clients. Facing more or less in the same direction has nonverbal implications of alliance and support, working together toward a joint outcome—in contrast to sitting opposite, which has implications of opposition or confrontation. When clients remember the past, or think about the future, they often look at images that are directly in front of them. If you're sitting in front of them, you may be in the same location as these images, which can be confusing.

Experiments have found that when a sales or service person touches customers lightly and momentarily on the upper arm (one second or less), it substantially increases the purchases customers make in a store, the tips they give to waiters and waitresses, the evaluations of their shopping or dining experience, and the likelihood that they'll return. A simple touch or two can work wonders for your relationship with your clients. If a client responds aversively to a touch, it could mean that your touch was awkward or incongruent, or that the client has significant issues with touch, or many other possibilities—all important to know about and address. Like most people, many therapists shackle themselves by worrying about how a client might respond, rather than trying something and finding out how it works. You can always apologize, and any response can be utilized.

These are just a few aspects of the nonverbal interactions that you have with your clients—something usually far more important than the words you exchange or the content being discussed. There are many, many ways to become aware of how you interact with a client, and what turns the interactions into a dance or a wrestling match. Continuing to discover and explore these choices can make your work ever more sensitive, subtle, and effortless, as well as more interesting and enjoyable.

Psychotherapy Networker

Steve Andreas

www.psychonet.org



Generations Mental Health Center of Dayton



The Dayton Mental Health Center is only one stop of many for our housing clients- along with their other doctor's appointments, shopping, and outings. Some of our clients spend several hours a week in our facility; others come only once every few weeks. Our goal is to make our clients feel welcome and comfortable while they are here. The lobby has padded chairs, seasonal décor, and cable TV service is available to help pass the time. The clients alternate between listening to music stations and watching holiday-themed movies. Occasionally there are magazines to look at, and there are always coloring pages upon request and staff on hand to provide conversation, socialization, and moral support.

The MHC provides clinical services to our clients in the way of medication management, Genesight testing, routine labs, and therapy appointments. All clients who desire therapy services are regularly scheduled to come in, but we are always available if someone needs a last minute appointment. We look forward to taking care of our clients and helping to make their housing experience a good one.



Mindy Lindkvist



Team Development

Jim Ramsey, Vice President of Resource and Development

As I write this article the houses will be doing their final preparations for Thanksgiving dinner, games, and decorations. Service Recipients have thought about, and even listed in some cases, all the many things they have to be thankful for. It has been a wonderful year filled with many new and exciting activities. As well as some old and well liked ones thrown in the mix. Now comes the time the Service Recipients really love.

Now our houses are gearing up for Christmas. The homes are being decorated for the Service Recipients. We are all participating in Christmas themed activities. For example about 125 of our people are going to the Ice program at Gaylord Opryland. This has become a yearly activity that our Service Recipients truly enjoy attending. Thank you, Gaylord Opryland for your help with the ticket prices.

The Service Recipients will also be given treats, big meals and gifts during this special time of the year celebrations. The birth of our Lord and Savior Jesus Christ. and believe me, our SRs love to hear about the birth of Jesus. It is a blessed season and during this time of the year many people help us make it a memorable time for our Service Recipients.

Thanks to all who have made this a blessed year for our Service Recipients. May God bless you.



Magnolia House of Vonore

ARTF, Enhanced Supported, Supported Housing

26 Beds - CO-ED



Happy Holidays from Magnolia House in Vonore. We had an adventurous month of November. The SRs enjoyed visiting Cades Cove in the Great Smokey Mountains along with going out to eat and bowling. They had lots of fun making Thanksgiving crafts and decorating the facility for fall. We had a Thanksgiving party with games, music and snacks. Thanksgiving Day we celebrated with a traditional Thanksgiving Dinner with turkey, ham and all the trimmings. SRs are working on how to manage their money for the events. We are looking forward to many Christmas festivities in the month of December.



Shannon Lankford



Cindy Elder

Logan Lodge

Enhanced Supported Housing

16 Beds



Happy Holidays and Seasons Greetings from Logan Lodge. As we reflect on this year here, we are very thankful to have provided so many with the best quality care and to have made them feel so much at home while receiving treatment for their illness. We enjoy providing the many services, including clinical case management, medication management, and daily activities to the Service Recipients at the Logan Lodge.

