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Children's Case Management Who's Who

CHILDREN'S CASE MANAGERS

Genevieve Marmaduke

genevievem@foothillsgateway.org

970-821-6884

Dulce Olmedo Vigil

dulceo@foothillsgateway.org

970-821-6885

Randi Tudahl

randit@foothillsgateway.org

970-294-2379

Sam Coté

samc@foothillsgateway.org

970-631-2109

Taylor Essig

taylor@foothillsgateway.org

970-817-1327

Naomi Garcia Quiñones

naomigq@foothillsgateway.org

970-692-6045

COORDINATOR

Olivia Knieff

oliviak@foothillsgateway.org

970-203-4564

Departmental Changes

The Family Support Services Program is excited to welcome three new case managers to the department: Sam Coté, Taylor Essig, and Naomi Garcia Quiñones.

You may recognize Sam Coté from his 2 1/2 year tenure as an intern and advocate at The Arc of Larimer County. He also has experience working as an autism specialist and an EMT. Sam earned his degree in Human Development and Family Studies from Colorado State University. Sam shares that he is excited for the opportunity to work at Foothills Gateway. Helping others is important to him, and his new role is one way in which he'll be able to do this! Sam is filling the position vacated by Dani.



Taylor Essig is new to Colorado. She recently relocated here from Arizona, where she spent 18 years working with children and families in both case management and supervisory roles. Taylor has a degree in psychology from Sonoma State University. Building positive relationships and maintaining effective communication are ways in Taylor has been successful in her career. Supporting children and families is her passion, and she is looking forward to meeting those of you she will be working with. Taylor is taking over where Jeneen left off.

Naomi Garcia Quiñones has filled a newly created Children's Case Manager position. She joins us from a professional background working in education with children and families. Naomi has a bachelors degree in sociology from the University of Northern Colorado, and a masters degree in learning development and family sciences from the University of Denver. She is also bilingual in Spanish and English. Naomi is excited to shift the focus of her career from education to case management, while using many of the skills she learned while working in education to best support the families on her caseload.



Unsure who your case manager is?

Contact Olivia!

oliviak@foothillsgateway.org

Guest Article: Notes from the Heart

A Composer's Story of Passion and Talent

This edition's guest article was written by CES/SLS/FSSP case manager, Courtney Ouellette. Courtney has been a case manager for 5 1/2 years; Ethan is one of the people on her caseload. He is enrolled in a waiver program and FSSP.

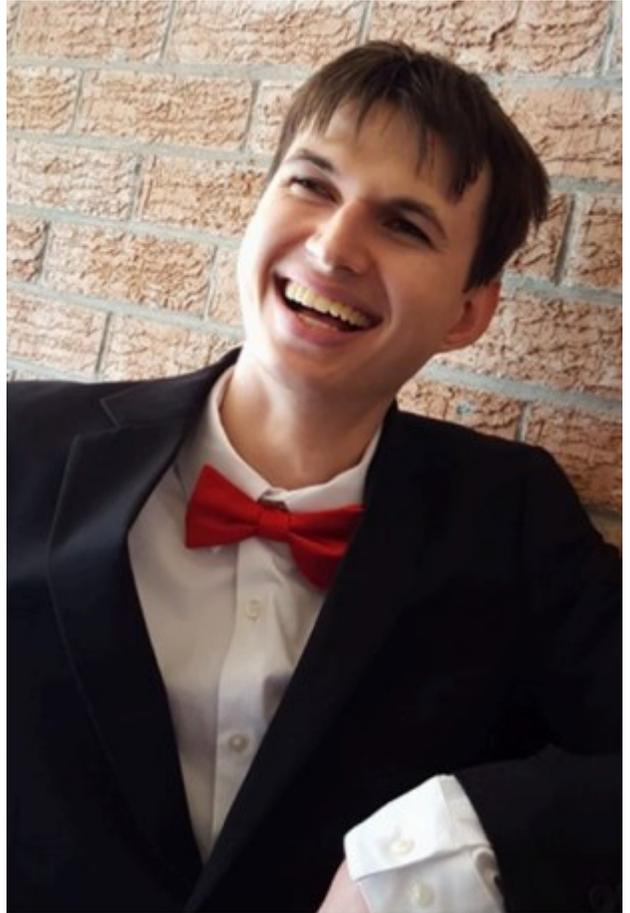
Every time I sit down with Ethan, I leave with a piece of wisdom that resonates deeply. Recently, I had the opportunity to hear Ethan's music for the first time. Ethan is a talented composer; he has an amazing ability to tell a story and convey emotion through music. His ability to find inspiration in the most unexpected places is truly remarkable. During our recent conversation, I asked him what inspires him. His answer was enchanting: he traced his inspiration back to the first time he encountered a Monarch butterfly. "It wasn't conventional music," he explained. "But the sound of their wings fluttering, and their incredible beauty felt like a symphony. To me, it was a work of art".

Ethan shares that his process of composing music is unusual. "A lot of composers will sit at the piano and begin forming music, but my music comes to my head." Ethan goes on to say that he records his voice and will imagine all the instruments coming together to find the melody that's in his head. He creates his pieces on a computer, using a software system that will fully notate them and bring all the parts together.

