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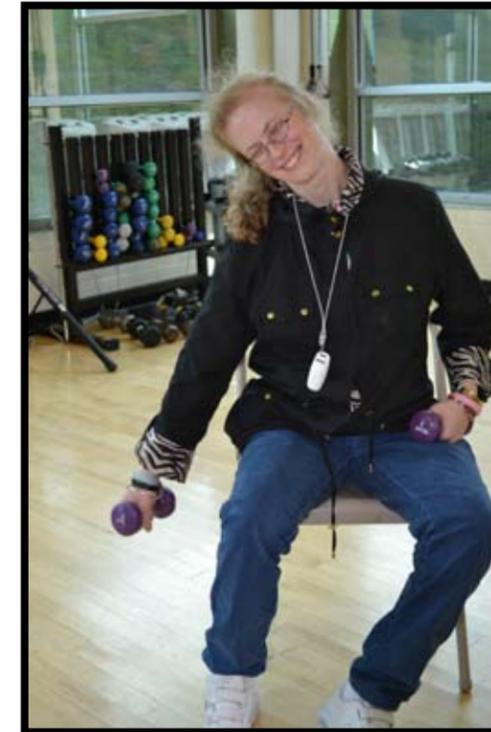
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BrightStone provides a comprehensive work, social support, and future residential community for adults with special needs, expanding their potential, helping them develop mentally, physically, socially, emotionally, and spiritually.



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



## *Healthy Adults....Happy Adults.... Quality Lives*

A few short years ago, BrightStone began a Health & Wellness program that has continued to grow and expand. Initial funding from Baptist Healing Trust was used mainly to fund the addition of nursing services and physical therapy consultation.

Through the years the program expanded with the help of additional funders including the HCA Foundation, the Community Foundation of Middle TN, and Middle TN Electric Customers Care, Inc.

Currently the program components include exercise, both therapeutic and recreational, a walking program, BrightStriders (monitored with pedometers), yoga instruction, educational instruction and certification, and nutrition consultation.

Please check out the photos and additional information on pages 4-5 to learn more!

BRIGHTSTONE IS A PRIVATELY FUNDED NON-PROFIT ORGANIZATION SERVING ADULTS WITH SPECIAL NEEDS IN WILLIAMSON COUNTY AND SURROUNDING AREAS IN MIDDLE TENNESSEE.



*Helping Adults with  
Special Needs*



Do we have your correct contact information? Do you wish to be removed from our mailing list? Email changes or requests to [info@brightstone.org](mailto:info@brightstone.org) or call 615-790-4888.

### BrightStone Board of Directors

Keith Braly  
Glen Casada  
Aaron Ferrell  
Kevin Gabhart  
Scott Gentry  
Brenda Hauk  
Tom Singleton  
Bob Speck  
Cathy Stallworth  
Donald Stinnett  
Dick Wells

**Executive Director**  
Brenda Hauk

Learn more at  
[www.brightstone.org](http://www.brightstone.org)



Become a fan!



Become a follower!



From the Director.....

What is the one thing that is so precious to each of us and makes our lives livable? Our health! The English word "health" comes from the Old English word hale, meaning "wholeness, being whole, sound or well."

BrightStone is about the "whole" person and about giving adults the chance to live life to the fullest. For sure adults who are challenged every day of their lives with a physical and/or intellectual disability need to be afforded the opportunity to live a healthy life.

One of our goals at BrightStone is to have a positive effect on the quality of life for adults with so many needs. We do this through several opportunities, one of which is our Health and Wellness Program.

Recent assessments of BrightStone adults based on six months monitoring of Body Mass Index measurements indicated that 68% were either overweight or obese and 61% showed tendencies toward high blood pressure; they were also averaging a total of 18 – 20 falls per year. While our adults have shown positive results on some health assessments, it became apparent that more work was needed to help these students in terms of nutrition, education, and exercise. So, we began!

With the goal to increase strength, balance, flexibility, endurance, and quality of life in general, we began our current and flourishing Health and Wellness Program. With good eating habits and proper exercise, mobility has improved, falls have decreased, and endurance has increased.

Healthy adults mean successful and happy adults living quality lives. That is what BrightStone is all about! BrightStone remains on the cutting edge – providing a full program of learning and implementing healthy habits. Whether walking with the BrightStriders, or learning to make healthy choices, our adults are shining examples of what each of us should be doing each day.

Have YOU had your walk today?

Brenda K. Hawk

# Open the Door for the adults at BrightStone

We received an overwhelming response to our "Open the Door" campaign! Over \$139,000 in donations and pledges were raised for the "Ferrell Home" for adults with developmental disabilities.

Listed below are those who contributed and pledged through April 30th.