While offering these services, we see first-hand the positive life-long effects that take place with so many individuals. This is something we should all take pride in, as well as strive to continuously improve and exceed with every passing opportunity.

We here at Logan Lodge are very much looking forward to another great Christmas! Our men will be showered with abundant gifts and beautifully wrapped surprises. Already we are surrounded with the Christmas spirit and holiday cheer. Our beautifully decorated Christmas Tree stands as a reminder of great things to come for everyone. Merry Christmas.



Generations of McMinnville

Enhanced Supported Housing

8 Beds



Adam Wanamaker

Hello, from the McMinnville House! Over the last several months, our residents have gotten to know each other fairly well. One of the main reasons for this is an emphasis on communication skills that staff assists our residents with on a near daily basis. When you have eight people living in a facility, good communication is a must! It all starts with people you interact with on a daily basis. Our staff assists our residents in discussing appropriate topics with each other, conflict resolution and a multitude of personal issues that our residents may have. Conflict resolution is a very important skill to have. Our staff often assists our residents with minor issues helping them to work through them before they turn into major issues! Staff also shows our residents how communication is a vital component in solving any issue, large or small. Communicating with family often brings completely new challenges to some of our residents. Some residents have better relationships with family and their social support networks than others, but guidance and assistance is always available to our residents from staff. Another significant communication skill that we focus on at the McMinnville House, is being able to voice frustration or displeasure in an appropriate manner. Life is not always sunshine and rainbows, and we work with our residents to appropriately voice negative feelings and/or concerns so they can be dealt with in a positive and constructive way. These are just some of the communication skills that we work on a daily basis with our residents at the McMinnville House. Skills that our residents can and will utilize the rest of their lives.



Campbell Lodge and Wood House

Adult Residential Treatment House.

Campbell Lodge - 16 Beds Wood House - 8 Beds



The following excerpt was taken from NAMI website: For someone with a mental health condition, the basic necessity of a stable home can be hard to come by. The lack of safe and affordable housing is one of the most powerful barriers to recovery. When this basic need isn't met, people cycle in and out of homelessness, jails, shelters and hospitals. Having a safe, appropriate place to live can provide stability to allow you to achieve your goals. Finding stable, safe and affordable housing can help you on your journey to recovery and prevent hospitalizations, homelessness and involvement in the criminal justice system. - See more at: <http://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Securing-Stable-Housing#sthash.IQWKuM0H.dpuf>.

At the Campbell Lodge, Magnolia Wilma, and Wood House's we strive to provide a safe and structured environment in which our clients can achieve their goals. At the forefront of our program are our activities. We are blessed to have an awesome activities department (Kathy Shields Gloria Cole and Debbie Hodge). These ladies work as a team to come up with entertaining activities for all the clients to enjoy. We strive to get the clients out in the community as much as possible. I asked a current client how he feels about our activities program. He stated that following, "the activities are awesome, you get out and get to do stuff like going to the movies. You get to talk to other clients. The activities are therapeutic, they are good for self-esteem because we get praised and rewarded when we take part in activities, I love the Activities Directors they make me laugh"



Melissa Brown



The Skylar House

Enhanced Supported Housing

14 Beds



Jessica Thacker

Tis the Season to Be Jolly! That's what those of us here at Skylar House are trying to accomplish for our residents. Staying active and bringing hope and cheer to everyone is what our residents have done for the month of November. The change in time and seasons has had some effect on our residents' mood and sleeping patterns, as I think it does to all of us every year as we prepare for winter. We have slowly gotten back into the swing of things, adapting to the colder weather and shorter periods of daylight.

Sarah, our Activities Director, has continued to promote community involvement and socialization for the residents with outings to Wal-Mart, bowling, restaurants and parks. Our residents exercise in the mornings to get their blood flowing and increase those feel good endorphins in the brain and decrease some of the blues. Sarah also takes them to Generations Church, which many of the residents really enjoy doing. We continue to promote goodwill and cheer with Thanksgiving and focusing on the positive things that have happened in our residents lives. We are helping them see the positive things to come and reflecting on their individual care plans and accomplishments they have made. The month of December is filled with lots of Christmas activities. Our residents will be enjoying outings to see the beautiful lights, a live nativity scene, and our favorite December outing of doughnuts and coffee.

