



HAPPY HOLIDAYS!

December is the month when people of many cultures celebrate special days. It is a time when we draw close to family and friends to share the joy of the season. We hope that each of you has a special holiday.

The holiday season is also a time we reach out to others and perhaps spend a little extra time to make their lives a bit brighter. I know that all of the individuals we serve — our consumers and their families — appreciate all that each of you do each day to improve their lives. Each and every one of you is appreciated!



As the environment in which we operate changes, HEMOCARE continues to expand the range of services we provide. The most recent addition in some offices is Targeted Case Management. Case Managers work with individuals with Developmental Disabilities, their families, and others involved in providing care and supports to help consumers receive the services they need and want. The Case Manager has overall responsibility for arranging for assessments and re-assessments of strengths and needs, developing the Person-Centered Plan, and linking the individual with supports available in the community, including supports provided by the person's family and friends. The Case Manager is also responsible for coordinating, reviewing and monitoring all aspects of service delivery. Monitoring for progress or additional needs is done through observation, interview, and documentation review. The number of visits depends upon the individual's needs, but there must be at least one face-to-face visit with the consumer each month, and at least one every six months must be in the home of the individual being served.

It is important to remember that CAP-MR/DD, as well as state funded DD services, are not intended to replace or duplicate other services and resources that are available. The Case Manager will attempt to locate a variety of resources to meet the individuals needs so that the individual can stay in the community.

Employee Spotlight

Christi is a welcomed new addition to our Wilmington HEMOCARE staff. Christi has previous experience with working with adults and children diagnosed with developmental disabilities and mental illnesses. When asked why she became interested in working with people with Disabilities, Christi answered "I would have to say it was from my experience being born weighing only 2 pounds, I often think that I could have had a disability from that experience." Christi appreciates the needs and concerns of the families and consumers whom she works with in achieving their goals.

Christi is a graduate of East Carolina University with a BS degree in Child Development and Family Relations. She has previously worked as a MH/DD Qualified Professional and Targeted Case Manager.

Through her experiences she found HEMOCARE. As a Qualified Profes-

sional, Christi has enhanced our Early Childhood Intervention Program and Community Support Services. Christi also began branching out into other services including Supported Employment and CAP-MR/DD services.

When Christi is not working, she enjoys the beach and working on arts and crafts, but most of all is her love for horses. She has taught horseback riding for many years and loves to show horses as well.

Christi says she enjoys working for HEMOCARE Management primarily "due to the welcoming atmosphere and that the people here are dedicated to what they do. It is a great place to work."

With Christi's experience and warm caring personality, she is an outstanding employee. Christi exemplifies the best quality service and high standards. Thank you Christi for all that you do!

Client Spotlight

Karen Lambert has been with HEMOCARE Management Corporation since June of 2001, and for more than three of these years **Lori Campbell** has worked with her and provided her CAP services.

Karen is talented at selling items that she and her mother make at home, such as dolls and teddy bears. Karen loves to watch "Little House on the Prairie" and "The Waltons" and listens to Christian and country music in her spare time. Her favorite artists include Randy Travis, Alan Jackson, Tim McGraw and Alabama. Karen enjoys her participation in Special Olympics. This year she won third place in the 50-meter run, fourth place for standing long jump and second place in the softball throw. Karen loves shopping in Hickory, going to church and visiting friends. She volunteers at Jeff Lambert's 115 produce stand sweeping,



throwing out bad produce and selling Christmas trees. Karen has struggled with diabetes for the past three years but recently was able to go off her diabetes medications and is healthier and happy.

Karen and Lori work on learning safety in the community, cooking, cleaning her room, exercising and planning her time in the community.

Sleep Disorders in Children and Treatment for Them

Children need sufficient sleep in order for their rapidly developing bodies to function properly. Many children, though, do not get sufficient sleep.

Insufficient sleep can produce:

- Behavior problems
- Mood problems
- Memory, concentration, and learning problems
- Performance problems
- Slower reaction times
- Accidents and injuries

Sleep disorders generally involve:

- Difficulties getting to sleep often due to poor sleep habits
- Difficulties staying asleep owing to snoring and/or irregular breathing; these are often related to sleep apnea, nightmares and/or night terrors, uncontrolled rhythmic movement, and sleepwalking.

Good sleep habits can make all the difference in combating sleep disorders and ensuring that the body is afforded enough rest to perform most effectively. Good sleep habits include:

- Setting regular bedtimes and wake times, and sticking to them.
- Establishing a consistent relaxing routine leading up to bedtime such as the reading of a bedtime story.
- Making sure that the sleep environment encourages sleep as much as possible by being safe, secure, dark, quiet, free of distractions, and at an appropriate temperature.

Also essential to getting good sleep at night are such daily practices as healthy eating, exercising, and avoidance of excessive napping.

How much sleep is enough for infants, young children, and adolescents?

- Infants = approximately 16 hours per day
- Young children = approximately 12 hours per day
- Adolescents = approximately 10 hours per day

Parents should regularly monitor the sleep patterns of their children and contact the family doctor if sleep problems are identified.

Reference Source For More Information:
www.webmd.com/sleep-disorders/guide

Anniversaries

Not everyone wants to start a new job in the middle of the holiday bustle, but there are always a few who are ready to begin delivering services when the individual needs them. Several of our long-time employees are celebrating their HOMECARE anniversaries this December: **Deborah Crouchley** of Wilmington and **Gwenlyn Quezada** of Statesville have both been providing high quality services for 9 years. Also from Statesville, **Barbara Dalton** and **Pam Burchette** have been with us 8 years; **Mary Vernon**, 7 years; **Martha Wilkinson**, 6 years; and **Ashley Fox** 5 years. Thanks! We and those you serve appreciate you.

Healthy Holiday Eating

- Don't go to a party hungry: we often eat faster and more when we are hungry. One way to avoid overeating at the party is to eat a wholesome breakfast and lunch.
- Watch your portions: treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but go for small portions. This way you can sample all the different foods.
- Moderation is always the key.
- Make a conscious choice to limit high fat items: high fat food items include fried food, cream-based soup, cheese-filled casseroles, pies, processed meats, some pastries and baked goods.
- Try different versions of eggnog: traditional eggnog is usually made with egg yolk and thick cream. Google "low fat eggnog," and you will find lots of low fat eggnog recipes. If you buy commercial eggnog, you will be delighted to find low-fat or fat-free eggnog out there. You can even find soyngog!
- Try other versions of alcohol: instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories. Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.
- Drink plenty of water: alcohol and coffee can dehydrate your body.
- Physical activity: take nice brisk walks with your loved ones and enjoy their company in the holiday season.



We want your feedback

We encourage anyone with questions about or issues with our service to contact HOMECARE Management Corporation CEO Rankin Whittington at 800-223-2841, rankinwhittington@homecaremgmt.org, or Sara Nolan at 800-718-4599, saragrodenolan@homecaremgmt.org

PaySchedule

Services Delivered

December 1-15

December 16-31

Checks Mailed

January 7

January 22

Documentation

Documentation for ALL services except Nursing-based PCS, CAP/DA and CAP/C is due the day after you have finished providing services for the week (Sunday-Saturday), and in no case later than the following Monday. CAP/DA, CAP/C and Personal Care must be postmarked or delivered the 16th for services delivered the 1st through the 15th and the 1st for the 16th through the end of the month.