**THANK YOU!**



**GIVING YOUR WAY!**  
**Online** – Visit "Make a Donation" at [www.brightstone.org](http://www.brightstone.org)  
**One time contributions**, processed securely through PayPal, may be made "in honor of", "in memory of", or simply "just because".  
**Recurring contributions** may be set up by establishing a profile. Allows donations to be transferred automatically and securely, from a personal checking or savings account or by utilizing a debit or credit card, directly to BrightStone on a daily, monthly, quarterly, or annual basis.  
**Bill Pay**, is set up through your own personal checking account, typically at no cost to you and at no cost to BrightStone, for either a one-time or recurring payment! Visit your personal banking site.  
**Telephone** – Simply call 1-615-790-4888.  
**Mail** – To mail your gift, send your check to: BrightStone, P.O. Box 682966, Franklin, TN 37068  
**Stocks and Securities** – To find out more, call 1-615-790-4888.



Buy a \$5 Kroger card from BrightStone! It looks, and works, exactly like a gift card. However, it has a tracking number on it that connects it to BrightStone.  
 You buy groceries....gas..... medicine...every week! Why not support BrightStone at the same time? Simply load additional \$ to your card at the Customer Service counter in Kroger before you begin shopping, with your credit or debit card, check or cash. Then pay for your groceries or gas with your Kroger card when you check out and BrightStone receives 4%!  
 Card must remain active for BrightStone to benefit!

**WISH LIST**  
**Ongoing Needs:**  
 Gift Cards to office supply, grocery or craft stores  
 Funding for community outings  
 Funding for Scholarship Fund  
 Disposable products  
 paper plates, paper towels, plastic forks & spoons, foam cups —8 or 16 oz.  
**Specific Funding Needs:**  
 \$300 Folding Tables  
 \$300 Food Packaging Sealer  
 \$300 Utensils for Consumables  
 \$1,000 Outdoor Benches  
 \$1,000 Remote Database Access  
 \$3,000 Side Awning  
 \$ 5,000 Pug Mill for Ceramics  
 \$5,000 Handbells for Choir  
 \$7,000 Purchase & installation of commercial grade dishwasher  
 Donated office space in South Franklin area or Downtown Franklin, minimum 1200 sq. ft.

- Jefferson and Eve Adcock
- Keith Allen
- Shawn and Kristi Allender
- J. W. Anderson
- Tyler Anderson
- Brent and Cheryl Bachman
- Jeff and Melinda Balsler
- John and Linda Bautista
- Frank and Judy Bell
- Chuck Bennett
- Ted and Amy Bertausk
- Mary Ann Bishop
- David and Alison Bratton
- Shawn Brickels
- George and Floydene Bright
- Michelle Maloney-Broadbent
- Jim and Rita Brockman
- Hoffman and Jamie Brown
- Leslie Burton
- Adam and Jaclyn Bush
- Karen Carter
- Kent Chapman
- The Chapman Foundation
- Sean and Monica Coakley
- Jon and Pam Coggins
- Chris and Tracy Collins
- Karen Cook
- Craig and Nina Cooper
- Randall and Janet Cothron, Jr.
- Michelle Crouse
- Shannon and Diane Curtis
- Todd and Bonnie Davis
- Karen Davis
- Lee Davis
- Scott and Mary Pat Davis
- Ron and Julie Derr
- Bill and Glynna Dickerson
- Pete and Polly Diggs
- Simon and Katherine Dobie
- Jody and Karen Duncan
- Michael and Michelle Eagle
- Richard and Jamie Elam
- Robert and Robyn Ellis
- Bill and Sue Evans
- Angela Ferguson
- Denis Gallagher
- Mark and Pat Gaw
- Scott and Melanie Gentry
- Doug and Peggy Glenn
- Luke and Susan Gregory
- Michael and Dana Groos
- Rebecca Gustafson
- Doug and Brenda Hale
- Michael Hampton
- Rita Hardeman
- Cynthia Haught
- Ben and Kay Hauk
- Don and Judy Hauk
- Richard and Janice Hedges
- Allen and Susan Henninger
- Hal and Elizabeth Henninger
- David and Louanne Hill
- Linda Hinton
- Tony and Patricia Hinton
- Dan & Abigail Holloran
- Rhea and Kim Holly
- Paul Holtzinger
- Scott and Leanne Hubbard
- Marc Huntoon
- Joe and Margie Imorde
- Mr. and Mrs. Gordon Inman
- Institute Of Healthcare Executives And Suppliers
- Deborah Irwin
- Gerald and Janet Irwin
- Mark and Laura Jernigan
- Derby and Cassie Jones
- Mack and Shirley Jordan
- Sue Karber
- Mark and Bobby Kassing
- Jeff and Renee Keene
- Alan and Patti Killingsworth
- Charles and Cookie Kimbrough
- Daisy King
- John and Ashley Klekamp
- The Kloete Group, Inc.
- Margaret Kuhlman
- Jim and Phyllis Lackey