From all of us at Skylar House, we wish you, your staff, families and all the residents a Happy Holiday Season!



The Kristopher Wayne & The Robert Coy

Supported Housing

Kristopher Wayne - 8 Beds

Robert Coy - 8 Beds



Robert Coy and Kristopher Wayne's Houses have had a wonderful year this year. All SRs have been working on budgeting and setting new goals with the staff assistance and several are achieving their goals. Our SRs have gotten to take several out of town trips along with working with their budgeting skills. The SRs are excited to be going to Nashville this month to Disney on Ice and dining at Opry Mills for lunch. We would like to wish everyone a safe and a Merry Christmas. We are all excited to bring in the New Year with a lot of new and exciting activities set for 2017.



Gen Savage

Generations Center of Morrison

Supported Housing



Denton - 8 Beds



James Gilbert - 8 Beds



Kirby - 8 Beds



Higdon - 8 Beds

All of the staff at Generations of Morrison has been very busy! We have done fundraisers, Thanksgiving, crosswords and word searches, and much more! We had two plate lunch fundraisers, in which we raised almost \$1000.00 in two weeks to help with gifts for the residents on Christmas morning! We have enjoyed going to the library, bowling, church, and on a scenic ride, just to get out for the day! Soon, we will be working on painting ceramic plates for the residents to give to their family members as Christmas gifts. We are excited for Christmas to come and can't wait to see what Santa Claus brings!!



Delta Jones



The Woodlee House

Enhanced Supported Housing

8 Beds



Hello, from Woodlee Trail. An important component in most successful treatment regimens is appropriate medications and medication compliance. At Woodlee Trail, we have focused on these two topics over the last couple of months. Staff assists our residents and reminds them of their appointment schedules and which provider they are seeing on a weekly basis. Staff often reviews and discusses with our residents some of their personal issues they may be struggling with so they can discuss these issues with the provider. For example, if a resident has issues with increased agitation, the provider would need to know this information at the next appointment. Our staff also focuses on daily compliance with medications while at the facility. They often give several verbal prompts and encouragement to residents who need it, in order to remain medication compliant. Our staff also reviews the medications of each resident with them daily, in an attempt to help them know what they are taking and why. Another key factor in medications, are the PRN or, as needed, medications. These medications are often utilized when a resident has an increase in a negative symptom. These symptoms can range from anything from agitation to constipation, lack of sleep or pain. Staff often reminds our residents that they may have a PRN medication for a specific symptom they are suffering from. Proper medication compliance is an important skill our staff tries to teach each resident while at Woodlee Trail. A valuable skill they will need moving forward in their recovery.

I would like to also give a shout out to Bobby Conn who won first place at our last bowling outing! Good job Bobby!



Adam Wanamaker



Harwell - 8 Beds

Generations of Woodbury

Supported Housing



Warren - 8 Beds

We are in the process of wrapping up 2016 here at Generations of Woodbury. We've focused on good deeds towards our peers and how this can change your negative outlook into a positive one; as well as changing the way people look at us through our actions. With the holidays in full swing we've been reflecting on our year and everything that we have to be thankful for. This year we may not have obtained our goal of being able to live independently, but we've made strides with budgeting, our skills for daily living, managing our health care, and setting obtainable goals. We've also focused on what we have in our life to be grateful for and not letting our mood be affected by everything we feel is absent. "You can't go back and make a brand new start, but you can start now and make a brand new ending." Carl Bard



Natina Alexander



Wilma House

Enhanced Supported Housing
8Beds



Melissa Brown

The SRs at Magnolia Wilma House have been working on improving their overall health. The SRs have been going on walks every day around the beautiful property and to parks in the area. We have been taking full advantage of the beautiful fall weather, being outside as much as possible. The clients have enjoyed playing basketball on their court. The staff at the Magnolia Wilma house work to get the SRs involved in as many activities as possible including outings within the community. In the month of November we went to the movie theatre, bowling, and celebrated national aviation month touring the Tullahoma airport. We also went out to eat at the new restaurant, Saki, and played bingo with our friends at Raintree Nursing Home.