Ethan has been inspired by many great composers throughout his life. "The music from *The Polar Express* was the first one that got stuck in my head, that I would hum." Alan Silvestri composed the music for *The Polar Express*, and Ethan finds great inspiration from him. "Danny Elfman also influenced me. The children's choir in the background of 2010's *Alice in Wonderland* gave me a feeling of nostalgia, even though I had never heard it before." Ethan reflects on composers like John Williams, who composed the theme from *Home Alone*, and how profound it is that so many people feel something when they hear that song. "It's so familiar and creates such emotion around the parallels in life, that there is sadness but also happiness," Ethan says. Ethan's family, and his friend and mentor Chris Pilsner, have been some of his biggest supporters. They inspire him daily, and help him to achieve his dreams. When he was growing up, his family spent 10 years traveling together in an RV. Ethan spent countless hours using his iPad to create music. "I could channel emotions in a way I maybe couldn't with words," Ethan says. Composing music has also challenged feelings of perfectionism and about the unknown. "I think musicians should keep everything they've worked on," he says, "even though some of my earlier work can be hard to listen to, it shows me where I started and how far I've come." Adam Jones was Ethan's first teacher, and helped him to unlock some of the secrets of music theory. Working with Chris now, has helped Ethan expand that and take it further. Chris travels to different conventions and sells sheet music of Ethan's compositions. Ethan's song, "You Are Starlight," has been sold 3 times to school orchestra programs. "In Texas, someone bought it for an orchestra that was themed for space," Ethan said. His dream is to hear it being performed.

Ethan genuinely wants to bring joy to others when they hear his music – the same joy that the many composers who've inspired him have given him. Ethan is a creative wonder and truly an inspiration to me and many others in his life. It is an honor to get to share his story and music.

You can listen to "You Are Starlight" and other works by Ethan at soundcloud.com/maestroethan



Rule Change

An FSSP rule change took effective March 16, 2024 that could put more money back in your pocket, and that expands access to recreation opportunities in our area! Family recreation center passes are no longer capped at \$650. Additionally, with appropriate justification and documentation, it's now possible to be reimbursed for a family pass to a private recreation center/gym. Cost effective guidelines still apply!

Looking for the FSSP Portal?

Find it here: <https://fgweb.foothillsgateway.org/communitylogin/>.

Here, you'll be able to check plan balance, check the status of reimbursements, find templates for private pay respite, and transportation reimbursement, and view or save the FSSP Payment Calendar. Need help? Check out the FSSP Portal Training Video: [FGI FSSP Portal Training \(vimeo.com\)](#)

FSSP Fiscal Year Deadlines

June 30, 2024

ALL receipts and invoices for services/purchases made March 1, 2024-June 30, 2024 must be submitted by **11:59 PM**

- Receipts/invoices sent after 11:59 PM on Sunday, June 30, 2024 **will not** be processed unless funds were previously set aside via the "estimated expense list" (see below)
- DO NOT WAIT – if you have receipts/invoices ready for submission, please turn them in now!

June 28, 2024

Deadline for "estimated expenses"

- If you have an expense for which you will not have a receipt or invoice by the June 30 deadline *through no fault of your own*, notify your case manager by **noon** on June 28, so funds can be set aside via the "estimate expense list"

July 9, 2024

Final check for expenses March 1, 2024-June 30, 2024 will be issued; this check will **not** include expenses identified on the "estimated expense list"

July 31, 2024

Receipts/invoices for items identified on the "estimated expense list" due by 11:59 PM



Family Support Council

The Family Support Council at Foothills Gateway is a group of up to 13 people who are actively involved in overseeing the administration of our local Family Support Services Program. The Council is made up of individuals who are eligible for services at FGI, parents of people currently enrolled in FSSP, the Children's Coordinator, and members of our Larimer County community. FSC meets four times per year for approximately 90 minutes.

If you've attended an FSSP event at Fort Fun, The Farm at Lee Martinez Park, or one of our pool parties, you've seen the work of the FSC in action! FSC is also behind the decision to allow reimbursement of (disability-related) worn or damaged household items and replacement clothing to FSSP plans, and Council funding is what has allowed regular offerings of the Emily Daniels' parent support groups.

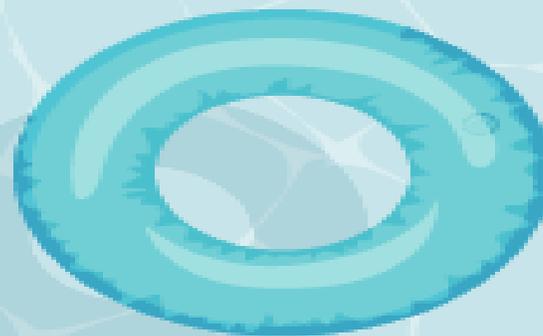
Family Support Council is actively recruiting new members! If you are interested in making a difference, please email Olivia Knieff at oliviak@foothillsgateway.org.

POOL PARTY!



**SATURDAY
AUG. 3RD**

**CITY PARK POOL
1599 CITY PARK DR
6:15 - 8:15PM**



This is a free event and open to all families in FSSP and on the FSSP waitlist.

No RSVP required.

****This event is on a first come, first serve basis!****