- Sara Lambert
- David and Amy Landers
- Victor and Bethany Lay
- Melissa Leach
- Calvin and Marilyn Lehew
- Michael and Courtney Lewandowski
- Limestone Title & Escrow, LLC
- John Long
- Michael and Jessica Lusk
- Ron and Mona Martin
- Suzanne McCampbell
- Marty McLeary
- Dustin and Laura McWhorter
- Medigrations
- Mark Miller and Marianne Parker
- Tom and Lydia Miller
- Ken and Linda Moore
- Melanie Moore
- Bob and Kay Musgrove
- Nehemiah Foundation
- David Ott
- Mr. and Mrs. Richard Pappalardo
- Rodney and Valerie Patterson
- Cindy Perry
- Scott & Beverly Peterson
- Daren Phillips
- Tommy Pinson
- Chris and Sandy Pizzini
- ProVision Tools, Inc.
- Robert and Mary Pulley
- Rainbow Installations
- Jonathan and Elizabeth Ray
- Jerry and Barbara Reed
- Durl and Christie Reeves
- William and Deborah Reiner
- Mr. and Mrs. N. Jerre Richards
- Steve and Jane Richards
- Trish Richards
- David Roberson
- Philip Robichaux
- David and Barbara Rogers
- Karla Roman
- Gregory Rosser
- Joan Rubincam

- Safety Fence, Inc.
- Danilo and Tomma Santini
- Robert and Mary Scaife
- Scott and Sally Schumpert
- Herb and Susan Schwartz
- Van and Aileen Schwendimann
- Donna Scott
- Jay and April Segadi
- Jerry and Sandra Shoemake
- Nicholas and Hannah Shong
- Marcia Sloan
- James and Kristie Sochovka
- Bob and Vickie Speck
- Bob and Cathy Stallworth
- Carolyn Stevens
- Don and Elizabeth Stinnett
- Joe and Judy Sumislawski
- Jeffrey Suppinger
- Regg and Adora Swanson
- Ernest and Gloria Taylor
- Paul and Janice Thomas
- Julian and Penelope Thompson
- Jana Thune
- Diane Turman
- Dick and Dottie Wells
- David and Lori Willson
- Jim And Molly Wolf
- Todd and Kristi Wurth
- Kathleen Yale

**BrightStone admits students** of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

# COMMUNITY NEWS

## SONGWriters NIGHT A “NOTABLE” SUCCESS!

BrightStone’s “Music that Touches the Heart”, under the leadership of new event chair, Regg Swanson, was indeed an evening to remember! More than \$127,000 was raised to help our special adults. Over 660 guests joined together to support BrightStone, honor the contributions of both late board members, Dr. Craig Ferrell and Mr. Jim Hinton, and enjoy performances by a variety of renown artists and songwriters.

### THANKS TO OUR SPONSORS!



#### Sponsor Tables

John & Beth Beasley, Dr. Jack & Patty Ferrell, Regg & Adora Swanson, and Dick & Dottie Wells

#### Patron Tables

Beecher Carlson, Carl & LuAnn Breece, Gary & Brenda Hauk, HCA / TriStar Health, Hal & Elizabeth Henninger, Calvin & Marilyn Lehew, Limestone Title & Escrow, LLC, Drs. Bob & Cathy Stallworth, Don & Beth Stinnett, YOUR Williamson Community Magazine



Event Chair, Regg Swanson, was interviewed by Kelly Lynn of Inside Music Row.

Trace Adkins headlined the event, singing a tribute to his friend, the late Dr. Craig Ferrell, “If the Sun Comes Up” with musicians Jon Coleman, Mark Gillespie and Brian Wooten.

The evening’s entertainment was opened by Jim Hayden, and newcomer band “Case and the Common Folk”. Songwriters Kenny Beard, Monty Criswell, Ed Hill and Don Poythress thrilled the audience with the stories behind the songs they wrote.



Trace Adkins accepts a thank you gift from BrightStone adult, Cathy H. and Brenda Hauk.

A special thank-you to everyone supporting this wonderful evening-- table hosts, guests, in-kind donors, auction donors, musicians, singers, songwriters, and volunteers.

**YOU** touched the lives of our adults with special needs in a positive and impactful manner. **THANK YOU!**



Members of the Battlefield Region A.A.C.A. present funding to BrightStone.



Our good neighbors from APCOM surprise us with a check from the A.O. Smith Foundation.



The Bertauski family treats staff and students to lunch from Logans!

## Christmas Program 2012



Elissa dances with Leon



Allen and Kate as Joseph & Mary.



Thanks to Jo West for our cake!



Benny was student conductor

**BRIGHTSTONE THANKS OUR CURRENT H&W FUNDERS !**

Jennifer, Kristin and Beth from Baptist Healing Trust present a check for Health & Wellness activities.



*"We are pleased to partner with BrightStone and provide funding for their Health & Wellness program. They are providing opportunities, through therapeutic and recreational exercise, walking, yoga, and nutrition, to help adults with developmental disabilities lead stronger, healthier lives. Our funding for this program complements the investments of time from our colleagues that serve on the Board and as volunteers for Brightstone,"* stated Joanne Pulles, HCA Foundation.



BrightStone adults receive individualized instruction



BrightStriders—our walking program!



Philip enjoys our new Yoga class

# BrightStone's Health & Wellness Program



Physical therapy assessments are ongoing.



Ellen Layman with The Community Foundation of Middle Tennessee presents check for Health and Wellness activities to Tina Majors, Director of Fund Development.



Basketball at the YMCA is a favorite!



Nursing oversight is provided every day



Barbara participates in flexibility exercises



BrightStone serves as a Level One Field Site for Belmont's Occupational Therapy program.