Buffy Gaither

Generations of Spencer (Acute Skilled Nursing Facility)



These are a few of our favorite things

Christmas is the favorite holiday for most of the residents at Generations of Spencer. The lights, decorations, food, family, and music make for a memorable celebration of faith and life each year. Everything about Christmas fills their hearts with joy and peace. Memories creep in from days gone by through little flashes in time during the season.

The magic of watching Christmas specials with a cup of hot cocoa and allowing the moment to transport us through time and memories is a gift that exceeds the expectations of any store bought items. You see it is in this magical season through our senses that we are able to relive the past.

The sights, sounds, and smells for each resident is a journey to a place of goodness where their heart still lingers and their minds often go to escape the circumstances of the day. As Christmas approaches, it is not the material gifts they think about the most, but the gatherings, the dinner, the visits from family and friends, and the cherished rituals that bring back a feeling of overwhelming joy. You see the list of favorite things are what we hold in our minds, the memories we cherish, the family we love, the kindness and laughter we experience and share.

*Have a Wonderful Christmas from all the staff and residents at
Generations of Spencer!*

Spencer MVP

Generations of Spencer's employee of the month for December is Charles "Jade" Smith. His attendance is fantastic and his time management skills enable him to maximize time with each resident and provide excellent care. The knowledge that he retains about each individual resident is remarkable and the overall care and concern for each resident is outstanding. He truly puts his heart into his work and it shows as residents request him daily for assistance. Jade displays the true meaning of a C.N.A. We appreciate his hard work and dedication.



Generations of Middlesboro

(Personal Care Facility)



Generations Center of Middlesboro is a 64 bed, nonprofit, personal care facility located amid the natural beauty of Middlesboro, Kentucky, and just outside of Tennessee and Virginia.

Tara Warren



Christmas is so much more than what can be bought in a store.

As Generations Gaither's Group, we are individuals who shine a light of Joy, Hope, and Peace. All through this month we need to go above our normal expectations to share the joy of Christmas. Although our residents enjoy store bought gifts, we shall share the joy, happiness, peace and love this holiday season.

Show them we love them as individuals. They all are unique in their own way, and that is why we love them and love our job. Just as I said last month, they are our blessings, just as we are theirs. Here at Middlesboro we are having an angel tree where our employees will choose an angel and purchase some of the gifts they have listed on their angel. Although these gifts will put a smile on their face at that time that they receive them, we need to strive to keep those smiles all month long. Share the cheer this holiday season. I encourage all who can to please find it in your heart to purchase something small for our residents or have a special event. I wish you all a very Merry Christmas!

Don't be a Grinch , just as we all can be from time to time! It's the most wonderful time of the year, Show your happiness and cheer!



Generations Gaither Group would like to wish everyone a very Merry Christmas and a safe and Happy New Year.





Gaither Suites at West Park, LLC

Paducah's Premier Senior Living Community

Gaither Suites at West Park is setting new standards in licensed personal care and certified assisted living

www.gaithersuites.com



Jennifer Gish

Light the Tree of Hope

To end Alzheimer's

Gaither Suites at West Park will celebrate the 1st Annual Alzheimer's Awareness Tree of Hope. We will "light a tree of purple" in front of the building in dedication of loved ones living with Alzheimer's or in memory of loved ones that lost the battle to Alzheimer's. Help us celebrate the tree by giving a donation for Alzheimer's Awareness. You can give a \$25.00 donation and we will create a personalized Christmas ornament for your loved one.

Join us for a tree lighting ceremony on Thursday, December 1st 2016. Tree lighting will be at 6:00 pm in the front of Gaither Suites at West Park, 4960 Village Square Drive, Paducah, KY 42001. From 6 pm to 7 pm you may drive through the parking lot to see the tree and we will be outside taking up donations for the Alzheimer's Association. Inside Gaither Suites at West Park, IMAC will be here to talk about Alzheimer's treatment options and refreshments will be served. From 5 pm to 6 pm IMAC will assist transport our residents to Noble Park to see the Christmas lights.

