



January 2014

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## HEADLINES

### Achieving balance and mental wellness in the new year



The new year has begun, and resolutions are in full swing. As always, many start the year with the best of intentions, but don't always stick to the plan. Some people allow past failures to hold them back from achieving what they set out to do.

Monarch's Medical Director Dr. Robert McHale, M.D., M.S., discussed goals and mental balance, and how to make resolutions for 2014 that are healthy, well-rounded and, most importantly, attainable.

"The springboard for balance is going into the new year with the idea that I've learned something from this past year and it has changed me. I'm going to use the good and bad to look at last year as a learning opportunity," McHale said.

McHale stressed the importance of starting the new year by reflecting on the past, but being careful not to see failure as a bad thing. He noted past failures are ways to learn something about ourselves, which can make the coming year enjoyable and help to shape new, effective resolutions. This thought process helps give insight into the goals people want to make, and it helps them to set themselves up for success.

Another important part of making an attainable resolution is a good understanding of personal needs; people should know what makes them happy, or how to feel a sense of achievement.

"Oftentimes, New Year's Resolutions tend to be for others, but they should be personal goals instead," Dr. McHale stressed. "You're setting yourself up for failure if your resolution is to make someone else content or happy."

For example, if someone has a resolution to stop smoking, but they are only doing it for a spouse, not because they actually want to quit, they're unlikely to stick to their plan. Instead, McHale suggests making resolutions about goals you want to accomplish, because there has to be a personal investment.

Once resolutions have been identified and formed through positive reflection on the past year, McHale says it's important to implement a plan to achieve those goals. He goes by the 50 percent rule.

For example, if someone wants to lose 50 pounds, McHale explained to break the goal in half and reevaluate in six months. By working hard on losing 25 pounds within that time, you can reevaluate your progress and plan at the six month mark. He noted that getting rid of the idea of yearlong resolutions helps lower expectations, and allows people to see progress on a shorter time frame. "The best thing that leads to future success is past success," McHale said.

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## Monarch CEO Dr. Peggy Terhune nominated to NC Developmental Disabilities Council



Gov. Pat McCrory recently appointed several state leaders to the North Carolina Council on Developmental Disabilities NCCDD), including Dr. Peggy Terhune, Monarch's chief executive officer. In addition to Dr. Terhune, Gov. McCrory also appointed Sen. Tommy Tucker of

Waxhaw, Dr. Robin Cummings, N.C. Deputy Secretary of Health and Human Services, and Wayne Black, director of the Division of Social Service, to serve on the Council.

"We welcome the new Council members with their extensive knowledge of community needs, and state programs for those with disabilities," said NCCDD Director for Systems Change Management Kelly Bohlander in a news release. "Their experience will provide valuable guidance as the Council addresses the funding of future initiatives."

Based in Raleigh, the NCCDD has 40 members, and 60 percent of the members need to be people with developmental disabilities or family members of people with disabilities. The Council awards grants for effective and innovative initiatives that promote community inclusion, independence, productivity, self-determination and integration for people with intellectual and developmental disabilities and their families. Grants are awarded to grass roots advocacy groups, government agencies, disability nonprofits and other community organizations.

## Monarch to host a blood drive: Please sign-up



Monarch staff your help is needed.

Jordan Redman, a Monarch volunteer, is currently gathering names of those interested in an effort to host a blood drive at the Monarch offices in Albemarle, N.C. As a member of the National Honor Society at Gray Stone Day School in Stanly County, she has chosen to partner with Monarch as a way to support the community.

Redman needs at least 30 people to commit to giving blood, and is asking for people to sign up at the Pee Dee office. Once 30 people have committed, Redman can turn in the names and schedule a time for the Red Cross Blood Mobile to come to the office. The event will take place in March.

Redman said she decided to partner with Monarch because she has spent time throughout the year working and volunteering for the agency, and in part, because her mom, Sue Redman, budget officer, works at Monarch. She also likes the agency's community involvement.

"Monarch is big on giving back to the community, and a blood drive is a great way to do that," Redman added.

*To sign up, contact Redman at [jordan.redman@graystoneday.org](mailto:jordan.redman@graystoneday.org) or (704) 438-3459.*

## How to request Monarch marketing materials and promotional items

*At least 14 business days' notice is needed to fulfill requests*

'Tis the season of provider fairs and exhibits. The Office of Development, Marketing and Communications has prepared by looking at our trends and needs during this time of year, and stocked the shelves with promotional and marketing items for provider fairs and meetings.

### Another form to complete?

Now that we are ready, we want to make sure you and your teams are ready. Yes, there is a form that provides important information about your event so requests are effectively fulfilled and can provide the needed items when they are needed. A list of guidelines is also available. Both can be found on SharePoint – Agency Admin – Marketing and Communications.

It is important that you complete the form and notify Whiteleigh Pinion and Natasha Suber of your request as you and your team learn these items are needed. There are often multiple requests made at once and dates frequently overlap causing our main items (runners, signs, retractable banners, baskets, etc.) to be in transit from one day to the next.

