

---

## Cookbook

4 messages

---

**Katelyn Overstreet** <koverstreet@arcnc.org>  
To: "admin@lifeskillsadvocate.com" <admin@lifeskillsadvocate.com>

Wed, Sep 18, 2024 at 6:59 AM

Good morning!

My name is Katelyn Overstreet, and I am a Supports Manager with the Arc of NC. While researching materials to help individuals I support who are neurodivergent, I found your cookout. I was blown away! So many of the adults we support and trying to live independently and cooking is always a goal for them. The individuals we support struggle with cooking, creating recipes, grocery shopping (which you know because you created a resource to help them!). I have reached out to the Care Managers to see if purchasing the cookbook would be covered under their plans, and I was informed it would not be. I was wondering if I could be sent a copy of the book so I can show the families I support, in hopes of them purchasing the book. I know there is a sample recipe online, but I feel like if they were able to look at it in person and spend time with it, they will be more willing to purchase. Thank you so much for your time.

***Katelyn Overstreet, BSEd/QP | KOverstreet@arcnc.org***

Supports Manger, **The Arc of North Carolina**  
30 Garfield St Suite D. | Asheville, NC 28803

**Main** 828.254.4771 | **Mobile** 828-712-4928 | **Fax** 828.254.6885

Facebook | Twitter | YouTube | Proof Alliance NC

*Let us know how we are doing.*



***The Arc is not an acronym. Always refer to us as The Arc (not The ARC and never ARC).***

*This email and any attachments may contain confidential information intended solely for the addressee. If you are not the intended recipient, any distribution, copying, or use of this email or its attachments is prohibited. If you received this message in error, please notify the sender immediately and delete this message. Thank you.*

---

**Life Skills Advocate LLC** <admin@lifeskillsadvocate.com>  
To: Katelyn Overstreet <koverstreet@arcnc.org>

Fri, Sep 20, 2024 at 9:45 AM

Hi Katelyn,

Thank you so much for reaching out and it makes me so happy to hear that you were blown away by our cookbook. That's amazing!

That's disappointing that the resource isn't covered under the plans of those you support.

Yes, happy to help! I'm assuming that the digital version will work for the purposes of showing it to parents. I've included a link to download the cookbook [here](#) for you. I'd attached it to this email, but the file is too big.

Thank you again and please let me know how it goes!

Chris

**Chris Hanson**

Founder | Life Skills Advocate, LLC

[chris@lifeskillsadvocate.com](mailto:chris@lifeskillsadvocate.com)

[Bio](#) | [My "why"](#)

[Quoted text hidden]

---

**Katelyn Overstreet** <koverstreet@arcnc.org>  
To: Life Skills Advocate LLC <admin@lifeskillsadvocate.com>

Fri, Sep 20, 2024 at 9:50 AM

Chris,

Thank you so much for the download! Yes it will work perfectly to show my families. I am so excited to share it with them. Thank you!!

**Katelyn Overstreet, BSEd/QP | [KOverstreet@arcnc.org](mailto:KOverstreet@arcnc.org)**

Supports Manger, **The Arc of North Carolina**  
30 Garfield St Suite D. | Asheville, NC 28803

**Main** 828.254.4771 | **Mobile** 828-712-4928 | **Fax** 828.254.6885

**Facebook | Twitter | YouTube | Proof Alliance NC**

*Let us know how we are doing.*



***The Arc is not an acronym. Always refer to us as The Arc (not The ARC and never ARC).***

*This email and any attachments may contain confidential information intended solely for the addressee. If you are not the intended recipient, any distribution, copying, or use of this email or its attachments is prohibited. If you received this message in error, please notify the sender immediately and delete this message. Thank you.*

---

**From:** Life Skills Advocate LLC <[admin@lifeskillsadvocate.com](mailto:admin@lifeskillsadvocate.com)>  
**Sent:** Friday, September 20, 2024 12:45 PM  
**To:** Katelyn Overstreet <[koverstreet@arcnc.org](mailto:koverstreet@arcnc.org)>  
**Subject:** Re: Cookbook

**TECHNOLOGY ASSOCIATES**

**Warning:** The sender [admin@lifeskillsadvocate.com](mailto:admin@lifeskillsadvocate.com) sending email from domain [lifeskillsadvocate.com](https://lifeskillsadvocate.com) is not yet trusted by your organization.  
There is a URL in the email asking for login credentials. It could be a phishing attempt.

[Report Phishing](#) [Report as Safe](#)

powered by Graphus®

You don't often get email from [admin@lifeskillsadvocate.com](mailto:admin@lifeskillsadvocate.com). [Learn why this is important](#)

[Quoted text hidden]

---

**Life Skills Advocate LLC** <[admin@lifeskillsadvocate.com](mailto:admin@lifeskillsadvocate.com)>  
**To:** Katelyn Overstreet <[koverstreet@arcnc.org](mailto:koverstreet@arcnc.org)>

Fri, Sep 20, 2024 at 9:51 AM

You're very welcome! :)

**Chris Hanson**  
Founder | Life Skills Advocate, LLC  
[chris@lifeskillsadvocate.com](mailto:chris@lifeskillsadvocate.com)  
[Bio](#) | [My "why"](#)

[Quoted text hidden]