

## From Our Offices

This month we focus our attention on the Statesville office. This is one of the larger HOME-CARE offices and provides a wide variety of services, with an emphasis on services to individuals with Developmental Disabilities and their families. We also provide mental health services, CBRS (Early Intervention), and behavioral services to court-involved youth.

**Tim Miller**, Regional Manager, provides overall direction and supervision to the office. Tim has had a wide variety of experience, including services to those with Mental Illness and Developmental Disabilities, Quality Assurance and Improvement, Training, and Program Management.

**Brandy Buchanan**, who recently received her MA, will celebrate her 5<sup>th</sup> anniversary with HOME-CARE on Sept. 27. Congratulations go to her for reaching both of these milestones. She supervises a variety of DD services and CBRS. **Tiffany Moss**, **Lisa Hunter**, and **Danette Morrison** also currently supervise DD services, although each also has extensive experience in Mental Health. The newest member of the clinical staff is **Kindle Higgins, MS**, who supervises and provides Mental Health services. **Michel Johnston**, Assistant Supervisor, originally joined us in January 2002, providing direct care. She moved into the office full time in 2005 and currently works as a substitute technician, helps with staffing, and teaches CPR, First Aid, and Physical and Restrictive Interventions.

**Roger Fairchild** is Office Manager for Statesville. An ex-Navy man, in 2006 he was working in San Diego, Calif., when he met a girl and decided to move to N.C. to get married. Soon after arriving here, he joined HOME-CARE. **Dana Dement**, Administrative Assistant, is the senior person in the office. Nine and a half years after coming to work with us she describes herself as “a piece of furniture here.” However, we all know that she is at the center of keeping the office moving smoothly so that we can continue to provide good services; she is much more important than any piece of furniture could ever be! **Janet Michael** is the mother of one of the consumers HOME-CARE serves; she liked the quality she saw, applied for a job and joined us as an Administrative Assistant in 2005. **Suzanne Cornelius** also joined us as an Administrative Assistant at about the same time.

Each of these people is crucial to providing high quality services and to helping us all navigate the changes in the system. Each strives in many ways to make lives a bit better and a bit more fun. One recent example was Family Day, a special event with good food, games, and good fellowship for our consumers, employees, and their families.



**Supervisor Tiffany Moss produces some artwork for Family Day.**

## Employee Spotlight

**Tonya Best** began working for HOME-CARE Management in October 2000, almost nine years ago. Since that time, she has served in many assignments. Tonya began as a Supported Employment Specialist, assisting consumers obtain and maintain employment. She has worked as a CNA and as a Behavioral Technician providing Community Based Services and then Community Support Services; she has also provided service in the CAP-MR/DD program. For the last several years Tonya has provided Developmental Therapy to **Jon Cutchin**, assisting him in reaching his goals of social inclusion and enhancing his communication abilities and daily living skills. A notable success has been teaching Jon the skills to prevent outbursts of anger. She has used role playing to practice alternative ways to deal with a frustrating situation and has taught him calming strategies, which he can use independently, including counting to 10 and removing himself from the anger-producing situation. As a result, he has not had any angry outbursts in a long time. Tonya's outgoing personality helps her engage with her consumers as she challenges them to reach their highest potential. With Tonya, the person she is working with



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## Client Spotlight

*This month's Client Spotlight is in memory of Randy Nance. Randy unexpectedly passed away on Sept. 8, 2009. The article had already been written. His mother reports that he was so excited about being in the spotlight that she wanted to share his life's story.*



This month's client spotlight shines on **Randy Nance** of Union Grove. Randy is a 16-year-old young man who began receiving services from HOME-CARE on Sept. 7, 1999. He lives with his mother Patty and brother Derek. His mother says that choosing HOME-CARE Management Corporation was a great option.

“It's so wonderful, especially when you can trust someone,” she said. “It has truly been a lifesaver.”

**Lorraine Gray**, Randy's tech, said that the relationship between the two has afforded personal gratification.

“There are mornings when I feel bad and I come in and he smiles and I feel so much better ... he's my joy,” she said.

Randy has many health issues and is very fragile, but his mother said he doesn't let all that bother him. “He's sweet, and his attitude is unbelievable,” she said. She also admits that he is quite

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## Anniversaries

We salute all who are celebrating their HOMECARE anniversaries this month, but especially **Peggy Hines**, who has been providing services out of the Boone office for 11 years. Thank, you, **Peggy Irene Jones**, also of Boone; **Darlene Pait** of Whiteville; and **Peggy Spicer** and **Jim Weakland** of Statesville have all worked with us for 9 years. **Lori Campbell** of Statesville and **Tatinas Cokley** of Whiteville, have been with HOMECARE 8 years, while **Keeca Arnold** of Tarboro and **Kena McMillian**, Whiteville are 7-year veterans. **Alysia Graham** and **Grace Savage**, both of Tarboro, and **Tammy Moree** of Statesville have worked with our consumers for 6 years, while **Glenda Kubenetz** and **Terry Miller** of Statesville and **Elma Malloy** of Wilmington been with us for 5 years. Thanks to each of you for all that you have done and continue to do. You make a difference.

