

From Our Offices

The most exciting event in HEMOCARE over the past month has been moving our Charlotte office. The new location in Locust will continue to serve both the Mecklenburg and the PBH catchment areas, and the same people will supervise and provide services and carry out the administrative processes. The primary reason for the change is that this puts the office closer to the center of the geographic area served by this office. In addition, the Locust location allows us to cut costs, something that is crucial in the current economic situation.



Dawn Anderson and Mary Benson pose for a photo at the newly-opened Locust office.

We hope that many of you will soon come by to visit us in the new office. The address is: 1750 West Main St., Locust, NC 28097; phone (704) 781-0200; fax (704) 781-0201.

When you arrive at the office, the first person you will see is **Mary Benson**, Administrative Coordinator. Mary has been with this HEMOCARE office since May 18, 1998, and over the past 11 years many of you have appreciated her cheery greetings on the phone as well as her welcoming smile and the help she is always willing to give. If you have a question, she has the answer or will quickly find it and let you know.

Dawn Anderson, Clinical Supervisor, will continue to serve as the lead Qualified Professional, using her varied experience to work with individuals with mental health issues and with developmental disabilities. Dawn's work experience includes DSS and Southeastern Regional Mental Health. She joined HEMOCARE's Whiteville office in February 2002, but when she, her husband Eric and their children decided to move to Stanly County to be closer to family, she transferred to our Charlotte office. Since they live in Stanfield, Dawn is delighted that the new office is only a few minutes from her home.

Burch Walker, also a Qualified Professional, is the third full-time staff member, although he is rarely in the office. Burch first came to work with HEMOCARE in April 1999 as a part-time Behavioral Technician. Over the past 10 years he has worked effectively with a wide variety of consumers and their families, and he continues to do an outstanding job helping those we serve develop the skills needed to manage their symptoms and reach their goals. He also is an effective trainer for Physical and Restrictive

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Employee Spotlight

Willena Bullard has been with HEMOCARE Management Corporation since May 2004. She has worn many hats and has taken on some of our most difficult cases.

Willena started with us as an Administrative Assistant. She then decided that she wanted more and went back to college as an adult student receiving her BS in Criminal Justice in 2007. Willena continues to do many administrative duties, but as an Associate Professional she also provides Community Support to children and adults and works with infants and toddlers in the Early Intervention Program. She is a hard worker, very reliable, and all her families love her.

Willena strives to help people to reach their goals and accomplish all that they are capable of doing. When asked what she likes about working with HEMOCARE, she said she enjoys the flexibility, seeing the smiles on her client's face, and watching her client's progress from point A to B as she assists them with the sometimes

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Client Spotlight

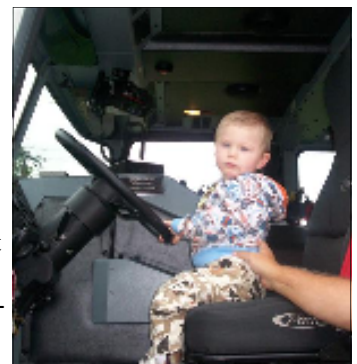
Landon Minton was referred to HEMOCARE for services in February 2007, by the Children's Developmental Services Agency of the Blue Ridge. Landon is diagnosed with Schizencephaly and left hemiplegic Cerebral Palsy. He received Community Based Rehabilitative Services from HEMOCARE, and Physical, Occupational and Speech Therapies from other local providers.

As Landon has grown and changed, so have his services. Early on Landon demonstrated a strong desire to communicate with his family, friends and service providers. At first, he relied primarily upon nonverbal means of communication, and he was introduced to simple sign language as well as the use of pictures as augmentative communication strategies.

Currently Landon uses a Springboard Lite, a small, portable communication aid that is programmed to meet and change according to his specific needs. Using this device Landon is able to communicate with friends, family and service providers, allowing him to show us just how smart he is!

As he became interested in being mobile, he was introduced to a walker and then later moved to a cane. At a recent Individual and

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Stress Management

Stress may be defined as physical/mental/emotional reaction to life challenges. Stress is encountered in varying amounts. Low amounts of stress can be positive in the sense of supplying motivation for productive activity. High amounts of stress can be harmful in terms of leading to a wide variety of ailments.

Effective handling of stress involves use of positive coping techniques. Included among such techniques are the following: Writing/Journaling/Drawing/Painting; Listening to music and/or making music; Laughing; Crying; Talking to a family member or friend; Participating in a community activity; Volunteering; Pursuing a hobby such as gardening; Interacting with a pet; Exercise/Outdoor Activity; - Taking a bath or shower; Meditation; Guided Imagery; Breathing Exercises; Progressive Muscle Relaxation and Prayer.