**In an effort to accommodate the majority of requests, please notify our office at least 14 business days in advance.**

There may be occasions you find out about an event or meeting on short notice. If that occurs, we will do our best to supply you with what you need, when you need it, if possible.

The Office of Development, Marketing and Communications is grateful for your help and partnership in maintaining a strong Monarch brand and image with providers MCOs and in the communities we serve. Please let us know how we can help you and call or email us with questions or suggestions to improve our processes. Thank you for all that you do.

## Take the Arc survey on Medicaid changes

It's no secret: Medicaid services for people with intellectual and developmental disabilities (I/DD) here in North Carolina have changed a great deal over the past several years. The Arc wants to understand how these changes have affected people with I/DD who receive Medicaid services here in NC.

To do so they have developed a [brief survey](#). Please consider taking it if you have a moment so we can help them better advocate for people with disabilities across the state.

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## PEOPLE WHO CARE

### Front desk staff



The Mecklenburg Behavioral Health Office in Charlotte is a busy place most days, and the first people those we support see when they walk in the door are the front desk staff. This responsibility, even in the rush, is not lost on Ian Murray, who started working as an administrative assistant at Monarch in December 2013.

Murray first got involved with Monarch as a volunteer last July serving at the front desk. He learned the ropes and took on various tasks as needed around the office. When the opportunity arose in December, he transitioned full-time to complement the master's degree he is currently pursuing in mental health counseling.

"I figured entering the mental health field would give me good information and opportunities to learn about, not only counseling, but also the process of providing mental health services from every angle," Murray said. The job is also helping him learn about how the health care system works as a whole and, he

says, the knowledge he is acquiring will be very beneficial when he becomes a counselor.

Each day, the administrative assistants at the front desk work on establishing new people we support in the system, checking people in and helping to schedule subsequent appointments after they visit.

“Most days are hectic. One of the things I like about the job is that each day presents different challenges and opportunities, but seeing the improvement of people we serve makes the job worthwhile” Murray said.

“Often people will express their gratitude or satisfaction with the services and express how Monarch has helped their lives improve, and hearing these positive changes from people we serve is very rewarding for me,” he said.

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## NEWS AND NOTES

### Region 2 rings in the New Year

*Hakim Ellis, operations manager for Connecticut Avenue and Oak Drive, recently wrote about the New Year’s Eve bash residents in Region 2 attended. They joined with their families and the community to ring in the New Year.*



Celebrating New Year's Eve is a wonderful tradition for many families, so the residents in Region 2 decided to throw a party of their own. For most of us, staying up past midnight during a work week is not ideal, so the residents decided to create a festive New Year’s party filled with music, laughter and love all before the clock struck twelve.

The residents prepared delicious party hors d'oeuvres like pizza rolls, a meat tray, cheese and crackers, packets of roasted soy nuts and sparkling grape cider.

Nicole Collins, a developmental specialist residential (DSR) from Oak Drive, assisted in transporting residents to the party and with the music selection for the evening.

As the hour came to a close, no one was the least bit tired; in fact, some of our residents attended the First Tuesday New Year’s Eve Bash afterwards in downtown Southern Pines. This was a fun-filled family event, complete with a ball drop, bluegrass band, live DJ, and street vendors. First Tuesday provided an opportunity for those living with disabilities to choose to embrace their community and be empowered by their surroundings.

So as we celebrate 2014 by growing and improving our community activism, let us also not forget to simply enjoy one of life’s true blessings - living! May your new year be healthy, prosperous and well.

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### Region 4’s Next Chapter Book Club

Forsyth Industrial Systems (FIS) in Region 4 is hitting the books. A group of 10 people we support from FIS is set to start reading together this month through the newly created Next Chapter Book Club. The group will be facilitated by Forsyth Technical Community Classroom teacher Sade Aiken.

The first meeting will be held at Barnes and Noble in Winston-Salem to discuss Robert Louis Stevenson’s “Treasure Island.” The club received a \$500 grant from the CenterPoint Advisory Committee to purchase books and book bags. They are pictured proudly holding their new book bags.



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### Region 5's COTJ to host 14th Annual Dance

Companions on the Journey (COTJ) in Region 5 is holding its 14th annual formal dance this month. On Jan. 25, people supported in Greensboro and High Point will gather for an evening of music, dancing and food.



Laura Sturgis, site manager at COTJ, and Sandra McMahan, a developmental specialist at COTJ, started the dance in 2000, and since then it has become a yearly tradition.

Residents and family members attend the event decked out in their finest clothing and people from the community donate evening dresses for the women to wear. Sturgis said the event is a great opportunity for the people we support to get dressed up, spend time with staff, family and friends, meet new people and socialize in a different setting.

This year, the dance will be held at the Immaculate Heart of Mary Church in High Point. The women attending the prom will have the honor of being escorted through the door by the honor guard from

The Knights of Columbus, and residents will enjoy refreshments and a DJ. This year there will also be a prom king and queen.