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### CLIENT SPOTLIGHT (Continued from page 1)

attitude is unbelievable,” she said. She also admits that he is quite a jokester and demands attention!

Randy uses facial expressions and his eyes to communicate. He is very in tune with his brother — whom he occasionally bosses — and he will frequently become agitated when he has to go to school and his brother does not. He attends North Iredell High and agrees that he will continue until he is 21 because he wants to go to college like Derek. His favorite subjects are social studies and science. He also enjoys watching TV, having his worker read the Hardy Boys series, and watching movies online through Netflix; the most recent movie he watched was “Race to Witch Mountain.”

Randy’s mother recounted a time when he was being watched by his grandmother after receiving a shot. He would yell and she would run and apply a wet cloth. Randy kept doing this, and before long his grandma did not even have time to wring out the cloth! The result: water all over him as well as the bedroom and bathroom floors. Randy’s mother immediately recognized that although his grandma was rushing back and forth to comfort him, Randy was purely enjoying the sight of her running around.

Although Randy rarely gets to leave his home, he enjoys visits from neighbors, relatives and his grandma. He has a picture of his best friend above his headboard.

Randy’s mother reports that her hope for her son is “that he is enjoying himself, that he is healthy, and that he lives peacefully.” She noted that he has had many challenges and that his breathing is very bad, but even so, the family is planning their annual trip to Myrtle Beach. “He absolutely loves it!” Randy will have his own suite with an ocean side view, king size bed, and large screen television. Every one must remember that each time they leave his room they must bring him something back, be it a seashell or another gift. Randy doesn’t like to actually go out on the beach, however. His mother believes that is because his brother told him “you’ll melt if you get wet” and he doesn’t like sharks! He does enjoy this special time the family spends together.

Randy knows that his family loves him and every evening before drifting to sleep he goes through his routine: a kiss from his

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### EMPLOYEE SPOTLIGHT (Continued from page 1)

always comes first. She is very flexible and willing to do whatever is needed. Tonya has 3 children: Mykel, 15, Tyjuan, 7, and Amaria, 3. In March, she celebrated her third anniversary with the love of her life, husband Conrad Best. When she is not working, you will find her spending time with her children, attending church, cooking and socializing.

## Opportunities For Learning

- **Common Adult Disorders**, Statesville, Sept. 21, 9-10 a.m.
- **Sensory and Fine Motor Fun**, Wilmington, Sept. 22
- **Developmental Disabilities**, Forest City, Sept. 23, 2-4 p.m.
- **“STAPH” Infections**, Tarboro, Sept. 24, 3 p.m.

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## Avoiding peer pressure

It doesn’t matter if you’re 14 or 94, peer pressure is something that we all have to deal with. Here are three things to remember when it comes to dealing with peer pressure and self defeating behaviors.

### Stand Up to Peer Pressure

Peer pressure is nothing new, and it’s not always a bad thing. But if peer pressure dominates and determines the majority of your decisions, then there is a problem. The desire to conform is normal and is especially strong when growing up. However, when that pressure leads to dangerous, criminal or self-destructive behavior, then it is time to stop and re-evaluate priorities. Peer pressure feeds on insecurity and low self-confidence, and the best way to beat it is to like yourself. We need to learn to make up our own minds and follow our own inner voice, and we need to help those with whom we work do the same. It may be hard at first to go against the grain, but support and guidance can make it easier to stand up to peer pressure when it is leading to something wrong.

### Become comfortable with Your Body

Girls do it and so do guys: Beat themselves up about real or perceived shortcomings in their body. Whether there is cause for concern or not doesn’t matter here, because this self-defeating behavior isn’t about what is wrong, but rather it’s about how one chooses to address the problem. If your body is a normal weight and you are in good health, then obsessing about your body is not the answer; if there are real issues with weight or health, then focusing on improvement is understandable. What matters is HOW you look at the things that need to be dealt with. Do you see them as burdens to overcome (not helpful) or do you look at them as challenges to meet (helpful)? For example, do you want to lose weight because it will add to the quality of your life (which is a positive goal) or so that you can fit in to the latest fashions (which means trying to conform to others’ idea of the ideal)? It’s not healthy to see your body as the enemy or as something that holds you back in life. You’ll be a happier person if you change this negative body image, and happy people are better able to meet their goals and appreciate their success.

### Value Your Strengths

You can’t be the best at everything, nor should you want to be. The sooner you are able see your successes in life as a series of personal bests, rather than a contest with other people, the better off you’ll be. While you may be competing against somebody in a given event, the only win that matters is the one you rack up against yourself. Embrace the things about yourself that you love and don’t obsess over the things that could use some work. Take pride in your personal accomplishments, whatever they maybe.