

## From Our Offices



**Back row:** Hope Winecoff, Maggie Farrington, Ginger Villarosa, Kimberly Anthony. **Front row:** Laura Kesler, Patty Barker. **Not pictured:** Adolph Gordon and Claudia Gross.

HEMECARE Management Corporation is a North Carolina organization providing many different services from eight offices. Under the leadership of CEO **Rankin Whittington**, MSW, we began serving individuals with disabilities in January 1994. Success and steady growth came as a result of excellent services from excellent staff. It is easy to get so involved in the activities of your own office that you lose sight of the larger organization. This month we will begin a series of articles giving an overview of each office, the people in the offices and the services offered. We're beginning at the first of the alphabet, featuring our Boone office.

We're very proud of the fact that in a field of high turnover we currently have 10 active Behavioral Technicians who have worked out of the Boone offices for more than five years: **Lisa Bryan** (12 years) and **Peggy Hines** of Sparta (11); **Ann Byrd** of Hays (10); **Christie Collins**, N Wilkesboro (10); **Irene Jones**, Glade Valley (9); **Holly Miller**, (Creston) 9; **Amanda Potter**, Mountain City, Tenn. (6); **Gladys Shull**, Boone (8); **Jeninne Vice**, Boomer (6) and **Alex Jernigan** (Fleetwood) 5.

Professional and Administrative staff have also remained with HEMECARE over the years. This January, **Kimberly Anthony**, Office Manager celebrated her 10<sup>th</sup> anniversary, and Regional Manager **Adolph Gordon** his 6<sup>th</sup>. **Hope Winecoff** started with us as a field worker over 6 year ago and was then promoted to Clinical Supervisor for Early Childhood. More recently we have been joined by **Patty Barker**, Clinical Supervisor for DD services; **Maggie Farrington**, Mental Health Clinician, **Laura Kessler**, who provides Early Childhood services and Targeted Case Management; and Administrative Assistant **Ginger Villarosa**. Our most recent addition is **Claudia Gross**, Clinical Supervisor for MH services. Other longer term professionals involved with the Boone office include Assistant Finance Officer **Marla Younce** and **Mary Ellen Moore**, Nursing Program Supervisor, both of whom began in 1994. **Sara Grode Nolan**, Mental Health Division Director, and **Kathy Barnes**, Manager of the Finance Office, began in 1995, while **Margaret Mason**, Director of Quality Assurance and Training, began in 1997. Many more great people have joined the HEMECARE team in Boone over the years, part-time and full-time. As we celebrate 15 years of service, we have recently expanded the list of services we can provide to residents served from the Boone office.

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## Employee Spotlight

**Carla Winstead** has worked with the Tarboro office of HEMECARE Management Corporation since July 2005, providing CAP/MR/DD services to autistic twins. She began working with the boys in the school system as their teacher assistant in the school system. During this time she also worked part time for HCMC providing respite to the boys after they lost a parent to a tragic accident. She has remained a permanent fixture as well as a positive role model for both clients, and much of their success and stability in the community can be attributed to her hard work and dedication. Because of Carla's determination, both boys have successfully lost weight and been able to stop taking insulin for their diabetes. They currently are on no diabetic medication and get a healthy amount of exercise. One of the boys is talking for the first time ever, which is quite an accomplishment. Carla works hard to motivate her clients and push them to realize their potential. She has also been a strong support system for the family as well as an advocate for their needs. It is safe to say that without Carla, these two consumers would not have the same quality of life or opportunities available to them.

Carla continues to work in the school system with individuals with disabilities and is quick to tell people, "this is where my heart lies." She is a role model for consumers and an outstanding representative of HEMECARE. We are lucky to have her and appreciate all that she does.

## Client Spotlight

**Kara** is a very special young lady full of personality. She has been receiving services from HEMECARE for the past 3 years and it has been a pleasure getting to know her and being a part of her treatment team.

Kara, shown here with Behavioral Technician **Roxanne Wood**, is the type of person that doesn't know a stranger and makes everyone feel welcome, especially when she is working at her job at Food Lion in Statesville. Kara receives Supported Employment from HEMECARE and is quite proud of her position at Food Lion, where she helps to bag and stock food as well as other products for customers. She is a ready to greet people as they come into the store.

This young lady likes the outdoors and she loves going hunting with her daddy; where they'll sit up in the loft out in the woods waiting for a deer or turkey to come by. Kara does turkey calls to get those turkeys strutting by. She also enjoys fishing and has a lifetime hunting and fishing license. Kara also likes to shoot with a bow and arrow and is quite good. In fact, she enjoys a wide variety of activities, including riding her four-wheeler, camping with her dad, watching the bull riders at the rodeo, watching Dale Earn-

*(Continued on page 2)*



# Anxiety Disorders

Everyone knows what it is like to feel anxious — the butterflies in your stomach before an anticipated event, tension over conflict, the way your heart pounds over impending danger. Anxiety is not always a bad thing. It can help you cope with the stress of everyday life. But if you have an anxiety disorder this normally helpful emotion can keep you from coping and can disrupt your daily life. More than 19 million Americans suffer from anxiety disorder and the majority of them, with treatment, are able to live a full, enjoyable, and normal life.