Different coping techniques produce different results for different people over different periods of time. Careful evaluation of the effectiveness of coping techniques is critical. It is important to note that coping techniques are not meant as a replacement for professional assistance. Professional assistance should be sought anytime persistent high amounts of stress are identified.

For more details please visit the following reference source www.webmd.com/balance/stress-management/stress-management-relieving-stress

Anniversaries

Everyone at HOMECARE is proud of our many great employees who work year after year to help our consumers reach their goals and improve the quality of their lives. This June we have three such individuals celebrating 10 years of service through HOMECARE: **Ann Byrd** of the Boone office, **Connie Murphy** of Wilmington, and **Carol Robinson** of Statesville. **Cynthia Brown** and **Roshetta Jones** of Whiteville and **Myrtle Summers** of Statesville have been with us almost as long: 9 years. **Joyce Alderman**, **Priscilla McDuffie**, and **Ardell Powell**, all from the Whiteville office; **Sally Lancaster**, Tarboro, and **Kimberly Simon**, Wilmington are celebrating their 7th HOMECARE anniversary, while **Karen Barnes** and **Betty Flood** of Tarboro have worked with us six years. **Shirley Baker**, Statesville; **Jessica Call**, Statesville; **Mary Harmon** and **James Johnson**, Lenoir; and **Carolyn McFarlin**, Tarboro have all reached the 5-year milestone. We appreciate all you have done.

CLIENT SPOTLIGHT (Continued from page 1)

Family Service Plan meeting, his family expressed how proud they are that he no longer needs his cane. His family enriches his experiences through therapeutic horse back riding, aquatics and one of their favorite family adventures, fishing.

Landon is currently enrolled at Wilkes Developmental Center. On his third birthday, Landon transitioned from the NC Infant Toddler program to the Public School Preschool Program for educational and therapy services. His parents also enrolled him in Targeted Case Management through HOMECARE.

Many things about Landon have not changed. He was described early on by his mother as a child who had a good sense of humor and loved to laugh. Landon is definitely a "people person," and his love for his parents and grandparents, and theirs for him, is obvious.

We are proud to be a part of his many successes.

Opportunities For Learning

- **Controlling Diabetes and Its Side Effects**, Whiteville, June 25, 5-6 p.m.
- **Gangs: A Growing Concern in Our Backyard**, Forest City, July 17, 2-4 p.m.
- **Gang of One-Part 2**, Locust, June 15, 9-11 a.m.
- **Broken Bonds-Attachment Issues**, Lenoir, Aug. 12, 10 a.m.-12 p.m.
- **Behavioral Interventions**, Locust, Aug. 12, 2-4 p.m.
- **Community Support in the School**, Forest City, Aug. 19, 11 a.m.-2 p.m.

EMPLOYEE SPOTLIGHT (Continued from page 1)

hard roads in between. When asked what she would say to someone considering this career, she said "Don't judge people from what you see on the outside, you really don't know what they are going through until you walk in their shoes."

Besides working for HOMECARE, she is also a wife, mother, and grandmother of two small boys who she loves dearly and is raising with her husband. In her "off time" Willena enjoys reading children's stories, going to the park, pool, and beach with her grandsons, and playing children's games. She is also doing a lot of skill building with her grandsons! Willena is very involved in her church, and she and her husband and remodeling their new home with the hopes of moving into it soon. In short, she is a busy and talented lady.

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Interventions, First Aid and CPR.

Tim Miller continues as Regional Manager and has overall responsibility for the Locust office as well as those in Forest City and Statesboro. Two others who had offices in Charlotte have moved their desks to other offices. **Margaret Mason**, Director of Training and Quality Improvement, can now be reached in Forest City, 828-247-1700, and **Sara Nolan**, Director of the Mental Health Division works out of Statesville, 704-873-5399 or toll free 1-888-301-6934.

On another subject entirely, as I write this the N.C. legislature is working hard on the budget. The current economic situation has greatly reduced tax revenues, and cuts in all areas are inevitable. HOMECARE and the NC Providers Council has been working hard to try to minimize the reductions in Mental Health and DD services, and we have gotten positive changes. The cuts will still hurt those with disabilities, though. Negotiations continue, and it is unlikely that the budget will have been finalized when you get this. Please, contact your legislators and tell your story. Let them know how much those you serve depend upon receiving MH and DD services and how cutting services will affect them and you. This is the most effective way to get changes made. If you don't know how to contact your legislator, call our offices and we will help you. The legislators are hearing from people with a variety of interests who want to keep their funding, and we have to make certain our voices are heard.