Beginning now, you can mail in your donation to purchase an ornament or stop by Gaither Suites at West Park front lobby and ask for Linda to make your donation.

If you would like your ornament to have a message, please clearly print the message and mail it with the donation. Donations will be received until Friday, December 23rd. All donations for ornaments need to be completed and received by Friday, December 16th.



Mail your message & donations to:

Tree of Hope C/O Gaither Suites at West Park, 4960 Village Square Drive, Paducah, KY 42001.

Make Checks payable to: Alzheimer's Association

A donation form will be available upon the receipt of your donation by the Alzheimer's Association.

If you have any questions, please call Jennifer Gish, Executive Director at (270)442-3999



For more information.....



Generations/Gaither's Group (Corporate Office)

406 N. Spring St.
McMinnville, TN 37110
Mailing Address
P.O. Box 640
McMinnville, TN 37111
Phone: (931) 507-1212
Fax: (931) 507-1217

Generations Mental Health Center Morrison

5736 Manchester Highway
Morrison, TN 37357
Phone: (931) 815-3871
Fax: (931) 815-3876

Generations Mental Health Center Martin

920 University Street
Martin, TN 38237
Phone: (731) 588-5829
Fax: (731) 588-5834

Generations Mental Health Center Cookeville

1101 Neal St.
Cookeville, TN 38501
Phone: (931) 528-8593
Fax: (931) 528-8214

Generations Mental Health Center Dayton

4589 Rhea County Hwy Suite 300
Dayton, TN 37321
Phone: (423) 428-9550
Fax: (423) 428-9551

Generations Mental Health Center McKenzie

16860 Highland Dr
McKenzie, TN 38201
Phone: (731) 393-0450
Fax: (731) 393-0451

Campbell Lodge

3100 Crisp Springs Road
McMinnville, TN 37110
Office: (931) 939-5045
Fax: (931) 939-5055

The McMinnville House

106 Walling Street
McMinnville, TN 37110
Phone: (931) 507-4849
Fax: (931) 507-4852

Generations of Morrison

498 Sunny Acres
Morrison, TN 37357
Phone: (931) 635-2976
Fax: (931) 635-2978

The Kristopher Wayne House

2962 Crisp Springs Road
McMinnville, TN 37110
Phone: (931) 939-4526
Fax: (931) 939-4531

The Robert Coy House

2815 Old Nashville Highway
McMinnville, TN 37110
Phone: (931) 939-4762
Fax: (931) 939-4768

Generations of Woodbury

691 Auburntown Road
Woodbury, TN 37190
Phone: (615) 563-1350
Fax: (615) 563-1355

The Wood House

2210 Old Nashville Hwy
McMinnville, TN 37110
Phone: (931) 815-1290
Fax: (931) 815-1293

Generations Center of Spencer

P.O. Box 135
Spencer, TN 38585
Phone: (931) 946 7768
Fax: (931) 946-7875

Generations of Middlesboro

504 S. 24th Street
P.O. Box 1210
Middlesboro, KY 40965
Phone: (606) 248-1540
Fax: (606) 248-1591

Gaither Suites at West Park

4960 Village Square Dr.
Paducah, KY 42001
Phone: (270) 442-3999
Fax: (270) 442-2261

The Skylar House

7450 Hilham Rd.
Cookeville, TN 38506
Phone: (931) 854-9220
Fax: (931) 854-9226

Woodlee Trail

184 Woodlee Trail
McMinnville, TN 37110
Phone: (931) 815-3336
Fax: (931) 815-3339

Wilma House

452 Twin Lakes Dr.
McMinnville, TN 37110
Phone: (931) 668-3336
Fax: (931) 668-3339

Logan Lodge

1060 Old McKenzie Rd.
McKenzie, TN 38201
Phone: (731) 352-4711
Fax: (731) 352-4708

Magnolia of Vonore

350 Dawson St.
Vonore, TN 37885
Phone: (423) 884-3180
Fax: (423) 884-3185