Anxiety disorder is a disorder of the nervous system in which a person fears things which are illogical or unrealistic. Anxiety physically manifests itself in ways as varied as dry mouth, nausea, heart palpitations, stuttering, trouble falling asleep, extreme shyness, and more. There may be an overwhelming sense of panic, fear and apprehension far out of proportion to the event causing those feelings.

There are various types of anxiety disorders and it is important to diagnose the type and reason causing the anxiety to be able to treat it. Types of anxiety disorders include:

- **Generalized anxiety disorder** - Excessive worry about many things.
- **Panic Attack or Panic Disorder** - Sudden, high intensity fear and apprehension.
- **Obsessive-compulsive Disorder (OCD)** - Repeated thoughts or obsession and compulsive action that cannot be controlled.
- **Post Traumatic Stress disorder (PTSD)** - Occurs after a horrifying experience.
- **Specific phobia** - Intense fears about particular objects or situations which interfere in our lives.
- **Social phobia or Social Anxiety Disorder** – Fear of social events and public embarrassment.

There are two main ways in which anxiety disorders are treated. The first involves health professionals who prescribe medication, and the second one is by psychotherapy. In addition, there are natural ways of dealing with anxiety disorder that include massage therapy, aromatherapy, and mind and body techniques like meditation, exercises and yoga.

A number of skills can be used to help prevent or control anxiety that can be developed through therapy and with therapeutic support. One such skill is positive thinking. The key elements to this skill are developing awareness that negative thoughts can increase your worry or fear and learning to replace negative thoughts with positive affirmations.

Recognize that changing ways of thinking will take some time. Practice healthy thinking every day, and after a while, positive thinking will come naturally.

Committing to a process of change can be difficult. But a commitment to treatment including new skills to manage anxiety comes with the reward of an improvement in the quality of life.

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## CLIENT SPOTLIGHT (Continued from page 1)

hardt Jr. race, and doing crafts. Kara also loves basketball, singing, and dancing. She enjoys cooking, but not doing dishes. She also loves to travel. Mention road trip or hotel, and Kara is the first one in the car.

Kara enjoys being around animals and has many. Her mom tells a story which involved Kara having a nightmare about a chicken chasing her; to make a long story short, she and her Dad did some hunting on the Hunting Farm and had a lovely dinner of chicken dumplings that night. Kara had no more nightmares concerning chicken.

Kara is a very lucky young lady with two parents who share their lives and love with her, working to provide for her dreams as well as her needs. Mom stated it well: “Kara is a gift from God and adds love and laughter into everyone’s life that she touches.

# Opportunities For Learning

- **Community Resources**, Lenoir, March 25, 1:30-3:30 p.m.
- **Learning Through Play (Easy-To-Make Toys)**, Boone, April 6, 2-4 p.m.
- **Common Adult Disorders**, Lenoir, April 13, 9 a.m.
- **Criminal Justice System/Mental Health Part 2**, Charlotte, April 15, 9-11 a.m.
- **Substance Abuse**, Wilmington, April 21, 5-7 p.m.
- **Mood Disorders**, Forest City, April 22, 2-4 p.m.
- **Stress Relief is on the Way**, Lenoir, April 23, 9-11 a.m.
- **DSM-Discussing Diagnoses**, Lenoir, May 7, 9-11 a.m.
- **Non-Verbal Communications**, United Way in Wilkesboro, May 8, 9-11 a.m.
- **Cultural Competency**, Charlotte, May 13, 2-4 p.m.
- **Family Dynamics**, Forest City, May 20, 11-2p.m.
- **DSM—Discussing Diagnoses**, Lenoir, May 21, 9-11 a.m.
- **Working With Hispanic Families**, Wilmington, May 26, 5-7 p.m.

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## Anniversaries

This month **Jackie McCoy** of our Statesville office celebrates her 10th anniversary with **HOME CARE**. Four additional Statesville employees have been with us eight years: **Rose Frazier**, **Rose Passmore**, **Margie Rankin**, and **Donna Tucker**. **Tina George** of the Whiteville office is celebrating working with us for seven years. Rounding out those milestone anniversaries are **Kenya Heath** and **Travis Scott** of Charlotte, **Alex Jernigan** of Boone, **Carolyn Owens** of Tarboro, and **Sherry Stokes** of Statesville, all of whom have reached the five-year mark. Thanks to each of you for all you do!

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## FROM OUR OFFICES (Continued from page 1)

We have provided *Supported Employment* through Vocational Rehabilitation in other areas for 10 years, but now the Boone office also offers this program. It adds a new dimension to opportunities we can provide the consumers we serve with other services, but we’re also delighted to take referrals from other MH/DD providers and work with them to provide this opportunity to all consumers. *Targeted Case Management* is another service we now offer in this area. Finally, when **Maggie Farrington**, MS, LPC, returns from maternity leave, our Boone office will offer *psychotherapy* as well as professional *assessments*. In addition to the services above, the **HOME CARE** Boone office provides *Community Support*, periodic *CAP/MR-DD* services, Early Childhood Intervention services (*CBRS*), and nursing based services such as *CAP/DA*, *CAP/C* and *Personal Care*.

In Boone, as in other areas of North Carolina, **HOME CARE MANAGEMENT CORPORATION** is truly carrying out its mission...to provide the services necessary for people with disabilities to be as comfortable and independent as possible in their own homes rather than having to live in institutions.