The event has received a great response from local churches and schools that want to participate and show support. Community groups like The Knights of Columbus plan to donate their time and resources. A local high school group will help with the decorations, set-up, serving refreshments and clean up. Linda Arthurs, of Thomasville, who has donated her time and resources for more than 10 years with COTJ, will photograph attendees so they can have a picture to remember the evening.

Sturgis said she is so thankful for the community support received every year, and is grateful for those who have stepped up to make the event special for people we support.

“The biggest thing those we serve take away every year is “memories, memories and more memories,” explained Sturgis.

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### Region 6 to hold Monarch Family Fun Day

Staff members in Region 6 are preparing for its first ever Family Fun Day. Susan Haywood, an operations director, said the event was created to help bring together people supported, families and staff in the increasingly large Region 6, which includes 12 counties. The distance of the region often creates a challenge for staff and residents to connect with those at different sites.



Family Fun Day is an opportunity for fellowship and interaction. “Hopefully families will leave this event with a great impression of Monarch and they will get the opportunity to meet staff (direct support,

management level, administrators) who work hard to provide quality support to their loved ones on a daily basis, and have fun at the same time,” Haywood said.

The Family Fun Day will include food, fun, games and entertainment will be provided by a comedian/magician and songs by a staff choir and a bell choir. Several door prizes will be awarded and all participants will receive a goody bag.

**When:** March 8, 2014 from 1 p.m.-4 p.m.  
**Where:** Jones County Civic Center, 832 Hwy. 58 South, Trenton, NC

RSVP by Feb. 15 to Susan Haywood, [Susan.Haywood@MonarchNC.org](mailto:Susan.Haywood@MonarchNC.org) or 252-876-9147. The invitation is extended to all staff, PWS and their family members and guardians in Region 6.

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## MONARCH SPOTLIGHT

### Patty Wells - Q&A



**Q:** How long have you worked at Monarch?

**A:** Since August 2013.

**Q:** What is your title?

**A:** Nursing Supervisor at Tanglewood Arbor

**Q:** What does a typical workday look like?

**A:** Each day at Tanglewood Arbor is a new adventure. There are no two days alike; maybe that's why I love it here. My day is multifaceted, everything from meeting with people we support and their families, working with my staff and administrative duties.

**Q:** What is the most important aspect of your role and why?

**A:** I provide leadership and guidance to my staff, encourage innovative thinking and positive outcomes, and support my staff in being the very best they can be.

**Q:** What has been the most rewarding or satisfying experience, or your proudest moment, while working here?

**A:** When someone who has been discharged from Tanglewood Arbor comes back to the facility just to say hi, thank us, and let us know how well they are doing. It doesn't get any better than that!

**Q:** What might someone be surprised to know about you?

**A:** I am a direct descendent of Eli Whitney, an American inventor best known for inventing the cotton gin (or put this in parentheses if you want to use only her direct response).

**Q:** What do you do when you aren't working?

**A:** I spend time with my two sons and three dogs. They keep me grounded. I enjoy the outdoors, anything from taking long walks to yard work.

**Q:** Favorite place to visit?

**A:** Buffalo, New York. I am a hardcore Bills fan!

**Q:** Movie or song that best describes you?

**A:** That movie or song isn't finished yet.

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## Calendar Highlights

### Region 5 Formal Dance

Jan. 25, 2014, 7 p.m.-9p.m.  
Immaculate Heart of Mary Church  
High Point, N.C.

For more information, contact Laura Sturgis at (336)-688-7089.

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The invitation is extended to all staff, PWS and their family members and guardians in Region 6. RSVP by Feb. 15 to Susan Haywood at [Susan.Haywood@MonarchNC.org](mailto:Susan.Haywood@MonarchNC.org), or (252)-876-9174.

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**Monarch Blood Drive, participants are needed to sign up**

To sign up, contact Jordan Redman at [jordan.redman@graystoneday.org](mailto:jordan.redman@graystoneday.org) or (704) 438-3459.

The drive will be held in March.

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**Interested in becoming a certified Mental Health First Aider?**

Monarch will host an Adult Mental Health First Aid (MHFA) training on Jan. 23, 2014 from 8 a.m.-5 p.m. at High Rock Community Church 1510 Moss Springs Rd., Albemarle. Training space is limited to 45 participants.

Please sign up by emailing [Whitleigh.pinion@monarchnc.org](mailto:Whitleigh.pinion@monarchnc.org) or by calling (704) 986-1578 no later than Jan. 20. This training is open to Monarch staff only. You must have your supervisor's approval to attend the training prior to registering.

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**Region 3 Day MLK Day of Service**

Students from Wingate University are partnering with our homes in Region 3 for a service day to coincide with MLK Day. They will discuss the life and impact of Martin Luther King Jr. with the people we support and do a craft with them to help celebrate equality.

**When:** Jan. 20

**Where:** Region 3 Homes

For more info contact Lacey Gulick at [lacey.gulick@monarchnc.org](mailto:lacey.gulick@monarchnc.org)